

# 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: From left, Personal Assistant to Director of Nursing Ashburton and Rural Fololina Mareko, Operations and Administration Services Manager Philippa O'Neill and Administrator Tiresa Faasavala, alongside the display at Ashburton Hospital for Vaiaaso o le Gagana Samoa – Samoa Language Week – which featured a mannequin dressed as a taupou (a ceremonial hostess selected by the village chief to elevate the formal reception of visitors to a village or place)

# Kupu Arataki – Introduction

## June is Energy Awareness Month at Te Whatu Ora

Did you know that energy is one of Te Whatu Ora's largest sources of greenhouse gas emissions? As recently reported, here in Waitaha Canterbury we are transforming how we produce energy for our hospitals with safer, greener and more reliable energy being produced on Burwood, Christchurch and Hillmorton campuses. Work on the new Ashburton Hospital Energy Centre is underway.

Throughout the month of June, we'll be sharing weekly tips and tricks to saving energy and reducing our carbon footprint.

This week, it's about wasting energy in the home and giving your electronics a break. When you're finished with an appliance, turn it off at the wall or unplug it, otherwise it will continue to draw power even when not in use. Think about your toaster, kettle, bedside lamps, chargers, washing machine, dryer and computer equipment. You won't just save energy, but money too.

Take five minutes to complete a Te Whatu Ora energy quiz to test your knowledge and you could also win an eco prize. Access the quiz [here](#).



## NICU Cuddle Hearts promoted

The wonderful work of Lisa Paget and NICU Cuddle Hearts featured on Seven Sharp last week. You may remember Lisa's story from our [29 November 2021 CEO Update](#).

Lisa Paget and her team produce fabric hearts that allow babies who are in Neonatal Intensive Care Unit (NICU) and their parents to feel close, even when they must be apart. These make a huge difference to the health and wellbeing of the NICU bubs and their whānau.



NICU Cuddle Hearts founder Lisa Paget busy at her sewing machine

Click [here](#) to view the segment and go to the [NICU Cuddle Hearts Facebook page](#) to learn more or contribute.



## No data? No problem!

If you're running low or have no data, you can now access seven key government websites for free from your smart phone.

- › ACC
- › Education
- › Te Whatu Ora
- › Kāinga Ora
- › Ministry of Justice
- › Ministry of Social Development – Te Manatū Whakahiato Ora
- › Te Tari Taiwhenua: Department of Internal Affairs

Go to <https://zero.govt.nz/> on your phone and you can access all of these sites without using any data.



**No data?  
No problem.**  
Zero.govt.nz has you covered.



## Urgent and after-hours dental care

Did you know that you and your whānau don't have to put up with dental pain or injury after-hours or at the weekend? In addition, people on a low income or benefit, may be entitled to some financial support with subsidised dental care.

For information on urgent after-hours dental care, including a list of providers, ACC and financial support visit [Healthinfo](#) and search 'DENTAL'.



## Tick off your flu vaccination in June

If you haven't already, the first month of winter is a great time to get your flu vaccination. Last Thursday, the one millionth flu vaccination of the year was administered, an achievement reached earlier than in 2022 which shows greater uptake in the community.

Te Whatu Ora Waitaha staff are entitled to free flu vaccinations so please take the opportunity to protect yourself through one of the staff clinics (details on PRISM). Working in healthcare regularly exposes us to viruses and illnesses that can not only make us very ill, but we can pass on to our friends and whānau. They in turn pass it on in their schools and workplaces and before we know it, we have a high number of staff absences and the Emergency Department is overwhelmed.

Influenza isn't just a cold; it can be deadly. The flu vaccine protects you and those around you from the worst symptoms and can reduce the risk of spreading.

Vaccination works in conjunction with other protections like mask wearing, hand hygiene, coughing and sneezing into your elbow and good indoor ventilation to prevent transmission of influenza and other respiratory viruses. Don't forget, if you have any cold or flu symptoms, stay home and take a RAT to test for COVID-19.

Throughout the month of June our vaccinators will also be surprising staff with vaccine walkabouts. They may show up in your ward or office to vaccinate you and your team against the flu. Speak to your Charge Nurse Manager if you would like to know who your 'local' vaccinator is.



Protect yourself and your  
whānau from **Flu**

**Te Aka Whai Ora**  
Māori Health Authority

**FLU2023**

**Te Whatu Ora**  
Health New Zealand

### Te Whatu Ora staff

Have you received your 2023 flu vaccination outside of work? If you haven't utilised one of the Te Whatu Ora staff clinics but instead, had your flu vaccination elsewhere, please let us know!

Please complete the 2023 staff influenza vaccination consent form available on the [Influenza Programme PRISM page](#) then scan and email a copy to [Occupationalhealth@cdhb.health.nz](mailto:Occupationalhealth@cdhb.health.nz) with your name, staff ID number and where you received your vaccination. This will assist the Occupational Health team in keeping vaccination records up to date.

# King's birthday honours

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The first King's birthday honours were awarded over the weekend with several Cantabrians and one honorary Cantab (1997–1999 Crusaders coach Wayne Smith) recognised. The people with links to (then) Canterbury District Health Board and/or Te Whatu Ora include the following.

## **Companion of the New Zealand Order of Merit awarded to Dr Ruth Spearing for services to haematology (now retired)**

Ruth Spearing was Consultant Haematologist at Christchurch Hospital between 1989 and 2020 and Clinical Director of the Department of Haematology with (then) Canterbury District Health Board for six years. She was the New Zealand Principal Investigator for international collaborative trials into a wide range of blood cancers including myeloma, chronic lymphocytic leukaemia, acute lymphocytic and myeloid leukaemia in partnership with the United Kingdom Medical Research Council and the Australasian Leukaemia and Lymphoma Group. The research resulted in significant increase in survival rates across all these diseases and helped to establish pioneering treatments internationally.

