

NEED TO TALK?



free call or text any time for support from a trained counsellor

هل انت بحاجه الى التحدث مع احد؟

کیا آپ کو کسی سے بات کرنے کی ضرورت ہے؟

क्या आपको बात करने की जरूरत है

kya aapako baat karane kee jaroorat hai

Nak bincang?

Me kōrero koe?

Perlu bicara?

Welcome to the winter edition of WellNow, the Canterbury Health System's community magazine.

In this issue we have stories ranging from hospital therapy dogs to a former head girl's journey through depression – and on page 19 you can have a sneak peek at the new hospital facility that is due to open later this year. It's called Christchurch Hospital Hagley, and will house all of the acute and emergency care services such as the Emergency Department and Intensive Care Unit, along with new operating theatres, wards and specialist areas for children.

Later in the year we'll be holding a public open day at Christchurch Hospital Hagley and you're invited. Once we have a date for the open day it will be well-publicised. Look out for details in your community newspapers. I encourage you to come along and have a look around your new hospital. If you use Facebook, 'like' the Canterbury DHB page and you'll find information on the open day and other health happenings.

The new Akaroa Health – Te Hauora O Rākaihautū facility is also nearing completion and will be opening later this year too. It will provide a bright, modern centre for health services in Akaroa.

With colder, wetter weather coming, this edition of *WellNow* has been wrapped in 100 percent biodegradable plastic to protect it from the elements. The wrap can be recycled, but only through participating soft plastic collection centres – find the closest one at www.recycling.kiwi.nz/solutions/soft-plastics.

Remarkable response to the terror attacks

I never dreamed I would be writing about terror attacks in our city, but it happened and even now nearly three months on, it still feels a little surreal. The events of that day continue to impact on so many people: the grieving,

the injured, the witnesses, the firstresponders who helped at the scene and their families and friends, along with everyone else in our community. Since 15 March I have experienced such kindness and generosity and I've also seen people under extreme pressure and witnessed the impact of the shock, sadness and grief. Everyone reacts differently and needs support at different times. Please seek help for yourself or a friend/family member if you're struggling to come to terms with what has happened. Your own general practice is a good place to start or you can call or text 1737 to speak to a trained counsellor any time of the day or night. This service is free for everyone and is totally confidential.

I'm incredibly proud of the health system response to the shocking terror attacks, and I do want to acknowledge the understanding of those whose family members had surgery delayed due to people injured in the mosque attacks taking precedence. I thank you for your patience.



The flood in our Outpatients building also resulted in thousands of appointments having to be postponed or relocated

Another challenge for us was the flooding of our beautiful new Christchurch Outpatients building on 29 March. This disruption affected more than 7000 people whose appointments had to be rescheduled. I know for many it wasn't the first time their appointment

had to be changed as industrial action (strikes) earlier in the year resulted in many outpatient appointments and some surgery having to be rescheduled.

Get immunised – against the measles and influenza

We had a measles outbreak in February/March this year and thanks to the collective efforts of so many people, including families with young children, practice nurses and family doctors, close to 27,000 doses of the MMR (measles, mumps and rubella) vaccine were given to protect those most at risk from measles.

However, with flu season upon us, now's the time to get your flu immunisation at your General Practice team. It's also available at most pharmacies. After the year we've had, the last thing anyone needs is to get sick with the flu, so I encourage you all to get the best protection available. It's free for many people – details are on page 18.

To end on a reminder, troubling events can affect people at different times and in different ways. Many emotions can be brought to the surface, and it's important to ask for help – see your family doctor or you can talk to a counsellor free of charge by texting or calling 1737 any time of the day or night.

Take care of yourself and look out for others, particularly those who live alone. A cup of tea or chat with a neighbour or friend can make the world of difference.

Haere ora, haere pai. Go with wellness, go with care.

David Meates Chief Executive, Canterbury DHB





Te Puawaitanga supporting Canterbury women and their whānau to stay healthy and connected

Having a pēpi (baby) brings many blessings, but it can also be a challenging time for the whānau, and having good support can make all the difference. Te Puawaitanga ki Ōtautahi Trust (or Te Puawaitanga, which means "to blossom"), is a kaupapa Māori organisation dedicated to providing a range of health, education and social services for whānau, with a particular focus on the first five years of life.

Te Puawaitanga's work is guided by its vision of creating safe, healthy, stable and connected whānau, securing positive futures for all generations. It supports Māori/women in Christchurch, Ashburton and North Canterbury, and runs and delivers 13 different programmes in a Whānau Ora/whānaucentred way – seven of which are funded by Canterbury DHB, and the others by the Ministry of Health, Ministry of Education, and Oranga Tamariki/the Ministry for Children.

Te Puawaitanga offers a continuum of care, which includes a two-day kaupapa Māori antenatal programme called Whānau Mai. This takes participants in the wānanga (group) on a journey through pregnancy, childbirth and the earliest weeks of parenting – all whilst incorporating a Māori worldview and understanding of traditional Māori birthing practices.

From there, client whānau can go on to weave a wahakura waikawa (made from untreated flax). This is where pēpi can safely sleep, especially if their caregivers are likely to share a bed with them unless advised not to, as a high number of sudden unexpected deaths in infancy (SUDI) are linked to an infant not being in their own sleep space. Experience in weaving isn't needed, as support weavers are there to guide participants through the process.

Te Puawaitanga client whānau are busily weaving harakeke (flax) wahakura waikawa.

"All are welcome – this can be embraced by everyone. We receive feedback from client whānau that it is valuable being able to weave their own wahakura; it can encourage bonding with their pēpi and fosters connections with other participants in the group too.

"We ensure everyone leaves with more than a wahakura waikawa. We will talk about caring for a new baby and how to use the wahakura, we consider how to care for the wahakura and we make sure they are all blessed as they are completed," says Dianne Oakley, Team Leader for Tamariki Ora.

Te Puawaitanga is also a provider of the Tamariki Ora/Well Child service, providing regular, home-based Well Child checks for children aged 0-5 years. Te Puawaitanga's eight registered nurses provide whānau with information on need-to-know topics, including breastfeeding, first foods, immunisation, oral health, going auahi kore (smoke free), and any other parenting questions whānau may have.

"At Te Puawaitanga, we want to support client whānau on their positive parenting journey; we walk beside this," Dianne says.

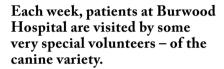
To find out more about the programmes Te Puawaitanga offers and when and where they are running, visit www. whanauoraservices.co.nz.

Alternatively, head along to the office located at 153 Gilberthorpes Road in Hei Hei, Christchurch, or call to schedule an appointment or book a class on 0800 66 99 57.



Some of the Te Puawaitanga team, from left to right: Moira Nogat, Sarah Wills, Alison Bourn, Kelly Dorgan, Cara Meredith and Dianne Oakley.

Therapy dogs part of rehabilitation at Burwood Hospital



Pet therapy dogs visit patients regularly on various wards at the hospital. The dogs are specially chosen for their temperament and behaviour to be able to interact with patients easily and safely.

