

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
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Cover photo: Interchurch Council Hospital Chaplain Bridie Marsden-Boyd is taking an innovative approach to promote wellbeing among consumers this Christmas

Kupu Arataki – Introduction



New facility supporting Pacific health services in Christchurch

The Pasifika Medical Association Group (PMA) and Etu Pasifika Canterbury (EPC) last week opened a new facility in Christchurch to support their work with Pacific communities.

Maoate House, on Oxford Terrace, is named in honour of PMA President, Tearikivao (Kiki) Maoate ONZM, recognising his career dedicated to enhancing health outcomes for Pacific people.

Kiki acknowledged all who have contributed to PMA and EPC's success. "It is quite humbling to have my name on this building. I am grateful for the investment and to continue being part of the processes we're going through now."

PMA Chief Executive, Debbie Sorensen, says the opening of Maoate House marks an important milestone in the development of the PMA Group and Etu Pasifika. "Here in Christchurch, we have consolidated our footprint, and to be in the heart of the health precinct is important for us, not only because we work closely with our colleagues at Te Whatu Ora and at the university, but also because it's accessible for the families and communities that we serve.

"The naming of the building recognises the incredible service that Dr Kiki Maoate has provided to our Pacific communities in Christchurch and in the South Island since 1998. It's fantastic to have a building named after such a leading Pacific person."

Maoate House will be used for PMA operations, and to house a number of EPC programmes.



Paediatric Surgeon, Urologist and Clinical Senior Lecturer, Paediatrics, Otago University Kiki Maoate at the opening of the new facility, Maoate House

First Te Whatu Ora Annual Report released

Last week we released our first annual report as Te Whatu Ora, covering the period 1 July 2022 to 30 June 2023.

Our annual report provides a comprehensive picture of our first year of operation and a clear picture of our overall scale. It shows our priorities and how we are working to transform the way healthcare is delivered in New Zealand.

Bringing together 28 entities has been a major undertaking. We have a multi-year challenge ahead of us bringing all the separate systems we have been working together.

We are making process and have started to realise the benefits of bringing us together. You can read about this in the annual report.

Each of you has played a role in supporting our healthcare system to meet the health needs of New Zealanders. Thank you for your mahi.

You can read the [annual report on the Te Whatu Ora website](#).

Maia Health Foundation wraps fundraiser for Kurawaka Waipapa

Get your Christmas gifts wrapped at Westfield Riccarton this month and help raise funds for Kurawaka Waipapa, Te Whatu Ora's new central city birthing unit opening in early 2024.

The Maia Health Foundation is running the gift wrapping fundraiser at Westfield Riccarton from 14-24 December. Up to three gifts per person can be wrapped, with a donation. All money raised this year goes toward Kurawaka Waipapa.

Kurawaka Waipapa will be a safe place in the central city for healthy pregnant people, with no complications, to give birth and allow for a midwifery model of care that meets the needs of the community.



With an estimated 2000 births annually, it allows Christchurch Women's Hospital to focus on those needing more support.

Gift wrapping will be located on level 1 (near Jamaica Blue) and level 2 (near Decjuba) at Westfield Riccarton.

Pānui dates

The last Waitaha Pānui of the year will be published on 18 December 2023. The first pānui for 2024 will be published on 29 January.

Send any content or suggestions for stories to communications@cdhb.health.nz

Hot weather's coming – stay cool and go well

With temperatures rising and intense heat predicted for the coming holidays, Te Whatu Ora is encouraging everyone to stay cool and look out for whānau.

We are all vulnerable to hot temperatures, but some people are more at risk. This includes older people, babies and infants, people who are pregnant, those with pre-existing medical conditions or on certain medications, and people living alone.

There are some simple steps that we can all take to reduce the risk to our health when the temperatures are high:

- › Plan ahead – check the forecast, pack enough water and food, use a chiller bag.
- › Drink plenty of water and encourage your children to drink often.
- › Stay out of the sun, find shade outside wherever possible and stay indoors when you can and wear loose and light cotton clothing.
- › If you have to be outside, remember to Slip, Slop, Slap and Wrap.
- › Don't leave children or pets unattended in parked cars.
- › Keep a close eye on neighbours, especially the elderly, to check they're okay. Remember, children, older people or those with health concerns may find it more difficult to cope with the heat.
- › Keep your house cool by opening windows and doors on the shaded side and close curtains and blinds to keep the sun out. Opening windows at opposite ends of a room can help with cross-ventilation.
- › Keep wet flannels in the fridge to help you cool down, or take a cold shower.
- › Use a fan if you have one, particularly for elderly relatives.
- › You can also identify locations nearby with air conditioning that are free to access such as libraries, shopping malls and other public spaces.



- › Keep cool while exercising. If possible, exercise or do outdoor activities early in the morning or later in the evening.
- › Don't forget to call Healthline on **0800 611 116** for free health advice.

For more information about managing heat, visit: [Heat Health Plans: Guidelines and key information](#)

If you're heading away, it's also a good idea to consider packing a first aid kit, including a supply of paracetamol or ibuprofen, and some over-the-counter medications for cough and cold symptoms.

If you get sick whether you're at home or away, call Healthline on 0800 611 116 for free medical advice 24/7 – interpreter support is available. Healthline can also advise what services are open wherever you are in the country.

What to do if you get sick or injured this summer

If you get sick, free medical advice is available 24/7, 365 days a year, through Healthline on 0800 611 116. If you're not sure what to do or where you can get in-person health care at this time of year, Healthline can advise what services are open wherever you are in the country.

If you or someone in your whānau needs to see a doctor, contact your local healthcare provider to arrange an appointment. Also contact or visit your local community pharmacy to ask for advice. Please bear in mind that their opening hours may differ from their normal hours over the Christmas holiday period. See www.healthpoint.co.nz for details of services open across the motu over summer.

- › For children/tamariki under five, call Plunketline on 0800 933 922 for free health advice 24/7, 365 days a year.
- › A new rural health after-hours telehealth service is now available. Eligible rural communities can access the service by calling 0800 2KA ORA (0800 252 672).
- › For a sports injury you can go straight to a physiotherapist or sports injury clinic. They can arrange x-rays and treatment, register an ACC claim or refer you to a specialist.
- › You can book a virtual on-line consultation with a GP with a New Zealand-based provider. You can find out more about virtual consultations at [Healthinfo](#) or [Healthify](#).
- › In an emergency dial 111.



- › If you are away from home, or an international traveller, you can contact a doctor or medical centre in the local area where you are staying but you may need to pay for advice and care.
- › General online health information and self-help resources can be found at www.healthify.nz
- › Te Whatu Ora hospitals across the motu will continue to provide critical and emergency care 24/7 as they have always done over the Christmas period.
- › Hospital emergency departments and many urgent care clinics remain open – so if it's an emergency, always call 111 or go to the emergency department if you are seriously unwell or if it's a life-threatening emergency.