She has also worked extensively with adolescents and young people with cancer and was Canterbury Clinical Lead for the Adolescent and Young Adult Cancer Service. [You can read more here.](#)



Haematologist Ruth Spearing was made a Companion of the New Zealand Order of Merit in the 2023 King's birthday honours

## **Member of the New Zealand Order of Merit awarded to Simon Challies for services to people with neurological conditions**

Currently Executive Director of the Canterbury Brain Collective Ltd (BrainTree), a charity supporting people living with neurological conditions, Simon Challies was Chief Executive of Ryman Healthcare for nine years before retiring following his diagnosis with Parkinson's Disease aged 41.

He helped establish BrainTree in 2017, a joint venture between two charities, Multiple Sclerosis/Parkinson's Canterbury and Dementia Canterbury. He led a campaign to open the BrainTree Wellness Centre in Christchurch, the first wellness centre of its kind in New Zealand offering innovative therapy and support for those living with brain conditions and their whānau. [You can read more here.](#)

## **Officer of the New Zealand Order of Merit awarded to Associate Professor Dr Catherine (Cathy) Andrew for services to nursing education**

Cathy Andrew was Head of Nursing at the then Ara Institute from 2000 to 2019, working on the first graduate entry pathway in New Zealand that led to a master's degree plus nursing registration, the Dedicated Education Unit: Canterbury Model, which has influenced other organisations and increased nursing graduates. She has supported the development of other health related programmes in Christchurch and further afield. She has led the introduction of a range of other programmes of study to grow the health workforce capability, such as the Postgraduate Diploma in Health Science (RN Prescribing) 2018 and the Bachelor of Musculoskeletal Health/Postgraduate Diploma in Osteopathy 2017. She became Acting Executive Dean for Health at the University of Canterbury in 2021. [You can read more here.](#)



Associate Professor Dr Catherine (Cathy) Andrew awarded Officer of the New Zealand Order of Merit for services to nursing education



## Companion of the New Zealand Order of Merit awarded to Lianne Dalziel, for services to local government and as a member of Parliament

Lianne Dalziel was involved in the union movement in the 1980s, advocating particularly for low-paid women workers. She was elected as a Member of Parliament in 1990, representing the Christchurch Central and Christchurch East electorates. She held several Ministerial portfolios including Immigration, Commerce, Senior Citizens, and Women's Affairs. She was elected the Mayor of Christchurch in 2013, serving three terms before stepping down in 2022. She played a key leadership role in Christchurch's recovery following the 2010-2011 earthquakes and led the Council's response to the 15 March 2019 terror attacks. [Read more here.](#)

## National Clinical Networks

National Clinical Networks will be a core part of the operation of the new health system that we are building.

They will involve hospital and primary care experts from across professional disciplines working with consumers and whānau, to influence how we prioritise and drive system change through the development of national standards and models of care.

### What the networks will do

The focus will be developing national standards and models of care, identifying ways to address variation in service quality, and outcomes, addressing equity, and developing innovative, efficient, and evidence-based solutions, that will inform investments and workforce planning and be applied nationally.

### How leadership and membership will be decided

Te Whatu Ora and Te Aka Whai Ora will each appoint a co-lead for all the networks following an Expression of Interest (EOI) process. The co-leads, working with the governance group, will then determine the network membership.

An EOI process for the co-lead roles of the first networks will open in June and will be notified through our channels. Further EOI processes will follow.

### Further information

For further information please read the full update on [PRISM](#) or email [NationalClinicalNetworks@health.govt.nz](mailto:NationalClinicalNetworks@health.govt.nz)

## Crazy Socks 4 Docs

Last Friday was Crazy Socks for Docs Day. An initiative started by Australian Cardiologist Geoff Toogood, it is an awareness-raising event with the vision of breaking down the stigma around mental health issues in doctors and health professionals.

It was great to see many of our doctors and clinicians participating last week. You can learn more about Crazy Socks for Docs Day [here](#).



Photo contributed by Clinical Director General Medicine Anthony Spencer (Swiss)



Photo contributed by Clinical Director and Sexual Health Physician Edward Coughlan



Photo contributed by Dental Specialist Leonard Chia



Photo contributed by Clinical Director Medical Capability Development/Medical Oncology Mark Jeffery

# Quiz – King Charles III

We've just witnessed his coronation and enjoyed our first King's Birthday long weekend. How much do you know about King Charles III?

1. **King Charles III is the first British monarch to obtain a university degree. Where did he complete his degree in history?**
  - a. Oxford University
  - b. The University of Edinburgh
  - c. Cambridge University
  - d. Hogwarts
2. **True or false. King Charles III is the longest waiting heir to the throne in history.**
  - a. True
  - b. False
3. **What musical instrument did King Charles III play (quite poorly by all accounts) as a young man?**
  - a. Guitar
  - b. Violin
  - c. Trumpet
  - d. Cello
4. **What language did the then Prince Charles leave university for a semester to learn?**
  - a. French
  - b. Welsh
  - c. Te reo Māori
  - d. Latin
5. **The then Prince Charles was 32 when he married for the first time. How old was his bride, Lady Diana Spencer?**
  - a. 18
  - b. 19
  - c. 20
  - d. 21
6. **In 1986 what did then Prince Charles say that he did to get the fruit and vegetables in his garden "a damned sight bigger"?**
  - a. Talked to them
  - b. Played them music
  - c. Sang to them
  - d. Shouted at them
7. **When Princess Diana said, "There were three of us in this marriage", who was the third person she was referring to?**
  - a. The Queen
  - b. Camilla Parker-Bowles
  - c. Captain James Hewitt
  - d. Elton John
8. **How many grandchildren does King Charles III have (from his first marriage)?**
  - a. Three
  - b. Four
  - c. Five
  - d. Six
9. **Why did the Queen briefly excuse herself during Charles and Camilla's wedding reception in 2005?**
  - a. She was unwell
  - b. She watched a replay of the Grand National
  - c. She watched the season finale of Coronation Street
  - d. (Then) President George W Bush called
10. **King Charles III is the oldest British monarch at time of accession. At a mere six days old, who was the youngest British monarch crowned?**
  - a. Elizabeth I
  - b. Henry VI
  - c. Richard II
  - d. Mary Queen of Scots

[Check your answers on page 20.](#)



# Ā mātou tāngata – Our people

## Language and culture of Samoa celebrated in Ashburton

Vaiaso o le Gagana Samoa – Samoa Language Week 2023 – was marked in style in Ashburton last week.

