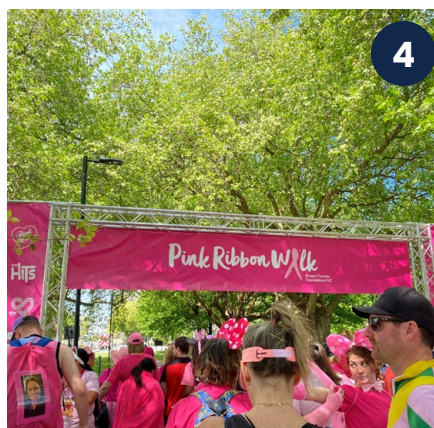


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



4



9



10



14

In this issue

Kupu Arataki – Introduction... pg 3-8

Ā mātou tāngata – Our people

- › Ashburton's 'agile' Administration team... pg 9
- › Three orderlies certified Evac-Chair trainers ... pg 10
- › Rubber ducky race celebrates Occupational Therapy Week... pg 11
- › Youth Advisory Council takes training to Southland... pg 12
- › Te Reo Māori Akoranga 7 – Lesson 7 Ngā marama o te tau – The months of the year... pg 13
- › Meet my pet... pg 14-15
- › One minute with... Emma Losco, Geriatrician... pg 16

Whakamihi – Bouquets ...pg 17-18

Ā mātou korero – Our stories

- › End of a vaccination era for COVID-19 vaccinations at CHOC... pg 19
- › Te Rā Haumaru Tūrora o Aotearoa/ Aotearoa Patient Safety Day – is coming soon on Thursday 17 November 2022... pg 20
- › Students donate to Child, Adolescent and Family Service... pg 21
- › We are changing our remote access network – one user action needed... pg 22
- › ScreenSouth – raising awareness of breast cancer... pg 23
- › **Pānui – Notices ...pg 24- 27**

Cover photo: Shirley Boys' High School students donated to the Child, Adolescent and Family Service at The Princess Margaret Hospital. From left, Wellbeing Coordinator and Assistant Dean Pete Beswick with students Ben Swift, Jack Robinson, Caleb McNicholl and Kaeden Macbeth

Kupu Arataki – Introduction

Te Pae Tata (our opportunity) – the interim New Zealand Health Plan

Last Friday Te Pae Tata | the interim New Zealand Health Plan was released by the Minister of Health, Andrew Little.

Te Pae Tata | interim New Zealand Health Plan sets out the first two years of action for Te Whatu Ora | Health New Zealand and Te Aka Whai Ora | Māori Health Authority as we transform healthcare in Aotearoa New Zealand.

Te Pae Tata outlines the first steps in building the foundations of a sustainable, unified health system that better serves all of Aotearoa's people and communities.

Over the next two years we will be focusing on the following areas:

- › Pae ora – Better health and wellbeing in our communities
- › Kahu taurima – Maternity and the early years
- › Mate pukupuku – People living with cancer
- › Māuiuitanga taumaha – People living with chronic health conditions
- › Oranga hinengaro – People living with mental distress, illness and addictions

Te Pae Tata supports the implementation of the interim Government Policy Statement (iGPS), which sets the Government's expectations for what the health sector will deliver in the next two years.

As an interim, two-year plan, Te Pae Tata focuses on ensuring the health system continues to provide care to New Zealanders, while we start to implement improvements in the way services are delivered and work toward the first full New Zealand Health Plan.

You can [read the plan here](#).

Our development of the first full plan, for 2024-2027, will begin in early 2023, and will involve comprehensive engagement with partners, communities, government and non-government health entities and stakeholders. This will be in conjunction with Manatu Hauora's strategy development work.

Please see a link to a [video](#) which talks more about the plan and you can read the [media release](#) announcing the launch.

If you have any questions or would like to know more about Te Pae Tata | interim New Zealand Health Plan, please email healthtepaetata@health.govt.nz

A range of information, including FAQs, additional videos and a PowerPoint presentation are available on our intranet home page in the [Te Whatu Ora section](#).

Transfer of roles to Te Aka Whai Ora

October saw about 100 Te Whatu Ora functions and roles transfer to Te Aka Whai Ora, including Hauora Māori leaders and commissioners as well as mental health, workforce and strategic roles. Te Whatu Ora and Te Aka Whai Ora are considered one whānau working together, with a shared goal to provide the best care for all our people, with two organisations to map, chart and sail our way to the destination.

Because the staff transfers reached across the motu, the mihi whakatau (formal welcome) was managed remotely. A Zoom webinar was held for remote attendees and the event recording will be uploaded to the [Te Aka Whai Ora website](#) when it is ready to share.

Breast Cancer Awareness Month

Breast cancer kills more than 650 New Zealand women each year. As we reach the end of Breast Cancer Awareness Month, I'm impressed by the innovation and creativity that so many put into increasing understanding of this disease and raising funds to fight it. A shining example of this is the team from breast screening provider, ScreenSouth who ran an 'art your bra' competition. Go to [page 23](#) to read more and see the extraordinary winners.



The ScreenSouth 'art your bra' entries

North Hagley Park turned pink yesterday afternoon to raise breast health awareness

It was fantastic to see the sun shining on Sunday as more than 1200 people, along with their four-legged fur babies and real babies in prams, walked a 5km or 10km circuit to raise funds for the Breast Cancer Foundation and in the process celebrate breast cancer survivors, remember those who have died and raise breast health awareness.

There was a sea of pink tulle, with smiles and camaraderie amongst those walking, who were all pinked out in their finest activewear with tutus, tiaras, wigs and even wedding dresses making an appearance. It was a positive fun event for Cantabs of all ages with funds supporting the great work of the Breast Cancer Foundation.



