

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: Nine-year old Harrison from Lemonwood Grove School in Rolleston was happy to have his teeth checked by Oral Health Therapist Andrei Tantoy and Dental Assistant Jennal Rule at the Community Dental Service in Toka Hāpai (Selwyn Health Hub). [See page 15.](#)

Kupu Arataki – Introduction

Te Whatu Ora

Health New Zealand

Who is governing Te Whatu Ora Health New Zealand?

You can read about our Board members, their key decisions and upcoming meetings on the Te Whatu Ora website: [Board meetings and decisions – Te Whatu Ora – Health New Zealand](#)

Reminder of hui with our chief executives this Thursday 18 August

The link to the all staff hui will be sent out via the Daily Global email as soon as it is available.

Two hui will be held this Thursday 18 August:

- › Senior leaders will receive a link directly from Health NZ– note there's been a change to the previously advertised time. The senior leaders' hui will now be held from 2.15pm – 3.00pm.
- › The all staff hui will be held from 3.15pm – 4pm.

If you can't log on at this time, links to recordings of the hui will be posted on the Te Whatu Ora page on Prism.

If you are attending, there is a facility to ask questions online and the chief executives will be prioritising answering your questions during Thursday's session. If someone posts a question you'd like the chief executives to address, you can 'like' it, which is in effect a vote and the most popular questions rise to the top and will be answered first.

Presenting a unified identity

A reminder to everyone, that we have a new email signature template and if you haven't already, please update yours and remember the only logo or graphic to appear in your email signature is the Te Whatu Ora logo.

Here's a link to the template for your [Te Whatu Ora Waitaha Canterbury email signature](#). This template along with a range of other frequently used documents is available on [Prism](#).

Please use our name correctly

The first time you mention/write about us in a communication, please use the full name: *Te Whatu Ora – Health New Zealand Waitaha Canterbury*, then refer to *Te Whatu Ora – Waitaha Canterbury* from then on.

Importantly, please do not use an acronym for, or in any way alter, our Te Reo Māori name – if you have just three characters to work with (e.g. SMS alert messages), 'HNZ' is acceptable. We are 'Te Whatu Ora' – a culturally rich and meaningful name we can all be proud of.

For further examples, of how to incorporate service names, please check with the [guidance document](#) in Prism.

Children's flu vaccine update – every vaccination counts

For six months to under three-year-olds, flu vaccination rates have surpassed previous years with rates currently sitting at 10,842 vaccinations given nationally. The highest number of flu immunisations for this group previously was 10,751 for the full 2020 flu season.

Thanks to everyone from throughout our health system, involved in promoting and providing vaccinations – this is an extremely positive result which has been achieved during one of our busiest winters on record.

There are still more eligible children who would benefit from receiving this vaccine, so please keep up this good work. Every vaccination counts!

To find your nearest vaccination clinic, please visit: www.VaccinateCanterburyWestCoast.nz

From the Interim Regional Director and Interim District Director, Dr Peter Bramley

COVID-19 – How are we tracking?

- › New cases today: 384
- › Total active cases: 3571
- › Staff away – COVID-19 related absence: 121
- › Number of people with COVID-19 in our hospitals today: 73 (two in ICU)
- › Occupancy of Christchurch Hospital: 104 percent

Waitaha Canterbury Incident Management Team stood down from today

Nationally COVID-19 cases dropped to a six-month low last weekend, and in Waitaha after a week of lower case numbers I am very pleased to advise that our seven-day-a-week winter COVID-19 Incident Management Team (IMT) has been stood down. However, the System Wide Operations Centre (SWOC) will continue in a pared back format to monitor hot spots in our system. SWOC will continue to operate to provide support until all the respiratory viruses have eased across our system.

The disestablishment of the current IMT is an acknowledgement of:

- › The fact many areas are now managing their usual level of winter pressures
- › A forecast plateau of respiratory illnesses, including COVID-19
- › The fact that after several weeks of significant workforce absences, many of our colleagues are now back at work

Having SWOC meetings Monday to Friday will ensure visibility of services that are still having challenges, and we will be able to deploy resources to where they are most needed. The SWOC staffing team will continue to work seven days a week as will the Controller role.

Data will continue to inform our response and summer planning. We are mindful that the next COVID-19 wave could occur at any time, including during the warmer months, and we will maintain our monitoring and preparedness for a resurgence at any time.

Thank you to everyone who has been part of the IMT – it's been fantastic, once again, to see people from throughout our system come together in such a positive collaborative way. I am constantly impressed with the way solutions have been found to some extremely challenging situations.

Hosting Rob Campbell, Chair, Te Whatu Ora Health New Zealand

We were very pleased to host a visit by Rob Campbell last week. He spent time touring Christchurch Campus including the Hospital Operations Centre, Waipapa and inpatient wards in Riverside and Parkside where he saw the redevelopment activity underway. He also met with clinical leaders. It was a great opportunity for so many of our team to meet Rob and understand the mahi of the Board and their priorities as we all work to transform our health system. Rob was keen to hear from our people about their work, what matters to them and some of the challenges brought about by COVID-19 and our busiest winter on record.