Ashburton Hospital Administrator Tiresa Faasavala said the theme of the week for this year, Mitamita i lau gagana, maua'a lou fa'asinomaga', which means, 'Be proud of your language and grounded in your identity' resonated with her.

"So much so, that I and Personal Assistant to Director of Nursing Ashburton and Rural Fololina Mareko decided we had to do something to mark the occasion here in Ashburton. I believe creating a culturally accepting environment for our people starts with me and I will proudly do so."

As a result, Samoan food and dance were to the fore, with Ashburton Hospital's administration team treated to Samoan delicacies such as koko alaisa (cocoa rice) made by Tiresa and taking part in a dance tutorial led by Fololina.

Residents of Tūārangi Home (a dedicated specialised facility in central Ashburton that provides rest home and long stay dementia care for older people) enjoyed a Samoan dance performance by Tiresa and Fololina.

"We had a blast with our elders there, dancing, singing, laughing and enjoying some food. I taught them some simple Samoan words and phrases and practiced a few of our hand moves (milimili, milimili pati) with them."

There was a display at Ashburton Hospital featuring a mannequin dressed as a taupou (a ceremonial hostess selected by the village chief to elevate the formal reception of visitors to a village or place), photos and a few simple Samoan phrases.



From left, Administrator Tiresa Faasavala and Personal Assistant to Director of Nursing Ashburton and Rural Fololina Mareko outside Tūārangi Home where they celebrated Samoa Language Week with the residents

It all doesn't have to end now that the week has finished, Tiresa says.

"You can learn to say Talofa (a salutation or greeting in the Samoan language) – it just might help a Samoan person feel comfortable and safe within our healthcare system. I thoroughly enjoyed showing my culture to the community and my colleagues. Manuia le vaiaso o le Gagana Samoa (Happy Samoan Language Week)!"

# One minute with... Zak Newport, Mana Taurite Kairuruku/Coordinator

## What does your job involve?

I'm directly responsible for the office logistics of our Mana Taurite team, working collaboratively with six passionate kaimahi who are the driving force behind our many initiatives:

- › Whakamana Whānau – Recruitment and Onboarding Campaign for Māori and Pasifika
- › Te Hōtaka Whakawhaneke – Māori Development Programme
- › Tū Tangata Tū Rangatira – Growing Māori Leaders Programme
- › Kaiāwhina Workforce – Maternity Kaiāwhina Role Development
- › Whakakotahi – Te Ao Māori and Kahukura/ Rainbow Diversity Workshops

## What pathway got you to this job?

A pivotal incentive of joining the Mana Taurite team was being one of last year's graduates of their Tū Tangata Tū Rangatira – Growing Māori Leaders Programme. I was inspired by the uara/values Mana Taurite stood for so joining this team that created positive change for so many was the best incentive for the next step in my career.

With a background in finance, computing and business management I apply all my matāuranga/ knowledge into our Mana Taurite team to maximise efficiency.

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

Start with professional development in leadership, office management, payroll and accounts, then take the time to build lasting whanaungatanga/ relationships, ask questions, it's all possible "if I can do it so can you".

## Who inspires you and why?

My tamariki – Stormy (29) and Cheyvez (14) – have always been my inspiration, they drive me to strive further than I ever thought possible. I'm a strong believer in family values that carry on through the generations, that what we instill in our tamariki they will give on to theirs. I believe it's important to teach them that being kind and genuine is so easy, yet it gives so much to others.

## 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?

In our very busy work lives we sometimes forget these values and the basics of maanaki/caring for one another. Just imagine a world where our values aligned with how we want others to treat us.

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

A luxury retreat in the remote Marlborough sounds with my whānau/family

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

Pania Newton, lawyer and activist for Māori rights. I admire her passion for the tangata/people and the whenua/land. She follows her heart and empowers others to think of more than just today.

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

Whānau time, connecting with tangata/people of all walks of life, learning te reo, waka ama (outrigger canoes), harakeke rāranga (weaving with flax), mau rākau (a martial art based on traditional Māori weapons), and doing some baking. I re-energise from chasing sunrises, hiking the Port Hills, and learning something new.

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

This is something quite important to me and my tane aroha/husband. We are always conscious of the fact that what we do today is what we leave our tamariki and mokopuna/grandchildren tomorrow. Some of the things we do include: having a veggie garden; taking the bus to work every day; recycling; donating clothes to 'op' shops; helping at our community garden each month; and picking up rubbish up on the beach. A little bit each day makes a big difference.

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 #17

## Ko te Tapu me te Noa

Mā te whakarongo, ka mōhio.  
Mā te mōhio, ka mārama.  
Mā te mārama, ka mātau.  
Mā te mātau, ka ora.

Through listening comes awareness.  
Through awareness comes understanding.  
Through understanding comes wisdom.  
Through wisdom comes wellbeing.

E te tira e rapu mōhiotanga ana, e kimi  
mātauranga ana, tēna koutou.

Greetings to you, the troupe that are seeking  
knowledge and wisdom.

This week we are going to briefly look at the  
concepts of tapu and noa that are so central to  
the Māori culture. We will also observe a few tips  
when dealing with Māori in relation to these two  
concepts.