The old CHOC COVID-19 vaccination clinic closes

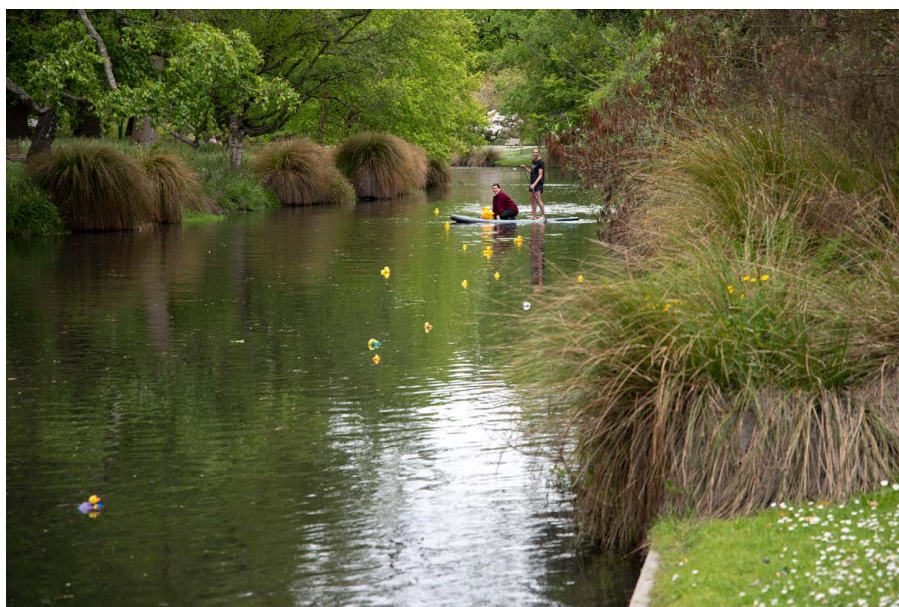
Friday 21 October marked the end of a significant period in our history when the old CHOC (Child Haematology and Oncology Centre) COVID-19 vaccination clinic closed for the last time. Originally intended to only provide vaccinations to inpatients, under the effective leadership of Nurse Consultant and COVID-19 Immunisation Clinical Lead, Carol McSweeney, the clinic staff also ended up vaccinating outpatients, staff and patients' whānau.

The old CHOC clinic was also designed to help those with high or complex health needs people who may not have otherwise received their COVID-19 vaccinations. The team's work made a difference to thousands of people, protecting them and their whānau. We thank them all. Read more on [page 19](#).

Occupational Therapy Week

If you were near the Avon River beside Christchurch Hospital's Riverside block on Thursday last week, you may have noticed something unusual going on. Twenty-five yellow rubber ducks (some decorated) were racing on the water while some enthusiastic staff cheered them on. The inaugural rubber ducky race was in honour of Occupational Therapy Week (25 October – 1 November) and brought the Occupational Therapists together to celebrate the role they play in community health and wellbeing.

Read more on [page 11](#).



And they're off! The inaugural Occupational Therapy rubber duck race

Farewell to a Te Whatu Ora legend – Ralph La Salle

Last Friday, more than 60 people gathered to farewell Senior Manager, Specialist Services and Non-Clinical Support, Ralph La Salle on his last day at Te Whatu Ora. It was testimony to the esteem and respect he has earned over more than 10 years. Thanks Ralph, for everything you've done to improve the health and wellbeing of those living in Canterbury, West Coast and the Chatham Islands. You can read more about Ralph on [page 7](#).

It's easier to take care of others when you feel well yourself

As we are still experiencing high demand on our services, a quick reminder to take time each day for things you enjoy.

- › Keep in touch with people you care about
- › Think about what you can do for others
- › Reach out to someone you trust or a health professional if you need help.

Take care of yourself

It is easier to take care of others when you feel well yourself.

Keep in regular contact with friends, family and other people you trust and make time for yourself every day. Focus on activities that make you feel good.



Happy Halloween! To those who have dressed up today, thanks for bringing a little spooky fun to the workplace. If you're trick or treating tonight with kids, have a great time, but think of your dentist and take it easy on the lollies!

We would love to see your Halloween snaps. Email: communications@cdhb.health.nz and we will share in next week's pānui.

Have a great week.
Kia pai tō koutou rā

A handwritten signature in black ink, which appears to read "Peter Bramley".

*Peter Bramley
Interim Regional Director Te Wai Pounamu
Interim District Director Waitaha Canterbury
and Te Tai o Poutini West Coast*



Who is this Christchurch campus mystery man?

A wonderful legacy, and a large pair of boots to fill

Last Friday, more than 60 people gathered to farewell Senior Manager, Specialist Services and Non-Clinical Support, Ralph La Salle on his last day at Te Whatu Ora. It was testimony to the esteem and respect he has earned over more than 10 years. The good news is that he's not leaving health altogether and will continue to contribute his trademark knowledge ('Ralphipaedia') and insight as part of the Streamliners team.

At his morning tea, several people took the opportunity to talk about Ralph, his work and how much he will be missed.

Ralph shared a few poignant words in response.

"I have been fortunate and proud to belong to an organisation that does work that means so much to me. It's been a pleasure and privilege to work alongside people that know how to get the best from each other.



Ralph can be seen wearing a beautiful pounamu pendant, a toki – well chosen as it represents courage, strength and leadership

"Thank you for your trust, your hard work, your humour and for tolerating mine. Don't ever lose that personal, caring, human touch. I leave here with many fond memories and my wish for you is that you follow your dreams. Go out there and change the world."

Noho ora mai Ralph.