Geoff Bowers, from dog training organisation KURI, currently visits with Nala, a five-year-old dog who is a favourite of many of the staff and patients at Burwood.

All of the dogs Geoff and the KURI team train are rescue dogs, and he works with rescue centres to assess which puppies are up to the task.

"It takes between six months to one year to get the dogs up to scratch, and then the training is ongoing. We look for dogs that are calm and relaxed, even when other dogs are barking. I also use Nala to test a dog's suitability, and potential dogs have to pass the 'Nala test' – if Nala doesn't like a dog, she signals to me that the dog isn't the right one for the job," Geoff says.

The dogs are trained to respond to commands from both trainer and patient, such as 'kiss', 'head' (where the dog rests their head on the patient), 'up', 'high-five', 'close-in' (where the dog gets close enough for a hug) and 'focus', where the dog looks directly into the patient's eyes, resulting in the release of oxytocin (a feel-good hormone) for both dog and patient.

Pet therapy can help with many physical and mental health issues, reducing blood pressure and improving overall cardiovascular health. It can also release endorphins that produce a calming effect which can help alleviate pain, reduce stress, and improve a person's overall psychological state.

Sixteen-year-old Sarah is one of the patients in the Burwood Hospital Spinal Unit, and has been visited by the KURI trainers and dogs a number of times.

"I love it when the dogs come in. It reminds me of my dogs, Pip and Penny, who are at home and who I miss so much.

"I don't have a favourite therapy dog, although Nala really seems to know when I'm not feeling well. They seem to sense how I feel and will just lie calmly

with me until it's time for them to go," Sarah says.

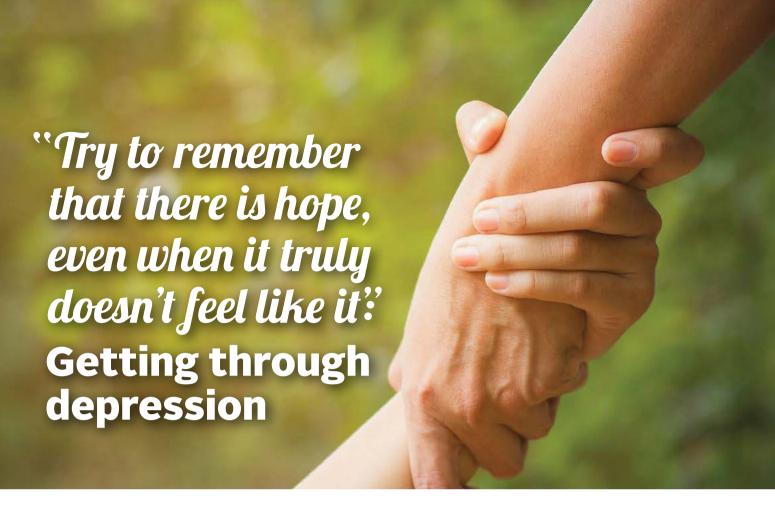
Sarah lives in the North Island, and knowing Nala and the other dogs are here made leaving home and coming back to Burwood a little bit easier for her.

And it's not just patients who enjoy spending time with Nala – it often takes Geoff from KURI quite a while to leave as he introduces Nala to many of the staff around the hospital, and she becomes an increasingly popular volunteer with each visit!

Staff on the Children's Ward at Christchurch Hospital recently finished training in handling the dogs, and Geoff, Nala and others in the KURI team (both two-legged and four-legged!) have begun regular visits to see the kids.



Sarah being kept company by Magia.



Clinical depression is the most widespread mental illness among New Zealanders, with 16.6 percent of the population diagnosed with it.

Clinical depression is very different from the usual dayto-day shifts in mood and fleeting feelings of sadness people experience – it can cause considerable distress and significantly impair someone's ability to function at work, school or at home.

With the right treatment and support, though, there are ways through it.

There's no simple explanation as to why people get depression, but it's believed to be a combination of genetic and environmental factors.

Jem Vaughan was 17 when she was diagnosed with depression, and spoke openly about it during her end-of-year speech as the Head Girl at St Margaret's College last year – a speech that received national attention (and can be viewed at www.nzherald.co.nz/nz/news/article. cfm?c_id=1&objectid=12172153).

"Growing up, I always thought Year 13 would be a dream year, but it didn't turn out that way. I'd been feeling very unhappy for a prolonged amount of time and it got to the stage where I forgot what it was like to have a day when I didn't feel sad. I tried to ignore it for a long time - I thought that by putting on a happy exterior for those around me, I could make it go away.

"I was unusually tired, unmotivated and unable to focus, lost my appetite, and lost my passion for things I usually loved, like sports. Some days I would cry for no reason, and other days I just felt numb.

"I also felt guilty feeling so hopeless when there was no justifiable cause I could see, but that's the thing: depression sometimes just happens; it can affect anyone. Mental illness doesn't discriminate," Jem says.

Jem began to see a therapist who identified she was likely experiencing depression, and referred her to a doctor.



In a school speech that received national attention, Jem bravely opened up about being diagnosed with depression and used her experience to offer words of encouragement to others.

When depression hits as the seasons change

With winter already here, some people may experience something known as seasonal affective disorder (SAD) – a recurrent subtype of depression. It most often begins in autumn or winter when people are not exposed to as much sunlight. It usually ends when spring or

summer
begins,
and may be
treated with a combination of
medication, light therapy boxes and
psychotherapy or counselling.

"My advice to someone going through depression is to reach out and tell someone. Be open with your loved ones, even if it means having to have really difficult conversations."

Depression can be treated and managed, usually through a combination of medication and psychotherapy, which was the case for Jem.

"The medication helped me regain more of an equilibrium, getting me to a place where I could have the capacity to work on identifying strategies and positive thinking patterns with my psychotherapist," Jem says.

While also not a cure or 'fix-all', other activities, such as regular exercise, eating healthy food, and practicing mindfulness can help hasten the journey to recovery and help you stay well.

Jem continues to take medication and see a therapist, and now has far more good days than bad days.

"Even though going through depression is unbelievably hard, it strengthened my relationship with my family. I'd always been self-sufficient, but going through depression meant I completely had to lean on them. It's challenging and uncomfortable being vulnerable, but it really added a new layer of meaning into my relationships when I was open with

family about it," Jem says.

"My advice to someone going through depression is to reach out and tell someone. Be open with your loved ones, even if it means having to have really difficult conversations. Remember that depression isn't a reflection on you as a person, and your feelings are always valid and shouldn't be brushed off. Be kind to yourself. Everyone is worthy and deserving of happiness.

"Try to remember that there is hope, even when it truly doesn't feel like it."

Where to get further help

If things in this story resonate with you, make an appointment with your doctor to discuss your symptoms.

You can also free call or text 1737 any time for support from a trained counsellor.

If you or someone you know is in danger, call 111 and ask for the ambulance.