12 ways to celebrate Christmas without alcohol

Have you thought about the role alcohol will play in your Christmas celebrations? In New Zealand culture there's often pressure to drink at festive events, but you can set your own healthy boundaries and be a role model for your family, friends and colleagues too.

Here are some ways you can enjoy celebrating with friends and family, but come out with a clear head!

1. Watch your favourite Christmas movies with homemade popcorn (experiment with different flavours – there are heaps of recipes online).
2. Bake some edible gifts for your friends, neighbours and work colleagues.
3. Make your own Christmas or New Year decorations.
4. Volunteer at a soup kitchen or charity (or donate to a gift drive or foodbank).
5. Go for a walk in nature. Even better, take a friend, family member or dog with you.
6. Go on a photo walk in your local neighbourhood and see things through a new lens.
7. Kick back with a good book – check out your local library for holiday reading lists.
8. Break out the old-school board games or puzzles.
9. Start a new project – scrapbooking, photo book, herb garden, knitting.



10. Pamper yourself with a home manicure, foot massage or facial.

11. Put together your favourite music playlist.

12. Organise a FaceTime catch-up with a friend you haven't seen in a while.

And if you are drinking:

- > Alternate alcohol with water/non-alcoholic drinks
- > Stay properly hydrated (be aware of the risks of drinking alcohol in the sun)
- > Eat good substantial food, not just chips and snacks when you're drinking
- > Don't drink and drive, but also don't drink and swim, bike, etc

Ward 25 team makes it a memorable Movember

An awesome effort from the team on Ward 25 who raised \$600 through their impressive moustache-growing efforts during November.

From left, Hospital Aide Chris Chapman, Registered Nurses Mike Gutierrez, Jake Lockington, Tim Couprie, and Hospital Aide Enzo Macion



Hospital play specialists – unsung heroes in the spotlight

Being in hospital is especially tough for children – but a network of 160 hospital play specialists across the motu is helping to make things just a little bit easier for young patients and their whānau.

These unsung heroes – qualified early childhood teachers with extra hospital-specific training – use play and activity to support children through procedures and medical interventions, and help them overcome anxiety and adjust to the hospital environment.

The Play Specialist Team at Christchurch Hospital was recently featured in a Seven Sharp story, showing the amazing mahi they do to help support kids' emotional wellbeing.

You can [watch the story online here](#).

What's your Christmas style? Time to show your creativity

Yes, there's still time to get those Christmas decorations up – and show off your own unique festive style. Trees, lights, tinsel, decorations, sweets and treats, toys, festive food, summer colours ... there are so many options when it comes to creating a memorable Christmas display. Remember, when you do decorate your workplace or home, please share a photo or two with us so we can publish them in the Pānui.

A little cheer goes a long way, and we would love to see your creativity on display.

To share your photos email communications@cdhb.health.nz and include details about your photo. You can email up three photos.

We can't wait to see your Christmas spirit and you never know, it might be worthy of the cover.



Last Christmas we featured these creative and child-friendly repurposed pool noodle candles. What's your team coming up with this year?

QUIZ – Medical treatments from the past

Throughout history, humans have been fascinated by the diagnosis and treatment of health issues. We're lucky to live in a time when medical knowledge has evolved, and technology developed to allow for better diagnoses and treatments. What do you know about some of the strange and even dangerous health treatments and beliefs of the past?

- Used by ancient civilizations as far back as 7000 years ago, what did they think 'trepanning' cured?**
 - Cancer
 - Headaches, seizures, and mental illness
 - Constipation
 - Broken limbs
- What was used as a treatment (in the form of a rub) for several ailments, including syphilis, as recently as the 1950s, before people realised it was toxic?**
 - Lead
 - Plutonium
 - Mercury
 - Polonium
- Throughout the 18th and 19th centuries, 'female hysteria' was a diagnosis applied to all manner of mental 'conditions' including depression and anxiety. It was even the diagnosis for things such as insomnia, low libido and being argumentative! What year was hysteria removed from the official Diagnostic and Statistical Manual of Mental Disorders?**
 - 1890
 - 1923
 - 1935
 - 1980
- The Black Death was a devastating epidemic of bubonic plague that decimated Asia and Europe in the 1300s. With no real understanding of how it was contracted or access to antibiotics, which were still centuries away, it killed millions. At the time however, some success was noted from social distancing, isolating, and what common household condiment?**
 - Vinegar
 - Horseradish
 - Mustard
 - Chutney
- Which of the following was used as anaesthesia at different times throughout history?**
 - Nightshade
 - Ether
 - Chloroform
 - All of the above
- What was a common treatment for asthma up until the 1950s?**
 - Vigorous exercise at altitude
 - Smoking (normal and medicated cigarettes)
 - Saunas
 - Coffee enemas
- What disease, initially treated with hard cider, vinegar, and laxatives (among other 'medicines'), killed up to two million sailors before Scotsman James Lind realised in the mid-1700s that citrus fruit provided a cure?**
 - Malaria
 - Syphilis
 - Scurvy
 - Dysentery
- What was first attempted in 1854, by Drs. James Bovell and Edwin Hodder, in Toronto, using a cow?**
 - Cow cuddle therapy for depression
 - Milk transfusions as a substitute for blood
 - Cow to human organ transplantation
 - Cow to human blood transfusions
- True or false. Cocaine was used to treat hay fever in the early 20th century.**
 - True
 - False
- Rosemary Kennedy, the sister of (then future) President John F Kennedy was left permanently incapacitated and spent the rest of her life needing full-time care after what health procedure in 1941?**
 - Prefrontal lobotomy
 - Electroshock therapy
 - Psychedelic drug therapy
 - Bloodletting

[Check your answers on page 26.](#)

Team provides tailored support for those living with heart failure

A small nurse-led team tucked away in a corner of Riverside's 5th floor is making a big difference to people with heart failure, giving them better quality of life and improving equity of care.

The innovative Heart Function team, which this year celebrates its 20th anniversary, is made up of Nurse Practitioner Julie Chirnside, Clinical Nurse Specialists Sadie Ross, Catherine Malone and Jo Scott, Māori Health Worker Marilyn Mua, and Nurse Manager Maureen Trewin.

They are part of Cardio-Respiratory Integrated Specialist Services (CRISS) based at Christchurch Hospital and manage people with heart failure in the community, helping to reduce hospital admission and improve heart failure care and medicine management.

"Heart failure is a very complex condition that people have to work hard at controlling for the rest of their life. We are about supporting people along that long-term journey," says Clinical Nurse Specialist Catherine Malone.

The team sees patients in outpatient clinics at Christchurch, Burwood and Rangiora Hospitals and make home visits for some patients living with advanced heart failure. Their support for patients includes providing education on living with heart failure, improving confidence to self-manage symptoms, and ensuring that guideline-directed heart failure medications are started and optimised for each person.

The Heart Function team collaborates and works with the consultant Cardiology teams and Cardiology wards at Christchurch Hospital. They co-ordinate with community teams such as general practices, the Acute Demand Management Service, Nurse Maude Infusion centre, Palliative Care and District Nursing.