QUIZ – All things scary

To celebrate Halloween, today's quiz tests your knowledge of the spooky and creepy. The things and movies that send shivers down your spine.

1. Where is the concept of Halloween thought to have originated?

- a. North America
- b. Great Britain
- c. Spain
- d. Germany

2. Which legendary horror movie actor featured in Michael Jackson's Thriller music video?

- a. Bela Lugosi
- b. Robert Englund
- c. Vincent Price
- d. Boris Karloff

3. Match the horror villain with the movie they appear in.

- | | |
|-------------------|----------------------------|
| a. Michael Myers | 1. It |
| b. Pennywise | 2. Friday the 13th |
| c. Freddy Krueger | 3. Halloween |
| d. Jason Voorhees | 4. Nightmare on Elm Street |

4. Which horror movie franchise has the most instalments?

- a. Saw
- b. Friday the 13th
- c. Nightmare on Elm Street
- d. Halloween

5. Carving Jack-O'-Lanterns out of pumpkins was made famous in America, but it originated in Ireland where they carved the heads out of what item?

- a. Potatoes
- b. Turnips
- c. Beets
- d. All of the above

6. Which star of the Star Wars movies also appeared in the horror Scream 3?

- a. Carrie Fisher
- b. Mark Hamill
- c. Harrison Ford
- d. James Earl Jones

7. What is the setting for the very scary Stephen King book/movie, The Shining?

- a. A hospital
- b. A hotel
- c. A school
- d. A prison

8. True or false, Samhainophobia is the fear of Halloween.

- a. True
- b. False

9. What was unique at the time about the supernatural horror movie, The Blair Witch Project?

- a. It had no dialogue at all
- b. It was filmed in one continuous take
- c. It was intentionally marketed as a documentary
- d. The director let the cast write the script

10. 'In space, no one can hear you scream' was the tagline for which movie?

- a. Event Horizon
- b. Alien
- c. Solaris
- d. The Dark Side of the Moon

[Check your answers on page 25.](#)

Ā mātou tāngata – Our people

Ashburton's 'agile' Administration team

Historically, Ashburton Health Services' Administration team dealt specifically with coding, medical information and secretarial duties, managed by a Medical Information Manager.

The various locations had their own administrators who directly reported to the Charge Nurse Manager of the service.

This structure created a siloed approach to service delivery and did not allow for backfilling of roles, which created risk within the business, says Operations and Administration Manager, Ashburton and Rural Health Services, Philippa O'Neill.

When the Medical Information Manager's role was reshaped and renamed Administration Services Manager, there was an opportunity to create a robust, sustainable and flexible team with the ability to cover all service delivery requirements.

"Roles previously managed separately by clinical teams, were realigned under the Administration Services Manager. This resulted in there being one direct line manager for all administrators and some great opportunities becoming available."

These opportunities support the growth of individuals within the team, the team as a whole, and provide better support for the clinical teams in all disciplines.

"Patient flow has also improved as we have been able to increase administrative support in clinical inpatient areas," she says.

The most significant change was the ability to provide cover, even in times of extreme absences, and be flexible to the changing health landscape, whether that be in response to COVID-19, general sickness, external constraints (weather in particular) or system changes, such as the implementation of the South Island Patient Information Care System.



Some members of the Administration Team, from left, Administrator Senia Faamausili, Operations and Administration Manager Philippa O'Neill, Administrator Alana Hurrell, Administrator and 2IC Renee McLeod and Administrator Alex Boote

"Members of the team are trained in and can cover up to eight different roles. This flexibility allows the service to stay within budget, and with administrators trained in inpatient, outpatient and other admin support tasks, we can confidently support and prioritise locations and service delivery needs. We have the ability and willingness to support the Christchurch campus and do so on a regular basis."

The growth within the team has been inspiring. All are keen to learn new skills and love the variety that this opportunity creates for them.

"They can confidently identify gaps in services, prioritise the need and navigate a pathway to provide optimal outcomes, Philippa says.

Three orderlies certified Evac-Chair trainers

Three Christchurch Campus Orderlies have passed an Evac-Chair training course becoming certified as Evac-Chair trainers.

Evac-Chairs are specially designed to descend stairs in an emergency by 'ski-ing' down with trained operators guiding them. The back wheel is stowed under the chair by locking in place with the foot. Then the chair is moved onto the stairs resting on rubber strands which move like a conveyer belt when the chair is pushed. This enables the 'ski-ing' effect.

They are safe to use in the hands of a trained operator and are rated to 150kgs of weight. Safety features on the chair include a seatbelt along with head restraint for stroke patients or patients who have issues holding their head up.

The three orderlies have all met the stringent requirements related to Fire and Emergency regulations 2018 and the Health and Safety at work act 2015, says Orderly Educator/Assessor Craig Stewart who has been the trainer in the use of this equipment since 2014 covering the Christchurch, Burwood and Ashburton campuses.

Craig has trained numerous departments throughout Waitaha Canterbury over this time including Ronald McDonald House and Christchurch Outpatients.



From left, Orderlies David Cowles, Helen Poole and Craig Stewart

"Having David, Helen and Craig as certified Evac-Chair trainers will ensure availability to each campus of this specialised training."

It is important to have Evac-Chair trainers because it enables all Waitaha Canterbury staff to be conversant with evacuation procedures, and the use of the Evac-Chair in an emergency.

Having three orderlies certified in Evac-Chair training means the workload can be shared for the future covering all the Orderly shifts and other departments as required, Craig says.

Rubber ducky race celebrates Occupational Therapy Week

Our Christchurch Hospital Occupational Therapy (OT) team took to the Avon River last week for their inaugural 'rubber ducky' race.