For more information on depression, call the Depression Helpline (0800 111 757), or visit www.depression.org.nz.

How do you know if it's depression?

If you or someone you know has been experiencing some of these symptoms consistently for two weeks or more, or if the symptoms leave you feeling unsafe at any stage, it could be depression:

- constantly feeling down or hopeless
- having little interest or pleasure in doing things you used to enjoy
- feeling irritable or restless, empty or lonely

- feeling tired all the time, or a general loss of energy
- sleeping problems too much, or too little
- thoughts of harming yourself.

If you're in any doubt, talk to your doctor.

These and other symptoms can be found at https://depression.org.nz/is-it-depression-anxiety/depression/.



Sleeping soundly this winter

Not getting enough sleep can make you more than cranky, forgetful and lethargic – it can sometimes be dangerous.

Fatigue can be a contributing factor in fatal and serious car accidents, and getting behind the wheel after not sleeping for 17 hours is the behavioural equivalent of having a blood alcohol level of 50mg per 100ml of blood – the legal blood alcohol limit for adults over 20.

Chronic lack of sleep can also increase your risk of type 2 diabetes and heart disease, increase your blood pressure, or be a trigger for certain mental health conditions.

If you're finding it difficult to drift off at night, check out the tips below:

- Go to bed and get up at the same time each day. When you start to feel sleepy at night, don't ignore it – head to bed.
- Avoid using screens right before bed, as brightly-lit phone or TV screens reduce your body's ability to produce melatonin – a hormone that helps make you feel sleepy.
- Be physically active each day, but avoid exercise or other stimulating activities directly before bed.
- Avoid caffeine in the evening.
- Make your bedroom as restful as possible. Keep the temperature comfortably cool, keep noises and outside light to a minimum, and leave distracting things such as beeping watches or clocks outside.

For further advice and information on sleep, visit www.healthinfo.org.nz/index.htm?Sleep.htm.



There's no place like home

What's the most common question patients ask when they're staying in hospital?

"When can I go home?"

Canterbury DHB's Acute Demand Service makes it unnecessary for some patients who may otherwise be hospitalised ever to have to ask that question. By working with General Practice teams and care providers, we're keeping more people in their homes for acute treatment, meaning our patients are healing faster in comfortable surroundings without the stress of having to find someone to feed the pets or check the mail.

Dr Liz Mangan, a GP at Riccarton Medical, says from a General Practitioner's point of view, the Acute Demand service is fantastic.

"My patients get better quicker, and they're less likely to get secondary complications – it's that simple.'

Mangan uses the service every week and says she utilises it for a wide variety of patients.

"From people who need intravenous antibiotics, have post-operative wound infections, chest pain, right through to deep vein thrombosis (DVT) or



Pictured from left, nurse Anne from the Pegasus Health team and Mary, who is very happy to be receiving expert care in her own home

pneumonia, we're able to keep our patients under observation and at home, where they want to be."

Mangan says a recent patient, who suffers from extreme anxiety, was thrilled she would be able to be treated at home for a post-operative wound infection.

Eight out of ten people say they'd prefer

to be home than in hospital. And the good news is there's a team of Acute Demand nurses dedicated

to caring for people in their own homes. By working with specialist care providers like Access Community Health, Nurse Maude and HealthcareNZ, we're dedicated to making sure patients are getting the best care they can in the environment that is best suited to their recovery.

Patients who aren't able to be observed in a general practice or at home can be referred to and treated at the 24 hour observation unit at the 24 Hour Surgery, which is available every day of the year for short stays, right up to 24 hours if needed.

The Acute Demand Nursing Team is available from 8am to 10pm and has senior medical oversight and good relationships with a range of hospital services so if extra attention is required, handover can be smooth and seamless.

The Acute Demand Service also ensures hospital beds are available for those who need them most. By managing patient care within the community, we're keeping stress levels down and spirits up.



Project SEARCH: Helping young people with disabilities find their groove in the workforce

An internship programme at Canterbury DHB is giving young people with learning disabilities a chance to enter the workforce. Project SEARCH is a unique, year-long, evidence-based programme for school leavers which takes place entirely in the workplace, and is the first of its kind in Australasia.

Based at Burwood Hospital, the eight interns – Deanna, Ricky, Tor, Finn, Hayley, Jason, Emelia and Ethan – aged between 18- and 22-years-old, are nearly four months into their contracts.

The programme is delivered in a classroomtype environment, but the work interns do varies each day. It can include setting up clinics at the start of the day before patients arrive; delivering linen around the hospital; assisting orderlies with tasks like delivering mail; helping out in food services, such as the café; and helping the maintenance and engineering teams.

Project SEARCH first began in Cincinnati in the United States in 1996, and there are now more than 600 Project SEARCH initiatives running worldwide.

While Project SEARCH is designed to give high school leavers with learning disabilities the (unfortunately uncommon) opportunity to learn the necessary skills and get the experience to enter the workforce, the programme also helps organisations become more inclusive employers.

Canterbury DHB is committed to a workforce that reflects the communities it serves. Project SEARCH is evidence of that commitment.

So how are the interns finding things so far?



The interns from left: seated – Emelia, Hayley, Ethan and Deanna. From left: standing – Tor, Jason, Finn and Ricky.

Ricky, who works in administration, says: "I went blind at the age of nine due to a brain tumour. I've come across lots of barriers in the past 12 years because of this, such as how to use a computer or mobile device, and how to get around the city independently and safely using my cane.

"I've always been interested in work because I like to keep busy. Project SEARCH has come at a good time of my life. In this course I will learn all the skills I need to get a job. One day I hope to create an adaptive technology company where I would help other people with software for computers and smaller devices."

Deanna has also been enjoying the programme: "I love my job working in Physiotherapy. I do different things every day, keeping me busy. I have a lot of good company from my workmates. I take the

knee class and the pool class, and I get really good comments from the patients and staff. They say, 'You know what you're doing without being told'."

The experience is also rewarding for the staff, too, says Skills Trainer Rae Svarnas.

"It's a wonderful journey for all of us. The interns continue to amaze me in many ways, and it's great to be part of this programme and to learn and grow with them. Many thanks also to everyone at Burwood who is helping to make this programme a reality."





An air filter fell off and some leaks on a rainy day left them freezing cold, but a fundraising trip driving two 1950s-era Morris Minors to Rotorua otherwise went to plan for two Christchurch nurses.

Burwood Spinal Unit Registered Nurse Jane Yellowlees was at the wheel of a 1952 'post-box red' convertible 'Myrtle', with her colleague Registered Nurse Anita van der Velden navigating. Anita's husband Brian followed, driving 'Audrey', a 1959 sage green 948cc Morris Minor saloon – commonly known as a 'Morrie 1000' – with teenage son Metin as navigator.

The two Morris Minor cars and their owners travelled approximately 2000km to and from the tourist hotspot to raise money for the New Zealand Spinal Trust.