### Tapu

The concept of tapu refers to being in a state that  
is 'set apart'. Other words which can be used to  
increase understanding are prohibited, restricted,  
sacred or under the protection of the Māori deity/  
gods. It is important to understand that tapu  
exists everywhere and in everything and the  
degree of tapu can change depending on many  
things.

### Noa

Indicates a state of neutrality, where balance has  
been restored. In other words, noa means being  
free from the extensions of tapu, being ordinary  
and unrestricted. Tapu can be lifted in several  
ways, most commonly by karakia, food and  
water. This is the reason why we eat at the end  
of a pōwhiri (full formal welcome) and why we  
place a bowl of water at the entry of the room of  
a deceased patient.

### Dos and Don'ts

The head is the most tapu part of the body. To  
maintain this, it is important not to:

- › request someone remove their hat (the  
removal of the hat as a sign of respect is not a  
traditional Māori concept).
- › pass things over one's head, especially food.
- › put anything that goes on the head/face on the  
kitchen/bedside table/kitchen tray (for some  
people this extends to glasses and cell phones).

- › use a pillowcase for any other purpose such as  
covering catheter bags.
- › use flannels for the body on the face.
- › pat someone on the head.
- › transport a patient head-first.

Genetic material holds high personal tapu and  
historically it was important that no one else  
came into possession of this material, lest an  
enemy performed an act to decrease that tapu.  
Thus, it is important not to:

- › dispose of hair, collected blood and/or body  
fluids, nail clippings, teeth, heart valves,  
amputated limbs, placenta, body parts in  
general etc unless directed by whānau/patient.
- › leave containers holding body fluids on side-  
tables.

Additional points to note:

- › Do not sit on tables/benches where kai or  
medication is prepared or served (genitals are  
very tapu).
- › Don't step over a person lying down (related to  
genitals and not being "above" another's head).
- › Do allow time for karakia and don't interrupt  
unless patient safety/care is compromised.
- › Request permission to touch individuals,  
especially around the head area.
- › Wherever possible, do not leave a tūpāpaku  
(deceased) alone and transport feet first.
- › Keep a bowl of water outside the room of a  
deceased Māori patient.

### He whakapātaritari – A challenge

If you have recognised that you may be doing  
something in your everyday practice that  
might violate tapu, make a concerted effort to  
change and then normalise a more appropriate  
practice. Furthermore, share your knowledge  
with colleagues that may not be aware of these  
concepts. Knowledge is nothing if not shared.

E ngā manu e kai ana i te mātauranga, nō koutou  
te ao.

To the birds who are consuming knowledge, the  
world is yours.

If you have any questions or feedback, please  
make contact via the email below.  
Hauora.Maori@cdhb.health.nz

# International winter warmer recipes

## Corn Chowder

**Dish:** Soup (not vegetarian)

**Country of Origin:** USA

**Ingredients:**

- › 2 tsp olive oil
- › 200g bacon, chopped
- › 1 onion chopped
- › 2 garlic cloves crushed
- › 500g small washed potatoes, unpeeled and cut into 2cm cubes
- › 1 litre vegetable or chicken stock
- › 1 can of sweet corn kernels drained or 450g frozen. You can also take the corn kernels straight from a cooked cob
- › ½ cup thin cream
- › Salt and pepper to taste

**Method:**

Heat the oil in a large saucepan over a medium heat and cook the bacon for 3 minutes. Add the onion and garlic and cook for a further 5 minutes or until the onion is soft.

Stir in the stock and potatoes and bring to the boil. Reduce the heat and simmer, uncovered for 15 – 20 minutes or until the potatoes are tender.

Add the corn and cream and simmer gently, uncovered for 5 minutes. Season to taste and serve hot with crusty bread.



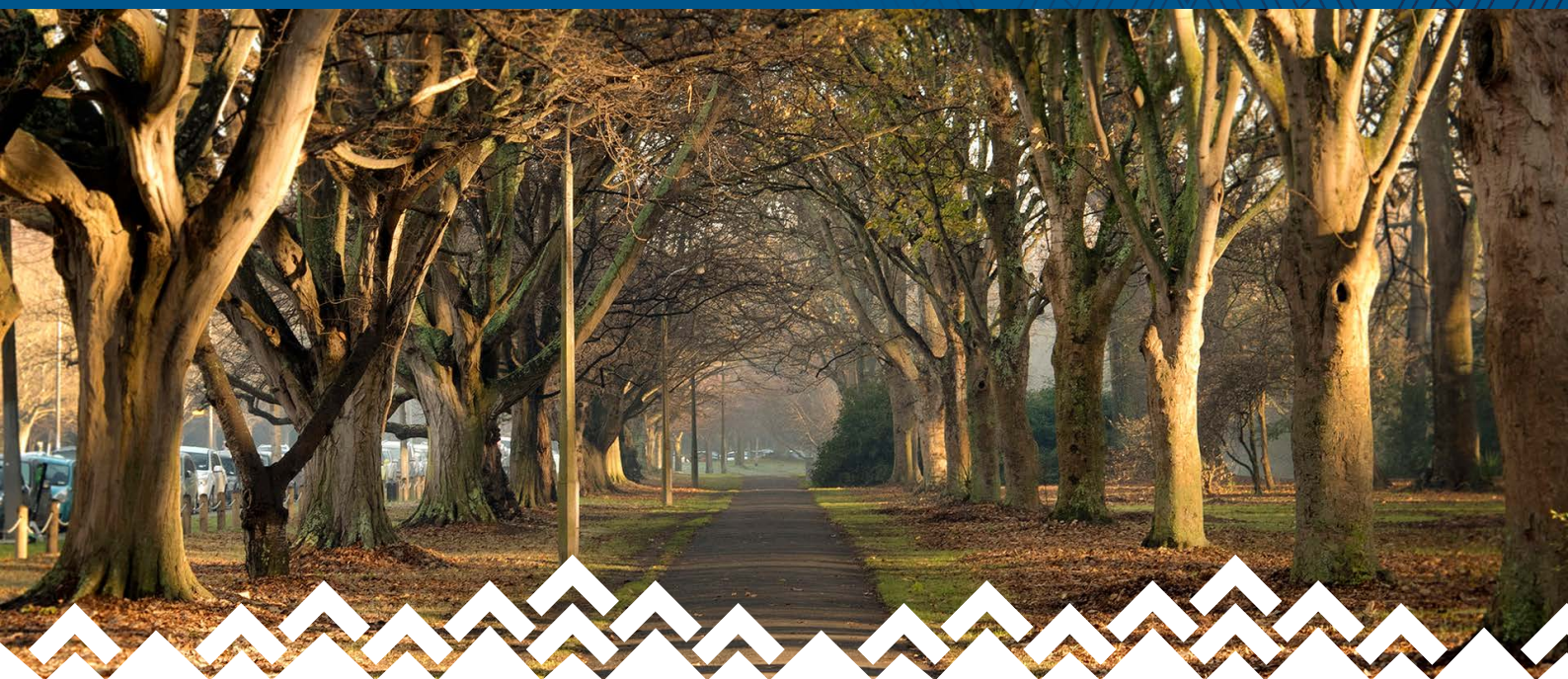
**Eliminate the bacon and use vegetable stock to make this soup vegetarian. In addition, using coconut cream will make it vegan.**