The team provide consultation for health practitioners regarding heart failure management throughout Canterbury and the West Coast including Ashburton, Kaikoura and Buller. A Kamahi Hauora Māori|Māori Health Professional, Marilyn Mua, works closely with Māori patients enrolled in the service.

"My role is about helping Māori to engage with the service and support them and whānau to ensure improvement in health literacy," Marilyn says.

The Heart Function team's service is growing, with up to 50 referrals a month for adults 18 years old and over. People spend up to six months with the team during the medication optimisation period. "It's very satisfying going through that journey with our patients, helping them to manage their conditions and seeing improvement in their heart function," says Clinical Nurse Specialist Jo Scott.

One quality improvement initiative is the development of a Discharge Checklist, created by Nurse Practitioner Julie Chirnside and Catherine.

"We reviewed quality indicators for heart failure management from the European Society of Cardiology (2022) and undertook an audit based on those indicators," says Julie.

"We demonstrated gaps in optimisation of treatment, including consideration for devices such as implantable defibrillators and cardiac resynchronisation pacemakers, and whether patients are being considered as potential cardiac transplant candidates. So we developed the checklist to streamline care and improve equitable access for all therapies.

"The checklist has helped us become more consistent with optimising treatment for patients in a shorter time frame. This improved efficiency is better for patients and for the wider Cardiology service."

Since then, aspects of the checklist regarding medication choices have been incorporated into the Cortex inpatient workflow system aiming to improve best practice by having patients on the recommended drugs sooner. This in turn reduces the time needed in outpatient clinics if the first steps are taken during an inpatient stay.

Another aspect of the service is supporting people in the community living with advanced heart failure where high dose intravenous Frusemide infusions can provide improvement in symptoms, enabling people to stay home.

Understanding where people want to be cared for is important to improving quality of life.

“If we can facilitate keeping someone at home with the support of the Acute Demand nursing team or the Nurse Maude Infusion Centre nurses then we can offer patients this option,” Catherine says.

“Our team will assess the patient and Julie prescribes and arranges the initiation of the infusion and any titration test needed and oversees how long the patient should remain on the infusion.”

An example of how effective this can be is a patient who in 2022 had 11 hospital admissions, and this year has had none because the infusion has kept her heart failure symptoms controlled well enough that she hasn't needed to be in hospital.

Programme for Māori with heart failure unique in the country

The Heart Function team's work in the community helps to improve the long-term health and wellbeing of heart failure patients.

A 'Living Well North Canterbury' exercise and peer support group for people living with heart failure has been successfully running for two years after being set up by Clinical Nurse Specialist Sadie Ross.

The group meets weekly for 45 minutes of nurse-supervised, exercise instructor-led strength, balance, and cardio exercise. This is always followed with refreshments and peer support. Every month there are additional information sessions aimed at different aspects of self-care with heart failure and general wellbeing.

The Living Well group participants underwent exercise capacity and heart failure symptoms and quality of life assessment before starting with the group and after attending for three months.

These showed an overall increase in exercise capacity, reduction in heart failure symptoms and depressive symptoms. Participants expressed a better knowledge of their condition and how to self-manage it.

“This lady has celebrated several family milestones this year and continues to enjoy going out to cafes and for other social occasions. It has meant so much to her and her family to have enjoyed extra time in her own home, where she loves to cook and paint,” Catherine says.

In future, the team aims to continue to build the service, including more nurse practitioner roles to facilitate best practice and collaboration throughout the hospital, not just in the Cardiology department. This will allow more heart failure patients to receive best practice care.



The Cardio-Respiratory Integrated Specialist Services (CRISS) Heart Function team, from left, Clinical Nurse Specialist Sadie Ross, Nurse Manager Maureen Trewin, Clinical Nurse Specialists Jo Scott and Catherine Malone, Nurse Practitioner Julie Chirside and Māori Health Worker Marilyn Mua

Due to the overwhelming benefits seen by using this model of care, another group was proposed for Christchurch – Oranga Tonutanga Otautahi, an exercise and education programme tailored to meet the needs of Māori. It began in August.

The difference with Oranga Tonutanga is that it was designed to meet the needs of Māori living with heart failure, to help address the inequality in heart failure outcomes for this population, Sadie says.

Heart failure is the second highest reason for hospital admissions in New Zealand and the leading cause in Canterbury. Māori men and women are four and four and a half times respectively, more likely to be hospitalised with heart failure than non-Māori.

Heart failure affects 10 percent of the population over 70 years old, and affects the Māori population 10 years earlier than non-Māori. It is predicted that heart failure prevalence will increase by 50 percent within the next 20 years.

Māori males are more than twice as likely to be diagnosed with heart failure compared to a non-Māori male. Mortality rate is doubled for Māori people.

“To meet the needs of Māori and for it to be effective I was able to establish a working relationship with kaupapa Māori providers, specifically Te Puawaitanga, who played a significant role supporting the kaupapa with staff, a suitable venue, direction for funding and tapping into the crucial knowledge of the hapori (community),” Sadie says.

Oranga Tonutanga started as a 12-week pilot group in partnership with the Heart Foundation and working with Te Puawaitanga.

“The feedback has been amazing, participants say they feel supported, informed, know what their condition is all about, and feel empowered to look after themselves better. Many have expressed how important it is that it’s a Māori group that they are part of, they feel so much more comfortable and actively participate in discussions. There is nothing like this anywhere else in the country,” Sadie says.

Often grandchildren and other whānau attend.

One person said: “I have tried other classes and thought they didn’t explain the exercises properly and was the only Māori in the class, didn’t feel comfortable. I didn’t go back.”

Another participant had previously declined all cardiac medications. After attending the group’s pharmacy talk and discussing medications with others in the group, she has booked in with the cardiologist to get started on the appropriate cardiac medicine.

Many of those attending stated they were socially isolated and appreciated the opportunity to korero after the exercise.

It’s hoped that funding can be found to continue the group which was started as a pilot project and will undergo post programme assessments this month.

“Looking to the future, we need a system that will facilitate more of these groups around Waitaha and Aotearoa. Both Living Well and Oranga Tonutanga groups meet the best practice recommendations for heart failure care and should be available to all those living with heart failure,” Sadie says.



One minute with...

Ben Hubbard, Registered Anaesthetic Technician

What does your job involve?

A wide range of things, the variety makes the job so enjoyable. There are daily safety checks to ensure the safe delivery of an anaesthetic. Anaesthetic technicians work as a team with the anaesthetic doctor(s), and part of our role is to best anticipate the needs for the upcoming surgery. We work in a variety of specialties which is awesome, always learning! As an anaesthetic technician we use and develop a number of key clinical skills - airway management, intravenous line placement. A personal favourite is getting the opportunity to meet patients and reassure them before their surgery. I am constantly in awe of how awesome my colleagues are!

What pathway got you to this job?