"On the way back between Rotorua and Taihape in bitterly cold wet weather the wiper broke and Myrtle started leaking directly above my head and into my shoe. We used duct tape to try and stop some of the roof leaks but Jane and I still ended up wet and frozen," Anita says.

The trip began from Pukeko Junction, south of Amberley, in mid-April, returning 10 days later and raising over \$5000 for the Spinal Trust.

"Our top speed was about 80km but we hurtled along with the wind in our hair," Anita says.

Highlights included picking wild apples near the Hurunui River, visiting St Anne's Lagoon, and a picnic lunch on the shores of Lake Taupo. "Unfortunately the air filter and its cover fell off into the engine bay on the Hundalees on our first day. A rag and a hair tie provided a temporary fix until some lovely engineers at Dunnleas in Kaikōura could make a new bolt to hold it on again."

The people of Rotorua and the Rotorua Morris Minor Club were welcoming and entered into the spirit of the fundraiser, Anita says.

Anita has worked at the spinal unit for nearly 20 years and Jane for six years. The idea for the trip came about after reading about a young woman who drove her Morris Minor from Aberdeen to South Morris Minors Myrtie and Addrey all ponsiled:

Africa to raise money for those afflicted by cancer.

Anita's uncle passed away after many years in a wheelchair after sustaining a spinal injury at work.

"We wanted to spread the word about the wonderful work the people of the New Zealand Spinal Trust are achieving and raise some much needed funds in the process."

The trip was "absolutely fantastic," Anita says.

"We surpassed our fundraising goal, which made all our efforts well worth it."



Registered nurses Anita van der Velden and Jane Yellowlees with their Morries and their mascot 'Hutch'.



Your skin works to protect you against bugs, helps maintain your ideal temperature and holds everything in place. It's worth taking good care of.

"While most people know it's important to stay active to keep muscles strong, improve balance, and reduce the risk of falls, they may not know that moving regularly also helps to keep skin healthy," Canterbury DHB Executive Director of Nursing Mary Gordon says.

People of any age can be at risk of a pressure injury - also known as a bed sore, pressure sore or pressure ulcer.

"Spending long periods sitting or lying down, whether in bed or in a wheelchair, without regularly shifting your position, can put a lot of pressure on any part of your body but especially those that take your weight and where the bone is close to the surface, such as the buttocks, heels, elbows, and hips," Mary says.

Other risk factors include having difficulty moving about, having a serious illness or having had major surgery, being elderly or frail, having damp skin from sweating or incontinence, having loss of feeling or poor blood flow, and not eating a balanced diet or drinking enough fluids.

Sustained pressure can damage the skin and cause a pressure injury. These are often painful and uncomfortable, may

People of any age can be at risk of a pressure injury - also known as a bed sore, pressure sore or pressure ulcer.

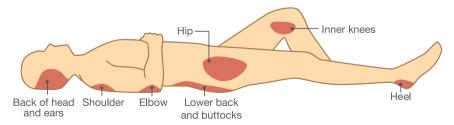
lead to hospitalisation and in severe cases can even lead to death.

"Symptoms of a pressure injury include skin discolouration and soreness, a tender or painful area, a blister, swelling, or skin that feels cooler or warmer to the touch than other areas.

"The good news is pressure injuries are almost always preventable. Simply changing your position at least once every two hours can significantly reduce your risk of developing a pressure injury," Mary says.

Minor pressure injuries may be treated with a dressing, cream or gel. Specialised cushions, mattresses and other devices can also help relieve the pressure, while serious pressure injuries may need further medical intervention. If you're concerned, call or visit your General Practice team for advice.

For more information about pressure injuries, visit www.healthinfo.org.nz/ index.htm?Pressure-injury.htm.



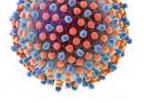
 $Spending \ long \ periods \ sitting \ or \ lying \ down \ without \ regularly \ shifting \ your \ position \ can \ put \ a \ lot \ of \ pressure \ on$ any part of your body, but especially those that take your weight and where the bone is close to the surface - such as the ones shown above.

To help keep the SSKIN care routine:

- **URFACE:** Make sure you have a supportive surface. If you can afford it, invest in a decent mattress
- **KIN INSPECTION:** Regularly assess your skin for discolouration and pain on bony areas and under or around any medical devices
- **EEP MOVING: This** can be as simple as adjusting your position in bed, or getting up and moving. If you have been given a walking aid, always use it
- **NCONTINENCE:** Keep skin dry and clean
- **UTRITION:** Eat healthily and drink plenty of fluids to support your skin's natural ability to heal.







New Zealand now has the means to eliminate hepatitis C

On 1 February this year, PHARMAC began funding Maviret, a direct-acting antiviral drug that can treat all six genotypes of hepatitis C (hep C) and has a cure rate of over 95 percent - a big step towards New Zealand helping to achieve the World Health Organization's global goal of eliminating hep C by 2030.

Previous medications that were funded either only treated one of the types of hep C, or were only funded for those with end-stage liver disease. Maviret also has fewer serious side effects and simply involves taking three tablets once a day for two to three months.

In the first few months since Maviret has been funded, 1000 patients from across New Zealand have been given the prescription. That's 1000 people who will be spared these ill health effects.

Hep C causes liver inflammation, and is spread through blood-to-blood contact. Someone with hep C may show no symptoms for many years, which is why testing is so important.

If left untreated, it can cause chronic liver disease, sometimes ending in liver failure or liver cancer.

Canterbury has been a leading centre in hep C research for many years and continues to do its part in finding and treating people with hep C. Since July 2016, a multidisciplinary Canterbury DHB team, as well as community service providers, has been leading a workstream for the Southern Region as part of an elimination strategy, educating health professionals and the general public on hep C, and promoting diagnosis. The success of this approach has been proven by Canterbury having the highest numbers of patients treated in the country.

"It's estimated that 50,000 New Zealanders have hep C, but fewer than half are diagnosed. You have an increased



John caught hep C from a blood transfusion. Thanks to treatment, he's now cured.

risk of getting hep C if you have ever had a tattoo or body piercing using unsterile equipment; injected drugs - even once; had a blood transfusion before 1992; were born to a mother with hep C; and/or lived with someone with hep C. Research also suggests that three out every four New Zealanders with hep C were born between 1945 and 1965, so anyone in this age range who has been exposed to one of these risk factors should get tested," says Rob Hallinan, Hepatitis C Coordinator for the Southern Region.

John Urquhart is in his 70s and recently retired from his 15-year role as a pharmacy assistant. He has first-hand experience of hep C, and the difference treatment has made to his life.

"I had a lot of blood transfusions when I was 17 or 18, and in those days the blood wasn't screened. I didn't fully understand the implications of the transfusions.

"Everything was hunky-dory for years and years. I had no symptoms other than feeling unusually tired, and hep C was only picked up when I had a routine blood test a few years ago," John says.

Once it was picked up, John was immediately given treatment, and he has been hep C-free ever since.