The race was in honour of Occupational Therapy Week (25 October to 1 November).

The OT team had 25 ducks entered into the race, many of them decorated to add to the fun.

Director of Allied Health Helen Little said the race was an opportunity to come together as a team and celebrate the important role of Occupational Therapists.

"It was really great to see our team come out in force to have a bit of fun after, like all frontline health teams, a year of working really hard under a lot of pressure.

We also wanted to highlight as part of Occupational Therapy Week the really important role we play in our patients health and wellbeing."

The theme of this year's event is 'Opportunity + Choice = Justice' which aims to highlight the unique role occupational therapy has in providing people with greater opportunities and choice in their lives."

As part of the week, occupational justice has been defined as the right of every individual to be able to meet basic needs and to have equal opportunities and life chances to reach toward their potential, but specific to the individual's engagement in diverse and meaningful occupation.



It was a tight race



Occupational Therapists Lucia Stettner (kneeling) and Britta Carroll (paddling) were charged with collecting all the rubber ducks from the river

Duck race winners:

- 1st place - Allied Health Assistant, Danya Price
- 2nd place - Allied Health Assistant, Jennifer Ligsay
- 3rd place - Allied Health Assistant, Maria Flash.

All rubber ducks were retrieved from the river.

Youth Advisory Council takes training to Southland

A couple of weeks ago, Te Whatu Ora Waitaha Canterbury's Youth Advisory Council (YAC) was invited to Te Whatu Ora Southern to run a professional development day for health professionals working with rangatahi (young people).

Chairperson Chelsea Skinner and Treasurer Paige Sullivan spent the day at Southland Hospital in Invercargill, giving presentations and running a series of activities to encourage reflection and critical thinking about how we can make the health system better for the rangatahi who need to use it.

The nurses participating in the study day worked in a variety of specialist areas including the children's ward, Emergency Department, diabetes and respiratory, and all brought a range of perspectives from their varied experience. Some had even come over from Queenstown and Central Otago.

A fun day was had by all. The study included scenario-based learning around rangatahi presenting to a health professional. This required great acting skills from the group with some reliving their youth!

This was the first time that the Youth Advisory Council had been asked to run professional development outside of Christchurch, so the team was nervous but also really excited to be able to share their knowledge.

YAC Chairperson Chelsea Skinner said she is consistently blown away by the opportunities offered to the Youth Advisory Council.

"This was another example of the work that we have been doing to make sure that our rangatahi are able to access the health system in a way that's appropriate for them and have health professionals who are engaged and equipped to work with them.

"We have spent a lot of time this year creating our professional development sessions to make sure our health professionals feel like they have the resources and skills to work with rangatahi and better engage with them."

Chelsea is encouraged to have so many health professionals reaching out and asking YAC come and chat with them.



From left, YAC Treasurer Paige Sullivan and Chairperson Chelsea Skinner



The group engrossed in training

"It shows the increasing interest in making sure we are doing what's best for our rangatahi, which is great!"

Initial feedback from the study day in Invercargill was very positive with the health professionals reporting better awareness of rangatahi's struggles and needs, and more confidence in communicating with young people, she says.

Te Reo Māori Akoranga 7 – Lesson 7

Ngā marama o te tau – The months of the year

E aku ihu oneone, tēnā anō koutou.

To all of you industrious and hard-working people, hello again.

Following on from last week where we learnt about the days of the week, in this lesson we are going to explore the ingoa Māori (Māori names) for the months of the year.

Similar to the days of the week, the English names for the months of the year were derived from Latin and Roman sources in accordance with the Gregorian calendar. However, as we learnt last week, traditional Māori life was conducted in accordance with the Maramataka Māori or the Māori lunar calendar which instead follows the monthly cycles of the phases of the moon. It is important to know that these two calendars do not align as a lunar month has 29½ days between successive new moons and will generally straddle two Gregorian calendar months. This means, unless you are working within the Maramataka Māori, it is generally more appropriate to utilise the loan words or transliterations for the months of the year.

Gregorian month	Loan/Transliteration	Maramataka Māori
1 January	Hānuere	8 Kohitātea
2 February	Pēpuere	9 Huitanguru
3 March	Māehe	10 Poutūterangi
4 April	Āperira	11 Paengawhāwhā
5 May	Mei	12 Haratua
6 June	Hune	1 Pipiri
7 July	Hūrae	2 Hōngongoi
8 August	Ākuhata	3 Hereturikōkā
9 September	Hepetema	4 Mahuru
10 October	Oketopa	5 Whiringa-ā-nuku
11 November	Noema	6 Whiringa-ā-rangi
12 December	Tīhema	7 Hakihea

He Whakapātaritari – A Challenge

Practice these words to become more familiar with them. You could write them in your diary or work schedules. You are also able to buy diaries and calendars that incorporate te reo Māori Collections (tuhi.co.nz).

Tēnā rawa atu koutou. Kōrerotia tō tātou reo – ahakoa he iti, he pounamu.

Thank you very much. Speak our language, no matter how little you have, it is precious.

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

Hauora.Maori@cdhb.health.nz

I mōhio rānei koe? Did you know?



November 5 marks the anniversary of the 1881 invasion of Parihaka in Taranaki.

The peaceful settlement of Parihaka was established in the early 1860s by Te Whiti-o-Rongomai and Tohu Kākahi (both of Te Āti Awa) as a place of refuge for Māori during the years of mass land confiscation.

By 1870 Parihaka was the largest Māori village in Aotearoa. When the colonial government sought to occupy lands on the Waimate Plains that they had declared confiscated, the Parihaka community employed non-violent resistance tactics. The government responded by creating laws which allowed them to imprison Parihaka protestors without trial and hundreds of men were sent to prisons in the South Island where some died.