I studied health science in Dunedin and was a little unsure what was next. I was fortunate to be a part of the on-the-job training. It's now become a fantastic degree course run by AUT and Waitaha Canterbury is really lucky to be getting amazing students doing placements with us. They're so smart and are getting the opportunity to learn a lot.

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

Absolutely do it. It's such an amazing privilege to help people this way, the things you learn too are just incredible. Stay curious and asking questions and you'll stay loving it too.

Who inspires you and why?

My colleagues inspire me. Their mana is incredible. Every day I learn something new from them. It's no secret we've had a tough couple of years, but they never stopped showing up, especially for those in need. Their empathy, resilience and fortitude has really inspired me this year. When we catch up for coffee or as a team and I hear their stories, it really does spur me on!

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?

They are such powerful values. Those values have been things we've worked together as a department to embrace, it helps us have conversations and check in on each other. Beyond that it means that I know people in Canterbury are receiving such amazing care! I knew I had nothing to worry about earlier this year when my wife and baby were patients because every day my colleagues uphold these values.

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

Te Anau with my wife and baby. It's so peaceful and to have such a place is truly taonga.

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

I'd love to say Hugh Jackman, I'd hope I am a fraction as kind as what he is!

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

Recycling well! Taking lids off our bottles and taking travel mugs with us everywhere. My whānau and I have started a small garden at home as a source for kai. I can't wait to teach my daughter about gardening and plants!

What are your hobbies/interests outside of work?

I love to keep active, love my running, football and squash, and definitely cooking/baking too!



Registered Anaesthetic Technician Ben Hubbard with his daughter Gianna

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

First Christchurch Clinical School classmates reunite to celebrate 50 years

A special reunion of alumni of the first student intake at the former University of Otago Christchurch Clinical School took place recently.

Former classmates gathered from around Aotearoa and New Zealand for the reunion, which was held in the far North.

The group call themselves the 'Class of '73' – in recognition of their unique place in the history of the Christchurch Clinical School, rather than the date they graduated.

Twenty six classmates out of a possible 38 made their way north to Laparoscopic Surgeon Andrew Bowker's home in Taipa, Doubtless Bay. With partners, 40 in total gathered for the reunion.

The programme included tributes to the five classmates who had passed away, a BBQ brunch, and a series of mainly non-medical talks from classmates. The keynote speaker was John Sumich, a GP and longtime conservationist from West Auckland, who established Ark in the Park in the Waitākere Ranges and the adjacent Habitat Te Henga.

Describing the class as a "tight knit group" Andrew says they actually didn't talk a lot about the early days, because many had formed life-long friendships in the class and had kept up with each other over the years. They had met twice for reunions previously, on their 10th and 20th anniversaries.

"You worked together, you did long hours, you socialised together, you went through traumas and first medical experiences together; it was a mutual support club. When you have that as a base you don't need to go back to small talk because you've forged a very strong relationship," says Andrew's partner Gail Pearson.

As well as being the first clinical class in Christchurch, they were unusual in that the class was a self-selected group, with 44 students out of 126 voluntarily choosing to study in Christchurch. In following years, classes were split evenly between Christchurch and Dunedin, and then Christchurch, Dunedin and Wellington.



Members of the Class of '73 during their time at Christchurch Clinical School (top), and gathered in Northland for their 50th Anniversary reunion

"And try their hardest they did, they were great. George Rolleston was Dean and he was a good figurehead. Our class performed particularly well; as a measure of success, which is debated by some of our GP colleagues, there were an awful lot of specialists in our group."

The Christchurch class of '73, which included only five women, went on to work as general practitioners, in pain management, drug and alcohol addiction, as respiratory physicians, paediatricians, ENT surgeons, anaesthetists, general, vascular and orthopaedic surgeons, in obstetrics and gynaecology, neurology, radiology, cardiology, gastroenterology and psychiatry.

Amongst their cohort they counted a Rhodes Scholar, Haematologist Derek Hart, who died in 2018. He was the first person to identify the role of human dendritic cells as critical effectors in immune rejection.

Many of the class were at the forefront of medical technology making its appearance in the 70s and 80s, including Radiation Oncologist Associate Professor Chris Atkinson, Radiologist Tony Young and Andrew with laparoscopic surgery after he returned to New Zealand from Australia in the early 90s. GP Adrian Gray ran one of Sir Edmund Hillary's hospitals in the Solukhumbu region of Nepal.

"All have a claim to fame in different ways. I think John Mercer was the first non-Christ's College old boy appointed to the clinical staff in Christchurch," says Andrew.

Gail says a lot of the class were forerunners, creating departments, creating innovative techniques, whether in surgery or medicine.

"Every single one has a very interesting story. They've been creative in what they've done, Pete Manson with his ICU unit in Tairāwhiti, John Sumich with his conservation, Diane Jones working with Māori as a liaison person – a pākehā female doctor working in a Māori culture was unusual."

Most have now retired, with Andrew about to finish practising at the end of this year.

As everyone headed home, Andrew and Gail say people were realising that those friendships they made in their 20s, were actually quite deep, or, as Andrew put it, "I realised quite a lot of them who weren't particular friends in clinical school, are actually close friends."

Courtesy University of Otago

Be protected against
**meningococcal
disease**

Te Whatu Ora
Health New Zealand



Akoranga reo Māori 44 – Lesson #44

Ngā hapa e kitea nuitia ana, e rangona nuitia ana – Commonly seen and heard mistakes

There really is no way to avoid making mistakes when learning a new language and te reo Māori is no different. We all make mistakes and we will continue to do so, but the important thing is that we continue to learn from them and try to do better next time. Included in today's akoranga is a few commonly seen and heard mistakes that may be useful to highlight. Some of these are well entrenched in the kiwi vernacular but that does not make them any less incorrect. So, nau mai te hapa; mā te hapa ka ako – Welcome the mistakes: through mistakes we learn.

“Kia ora whānau”

When greeting a group of people, we often hear this phrase used to say, “Hi family”. This is however grammatically incorrect. We should instead say “**Kia ora e te whānau**”.

“Kapa haka group”

Kapa means group while haka is the performance of the posturing and dancing. Therefore, there is no need to add the English word “group” on the end as this would translate to “performance group group”. Therefore, “**kapa haka**” is correct.

“A the” and “The the”

This is a very common mistake that is heard and read in documentation and is particularly relevant to us in healthcare with Te Whatu Ora and Te Aka Whai Ora. We shall use these entities as examples.

The word “te” means “the” in a singular sense. Therefore, if you wanted to talk about using the perspective of Te Aka Whai Ora in a document, you might be tempted to write “...from a Te Aka Whai Ora perspective” which would read as “from a the...”. It would be more appropriate to arrange your sentence in such a way as to avoid this. For instance, you could write “**From the perspective of Te Aka Whai Ora**” instead.

The same applies for placing the English word “the” immediately before the Māori word “te” as in “When talking to the Te Whatu Ora lead...”. This reads “When talking to the the...”. Again, try to rearrange your sentence for instance, “**When talking to the lead of Te Whatu Ora**”.