"My energy levels are back and I'm able to get on with my life," John says.

"Something as easy as getting a blood test to check for hep C could very well save your life, and getting cured helps contribute to eliminating the virus," Rob says.

Hepatitis C is curable Treatment is funded

Get tested - see your GP

Your GP may be able to get funding to help with your treatment costs - check with your GP first before you begin treatment.



"Singing the same song" in eczema managemen

Almost a quarter of Kiwi kids are affected by eczema - a condition causing dry, itchy skin that can become red when inflamed. Although most children eventually grow out of eczema, it is uncomfortable and sometimes painful for them, and can be distressing for the whānau.

Clinical Nurse Specialist Aimee Mackey has been working with a team of paediatricians to improve eczema management in Canterbury. She runs nurse-led eczema clinics and has been developing and reviewing eczemarelated resources for both families and health professionals.

"There's a lot of confusing and conflicting advice around eczema in the community. Our team are focused on dispelling myths and finding ways to get health professionals to sing the same song in eczema management," Aimee says.

Over the past year, Aimee has been involved in delivering eczema education to General Practice teams, Plunket, Public Health Nurses and Practice Nurses in the community to improve consistency of information. She has seen nearly 200 families, and she visits some

of these families

in their own

homes too.



Aimee meets Fotuamanaia and his mum Emma to check Fotuamanaia's eczema.

"Many families feel they have tried everything and that nothing works. Eczema control involves a combination of management techniques, and arming families with good information is

the key to seeing improvement. By following these principles, families often have a

better quality of life, with children sleeping better, experiencing less itching and inflammation, fewer infections, reduced antibiotic use and less time off work and school.

"The ultimate goal is to see mild to moderate eczema managed in the community where it should be, and families

given a toolkit to manage their child's condition, reducing the need for hospitalisation," Aimee says.

Aimee recently achieved prescribing rights, meaning she can now prescribe medication, which she says has made a big difference for the families she cares for.

"I see a lot of families who have been referred via their General Practice team, and having to send them back to obtain recommended therapies was a barrier for many. Being able to prescribe them medication has improved access to healthcare."

For more information on managing eczema in children, visit www. healthinfo.org.nz/index.htm?Eczemain-children.htm.

Kaikōura Pharmacy: Keeping a coastal community in good health after the 2016 quake

When a 7.8 magnitude earthquake shook Kaikōura just after midnight on 14 November 2016, Kaikōura Pharmacy owner Dave McKee was thrown across his bedroom by the force of it.

He spent the rest of the night comforting his children through myriad aftershocks and "wondering if my business and livelihood had vaporised in an instant."

Hours later, Dave managed to get a Fire Service escort to access his building. Most stock was on the floor but he grabbed two shopping bags of emergency medicines and drove straight to Kaikōura Hospital to operate an emergency supply service.

Later, a building inspector gave Dave the all clear to enter to re-shelve stock and the task of cleaning up began, with the help of volunteers, including four German tourists.

"I remember thinking I didn't know how we'd ever get the smell of citronella out of the carpet."

With State Highway 1 blocked by landslides, people were unable to leave Kaikōura and some were running out of essential medications. One of the first days the pharmacy re-opened, Dave, the sole pharmacist in town, filled 450 prescriptions.

"I did four days of work in one day and didn't even have a technician to help me; she was stuck in her house up the hill."

Thankfully the Canterbury Community Pharmacy Group (CCPG) coordinated a roster of relief pharmacists and stock was choppered in, "no mean feat when almost all communications were down."

By the end of the first week Kaikōura Pharmacy had dispensed well over 1000 emergency supplies.

"I commend Canterbury DHB for giving us the freedom to get on and do what was required – Pegasus Health and the CCPG likewise," Dave says.

In the months following, the building was yellow stickered and the pharmacy relocated to "less salubrious accommodation that was only just fit for purpose, but at least it wasn't dangerous," Dave says.

"In a 50 square metre space, compared to 300 in my original premises, I provided the best service I could. We had to 'wing it', so 'wing it' we did."

Two years later Dave's pharmacy had to move again as the lease was expiring. This time it joined the UpLift Hub



Dave McKee.

project, a Christchurch-style container mall. It's due to make a final move back to a completely rebuilt original premises shortly.

Dave says the stresses over the past two years have been "tremendous", navigating the challenges of insurance settlement, building consent and pharmacy licensing while continuing to provide a service to the community, especially when at times bureaucracy flew in the face of common sense.

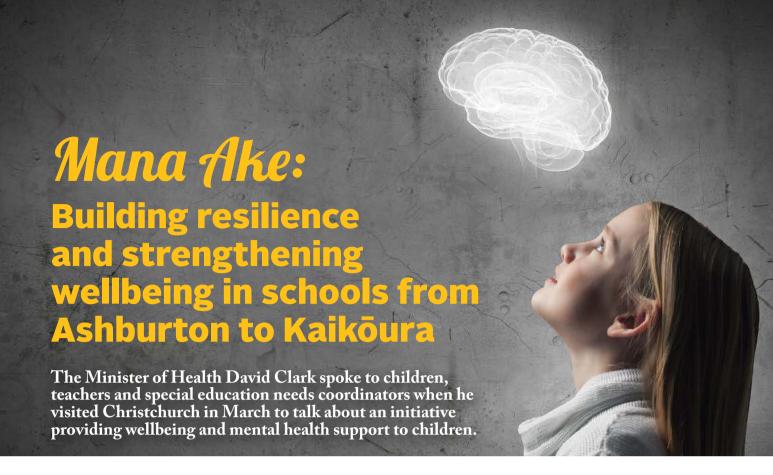
"But I've made a living by doing right by people, that's what we pharmacists do. In rural pharmacy there isn't another pharmacy up the road, so I just knuckled down.

"It's simply resilience, there's no other word for it."

The most important thing was that throughout the past two and a half years patients received the correct dose of the correct drug at the correct time.



Kaikōura Pharmacy in the UpLift Hub – a Christchurch-style container mall.



Mana Ake - Stronger for Tomorrow offers support for children in school years 1-8 who are experiencing ongoing issues that affect their wellbeing, including anxiety, parental separation, grief and loss or managing emotion.

In his visit to Fendalton Open Air School, the Minister acknowledged the work that has already been done and the success of the programme.

"I'm told that over 500 children have been supported individually and 120 in groups so far, and that 165 schools are already involved in the programme. That's pretty impressive in a short time."

The initiative was launched by Prime Minister Jacinda Ardern in February last year as the first stage of the Government's plan to deliver dedicated mental health support to children in school years 1-8 across Canterbury.

Addressing the kaimahi (workers) who work with schools to deliver Mana Ake, the Minister said: "You are an important part of that wider mental health response and showing just what is possible when communities come together."

Mana Ake kaimahi work with schools to support teachers and whānau when children are experiencing problems.