Despite the arrests, the peaceful resistance at Parihaka continued and on 5 November 1881 approximately 1600 troops invaded the settlement. They were met by several thousand Māori sitting quietly while the children sang. Te Whiti-o-Rongomai and Tohu Kākahi were both arrested and held without trial for 16 months.

The occupants were attacked, women were raped, and the village destroyed.

[Invasion of pacifist settlement at Parihaka | NZHistory, New Zealand history online](#)

Meet my pet

Murphy Dermot Hennessy

Golden Retriever, 18 months

Murphy shows his excitement by smooshing his face onto the carpet and moving along the floor with the rest of his body in the air.

When we're about to go for a walk we have a ritual where we both excitedly run towards each other from opposite sides of the room and continue doing this for a few minutes before we go on the walk.

When it comes to finding sticks, he always chooses the largest and most impractical ones to take on walks.

Annah Hennessy, Case Manager/Social Worker



Penny (full name Penelope Alice)

Chihuahua, 8 years old

Penny is a dedicated fashionista and has an extensive wardrobe of glamorous dresses. She loves wearing them out in public and charming everybody she meets. She also enjoys her therapy work as a member of Canine Friends.

Sue Townsend, Administrator, Forensic Pathology & Mortuary

Due to overwhelming interest, we can't accept any more 'meet my pet' submissions. All pet introductions already received will feature in upcoming pānui.



Suzy

Cat, 13 years old

My neighbour's cat hates me but has slept in my bed every night for over three years! She will sit and just stare at me until I jump to her demands: "Hooman, pet me now! Hooman feed me now!"

PS: The neighbour has another (much younger) cat and dog and is happy for Suzy to keep me company and knows she is loved.

Theresa McMaster, PA



Ivy

Cat, turned 1 year old on 4 October

I adopted Ivy from the SPCA when she was 13 weeks old, and as soon as I took her out of the cage she was licking my face like a dog. Ever since she has confused me with her dog-like tendencies which include playing fetch with her toy mouse, enjoying a good belly rub and play fighting. Her most prominent feature are her loooooong legs which she must have splayed out at all times.

Leah Wilkins, Infection Prevention & Control Clinical Nurse Specialist Control Clinical Nurse Specialist, PA



Faramir and Daphne

Faramir, Dutch Rabbit, 2 years old and Daphne, Mini Lop Rabbit, 4 years old

Faramir (left) is super spritely and often annoys a very chilled Daphne with his high energy. Daphne has recently had ear surgery so Faramir has been a very supportive companion during her healing process.

Sarah Cameron, Receptionist, Maintenance Department



One minute with...

Emma Losco, Geriatrician

What does your job involve?

I work as an inpatient Geriatrician at Burwood Hospital. This involves providing medical care in a sub-acute and rehabilitation setting to older adults. Most of the patients I care for have a decline in their functioning, relating to a range of acute and chronic illnesses. Geriatric medicine is often about stepping back and seeing the trajectory of a patient, making sure we have considered the root cause of the problem that keeps bringing them to hospital. It's knowing the details but balancing that with the big picture. It is a brand of sensible, practical medicine which is deeply satisfying to practise.

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

Work out what makes you tick, as you've got to love your job. The complexity of patient problems can be off putting to the uninitiated, but that's also the challenge that keeps you going. Being able to work in a team is key. It's satisfying to see the different parts of assessment and rehabilitation come together: teamwork and rehabilitation are our two superpowers.

Who inspires you and why?

My patients! Older people are truly remarkable individuals. The cohort of the population we see have worked hard, acquired so much experience and often display a sense of hope and determination despite poor health. There is such diversity and interest, all in the space of a ward round. I have also had the chance to train and work with many thoughtful and wise geriatricians, who helped me find this gem of a specialty.

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?

Our team performs a comprehensive geriatric assessment focusing on the person; their sense of self, values, goals and expectations. By understanding the patient in a holistic sense, we can show care and respect for them and their



Geriatrician Emma Losco and her family on the Lake Dunstan cycle trail, Central Otago

whānau. Integrity and a clear ethical framework are important when patients are frail, vulnerable or have cognitive difficulties and can't always advocate fully for themselves. Open honest communication is very important to me so that we can be sure the care plans we make align with patient and whānau expectations.

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

I love a good produce market, somewhere in France or Italy would be ideal.

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

I am really not a movie person at all.

What are your hobbies/interests outside of work?

I have three young girls aged nine, seven and five, and my husband is also medical, so life is happy and full. Most time outside of work is spent as a family; anything that involves being together in the New Zealand outdoors is a winner. Recently we've been doing a lot of skiing, biking, walking and tennis. I enjoy cooking and gardening in any time left over.

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

Whakamihi – Bouquets



Intensive Care Unit (ICU), Christchurch Hospital

My daughter has been in ICU for three weeks and the care she has been provided has been outstanding and reminds me of why I became a nurse. The nurses have all been amazing, Jaymee, Stevie, Victoria, Danny, Lisa, Abby and all the rest. Neurologist Debbie Mason has tried everything she could and is very compassionate to our family during this difficult time. I write this not knowing what the outcome will be, but I have a fair idea, so writing this before I can't. Thanks everyone for the care of my daughter and extending that care to her family. Reception staff too are lovely and kind.