**This soup isn't really suitable for freezing. Store in the fridge in a sealed container for up to three days.**

**Herbs and spices like thyme, chives, cayenne pepper or smoked paprika can be added to taste if you wish.**



# Whakamihi – Bouquets



## **Children's Emergency Care**

My husband and I want to say a big thank you to three people who took wonderful care of our daughter on 28 May in the Children's Emergency Centre. Thank you to Dr Tom Lewis from ED for his efficiency and warmth despite the juggles of a very busy ED. Thank you to Carla, Charge Nurse Specialist who supported our daughter through her procedure with a lovely sense of calmness and kindness. Also thank you to Bobby, the plastic surgeon who had a lovely bedside manner and has done some very neat stitches on our daughter. To all three of you, your care did not go unnoticed and was so appreciated by us.

## **Gynaecology Procedure Unit (GPU), Christchurch Hospital**

I attended the GPU and have to congratulate and thank the staff for being so caring, empathetic and professional in their care. They made the procedure so much more manageable. To all the lovely staff, thank you. A special thank you to Michelle and the lovely nurse who sat with me.

## **Maternal Foetal Medicine Unit Christchurch Women's Hospital,**

Susan (Midwife) talked me through my test and what results I could expect. She was very welcoming and informative. Thank you.

## **Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital**

Our care was amazing, but two nurses were exceptional, and I would like to leave some positive feedback for them. Rajinder was absolutely amazing. She is extremely focused, methodological and careful. She is fast to respond to babies' cries and I always felt at ease leaving my little one in her care. Belinda has a wealth of experience and knows how to reassure worried parents. Thanks to the amazing NICU team and especially to Rajinder and Belinda for the wonderful care they gave our little one.

## **Gynaecology Ward, Christchurch Hospital**

All the staff were polite, courteous and friendly. Nothing was too much trouble. If you can ever say being in hospital is pleasurable then it was as good as it could be.

## **Surgical Assessment and Review Area, Christchurch Hospital**

Nurse Joey was very kind and lovely. He made sure that we stayed updated and checked on us every few minutes.

### **Birth Suite, Christchurch Women's Hospital**

We were planning a home birth but due to complications ended up being induced and staying in hospital for several days with a very small baby. At each stage, my husband and I have been really impressed by the empathy, knowledge, understanding and professionalism of both the midwives/nurses and doctors. Their support turned what could have been a difficult and traumatic experience into a positive and special one. We can't thank them enough and truly believe Christchurch Women's has a world class team! Kia ora.

### **Evenjaline (Eve) and Tracey, Ward 11, Christchurch Hospital**

I wanted to take a moment to express my deepest gratitude for the exceptional care and support you both provided during my stay. Your dedication and professionalism made a significant impact on my overall well-being, and I am incredibly grateful for the outstanding care you delivered. Eve, your work as part of the kitchen staff went far beyond simply preparing meals. Each time you brought a tray of food to my room, your warm smile and kind words brightened my day. The attention and care you put into ensuring my dietary needs were met did not go unnoticed. Your culinary skills and commitment to excellence truly made a difference in my recovery journey. Tracey, as a member of the nursing staff, you exhibited a level of compassion and expertise that was nothing short of remarkable. From the moment you entered my room, I could sense your genuine concern for my well-being. Your professional demeanour and ability to provide comfort and reassurance during difficult times were truly commendable. Your knowledge and expertise in nursing were evident in the way you efficiently handled any medical needs that arose. Both of you consistently went above and beyond your duties to make me feel comfortable, cared for, and valued as a patient. Your tireless efforts created an environment that was not only conducive to healing but also filled with compassion and kindness. It is because of your unwavering dedication that my hospital experience was as positive as it could be. Eve and Tracey, you are shining examples of what it means to be the best. Your exceptional skills, genuine empathy, and unwavering commitment to patient care have left an indelible mark on my heart. I feel incredibly fortunate to have been under your care, and I truly believe that the world would be a better place if there were more individuals like you in healthcare. Thank you once again for going

above and beyond to provide me with the best care possible. Your contributions to my well-being are immeasurable, and I will forever be grateful for the positive impact you had on my life.

### **Day of Surgery Admission (DOSA) and Ward 11, Christchurch Hospital**

From my first approach at the DOSA reception my experience was outstanding. The nurses: Deborah; Narelle, Ashley, Molly and Karen were incredible. The doctors were great, and their expertise was very evident. Andy, Andrew, Dr Bergin and Phillip Bird may have just changed my life. Thank you to Christchurch Hospital for your professionalism and care.