They can work with individual children and their families at school, in the



Centre, Minister of Health Hon Dr David Clark with Mana Ake staff and Fendalton Open Air School pupils. Middle row from left, Canterbury DHB Executive Director Planning and Funding and Decision Support Carolyn Gullery, Canterbury DHB Chief Executive David Meates and Canterbury DHB Chair Dr John Wood.

community or at home, as well as with groups of children in schools. They also provide advice, guidance and support for teachers and whānau.

In her welcome, the school's principal Raewyn Saunders said Mana Ake has been a life-changer.

"It's been focused around addressing our children's needs immediately, nipping issues in the bud rather than waiting and letting them escalate. We treasure our relationships with our kaimahi and we feel very privileged to be on the Mana Ake journey."

Canterbury Clinical Network is responsible for leading the design and delivery of the initiative, which is a collaboration between the Ministry of Health, the Ministry of Education, Canterbury DHB, Police, nongovernmental organisations and consumers.

The final roll-out of Mana Ake took place in April, and it is available to all children in school years 1-8 from Kaikōura to Ashburton.

To find out more about Mana Ake, visit Canterbury Clinical Network's website at www.ccn.health.nz and type 'Mana Ake' into the search bar.

POSITIVE RESPONSE



Max, who quietly celebrated his 89th birthday on Christmas Day last year, has been getting regular blood infusions for over a decade to treat low haemoglobin (a protein found in red blood cells that carries oxygen around the body).

Until recently these were done in the Medical Day Unit (MDU) at Christchurch Hospital and Max would catch a bus to his 8am appointment.

Max, a former welder, whose wife passed away 20 months ago, says this was "a big problem for me".

"I was always frightened of falling down the stairs when I got off."

He would be at hospital for most of the day, getting a blood test, waiting for the results, and then having the infusion. It was a long day for Max, who would get home about 5.30pm after catching a bus home.

Now two Community Infusion Centres funded by Canterbury DHB are providing a more comfortable environment in a more convenient location for people who need infusions (intravenous administration of blood or medicine).

The centres are at two general practices in Christchurch: Helios Integrative Medical Centre in Opawa and **Linwood Medical Centre** in Eastgate Mall.

Max describes the service as "a Godsend." He now has a blood test done in his own home and drives the "nice and easy" short trip to Helios where he receives the infusion in quiet

surroundings overlooking beautiful gardens and the Heathcote River.

"This is a saviour for me. It's paradise," he says.

Kirsty Sidebottom, Nurse Team Leader at Helios, says there is a maximum of four infusion patients at any time so the environment is quiet. People like the view and the easy parking.

"We are down the end of a cul-de-sac and it's very peaceful here. Sometimes we turn people's chairs so they can have an even better view of the river through the large windows."

People are encouraged to bring along a snack, a book to read, or any special items from home. The aim is for them to feel as comfortable and relaxed as possible.

All the feedback has been very positive, Kirsty says.

"It is nice to be able to offer the service."

Hayley Beckman, Charge Nurse Manager of the Medical Day Unit "Te Puna Toi ora" and Oncology Outpatients, says people receive the care they would have in the hospital but in a quiet environment with easy access to transport routes and parking.

"Generally people prefer to receive community-based treatment and it allows them to remain with family and continue work, education or other commitments."



Max enjoys a cuppa and read of the paper while Nurse Team Leader at Helios, Kirsty Sidebottom, administers

Simulated X-ray panel allows students to hone their techniques before using the real thing

What do you get when you combine a cheap Android tablet, some skilled wood carving, grey paint, an old bedside hospital locker, and a good dose of clever software engineering?

The answer is a simulated X-ray control panel that looks and acts like the real thing at a fraction of the price that radiology students can use to practice their X-ray technique in a safe, radiationfree environment in the Manawa Simulation Centre.



The simulated X-ray panel.

The panel was created by the Medical Physics and Bioengineering department at Christchurch Hospital, in collaboration with staff from the Ara Institute of Canterbury (Ara).

Manawa, the health research and education facility, is a collaboration between Christchurch's health and tertiary education sectors, bringing together Canterbury DHB, Ara and the University of Canterbury, all sharing the building to help create and train the health workforce.

The simulation floor at Manawa enables large-scale simulations in real world healthcare environments and access to advanced clinical equipment that students would normally only see during placements.

The Medical Imaging area needed a fully functioning X-ray control panel, says Biomedical Engineer Michael Sheedy.

"These are very expensive but in a few weeks we were able to design and produce a replica at an extremely reduced cost that emulates everything the real one can do."

Medical Imaging Tutor and Radiographer Debbie Johnston, who regularly trains students in the in the X-ray room within the Simulation Centre, has found that the X-ray panel gives the students a hands-on, practical experience books simply can't, allowing them to apply their knowledge and cement what they learn in class.

"The students can practice their X-ray technique on one another in a safe, nopressure environment, getting comfortable with the equipment itself and with positioning the body. They also get familiar with the processes involved, including behaving professionally and ethically, and standing behind the lead screen before taking the X-ray," Debbie says.

"I enjoy being part of Ara's Medical Imaging Team as it's great to pass on my knowledge and experience,



Medical Imaging Tutor Debbie Johnston gets the simulation panel ready for students.

as radiography is a career that I am passionate about.

"The simulation centre is a great way to help students achieve a good standard of radiographic practice so that they feel confident and prepared - not only for their clinical placements, but with their future path in radiography," Debbie says.



Ara student Jamie moves the X-ray tube into the correct position to take an X-ray of Clinical Coordinator Donna Mabin's wrist.



Recent changes to GP visit costs:

How do they work, and how might they affect your whanau?

In December 2018, a number of initiatives aimed at making visits to General Practice teams more affordable were implemented.

The first was expanding the zero fees for children aged 12 years and younger to include 13-year-olds, and applies to a standard daytime visit to a GP or nurse at the usual practice where the child is enrolled, or to a participating after-hours clinic. The initiative also includes an exemption from the standard prescription co-payment charge (usually \$5 per item) on subsidised prescription items for children under the age of 14.

The Government also introduced cheaper GP visits for Community Service Card holders. While 85 percent of Canterbury General Practice teams have opted into the scheme, you will need to check to see if your practice is participating, so check the fees section of your General Practice team's website or give them a call.

In April this year, the Ministry of Health announced national funding for women who hold a Community Service Card or are at a high risk of an unplanned pregnancy: they can now visit their General Practice team at a reduced cost (\$5), and, if recommended, will be able to access free long-acting reversible contraception, including the Depo Provera injection, implants under the skin or subsidised intrauterine devices/ IUDs (sometimes referred to as the coil).

Don't let the flu get you this season!

Winter not only brings shorter daylight hours and cooler temperatures, but also more coughs, colds and influenza (commonly known as the flu).

The flu is not like the common cold, which is usually harmless – it is a moderate to serious illness that affects the whole body and can last for one week or more. The onset is usually sudden, and symptoms can include a high fever, severe headaches, dry cough, muscle aches and shivering.