WellFood, Christchurch Hospital

It is with warmest thoughts I write this. There is a young man who does the food to our rooms and I would like to say what a wonderful and beautiful soul he is. I watch him go above and beyond his job to help some lovely older ladies with their dinner. He is so kind and caring and it's real. He really does care, especially for one lady who is blind, who he helped with her food. So proud of him to take the time to help. A true value to your team

ED, Christchurch Hospital

I am a retired surgeon who was visiting friends in Christchurch when I unfortunately developed acute urinary obstruction. I was driven to the emergency department in extreme discomfort and would like to express my thanks to the entire team on duty for the prompt, empathic and professional care I received. From reception, through to emergency department nurses and the attending clinician Dr Trevor Kuang, everyone was extremely helpful, efficient and friendly. The facility was immaculate, well stocked and patient friendly. I was discharged

three hours later with a catheter, spare supplies and advice for follow up on my return to Auckland. Thanks to everyone involved and my compliments on a well-run department. Kind regards and keep up the great work.

Jolene Hunter and Health Welfare Team, Canterbury Hauora Coordination Hub

I'm leaving Alternative Isolation Accommodation shortly and wanted to pass on to the team my deepest thanks and appreciation. It completely confirms there is nothing in this world like Kiwi kindness and a happy friendly face prepared to chat to all. Much appreciated. You're all stars in a great team.

Emergency Department (ED), Radiology, Theatre, and Ward 18, Christchurch Hospital

I would like to say a big thank you to every staff member I saw from my visit to ED, Radiology, Theatre and Ward 18. Everyone was so nice and caring. Well done to all and no complaints with the meals.

Steph, Radiology, Christchurch Hospital

Steph the nurse looking after me today was amazing. I was anxious, she reassured me, was kind, understanding and just lovely. Please pass on my thanks, she's wonderful.

Outstanding job by health professionals (First written as a Letter to the Editor in The Press)

A year ago, I experienced the most challenging thing that I have ever faced in my life and will forever be grateful to not just the doctors and nurses, but also the unsung health heroes such as physical and occupational therapists, speech

therapists, nurse aides and cleaners, at both Christchurch and Burwood hospitals. I ended up suffering a major stroke which paralysed my left arm and leg. My speech was slurred as well. Thanks to St John, I was rushed to hospital and was treated straight away. I spent a total of eight weeks in hospital experiencing the caring dedication of all staff. Thanks to these people I can walk, speak normally and move my arm and am determined to get to 99 percent recovery. While we do have some challenges in our health system, we should be glad that our health professionals in Christchurch do an outstanding job. Thank you.

Ward A7, Christchurch Hospital

The nurses and paediatricians on Ward A7 are just incredible people and incredibly skilled at what they do. Andrew the nurse is especially an asset to the team. All the young nurses were confident and competent. The paediatricians let me ask my silly questions and communicated well. They were professional but also warm. Many, many thanks to this ward who helped my baby through RSV.

Ward A3, Christchurch Hospital

Thanks to all the staff in ward A3 who have taken wonderful care of my mother. You're all wonderful!

Christchurch Hospital

Love to you all. Doing a fantastic job. Thank you for all that you give.

ED, Christchurch Hospital

Thank you so much to all staff and Luke from ED for your help and service to me. It went beyond usual care and was much appreciated.

Ward 18 and Surgical Assessment and Review Area (SARA), Christchurch Hospital

I do not have enough nice things to say about the amount of care the nurses, doctors and surgeons gave me. Taylor in Ward 18 went out of her way to make sure I was content and level-headed for my surgery. I also want Scott from SARA to get praise for how gentle he was.

Jane, Chelsea and Bryce, Burwood Hospital

Jane, Chelsea and Bryce were absolutely wonderful. Thanks so much for all the care.

Big Shout Out

To: Wayne and team, Security and Holly and team, Post Anaesthetic Care Unit (PACU) East

I would like to say an enormous thank you to Wayne and his team, from Security, and Holly and her team from PACU East. Their professionalism, level-headedness and teamwork during an escalating situation in PACU was impressive.

From: Helen Abbot, RMO Department of Anaesthesia

#carestartshere

Big Shout Out

To: Morten Viehoff, Business Systems Analyst, ISG

Morten helped us with a massive piece of work rewriting all of our assessments and clinical letters for transition from clinical data management systems SAP to HCS earlier this year. His communication was outstanding. His approach and people skills made all the difference and we are grateful he took over this project. Thanks for your skills, patience and amazing communication Morten!.

From: Public Health Nursing team, Burwood

#carestartshere

Ā mātou kōrero – Our stories

End of a vaccination era for COVID-19 vaccinations at CHOC

Last Friday marked the end of a significant era and a remarkable achievement for the COVID-19 vaccination roll-out.

Occupational health will continue to provide staff immunisation clinics as usual.

The service, based in the former Child Haematology and Oncology Centre (CHOC) at Christchurch Hospital, came to an end with Booking Coordinator, Christchurch Outpatients, Sirilak 'May' Rungpummarin receiving, receiving the last COVID-19 vaccination there.

"To be able to pop down to quickly get my second booster was convenient and it was extra special knowing it was the last day of the clinic operating," she said.

The clinic began as a small initiative to provide COVID-19 vaccinations to Christchurch Hospital inpatients but quickly turned into a significant effort that has spanned the past year, says Nurse Consultant and COVID-19 Immunisation Clinical Lead, Carol McSweeney.

"A dedicated team of staff and vaccinators saw a very successful run for the vaccination clinic. The management of the clinic and engagement with secondary care services by Associate Clinical Nurse Managers Lynn Cooper and Jaqueline Roberts gave great value to the service and saw vaccinators and administrative staff well supported. The support for the Hospital Pharmacy team has enabled a very efficient service."

The vaccination clinic eventually expanded to provide COVID-19 vaccinations to hospital staff, outpatients and patients' whānau. The clinic was very convenient for those in or working at the hospital who weren't able to easily access an external vaccination clinic, particularly hospital staff with conflicting schedules, she says.