Using “s” to pluralise or show ownership

There is no “s” in the Māori alphabet. Words are pluralised in a very different way which leaves the base word the same. For instance, the plural form of “the” is “ngā”.

Hei Tauira – An example

Te pepa	The paper
Ngā pepa	The papers

It would be more correct when using Māori words, to talk about things in a plural sense in English, to do so in such a way that avoids using an “s”. For instance, instead of saying “That is Mana’s bag”, you could say “**That bag belongs to Mana**”.

Google Translate

Simple advice...just don't. Instead, I would direct you to a reputable application such as Te Aka – The Māori Dictionary.

Verb or noun?

Often when people are learning te reo Māori, they will make use of an application such as Te Aka mentioned above, but they will simply use the first word that comes up in their search, rather than reading a little further. This often creates a situation where people are using a verb or action word in a place where a noun or naming word should be used, or vice versa. For instance, you might want to say, “Pass me the pack (as in bag i.e a noun)” and you might see that the word whakamātā comes up first when you search for pack. However, whakamātā is a verb which describes the action of packing. You would instead need to search further and keep scrolling down to find that the word pēke is perhaps instead what you are looking for.

He whakapātaritari – A challenge

Do you make any of these hapa? If you do, that is okay, but perhaps challenge yourself to do better now that you know better.

I mōhio rānei koe? Did you know?

On the 14 December 2009 Cabinet endorsed the Tino Rangatiratanga flag. This haki (flag) was designed by Hiraina Marsden, Jan Dobson Smith and Linda Munn as part of a competition.

The three elements of the haki symbolise:

- > Te Kore – nothingness/potential being (top black).
- > Te Whai Ao – coming into being (bottom red).
- > Te Ao Mārama – the realm of being and light (centre white).

The koru represents the fern frond and symbolises the process of renewal, the unfolding of new life and hope for the future.

[Tino rangatiratanga flag – Biculturalism – Te Ara Encyclopedia of New Zealand](#)



Ko te reo o mihi tēnei e rere atu nei ki a koutou katoa. This is the voice of acknowledgement and thanks, flowing out to you all.

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

Hauora.Maori@cdhb.health.nz

**Spread sunshine
this summer,
not bugs**
**Rest up at home
if you're sick**



Te Kāwanatanga o Aotearoa
New Zealand Government

**GO
WELL**

Te Whatu Ora
Health New Zealand

Christmas thank you for Ashburton's vital volunteers

The Friends of Ashburton Hospital are a vital part of the care the hospital provides to its patients – helping out with a wide variety of non-clinical tasks to support staff and make life easier for patients.

Recently the Friends team was recognised at a special Christmas function – and they presented over 100 personal care packs as well as boxes of knitting for new arrivals and families in the maternity ward.

The Friends, currently comprising around 40 volunteers, have been operating for nearly 50 years. They help out with whatever's needed – serving morning teas each weekday, handing out Easter and Christmas treats, donating care packs for patients and supplies for newborns, even decorating the Christmas tree and singing Christmas carols.

Co-Ordinator Jackie Rapley says the group is keen to find more volunteers to help continue this much needed work.



From left, General Manager Canterbury Rural Health Bernice Marra, Midwifery Nurse Manager Julie Dockrill, Co-Ordinator Friends of the Hospital Jackie Rapley, and Secretary Friends of the Hospital Lorraine Kershaw at the Christmas gathering, with some of the items donated by the Friends

Team donates gifts to Aviva

Instead of the traditional team 'Secret Santa' this year, the Public Health Nursing Service, made up of registered nurses, vision and hearing screeners and an administration team, opted to donate gifts to support agency Aviva.

"Jo from Aviva was most appreciative of all the goodies that the team delivered this week," says Administrator Donna Docherty.

"She was so touched that instead of doing Secret Santa like previous years, we decided to gift to those really in need."

Aviva supports people of any age, gender, sexuality or experience of violence to not only become safe, but begin a journey toward a fulfilling, violence-free life.



Fundraising Assistant at Aviva, Jo Cormack (centre), and Public Health Nursing Service Administrators Donna Docherty (left) and Sarah Knott, with a trolley of donated gifts

Whakamihi – Bouquets



Day Surgery, Christchurch Hospital

It's easy to overlook how smoothly my treatment went during day surgery. The anaesthetic technicians were very friendly and made me feel comfortable while they got me ready for Theatre. Back in the ward the nurses looked after me well and the food was excellent.

Emergency Department (ED), Christchurch Hospital

I came into the ED with my daughter. I just wanted to let you know how amazing every single person we had contact with was, and somehow thank them for their incredible mahi. This included Triage, Reception, Nurse Isaac, Dr Sarah, and Psychiatric Nurse Neil. We are so lucky in Christchurch to have such amazing humans working in such a stressful environment ready to help others who find themselves there for one reason or another. I know that everyone who works in ED is probably doing so out of love and for life satisfaction/purpose and definitely not for recognition or financial reward. Thank you from the bottom of my heart (apologies for resorting to cliché) for doing so with such grace, understanding, empathy and professionalism. I came away filled with such gratitude that you are all there. Thank you for keeping us fully informed of wait times and what to expect, so we weren't sitting in the waiting area freaking out. Thank you for treating us with respect and understanding and explaining everything - thus reducing the trauma of an ED visit. Thank you for undergoing all that training and study so we can trust your

professionalism. Please keep up your incredibly important work that you're doing so well. It is much appreciated.

Ward B1, Burwood Hospital

It's great being somewhere so 'Christmassy' when you are feeling unwell. The decorations gave me such a lift and the nurses, doctors, physios, therapists, and catering staff went out of their way to get me going again. I didn't make it back home, but really appreciated the help to get to the rest home. Thank you.

Oromairaki Maternity Unit

The Rolleston birthing unit (Oromairaki) is an amazing facility. It has made our first few days with our new baby so stress-free and lovely. A special mention of Tessa the Hospital Aide, she is an asset.

Tina, Gynaecology Ward, Christchurch Women's Hospital

I wanted to compliment this wonderful nurse on the lengths she goes to make patients feel safe and heard. In such a scary stressful time she made me feel as though she truly cared. She let me know miscarrying (potentially) isn't my fault, and even though I somewhat know that, it felt good to hear it from a medical professional. I truly hope she knows the positive impact she has on people, and I would love for her to know it. Thank you, Tina, you're amazing.

Kathryn, Christchurch Outpatients

Breastcare Specialist Kathryn Fallon has been absolutely outstanding with her continuous support, compassion, and love for her job over the past few months.

Ward B1, Burwood Hospital

I can't fault the care I have received. All the staff were so welcoming and positive, and encouraged me to do my best to get back home. I never thought I'd get back to my hubby and two cats, but I did, and am so happy!

Ward 10, Christchurch Hospital

All the staff of Ward 10 are just the best. The care I received was brilliant. They are staff you can talk to, laugh with, and ask any questions of. Thank you so much for looking after me.