Getting the flu shot every year is your best protection against the flu. Flu shots are available from your GP team or some pharmacists – you may even qualify to get it for free. Visit www.flufree.co.nz to see if you are eligible.



WHARF HEALTH CHECKS FOR WHALE WATCH STAFF

Busy boat skippers and sea crew received health checks on the Kaikōura wharf as part of a Whānau Ora free health check offered to Whale Watch staff recently.

The Whale Watch business was approached by Whānau Ora Registered Nurse Sue Parsons who offered staff a free health check hui day. Sue works for Te Tai o Marokura, a kaupapa Māori Health and Social Service that's funded by Canterbury DHB and has been operating in Kaikōura for over 30 years.

Whānau Ora is a key cross-government work programme jointly implemented by the Ministry of Health, Te Puni Kōkiri and the Ministry of Social Development. It places families/whānau and communities at the centre of health service delivery.

The check for Whale Watch staff consisted of height, weight, blood pressure, pulse, blood sugar levels, smoking cessation advice, and information on cervical screening, breast screening, and prostate cancer, Sue says.



Whānau Ora Registered Nurse Sue Parsons on the Kaikōura wharf providing a health check to a Whale Watch staff member.

"Most of the clinic was held at the Whale Watch premises but to give everyone a chance to attend I also did a clinic down at the wharf to allow the skippers and other crew a chance to have a check. We called this a 'Between the Boats clinic'."

"Feedback has been positive, and there was a great response, indicated by the 30 staff who attended. Having a supportive management team at Whale Watch was a big factor in the success of the days, she says.

"Since then I have provided another two clinics. Some have been referred onto their GP, and other health services."

Whale Watch would like to continue with the health checks and they may be carried out annually in future.



The helipad on the top of Christchurch Hospital Hagley is big enough to allow one helicopter to be parked up on one side, while another is landing. This will significantly increase our capacity to receive trauma patients and to schedule routine patient retrievals. The larger pad will also accommodate larger longrange craft that are increasingly used by operators, allowing extended coverage across most of the South Island.

All go for Hagley's big move

Specially-appointed teams at Christchurch Hospital have started planning our big move of wards and services into the new Christchurch Hospital Hagley building near the end of the year. It will be one of the most complex hospital moves ever undertaken in New Zealand.

Formerly known as the Acute Services building while under construction, Christchurch Hospital Hagley (Hagley) comprises a three-storey podium housing the majority of Christchurch Hospital's acute facilities and clinical support areas.

The two six-level towers will house inpatient floors as well as inpatient units for paediatrics, a bone marrow treatment unit and the Child Haematology Oncology Unit. The Emergency Department, Radiology and Acute Medical Assessment Unit are on the Ground Floor with operating theatres and the Intensive Care Unit on Level 1. Plants such as air conditioning, oxygen and gases will be located on Level 2.

Hagley has been constructed to an Importance Level 4 (IL4) standard, or 180 percent of the building code. This is the highest safety rating a public building can have. The base isolators are essentially

Christchurch Hospital Hagley has been constructed to an **Importance Level 4** (IL4) standard, or 180 percent of the building code. This is the highest safety rating a public building can have.

large rubber discs which sit on concrete columns above the foundation slab. They isolate the floors above from the effects of any lateral ground movement during an earthquake.

The move to Hagley will take place over three weeks and involve the relocation of approximately 1000 staff and anywhere from 250-300 patients, depending on patient levels on each of the move days. At the same time, it will still be business as usual for Christchurch Hospital, which is the

South Island's only tertiary hospital, including having Australasia's busiest Emergency Department in the region.

As we head towards final completion of the building, there's the obvious construction still to be done – the link corridor joining Hagley to the existing Christchurch Hospital campus, the sealed drop off/mobility parking - where the old temporary outpatients building and before that the Nurses' Hostel - was located, the landscaping, and lots more going on behind the scenes that you can't see.

There is also significant and detailed planning underway to ensure the move goes smoothly. This includes the logistics of the move, clinical cleaning, orientation and training, and new ways of working. There there's organising all of the back-of-the-house things such as laundry, linen, waste and delivery of supplies, pre-stocking, infection control, air quality testing, ensuring the services are paper-lite and 'dumping the junk'. It's important that everyone knows how things will work in the new building.

A few milestone events are planned, including a blessing of the building, and staff and public open days. More information about these events will be released closer to the time.



Christchurch Hospital Hagley Trees make a comeback

Wood from several of the trees in Hagley Park that needed to be removed to make way for the new hospital building has re-emerged in the new facility. The recycled timbers will be used to create two feature walls, one on each side of a wall in the Quiet Room.

The trunks were cut into rough sawn strips at Halswell Mill and left to season for more than a year before being milled. It was discovered then that as well as elm, there was a mix of white, pink and English oak.

Steve Howell of Cairns Carpentry & Joinery Services (CCJS), which has the contract to do all the joinery in the new building and was tasked with creating the feature walls, says it was exciting to be able to work on this project.

"Knowing the trees had come from the site and that we were able to use them in the building was unique. Then having three different types of oak came as a nice surprise," Steve says.

The architects created the chevron pattern from nearly 1500 lineal metres of recycled timber.

"The walls have been tricky to do because you need to be precise.

"The good thing is that the amount of time we've had to age the wood has made it very stable, and it's been a pleasure to work with," Steve says.



Before: Trunks were stored at Hillmorton Hospital after being felled to clear the site for the new building.

Snapshot: Christchurch Hospital Hagley will have:



ceiling hoists installed over approximately half of the bed spaces.



medical pendants in theatres, Intensive Care, Radiology and Emergency

Department.

Allied Health gyms.



After: This is the view from the entrance to the Emergency Department into the foyer of Christchurch Hospital Hagley, where you can see the oak panelling on the wall of the Quiet Space on Level 1.



Specialist Mental Health facilities underway

Specialist Mental Health Services staff and consumers received a welcome boost earlier this year, when Prime Minister Jacinda Ardern announced funding for two new facilities on the Hillmorton site.



Minister of Health David Clark looks on while Prime Minister Jacinda Ardern and Specialist Mental Health Services consumer advisor Linda Smith celebrate the announcement by cutting a commemorative cake.

The Prime Minister gave the go-ahead for \$79 million of funding for two multipurpose buildings: an Integrated Family Services Centre including purposedesigned facilities to meet the needs of the Mothers and Babies Service, Eating Disorders, and Child and Adolescent inpatients and outpatients, and a separate High and Complex Needs Unit for people needing longer-term rehabilitation. Several of these services have been based at The Princess Margaret Hospital.

These two buildings will be the first steps in a full remodelling of the Hillmorton campus – a process which will, over the coming years, transform our mental health services. With one in five Cantabrians accessing mental health support, this funding and the new facilities will allow us to provide is fantastic news for the wellbeing and mental health of Cantabrians.

Rangiora Health Hub set to expand

Rangiora residents will be enjoying their extended new facility later this year, when the new wing of the Health Hub opens.