### **Christchurch Hospital**

I found the hospital service excellent and the staff wonderful. Thank you for providing my son with great care for his condition.

### **Cardiology Day Unit, Christchurch Hospital**

The process, the staff and the care has been absolutely outstanding. It has been so lovely to be treated by such caring and professional people. Thank you so much.

### **Christchurch Hospital**

Thank you so much to the doctors. Thank you for everything you have done and all the effort you put in for those in need.

### **Christchurch Hospital**

Outstanding care and staff.

## *Big Shout Out*

### **To: Interpreter Service**

Thank you for the support you have given our ward over the last few weeks. The promptness and excellent communication have certainly made my job of booking from your service (at times with very short notice) nice and easy. It has been very much appreciated by me, and most importantly, by our consumers and their families.

**From: Joe Julius, Clinical Nurse Specialist, Hillmorton Hospital**

#carestartshere



### **Ward B8, Christchurch Hospital**

What fantastic staff. Thank you for all you do. The meals were great, and everyone was so friendly. Well done.

### **Ward 14, Christchurch Hospital**

Lovely, kind, caring, compassionate staff looking after my father-in-law. He is in good hands, so thank you all.

### **Parkside Ground Medical, Christchurch Hospital**

Lovely ward, staff are absolutely lovely, especially with the elderly. Everybody friendly. The meals are beautiful, and the place is very clean, calm and relaxed.

### **Acute Medical Assessment, Christchurch Hospital**

A lovely ward with great staff.

### **Ward 10, Christchurch Hospital**

Thank you for looking after my mum so well.

### **Paula, Receptionist, Diabetes Outpatients**

Thank you to Paula who went out of her way to take me up to the 4th floor for my appointment. I appreciated her warmth and willingness to help me out even though I wasn't a diabetes patient.

### **Christchurch Hospital**

I want to say thank you for your time and effort. We appreciate all the things you do for the people of this country.

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

I presented at ED with severe chest pain. I was really impressed with the level of care and the friendly, professional way that I was treated by all staff, including reception. In these difficult and trying times the nurses and doctors in ED are a credit to the profession. Thank you for getting me diagnosed and treated efficiently and with a smile!

## **Occupational Health helping us stay up to date with vaccinations**

Aotearoa Immunisation Week has just concluded, and thousands of New Zealanders took the opportunity to get vaccinated. Some were preparing for winter and getting their flu vaccine or COVID-19 booster, while others were catching up on vaccinations they have missed.

If Te Whatu Ora Waitaha staff received a vaccination last week, some of them may have done so due to a text reminder they received from our Occupational Health team.

Occupational Health Administrator Jordan Tahatika used to spend at least half a day compiling lists and sending reminders to staff about blood tests and vaccinations they were due. Utilising the One NZ bulk text service, Jordan can now pull reports and send text messages in just a few minutes.

This is not only a considerable time saving for the Occupational Health team but is a much better system for sending reminders to Te Whatu Ora staff, many of whom are not able to check their email regularly.

Ka pai team!

Kia Ora John,  
Just a wee reminder from the Occupational Health team that you are due for your second dose of the Hepatitis B vaccine. This is based on the information you provided with your pre-employment immune status screening form.  
The next general staff vaccination clinic will be held at Waipapa lower ground floor rooms L7 A&B on Wednesday 7 June from 11am - 4pm.  
Please contact [Occupational.health@cdhb.health.nz](mailto:Occupational.health@cdhb.health.nz) if you have any questions.  
Noho Ora Mai | Stay well

Read 13:27

An example of the reminder text message you may receive from the Occupational Health team

# Ā mātou kōrero – Our stories

## Creating a safe and supportive space for Māori nurses

A new initiative to support Māori nurses across Waitaha is gaining momentum thanks to the efforts of Nurse Educator at Pegasus Health Hayley Lotter (Muaūpoko).

Nurses interested in being part of the tapuhi Māori rōpū met at Pegasus in late April to agree on a kaupapa for the group.

“The kaupapa (purpose) is all about whakawhanaungatanga (making and maintaining relationships). To get to know who else is out there and to be there as a support and resource for each other,” says Hayley.

The number of Māori nurses working within the system is disproportionately lower than within the population. This is particularly true in primary health.

Māori nurses from across the health sector attended the hui, including nurses from Te Whatu Ora, Corrections, Te Pūkenga Ara, primary healthcare providers and non-government organisations (NGOs).



To make nursing an attractive and safe space for Māori it needs to be culturally safe, it needs to be prioritised and it needs to be facilitated without barrier, says Hayley.

The atmosphere within the group was one of excitement and momentum. By creating this peer group, Hayley believes that Māori nurses can take the shared mātauranga (knowledge) and whakaaweawetia (influence) back to their mahi and help facilitate change to make things better for Māori whānau.

“With the changes to the health system, Te Tiriti o Waitangi needs to be foundational and that instead of ‘working towards’ equity we should prioritise equity in full measure,” she says.

### Choose well for you and your whānau this winter

Self-care	Healthline	Pharmacy	General Practice	Virtual appointment	Physio	Urgent dental care	Urgent care	Ambulance & emergency care
Safely manage some minor injuries and illnesses at home - cough, cold, fever, cuts and sprains and vomiting and diarrhoea.	Free health advice and information any time from nurses, paramedics and doctors. Call 0800 611 116. Interpreter and NZ Relay support available.	For a range of advice and treatments - vaccinations, emergency contraceptives, UTIs, pain management & conjunctivitis.	Your first port of call for injury or illness that won't go away, such as persistent pain, cough, earache or long-term conditions.	Try an online provider for medical advice, visual exams, repeat prescriptions and follow-up tests - via the camera on your device.	For an injury or sprain, go straight to a physiotherapist - they can register an ACC claim, arrange x-rays and refer on to other specialists.	For toothache or injury after hours find a dentist who can help at <a href="http://healthinfo.co.nz">healthinfo.co.nz</a> - some also provide subsidised services.	For issues that need immediate treatment - broken bone, minor head injury, bad cut, or a prolonged fever.	If you have chest pain, difficulty breathing, severe bleeding or bad burns, call 111 or go to the emergency department.