Christchurch Hospital

Appreciate the work you guys put in to provide a quick and happy experience for everyone. I know sometimes it's hard with the difficult people, but your hard work and dedication does not go unnoticed. Keep it up, you guys are heroes.

ED and Medical Assessment, Christchurch Hospital

Thank you so much for your loving care of my husband. Everyone was so kind and helpful. In ED Dr Claire is amazing and so is Nurse Jacqueline. In Medical Assessment Dr Jeffrey Lee, Dr Anthony Spencer and Nurse Jewel were also amazing. Thank you all so very much. Abundant love and blessings always.

Reception and Security, Christchurch Hospital

I left my iPad in the back of my wheelchair, and I phoned Reception and got awesome help from the receptionist who put me through to Security. They found my iPad and delivered it to me in Waipapa. Fabulous service.

Ward 14, Christchurch Hospital

The young trainee nurse attending to me noticed my leg was inflamed. She immediately recognised that it was cellulitis. I felt that her observation skills were outstanding.

Nephrology, Christchurch Hospital

Wonderful. Thank you to all the staff for your care. It's been a stressful couple of years undergoing treatment. The patience, kindness, respect and skill I have been treated with is superb. From Reception, to the nurses and doctors, and specialists, you've been brilliant – truly.

Ward 24, Christchurch Hospital

To the wonderful staff of Ward 24, we want to thank all the amazing staff who cared for our mum. Thank you for allowing us to stay with Mum in her room for her last 10 days. It meant everything to use that we could be with her 24/7. We really appreciated your personal care and concern for Mum. Everyone in the team was so caring and gently. Thank you.

Oncology, Christchurch Hospital

When I first came into Oncology wheeling my bride in a wheelchair, I was a bit frightened as to what would take place and the final result. We were both treated so kindly by the Registrar, Dr Jillian. She was so kind, caring and understanding. The care can only be described as nothing short of awesome. Everyone was so dedicated in their roles. The staff were so helpful and kind and understanding. Every blessing to those involved. We are both so grateful.

ED and Bone Shop, Christchurch Hospital

Thank you to the staff in ED for the efficient and courteous service from the doctors and nurses. Also, the Bone Shop visits were exceptional in all their services.

ED, Christchurch Hospital

Recently my husband had a fall outside Hornby Mall where he fell onto his face. He was brought to the ED by ambulance. Within an hour he was seen by a nurse and then a short time later by the doctor. We were told there would be a wait for a CT scan for his head, as the doctor wanted to make sure there were no fractures. While we did have a long wait, and eventually the outcome was positive, we found the staff we came in contact with to be fantastic, particularly Dr Alex Gibson and nurse Jaymee. My husband who suffers from Lewy Body Dementia was well cared for with respect and kindness. Nothing was a problem and both Dr Alex and Jaymee took the time to listen, ask questions and not rush us. Dr Alex was thorough which was appreciated. Both my husband and I felt reassured and confident that his care was paramount. People are quick to complain and not quick enough to compliment. I wanted to say thank you on behalf of my husband and I to the hardworking ED staff. You all do an exceptional job in some trying times.

Orderlies, Christchurch Hospital

So lovely to see orderlies in their festive gear. It's great for patient and staff spirits.

Our Christmas photos – part 1

It's beginning to look a lot like Christmas around Te Whatu Ora Waitaha Canterbury's facilities and services. Here's the first selection of festive photos kaimahi have sent in from around the organisation – more to come next week.

Don't forget to share photos of your creative efforts with us so we can publish them in next week's Pānui. To share your photos, please email communications@cdhb.health.nz and include details about your photo. You can email up three photos.



The annual Christmas lunch for staff at the Christchurch Hospital campus was held at the Great Escape Café last week, with a great turnout of kaimahi



All smiles from the Wellfood team at Christchurch Hospital after helping out with the Christmas lunch



Pictured in their Christmas scrubs, from left, Burwood Hospital Registered Nurses in Ward HG Spinal Unit, Justine Sunderland and Nicole Lea Koch



Harry the Burwood Hospital cat is keeping a watchful eye over the Christmas tree

Gold standard delirium care the aim of newly released standards

The Christchurch Hospital Delirium Group has just released its new Waitaha Delirium Clinical Standards.

The purpose of the standards is to help guide care of patients, says the group's Chair, Clinical Director of Older Persons Health Community Services Val Fletcher.

"The document provides a framework for us to work towards to provide gold standard delirium care. It divides the goals into eight sections, from early identification of risk to transition from hospital care.

We will continue to work towards attaining these standards."

The standards have been adapted from the Australasian Delirium Care Standards which were developed with the help of the Australasian Delirium Association. There are currently no national delirium guidelines.

Delirium is an acute sudden change in mental status that is often triggered by acute illness, surgery, injuries or medications. It is common in older people in hospital. Older people are often admitted to hospital with delirium or develop it in hospital.

It can be a marker of underlying illness but is also associated with poorer outcomes, such as falls, pressure injuries, longer hospital stays, increased likelihood of moving to residential care and death. It can also be associated with poorer future cognitive function. Delirium can be a frightening experience for patients and whānau, as well as challenging for staff to manage.



From left, Delirium Champion, Nurse Educator Maria Abarico and Christchurch Hospital Delirium Group Chair Val Fletcher

Many things that happen in hospital can contribute to people becoming delirious, for instance: poor sleep due to noisy wards, poor nutrition and fluid intake, lack of hearing aids and glasses, loss of normal routine and reduced mobility, Val says.

"The good news is that there are simple things that we can do to prevent delirium and to help manage it when it occurs. These things are all focused on providing patient-centred care."

This means managing delirium well will also mean providing exceptional care to patients, and that rates of delirium can also be used to monitor the quality of care that we are providing. Current work includes introducing an icon on Floview to denote delirium, introducing a new patient/whānau information leaflet, reducing use of restraints – including bedrails, and encouraging great patient care based on the Pinches Me Kindly principles.

Pinches me kindly is a mnemonic for the preventable risk factors for delirium in older people - **P**ain, **I**nfection, **N**utrition, **C**onstipation, **H**ydration, **S**leep, **M**edication, **E**xercise, **K**indly (be calm, patient and mindful of emotional needs). One third to one half of delirium that occurs while older people are in our care can be prevented by addressing these risk factors.

Val says she would like to acknowledge Delirium Champion, Nurse Educator Maria Abarico for her dedicated work on the standards.

You can access more information on delirium care on the Dementia and Delirium site under Resources menu on Prism or on the Community and Hospital Health Pathways.

If you'd like to know more please email valerie.fletcher@cdhb.health.nz.



New FloView icon to denote patients who have delirium. FloView is an electronic whiteboard system which allows authorised users to enter information relevant to the patient from any networked computer within the Te Whatu Ora Waitaha domain

Chaplain's Hillmorton programme encourages reflection on four positive themes

A blank wall in an acute adult inpatient unit at Hillmorton Hospital is being transformed for Christmas by consumers thanks to a programme developed by Interchurch Council Hospital Chaplain Bridie Marsden-Boyd.