The Hub has been expanded with the addition of a portion of the old Hagley Outpatients building that was relocated from the Christchurch Hospital campus to Rangiora.

The section destined for Rangiora was cut into five pieces, transported early one Saturday morning over the Waimakariri Bridge to their new home at the Health Hub. The sections were re-joined and then lowered as a complete building onto the foundations, which include 196 piles. The Canterbury DHB Site Redevelopment Unit has been overseeing

the alterations required to make the buildings fit for purpose.

Site Redevelopment Unit Project Manager Brendon Groufsky says nothing from the Outpatient building, which was a temporary facility set up post-earthquake, was wasted.

"The building was designed to be deconstructed and reused. Nothing went to the landfill."

The relocated buildings will house: public health nurses, social workers, the Rural Adult Community Service, the Adult Community Therapy Service, Community Mental Health, the Child and Family Rural Service from Hillmorton, and other minor services.

New Health facilities a step closer for Banks Peninsula families

The countdown is on for the opening of the new Akaroa Health – Te Hauora o Rākaihautū facility. The facility is due to be blessed in July, and then there's the final fit out, when furniture and fittings are installed, a series of cleans - from the builders clean to a final clinical clean, and then the doors will be open. The public will be able to the take part in the blessing, which will be followed by an opportunity for everyone to have a look around the facility.

The interior of Akaroa Health – Te Hauora o Rākaihautū has been inspired by the local bush and birdlife, including the many tui in the area. The curtains are also a nod to the flowers that grow in the area, many of them heirloom root stock of roses that arrived with the first French settlers. The designers have opted for a colour palette that won't be washed out by the bright Akaroa light.



 $An \ artist's \ impression \ of the \ new \ Akaroa \ Health-Te \ Hauora \ o \ R\bar{a}kaihaut\bar{u} \ facility, \ and \ a \ sample \ of \ the \ interior \ d\'{e}cor.$

The aim for the all the bedrooms – four flexi-beds, eight Aged Care beds and the palliative care room – is to keep

them as homely as possible. Some of the rooms have an apricot-hued feature wall for extra warmth.

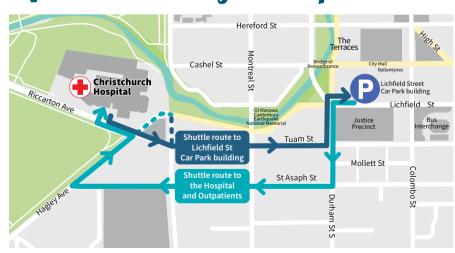
Heading to hospital? Plan your trip.

Car parking is available at the Christchurch City Council car park building at 33 Lichfield Street, 24 hours a day, seven days a week.

For parking rates, visit www.ccc.govt.nz/carpark.

Free shuttles run between Level 2 of the Lichfield Street car park building and the Hospital. They stop either at the Outpatients Department or at the main entrance to the hospital before returning to the Lichfield Street car park building.

The shuttle runs every 15 minutes between 7.15am and 8.30pm, seven days a week.





Boost your spirits with

The newest Canterbury DHB café, Kānuka, opened its doors to the public in January and is located on the ground floor of the Christchurch Outpatients building. Kānuka caters to a wide variety of dietary requirements, with a range of gluten-free, dairy-free and vegan options available. From classic scones to freshly prepared salads and soups right through to nutritious breakfast bowls, there's something for everyone at Kānuka.

Kānuka features different hot dishes each month, and the following recipe will be on the menu over the winter months. If you'd like to try making one at home, here's the recipe:

THAI CHICKEN CURRY (serves 4-6)

If you prefer a vegetarian option, substitute tofu or beans for chicken, and soy sauce for oyster sauce and/or fish sauce.

Diced chicken thigh or breast - 800g (or vegetarian alternative)

- 3 tbsp Thai red curry paste
- 2 cloves of crushed garlic
- 1 can (420ml) coconut milk
- 1 diced white onion
- Cooking oil 1 tbsp
- 2 sliced carrots
- 2 stalks of sliced celery
- 1 diced green pepper
- 2 sliced spring onions
- 1 diced red onion
- 1 diced bok choy/Chinese cabbage
- 2/3s of a cup of chopped fresh coriander
- 2 tbsp hoisin sauce
- 2 tbsp oyster sauce (or soy sauce)
- 2 thsp fish sauce (or soy sauce)
- 2 tbsp tomato paste

Juice of 2 lemons

Serve with rice, quinoa or a mix of both.

- 1. Dice the chicken (or vegetarian alternative) and marinate with garlic, red curry paste and oil (preferably the night before to allow time to marinate).
- 2. Sauté the white onion in oil until golden.
- 3. Add hoisin sauce, oyster sauce and fish sauce (or soy sauce), and tomato paste to the onions and mix.
- 4. Add coconut milk to the onions. Continue to heat until boiling.
- 5. Add marinated chicken and cook for 10 minutes or until the chicken is cooked through.
- 6. Add all chopped vegetables and cook for a further 5 minutes.
- 7. Add lemon juice just before serving.
- 8. Serve with steamed parboiled rice, and garnish with fresh coriander or basil leaves.

Urgent after-hours care Call your General Practice team first.

For health advice after hours call your own General Practice team. Your call will be answered 24/7.

If you need urgent care:

24 HOUR SURGERY

401 Madras Street – open every day

Tel: 03 365 7777

www.24hoursurgery.co.nz

- Urgent accident and medical care.
- Specialist-led fracture service (X-ray and plaster service on-site).
- Five bed observation unit with an attached whānau room.
- Free after-hours treatment and care for enrolled under-13s.
- Sports injuries.

MOORHOUSE MEDICAL

3 Pilgrim Place

– open 8am - 8pm every day

Tel: 03 365 7900

www.moorhousemedical.co.nz

- Free ACC wound care for everyone (no surcharge).
- X-rays and fracture clinic on-site.
- Free treatment and care for enrolled under-13s after hours.
- Minor surgery, sexual health, traveller's health and immigration medicals.
- Pharmacy open until 8pm daily.

RICCARTON CLINIC

4 Yaldhurst Road

– open 8am - 8pm every day

Tel: 03 343 3661

www.riccartonclinic.co.nz

- Resuscitation room, plaster room, minor surgery room, treatment and triage rooms along with general practice consulting rooms.
- Specialist travel doctor and nurses.
- Free after-hours treatment and care for enrolled under-13s.
- X-rays, physiotherapy, optometry and podiatry also on-site.

Emergency mental health services - 24 hours, every day

Freephone: 0800 920 092

In an emergency, call 111.



We welcome your feedback. Email communications@cdhb.health.nz or write to the Communications team, Canterbury District Health Board, PO Box 1600, Christchurch 8041. www.cdhb.health.nz

THANKSETTING

GET YOUR FLU SHOT NOW

Flu shots are available from your GP team or some pharmacies. You may even qualify for a free vaccination.

Check out www.flufree.co.nz for more info and flu facts.