# Free support and medical care to survivors of sexual harm

The Cambridge Clinic is a free, 24/7 service for anyone aged 13 years or older who has experienced sexual harm either recently or in the past.

The clinic provides a safe, non-judgemental and confidential space for patients to seek help and regain control over their lives. It provides both medical care and emotional wellbeing support. The clinic can also offer forensic assessments, which involves the collection of forensic samples that may assist in a police investigation.

This may be appropriate if the assault was less than seven days ago and the patient either wants Police involvement, or is unsure about it, but wants to keep their options open. The clinic sees many patients who haven't decided if they want Police involved and can walk survivors through their choices without any pressure.

Sexual harm is a serious issue that affects many people in Aotearoa, says Cambridge Clinic Clinical Director Jess Tucker.

"Sexual assault doesn't always occur in the way people expect and the majority of survivors of sexual harm have been assaulted by someone they know, and the assault often doesn't involve any form of physical violence.

"Sexual harm commonly occurs when someone is unable to provide consent. This may be due a number of reasons but is most commonly seen when someone is impaired by alcohol or drugs that may have voluntarily or involuntarily consumed," she says.

Patients can refer themselves to the clinic, or referrals may be made by Police, a healthcare provider or support services.

The clinic offers a holistic package of care to survivors that may include referrals to other organisations or professionals, such as social workers, ACC, AVIVA or mental health services, including the Pegasus Health Rongoā Kōrerorero Talking Therapy programme.



The Cambridge Clinic is patient-led, and while the provision of some information back to a patient's general practitioner (GP) is encouraged, this is only done with the survivor's consent. Some patients prefer their GP not to know, and the clinic respects their wishes.

People are often carrying a lot of weight over what happened to them, and have concerns around whether they themselves are to blame in any way.

"We just want to help lift that weight. We often see people walk out of here a lot lighter than when they arrived."

The clinic's mission is to give control back to survivors after sexual harm.

"Even if they're in doubt about whether they've been sexually assaulted, we can still see them and provide support," Jess says.

If you or someone you know has experienced sexual harm, you can contact national hotline Safe to Talk on 0800 044 334 or text 4334 or visit the [www.cambridgeclinic.co.nz](http://www.cambridgeclinic.co.nz).

# Canterbury researcher awarded funding to investigate hallucinations in people with Parkinson's

Kyla-Louise Horne was just 16-years-old when her grandma, who had Parkinson's disease, passed away.

Now, 16 years later, she's dedicating her research to improving the lives of those who suffer from the debilitating brain disorder.

The Canterbury Medical Research Foundation (CMRF) has announced that Kyla-Louise, a Research Fellow at the University of Otago, Christchurch, is the successful recipient of its annual Emerging Research Fellowship. A grant of \$180,000 will support her two-year research project, examining how and why hallucinations occur in Parkinson's disease.

Kyla-Louise's research, Visual hallucinations in Parkinson's disease: Investigating their trajectories and neural mechanisms, has been four years in the making. The project has the potential to improve the lives of those living with the condition, which affects more than 12,000 Kiwis.

Around half of people with Parkinson's disease experience hallucinations and everyone experiences them differently, she says.

"For some people, it's as simple as thinking you see a shadow in the corner of your eye, but others witness fully formed figures or shapes that aren't there.

"It might seem like it's a terrible thing, but there are some people who find them quite comforting. What we do know is that people who develop these more complex hallucinations have a much higher likelihood of ending up in residential care."

Kyla-Louise says her research will paint a clearer picture of what's happening in the brain for those experiencing hallucinations, enabling the development of new treatment options to reduce the likelihood of them occurring, as well as finding solutions for those who are already affected.

"My grandmother experienced hallucinations as her disease progressed, so I understand what it's like to be a family member playing a supporting role.



Research Fellow at the University of Otago Christchurch Kyla-Louise Horne

For me, it's important when I'm researching to listen and really hear what my participants are experiencing. Having a personal connection to Parkinson's disease through my grandmother certainly helps, because I know first-hand some of the challenges they can face."

The project will be informed by data from other studies that she has worked on, including the New Zealand Parkinson's Progression Programme, based at the New Zealand Brain Research Institute.

This longitudinal study has followed over 320 Cantabrians with Parkinson's since 2007.

"We're hoping to use that data to characterise hallucinations in Parkinson's disease, as well as looking at what might put people at greater risk of developing them," Kyla-Louise says.

From there, a group of 90 people with Parkinson's – some who experience hallucinations, and some who don't – and an additional 30 healthy older adult volunteers, will go through a series of computerised tests while having their brain activity recorded.



CMRF director Melissa Haberfield says the foundation is delighted to play a part in supporting this research.

“We are so excited by the potential outcomes. Most of us know, or have heard of, someone with Parkinson’s disease. Investing in this Fellowship is about supporting an emerging researcher to develop their research career and to create a positive outcome in an area of health that affects many people in our community.”

As a charitable organisation that receives no government funding, this fellowship is only possible thanks to the generosity of CMRF’s donors who share the vision of improving the health and well-being of our people through investment in health research, she says.

The grant, worth up to \$200,000, is awarded annually to an exceptional Canterbury researcher who is committed to improving the health and well-being not only of New Zealanders, but people all around the world.

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## It’s time to kick butt!

June is ‘Move your butt’ month – Bowel Cancer New Zealand’s annual challenge encouraging people to get active and raise money towards bowel cancer awareness, research and patient support services.

It can be anything that gets you moving more – walking or cycling 20 minutes a day, doing star jumps with the family – it’s up to you. The idea is to get a team together and get sponsorship. The challenge does not need to be extreme – it simply means exercising a little more than you usually do.