"Part of my role at Hillmorton is to run groups for patients on spirituality. Normally this involves conversations and activities on topics such as guilt, peace, forgiveness, grief, hope, and connection. My group aims to help people be as spiritually healthy as they can be, and to offer them support for their spirituality while they are in hospital," says Bridie.

Those taking part in the group have remarked that it was so helpful and gave them the language or tools to better look after their spiritual self.

"For Christmas, I wanted to do something special, so I teamed up with North Ward in Te Awakura to do a spiritual series that was also tied to decorating a wall on the ward, helping it look a bit more cheerful for the holiday season.



Interchurch Council Hospital Chaplain Bridie Marsden-Boyd – focusing on hope, peace, joy, and love this Christmas

"The wall is normally a boring and blank space, and the idea is that over the season we add more and more decorations to the wall until it becomes this vast, colourful and vibrant space."

In the Christian tradition, the time before Christmas Day is called Advent. During Advent, the focus is on four themes – hope, peace, joy, and love.

“Not everyone is Christian, and the build up to Christmas can look so different for everyone, but I thought these four themes were a lovely foundation point to build on with the spiritual group in the four weeks leading up to Christmas.

The first week focused on hope with consumers creating stars of hope with ways and places that they can find hope written on the paper stars.

“Hope can be extra tricky as it is something easily lost when experiencing a mental health challenge. The goal is to reconnect patients with their own sense of hope, and to teach ways they can hold on to hope when everything around them seems bleak.

“We also made glitter bottles, as a tactile and sensory tool to look at when feeling hopeless. The glitter represents hope swirling all around us and encourages us to look for glimmers – signs or things to note that mean things are going well.”

The following week was about peace.

“Again, when experiencing a mental health challenge, peace can easily feel out of reach. We can feel overwhelmed and anxious, and on the wards, it can feel hectic and busy. As a group, we used three different types of ribbon as part of a meditation exercise, looking at the weave of each piece of ribbon, the threads, and thinking back on the week we have had.”

To decorate the wall, the group made Christmas baubles out of large pieces of paper and wrote on them where they found peace, and where they hoped peace would fall on others.

“I always think it’s great to not just look at our individual spirituality, but to see how when our spiritual wall, our taha wairua is healthy, that health flows out into our families, communities and beyond.

So not only do we look at where we can grow hope or peace for ourselves, but where that growth might impact beyond ourselves.”

With two weeks to go until Christmas, the next focus will be joy followed by love.

“For the week of joy, we are going to be giving everyone around us a little boost and continuing that work of extending our spiritual health beyond ourselves by making letters of joy, which will then be added to our decorative wall.”

In the final week which will focus on love, the group will look at things that connect us using a unique game with the occupational therapists with different coloured threads and various simple questions that reveal connections between people. The threads each person collects end up forming a colourful bracelet on their wrist.

“When we experience a mental health challenge, loneliness and isolation can make it so much worse, so this activity is designed to counter that loneliness even just a little. Lastly everyone gets an addition to their bracelets – a singular gold thread. This gold thread is the human thread. We are all human and are all connected because of that shared humanity.

“To carry that over to our decorative wall, we will be getting gold tinsel to act as our gold thread, and then on red paper hearts patients will write the names of their loved ones. These hearts are stuck on the wall and then connected together by the tinsel in a giant chain. This final part of the decorations is to remind everyone that they are loved, they are connected, and they are not alone,” Bridie says.

Gift Drive for Rānui House

Looking for a way to give back this festive season?

How about supporting Te Whatu Ora Waitaha Canterbury Youth Advisory Council's Christmas Gift Drive for Rānui House.

Our friends at Rānui provide a home away from home for individuals and their whānau who are receiving life-saving treatment here in Christchurch, says Te Whatu Ora Waitaha Youth Advisory Council (YAC) Co-Chairperson Chelsea Skinner.

"This time of year can be difficult for some but we know it's even harder when you are away from home and receiving treatment. It's time to help us spread some Christmas cheer by donating gifts to those staying at Rānui. Let's make this our biggest drive yet!"

Gifts may include toys, craft kits, puzzles, books, beauty items, pantry treats, fun gifts for the whole whānau. All items must be brand new.

The donation drive is officially underway, and items must be donated by Sunday 17 December (please refer to the YAC's social media in case dates change per location).

You can drop your donations to the following locations:

- > **Paediatric Outpatients Department**, Christchurch Hospital
- > **Flowers by Jasmine**, 266 Saint Asaph Street, Christchurch Central City
- > **CodeBreakers NZ**, 166 Saint Asaph Street, Christchurch Central City
- > **Connect Chiropractic** 6/1105 Ferry Road, Ferrymead
- > **Arcadia Retro Arcade & Pinball Emporia**, 204 Barbadoes Street, Christchurch Central City



- > **Switch New Brighton**, 7/78 Brighton Mall, New Brighton
- > **Park Ranger**, 114 Riccarton Road, Riccarton
- > **Uprising**, 199 Ferry Road, Waltham
- > **Ashton Wheelans** - Christchurch, Level 2/83 Victoria Street, Christchurch Central City
- > **Mt Pleasant Community Centre**, 3 McCormacks Bay Road, Mount Pleasant
- > **Rowdy Kitchen**, 420 Marshland Road, Marshlands
- > **Miles Continental Volkswagen**, 70 Tuam Street, Christchurch Central City
- > **The Waiting Room Cafe** 30 Lincoln Road, Spreydon
- > **Dune Cafe**, 51 Bridge Street, South New Brighton

Any questions, don't hesitate to get in touch with the YAC team by emailing cdhbyouth@gmail.com.

QUIZ ANSWERS – Medical treatments from the past

1. b. Headaches, seizures, and mental illness. Trepanning was a surgical procedure that involved drilling or cutting a hole in the skull and it was believed to be a cure for these issues. The procedure was performed without the benefit of modern anaesthesia or sterilisation and carried a high risk of complications and death.
2. c. Mercury. Mercury was believed to have therapeutic properties and was used as a cure for many diseases. However, it is now known to be highly toxic and can cause serious health problems, including kidney damage and neurological symptoms.
3. d. 1980
4. a. Vinegar. Long used as a type of antiseptic, vinegar apparently had some effect as a preventative rather than a cure.
5. d. All of the above.
6. b. Smoking (normal and medicated cigarettes)
7. c. Scurvy. Before the world even knew what vitamin C was, Scottish physician James Lind was treating sailors with orange, lime, and lemon juice, after the other 'treatments' failed. Although he discovered this in the mid-1700s, it wasn't until the end of the century that citrus was recommended by the British navy as a preventive and cure for scurvy.
8. b. Milk transfusions as a substitute for blood. In 1854, during a cholera epidemic, the doctors attempted to transfuse patients with milk. Some patients actually survived the treatment.
9. a. True. Cocaine was a common ingredient in medicine in the late 18th and early 19th centuries. In tablets, syrups, powders, and even cigarettes it was offered to relieve a range of conditions. It was a key ingredient in the original Coca-Cola too.
10. A. Prefrontal lobotomy. The controversial brain surgery has been widely banned since 1967 and generally viewed as barbaric and unnecessary, although it was once viewed as a miracle cure for certain mental health conditions.