You can see more photos of Rob's visit on [page 6](#).



From left, Executive Director Facilities Rob Ojala, Rob Campbell and Nursing Director Nicky Topp



Rob Campbell meeting Charge Nurse Manager for B5, Oncology and Gastroenterology Inpatient Unit Vivienne Garrick

Who deserves an extra big thank you?

Thanks for being here, thanks for caring, and thanks for being you!

Over the next two weeks starting today, Monday 15 August, through to Sunday 28 August join our Waitaha Canterbury and Te Tai o Poutini Thank-a-Thon and nominate someone you think is wonderful, or who has done something great and deserves an extra big thank you.

Winners will be chosen to receive one of two \$100 vouchers every day.

Just fill in this simple [nomination](#) form.

For anyone who can't access a computer – team leaders please print out forms for staff, scan nominations, and send them to thanks@cdhb.health.nz

Kia pai tō koutou rā

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



Te Whatu Ora Board Chair Rob Campbell visits Waitaha Canterbury



From left (front), Te Whatu Ora Board Chair Rob Campbell, Nursing Director Nicky Topp and Director of Nursing Lynne Johnson. External Project Manager Bryan Spinks and Executive Director Facilities Rob Ojala are behind



Rob Ojala escorts Rob Campbell through the Emergency Department



The tour continued to Ward B5



Rob Campbell meets General Manager Christchurch Campus Pauline Clark with Rob Ojala and Lynne Johnson behind



Vaccination event colouring competition reveals talented artists in our community

The COVID-19 vaccination team hosted a pop up event in July at PAK'nSAVE Wainoni and gave tamariki the chance to get involved in a colouring competition on the day.

This competition, along with free kai and spot prizes, made the whole vaccination experience a lot of fun for tamariki and their whānau.



QUIZ – 1986

The world was gripped by the growing AIDS crisis and the Chernobyl nuclear disaster.

This year, the original Top Gun premiered, and the Beastie Boys emerged on the music scene with their first album. How well do you recall 1986?

- 1. The Oprah Winfrey Show debuted on 8 September 1986. How long was it on the air?**
 - a. 20 years
 - b. 23 years
 - c. 25 years
 - d. 30 years
- 2. In 1986, the Space Shuttle Challenger exploded on take off killing all seven occupants – six astronauts and one civilian, Christa McAuliffe. What was her occupation?**
 - a. Geologist
 - b. Physician
 - c. Airline pilot
 - d. Teacher
- 3. In 1986, Davina Thompson had the world's first successful triple organ transplant when she received a new heart, liver and lungs. Where was the operation performed?**
 - a. England
 - b. United States
 - c. Australia
 - d. Canada
- 4. Which team held the Ranfurly Shield for the duration of 1986?**
 - a. Canterbury
 - b. Auckland
 - c. Wellington
 - d. Southland
- 5. The biggest song in New Zealand in 1986 was 'Sailing away' by All of us. What was the song promoting?**
 - a. Protests against nuclear testing in the South Pacific
 - b. Whitbread Round the World Race
 - c. The America's Cup
 - d. The Sydney to Hobart Yacht Race
- 6. Which Andrew Lloyd Webber musical debuted in London on 9 October 1986?**
 - a. Evita
 - b. Cats
 - c. Starlight Express
 - d. Phantom of the Opera
- 7. The song 'Slice of heaven' by Dave Dobbyn appeared on the soundtrack of what 1986 Kiwi movie?**
 - a. Footrot Flats: The dog's tale
 - b. Bad taste
 - c. Came a hot Friday
 - d. Pallet on the floor
- 8. Who was New Zealand's Prime Minister in 1986?**
 - a. Jim Bolger
 - b. Robert Muldoon
 - c. David Lange
 - d. Geoffrey Palmer
- 9. Why did the cruise ship MS Mikhail Lermontov make the news in 1986?**
 - a. It was hijacked by terrorists
 - b. It sank in Marlborough Sounds
 - c. Five Soviet crew members defected while the ship was in port in New Zealand
 - d. The ship disappeared and has never been found
- 10. The 1986 FIFA World Cup final was played in Mexico City in front of a crowd of more than 114,000. Who did Argentina beat to win the cup?**
 - a. West Germany
 - b. England
 - c. Brazil
 - d. Portugal

[Check your answers on page 21.](#)

Ā mātou tāngata – Our people

Developing our people leaders

In early 2022, with the support of their line managers, several administrative people leaders began a two-year programme with Careerforce to achieve a NZ Diploma in Business Leadership and Management (Level 5).

While they are experienced leaders, none of the group have a formal leadership qualification.

One of them, Dental Practice Coordinator Jacqui Power, says having not undertaken any formal study since leaving school, doing the Careerforce workplace-based learning was a great opportunity to achieve a qualification.