The message from Bowel Cancer New Zealand during Bowel Cancer Awareness month in June is also to ‘Save your butt’. If bowel cancer is diagnosed early enough it can be beaten. So if you’re worried, [check out the symptoms](#) and move your butt to see your doctor.

People tend not to like to talk about bowel cancer, yet it kills as many Kiwis as breast and prostate cancer combined. Every day, on average, eight New Zealanders will be diagnosed with bowel cancer, and three people will die from it.

So this June, get off your butt and challenge yourself to get more exercise – even if it’s just a 10-minute walk a day. You’ll be helping yourself beat bowel cancer – plus, if you get your friends and family to sponsor your challenge, you can help more New Zealanders beat bowel cancer too.

For more information go to [www.moveyourbutt.org.nz](http://www.moveyourbutt.org.nz)



# 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.



**MIDNIGHT  
SHANGHAI**

**Midnight Shanghai** – 96 Oxford Terrace, Riverside Market, Christchurch Central

Get 10 percent off your food order for both family and groups – show your staff ID to redeem. Discount applies to both dining in and takeaways, on food only (except salmon and duck), no discounts on drinks; discount not to be used in conjunction with any other promotions/offers.



**Raw Sugar** – 73 Manchester Street, Christchurch Central

Receive 10 percent off all food (vegan and vegetarian cafe) – show your staff ID to redeem.



**Eightgrains**

**Eightgrains** – 255 St Asaph Street, Little High Eatery, Christchurch Central

Get 10 percent off your food order for both families and groups – show your staff ID to redeem. Discount applies to both dining in and takeaways, on food only (except salmon and duck), no discounts on drinks; discount not to be used in conjunction with any other promotions/offers.



**Brighton Beach House** – 6a Beach Road, North New Brighton, Christchurch

Get 10 percent off at this restaurant in North New Brighton. You will just need to show your staff ID to get the discount. The discount does not apply to vouchers or the use of vouchers. The discount cannot be used in conjunction with other promotional offers, discounts or happy hours.

## QUIZ ANSWERS – King Charles III

1. c. Cambridge University
2. a. True. His mother ascended the throne when her father died on 6 February 1952 and Charles was three years old. Charles became king at 73 upon his mother's death on 8 September 2022. He was heir for 70 years and 214 days.
3. d. Cello
4. b. Welsh – For his investiture as Prince of Wales
5. c. 20
6. a. Talked to them
7. b. Camilla Parker-Bowles
8. c. Five – William has three children and Harry has two.
9. b. She watched a replay of the Grand National
10. d. Mary Queen of Scots



# CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH), a division of Te Whatu Ora Waitaha Canterbury. The newsletter aims to highlight new and revised free resources available from your local CHIC office.

You can read it on the [C&PH website here](#)

## In this newsletter

- › Message from the Strategic Leadership Team
- › Measles Vax – Community
- › Rohan ready to socialise
- › The importance of whooping cough vaccinations
- › And much more, [read it here](#)



Want to test your energy related knowledge?  
Take our 2 min quiz! Scan the QR code >>>





# Energy Awareness Month!

June 2023

A Te Whatu Ora initiative providing tips, tricks and fun facts about energy efficiency and conservation.

**Te Whatu Ora**  
Health New Zealand

# Energy Awareness Month!

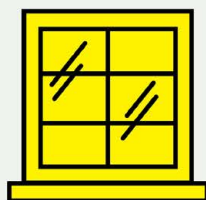
June 2023

Te Whatu Ora  
Health New Zealand

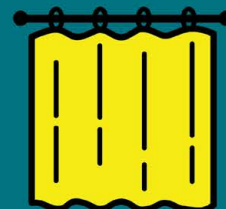
HERE ARE OUR TOP TIPS FOR SAVING  
ENERGY THIS WINTER...



Whakaweto mai ngā  
rāiti. Turn off the lights



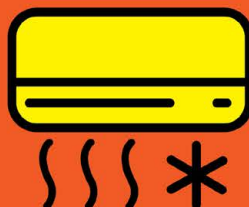
Use natural light  
where possible



Make use of blinds  
and curtains to retain  
heat



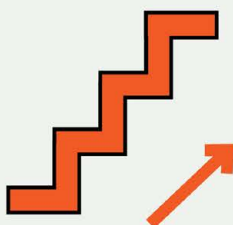
Think before you print



Keep windows and  
doors closed when  
using heaters



Unplug unused non-  
essential equipment



Burn calories not  
energy. Take the stairs



Be mindful of your hot  
water use. Try rinsing  
dishes in cold water



Make sure  
dishwashers are full  
before turning it on

# Move your butt this June to help beat bowel cancer



Calling all Kiwis young, old, fit or unfit – to move your butts this June.  
You don't need to run a marathon, we just want to get you moving!

## Here's how it works



### Get ready

Sign up and set your challenge at [moveyourbutt.org.nz](https://moveyourbutt.org.nz)



### Get set

Get friends, whānau and colleagues to sponsor your challenge and raise vital funds for bowel cancer.



### Move

Get moving and smash your challenge goals!

To sign up or for more information, hop online:



[moveyourbutt.org.nz](https://moveyourbutt.org.nz)



#moveyourbuttnz



**Bowel Cancer**  
NEW ZEALAND







# Protecting your pēpi from **Flu** starts during pregnancy

To book your flu jab visit **BookMyVaccine.nz**,  
or contact your GP, pharmacy or healthcare provider

To find out more visit **immunise.health.nz/pregnancy**  
or call the Vaccination Healthline on **0800 28 29 26**

**Te Kāwanatanga o Aotearoa**  
New Zealand Government  
NB0710 | Flu/Pregnancy - A3 Poster | 30.08.22

**Te Whatu Ora**  
Health New Zealand