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.



ŌPUKE THERMAL POOLS AND SPA – 47 Mount Hutt Station Road, Methven

Get 10 percent off on bookings for the Tranquillity pools or Discovery pools. Use the promo code at the online checkout. All bookings can be made online here. See the deal and [discount code here](#).



BRIGHTON BEACH HOUSE – 16a 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.



WIRED 2 RIDE

Order online [here](#) and get 10% additional discount code [here](#) for e-bikes and e-scooters and free delivery, or phone 03 323 4130 for more information.

Torpedo7

Torpedo7 – Friends and Family deal valid from 29.11.23 – 19.12.23

Torpedo7 would like to offer up to 50 percent off a huge range of gear. See [the flyer here](#) for further details and code to scan instore and for use for online purchases. Click and collect available.



Your time,
your words,
your presence



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



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

FIVE WAYS TO WELLBEING

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

Mental Health Foundation
mauri tū, mauri ora



TANK Juice

25% off at Tank Juice. Receive 25% off your Tank Fix when you show your work badge and mention "**Health of New Zealand**" to the store staff. The promo is not available in conjunction with any other offers and discounts. Not available at TANK Waikato and Bay of Plenty stores. The promo is valid from 7/12/2023 until 21/12/2023.

Huffer

50% off everything at Huffer online or in store using code **TEWHATUORA50**. Offer ends 15/12/2023.

Inspired Learning Ltd

FREE Mind Dojo App. Calm your mind and build mental resilience with this app usually retailing at \$5.99. Redeemable from the **Play Store/App Store** on 15/12/2023.

Te Whatu Ora
Health New Zealand

Nursing Survey

We would like to hear from you about pathways to training as a nurse practitioner.

All nurses and nurse practitioners are invited to complete this survey about becoming a nurse practitioner. Your willingness to share your thoughts is greatly appreciated.

The survey is part of an evaluation of pathways to nurse practitioner training and practice. It is administered by Malatest International – an independent company – on behalf of Te Whatu Ora.

Even if you have not thought about becoming a nurse practitioner your opinions are valuable.

Please complete this short 5–10 minute survey by clicking on the link below before 18 December 2023:

<https://surveys.malatest-intl.com/s3/Nurse-Practitioner-Training-Programme-Survey>

In recognition of your time, we will draw two prizes of a gift card to the value of \$100 each.

If you have any questions, please reply to Debbie McLeod – Debbie.mcleod@malatest-intl.com or Roannie Ng Shiu – Roannie.ngshiu@malatest-intl.com

Introducing the Crisis Prevention Institute (CPI) Training Programme

Te Whatu Ora is committed to providing our kaimahi with the training and resources they need to stay safe at work. We are pleased to announce the launch of our new CPI Training Programme, which will provide our kaimahi with the skills they need to prevent and de-escalate violence and aggression in the workplace. We are starting with two courses and look forward to adding more in the future:

1. CPI Prevention First E-learning Module

The CPI Prevention First E-learning module is a self-guided program that teaches individuals to recognise potential crisis situations and provides them with situational assessment skills and practical de-escalation strategies. This training is available to all Te Whatu Ora Kaimahi and their immediate people leaders.

2. CPI Safety Intervention Course

The CPI Safety Intervention Course is a face-to-face training programme that provides kaimahi with the skills they need to prevent, de-escalate, and manage violence and aggression in the workplace. This training is available to kaimahi who work in areas where they may experience violence, such as nurses, healthcare assistants, and security officers.

Violence at Work Public Awareness Campaign

We are also launching a public awareness campaign to raise awareness of violence and abuse in the workplace. This campaign will include posters and other materials that will be displayed in our workplaces.

Meet the Trainers

- › Yukako (Koko) Yokojima is a Health and Safety advisor specialising in Workplace Violence Prevention. She is responsible for delivering the prevention programme to our kaimahi in both Canterbury and West Coast, aligning with Violence at work National prevention strategies.
- › Andrew White is a Safety Intervention and Security trainer. He joined us from our ED floor as a Security Officer. Andrew is a well-respected member of our Security team by many of our frontline staff, particularly in ED and ICU spaces. Andrew focuses on delivering Safety Intervention training to our kaimahi and frontline security teams as well as leading and delivering security industry best practice training programmes.

We are committed to making Te Whatu Ora a safe and healthy workplace for all our kaimahi. Please sign up for the CPI Training Programme today.



**We're here to care for
you, please respect our
safety.**

**Respect those who care for
you, your family and loved
ones.**

**There's no excuse for violent
or abusive behaviour.**

No matter the situation.

It's never OK.

**Me whakaute ki te hunga e
manaaki ana i a koutou ko tō
whānau, ko ō piritata.**

**Kāore he takunga ki te
whakarekerekere,
whakamanioro rānei.**

Ahakoā pēhea.

Nō hea e tika.

**Te Whatu Ora
Health New Zealand**

GO WELL - PREPARING FOR SUMMER



Here are some tips on how you can stay healthy and Go Well this summer.

BEFORE CHRISTMAS

Opening hours of doctors, hauora providers and community pharmacies may change over the summer period. Be sure to get in touch early if there is anything you need over the holidays, including:

- Regular prescription medicines
- RATs and masks
- Covid booster, if you are eligible, and/or measles (MMR) vaccine
- Basics you may need over the break, like paracetamol and first aid supplies

MANAGING THE HEAT AND SUN



Some summer days will be very hot, so be prepared and look out for those who are more likely to be affected by the heat, including older whānau.

- Plan ahead - check the forecast daily
- Drink plenty of water and have water available throughout the day
- Stay out of the sun during the hottest part of the day, find shade outside wherever possible
- When outside, wear high-SPF sunscreen, a hat, sunglasses and loose clothing that covers your skin
- Cars can get very hot in the sun so please don't leave children or pets in them unattended
- Exercise or do outdoor activities early in the morning or later in the evening

HEALTHCARE SUPPORT

Call Healthline on 0800 611 116 for free medical advice 24/7, 365 days a year. Interpreter support and Māori clinicians are available.

Healthline is important if you don't have access to your regular doctor, or if you are unsure if you should go to hospital or not. Save the Healthline number to your phone so it is handy if you need it.

In an emergency call 111 or go directly to your closest Hospital Emergency Department.

TRAVELLING OR LIVING RURALLY

Health services and pharmacies may be limited, particularly in remote areas. Have on hand:

- Regular medication/prescriptions
- Plenty of sunblock
- A first aid kit
- Thermometer
- Pain relief
- RATs
- Masks
- Hand sanitiser
- Insect repellent



Find out more
info.health.nz/go-well

Te Kāwanatanga o Aotearoa
New Zealand Government

GO
WELL

Te Whatu Ora
Health New Zealand