To ensure the service was as accessible as possible, the team would frequently visit wards and other areas of Christchurch Hospital to provide COVID-19 vaccinations to staff and patients.



From left, Registered Nurse November (Novie) Baulos, Administrators Glenda Hutchinson, Sharon Wilkie, and Sidika Durdyev, Senior Responsible Officer for Seasonal Pressures Becky Hickmott, Nursing Consultant and COVID-19 Immunisation and Clinical Lead Carol McSweeney. Rear, from left, Registered Nurses Karen Epps and Wendy Whatman, Duty Nurse Manager Jacqueline Roberts, Registered Nurse Jo Wilson, and Associate Clinical Nurse Manager Lynn Cooper



The final vaccination for the clinic given to Christchurch Outpatients Booking Coordinator Sirilak 'May' Rungpummarin

The clinic worked with many departments in the hospital and doctors would often refer patients to the clinic for their vaccinations.

"We had a great relationship with many departments in the hospital and it meant that we could get more people willing to be vaccinated if it was at the recommendation of the doctor" says Carol.

"We were able to offer immunisation to patients through ED, who would not usually engage in community-based Immunisation".

COVID-19 vaccinations weren't the only focus, the clinic was able to help patients get up to date with many other overdue vaccinations.

"It provided peace of mind for these patients to know that their immunisations were up to date, especially if it was something they kept forgetting or putting off", she says.

The old CHOC clinic was also designed to help those with high or complex health needs. Their medical records could be reviewed to assess the best course of action to get them immunised.

"With accessibility being at the forefront for this clinic, there were measures put in place to ensure that all were welcome and that the service could be available to those with particular needs that could not be met elsewhere."

It also played a large role in supporting the Occupational Health team for their staff influenza programme to be highly accessible, Carol says.

Te Rā Haumaru Tūraro o Aotearoa/ Aotearoa Patient Safety Day

Aotearoa Patient Safety Day is on 17 November. Health Quality Safety Commission (HQSC) Te Rā Haumaru Tūraro o Aotearoa Patient Safety Day is celebrated, with Waitaha Canterbury services promoting this focused patient safety initiative during the week 14 – 18 November 2022.

The Aotearoa (HQSC) theme for 2022 is '**We can make it better – medicines at discharge for patients.**' Aligning with the World Health Organization (WHO) theme of 'medication without harm' (topics – polypharmacy, high risk situations and transitions of care).

The key message supporting the focus is: when transitioning patient care, remember 'the three Ps' for medicines:

- › **Provide** a complete list of medicines, including indications for the medicines and any changes made
- › **Patient** and whānau understand their medicines and any changes
- › **Practicalities** of accessing the medicines are considered before discharge.

Keep an eye out for further information during the next couple of weeks.

Students donate to Child, Adolescent and Family Service

Four Shirley Boys' High School students, members of the school's Student Wellbeing Council, made a generous donation to the Child, Adolescent and Family Service (CAF) at The Princess Margaret Hospital last week.

Year 13 student Jack Robinson, Caleb McNicholl (year 12), Ben Swift (year 9) and Kaeden Macbeth (year 9), accompanied by Wellbeing Coordinator and Assistant Dean Pete Beswick, presented CAF with a payment of \$1,079.10. The money was raised through a no-uniform day at the school and donations from students.

It was Jack's idea to donate to CAF after spending some time there in 2021 and noticing that it could benefit from some additional activity resources. As part of the Wellbeing Council which encourages the students to talk, share and access assistance to support their mental and physical health, Jack was keen to give something back to the unit.

He suggested board and card games, arts and crafts and school supplies. The donation will also purchase some mini speakers and headphones, so the young people can listen to their own music.

Allied Health Consultant Tracy Boon said the Child and Adolescent Inpatient team and CAF senior leaders were so grateful to the Shirley Boys' High School Wellbeing Council and wider school community for their fundraising efforts.



From left, Allied Health Consultant Tracy Boon, students Ben Swift, Jack Robinson, Caleb McNicholl and Kaeden Macbeth, Shirley Boys' High School Wellbeing Coordinator and Assistant Dean Pete Beswick, Clinical Occupational Therapy Specialist Lynda Cochran and Clinical Nurse Specialist Glenda Eggerton

"It is significant to have young people, like the students of Shirley Boy's High, support the CAF Inpatient Unit as it means they are talking about mental health; breaking down stigma and normalising that wellbeing is a journey that we sometimes need a little extra help with, and that's okay!

"Their donation will truly provide a significant amount of new resources for the young people to enjoy."

Tau kē Shirley Boys' High!

We are changing our remote access network – action needed



Our Information Services Group (ISG) is replacing the existing 'Cisco AnyConnect' with the new system 'Palo Alto Global Protect' for Te Whatu Ora| Health NZ Waitaha users, which requires a simple action from you when you first access the network remotely via Global Protect.

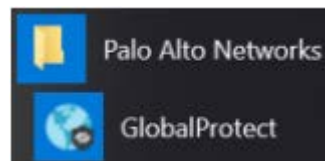
The first time you use GlobalProtect you will need to open the application through the start menu (click on the Windows symbol bottom left on your display screen) and login with your usual network user name and password.



After the initial use this will automatically launch when you are working remotely.

The proposed date to begin rolling out 'GlobalProtect' to all Waitaha Canterbury devices will be on Thursday, 3 November 2022. There will be a period of transition during which 'AnyConnect' will still be available.

GlobalProtect will be installed on devices that currently have 'Anyconnect' and will appear in the Windows Start menu as follows:



If this doesn't appear for you please refer to the user knowledge article – link below.

This new system is being introduced as part of our wider security platform upgrade programme, and will provide the same level of access 'Anyconnect' but is more secure. Technical and Application support teams have completed a wide range of testing and we are confident that 'GlobalProtect' is a great remote access tool for users.

If you need any further details, please refer to this [user knowledge article](#).

If you experience any issues the knowledge article can't resolve, please raise a Service Desk Ticket through [iSupport](#) or call 80999 if it's more urgent.

ScreenSouth – raising awareness of breast cancer

During October, our ScreenSouth team went all out to mark Breast Cancer Awareness Month and highlight the importance of the BreastScreen Aotearoa national breast screening programme.

We had a pink morning tea, pink fancy dress and raised funds for the Breast Cancer Foundation. Without a doubt, our pinnacle event was the 'Art your Bra' competition which shone a light on the extraordinary creativity in the team. 'Treasure your chest', the 'candleabra', 'spooky boobs' and a beautifully decorated bra-shaped cake, were just a few of the magnificent designs that transformed our office into a gallery of stunning bra art.

The two categories for the competition were 3D and 2D bra designs. Jennie Corrin from the Breast Screen Call Centre created 'Succulent Breasts', an exquisite creation of straw cups, real succulent plants and a hint of Halloween took out the 3D prize. 'Iridescent Intimates', an intricately hand drawn and coloured design from Primary Care Cervical Screening Support Worker Jayne Swainson, won the 2D category.

More than 650 women die of breast cancer in Aotearoa New Zealand each year.

"Our team wants to raise awareness about the most common cancer for women in Aotearoa," says General Manager of ScreenSouth, Louise McCarthy.

"We especially want to highlight that every year over 400 wāhine Māori (Māori women) are diagnosed with breast cancer and early detection through screening mammograms offers the best protection. We work closely with primary care and community providers to reach and engage wāhine Māori and Pasifika women in breast screening through our Mana Wāhine screening events".



The ScreenSouth team at the pink morning tea

Women aged 45 to 69 years can call 0800 270 200 or visit timetoscreen.nz/breast-screening to book a mammogram.

ScreenSouth, based in Waitaha Canterbury, is contracted by Te Whatu Ora for the provision of breast screening services in the Te Waipounamu, South Island region, cervical screening regional coordination in the Waitaha and South Canterbury regions and bowel screening outreach in Waitaha.

Article by General Manager of ScreenSouth, Louise McCarthy



The winning 2D bra – Iridescent Intimates



The winning 3D bra – Succulent Breasts

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.



Torpedo7

Torpedo 7 – Friends and Family Offer from 02–15 November 2022

Torpedo7 is offering up to 50 percent off on huge range of gear for Te Whatu Ora staff and their family from 2 November to 15 November. Show this flyer instore printed out or on your device or enter the promo code mentioned in the flyer at the [checkout on the website](#).



Noel Leeming – Friends and Family Offer, from 31 October–13 November 2022

From 31 October till 13 November 2022 you and your friends and family can get amazing discounts on a huge range of products from Noel Leeming and 2.5 percent of total sales are donated to the Christchurch City Mission. [See the flyer for more information.](#)

New Zealand Institute of Healthcare Engineering (NZHIE) annual conference

The NZIHE Conference Trade Exhibition will be held on Thursday 17 November at Te Pae Christchurch Convention Centre, from 6pm – 9pm. Over 35 exhibitors will be showcasing their products and services.

They are inviting all Facilities, Biomedical, ISG and Supply, along with other interested people, to the conference, and the trade night on Thursday 17th November.

There is no cost to attend, just pre-register here: <https://composition.eventsair.com/nzihe/traderego/Site/Register>

Read more about the conference on the [NZHIE website here](#).

Join us for Trade Exhibition Evening

Thursday 17 November 2022
6.00pm – 9.00pm
Te Pae Christchurch Convention Centre

This evening is proudly hosted by

NZIHE

New Zealand Institute of Healthcare Engineering

This evening is open to anyone with an interest in healthcare engineering, hospital construction, engineering, property management and medical equipment.

Trade Evening proudly sponsored by



Over 35 exhibitors will be showcasing their products and services. Browse and chat with various organisations, network with others attending, share a beverage or two, come for 30 minutes or the whole three hours.

Catering and beverages will be served throughout the evening.



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 Canterbury DHB. The newsletter highlights new and revised free resources available from your local CHIC office.

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

QUIZ ANSWERS – All things scary

1. b. Great Britain
2. c. Vincent Price (he did the spoken word parts)
3. a. Michael Myers and 3. Halloween; b. Pennywise and 1. It; c. Freddy Krueger and 4. Nightmare on Elm Street; d. Jason Voorhees and 2. Friday the 13th
4. d. Halloween (13 movies). Friday the 13th had 12; Saw and Nightmare on Elm Street both had nine.
5. d. All of the above
6. a. Carrie Fisher
7. b. A hotel
8. a. True
9. c. It was intentionally marketed as a documentary
10. b. Alien

Choose Well

If you're unwell choose the option that's best for you and your whānau

Self Care



You can treat colds & fevers at home.

Healthline



Call 0800 611 116 24/7 for FREE health advice.

Pharmacy



See your local pharmacy for advice on medication and minor health concerns.

Family Doctor



See your family doctor for all non-urgent health concerns.

Urgent Care



If it's urgent & needs attention today go to an Urgent Care Clinic.

Hospital



If it's a life threatening emergency call 111.

Stress free Riding

SCAN ME



ADULT SKILLS TRAINING Free Workshop

christchurchcyclecoaching.co.nz/workshops


odlin cycle coaching

WHEN AN EARTHQUAKE HAPPENS

DROP



COVER



HOLD



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