“And to prove to myself that I can do it!”

Good discipline around study has been key to completing the first series of tasks, says Administrative Team Leader Donna Macdonald.

“This means making a specific time to study, sticking to it and letting my family know that I’m not to be disturbed!”

Careerforce Assessor (Leadership and Management) Colleen Eason says she has found it exciting working with the Waitaha Canterbury leaders as they are so experienced in what they do.

“It’s satisfying to see that during the process of this qualification, these leaders are building on a solid base of knowledge and experience. They are gaining the ability to better identify and improve on the skills that they inherently use on a daily basis and to enhance their ability to improve operational efficiency and effectiveness.”

Careerforce Team Leader Staff Assessor (Leadership and Management) John Kenny says the diploma programme provides the opportunity for leaders to showcase how their leadership and management practices support the achievement of the organisation’s objectives and priorities.

“In particular, through their leadership of people and their management of processes and resources. The programme represents validation, verification, and adjustment of leadership and management practices.”



Coaching session in action: From left, Careerforce Assessor Colleen Eason, Administrative Team Leaders Donna Macdonald and Riana Chemaly, and Administration Manager Kay Strang

On the laptop are Careerforce Team Leader Staff Assessor John Kenny and Administrative Team Leader Diane Hickey
Absent: Dental Practice Coordinator Jacqui Power, Administrative Team Leader Holly Poole and Sexual Health Practice Coordinator Kim Sampson

Administration Manager Kay Strang says Careerforce Assessors have supported the leaders at every step of the way, from understanding the evidence required to complete each module and regular coaching sessions, right through to the assessment phase and confirmation of credits.

Free enrolment to this Careerforce programme (until 31 December 2022) has made it more accessible.

“With the first module under their belts, I take my hat off to this enthusiastic study cohort for their commitment to the programme despite their busy day jobs and the challenges this year has brought. I’m looking forward to congratulating the team at their graduation ceremony next year,” she says.

What do you do when you're not at work?

Our people are sharing the hobbies and activities that bring them joy when they're not at work.

Christelle Jones, Anaesthetic Administrator

"My hobby is to restore old broken garden furniture. I started this hobby in 2016. At the time I worked in Haematology and it helped me cope with the stresses of the job. I love to find discarded furniture and make it look new. I have restored an old trolley that I found in our garden when we moved in and it is now a multipurpose entertainment trolley. I have also renovated two picnic tables and two benches that I have."



Diane du Faur, Casual Administrator



"My hobby is photography, mainly landscape. I love to get out in the weekend, day trip in the winter and camp overnight in the summer, to discover our lovely country. I find being alone just listening to the birds or the sea or sometimes nothing at all, so relaxing. This photo was coming home on a back road from a few days in Wānaka. It is amazing what you come across."

One minute with...

Louise Sue, Adolescent and Young Adult Cancer Key Worker (Clinical Nurse Specialist)

What does your job involve?

The role of the AYA Cancer Key Worker is broad including psychosocial assessment and support, advocacy and care co-ordination of young people (rangatahi) aged between 12 and 24 years, in the top half of the South Island, diagnosed with cancer. It also involves ensuring the provision of developmentally age-appropriate care, service development, education and research.

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

Take time to reflect on your own time as a young person. Remember how intense your feelings, emotions and experiences were. Think about how these experiences have impacted on the person that you have become. I find that this helps me to empathise with the rangatahi I am working with and to advocate on their behalf within healthcare teams. It also highlights how important these formative years are, and their impact on a person's self-esteem, self-worth, and success at becoming a well-rounded adult in later years. Be transparent in all your interactions with young people, let them know what you are doing and why, as they have often not had enough life experience yet to be able to trust that you have their best intentions in mind. Learn about cognitive development in adolescence and how this also impacts on a young person's ability to take advice or see the potential consequences of their actions. Always be willing to pick up the pieces and keep working with the young person even if they are terrible at replying to your text messages.

Who inspires you and why?

Every time I listen to Dame Sue Bagshaw talk about rangatahi and health, I learn something new. She is a consistent source of wisdom, encouragement and inspiration. I am also consistently inspired by my colleagues within the Canterbury Cancer



Service and the national AYA Cancer Service who continue to go above and beyond for patients and whānau, all while improving services and care, both nationally and internationally.

What do Te Whatu Ora Health NZ Waitaha Canterbury's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

I think these values are right on the mark and integral to all parts of my role. The success of my role is not only dependent on the relationships I build with the rangatahi and their whānau, but also those between myself and health professionals within the various services that my patients encounter. All these relationships are built on care, respect, integrity and responsibility.

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

Discovering places that I have never been to before. Whether it is on an adventure in nature with my labradoodle Huckleberry or travelling overseas with my whānau.

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

Ewan McGregor! He is my all-time favourite actor, he can sing, dance and has an awesome smile. I also love the Scottish accent. Otherwise Emily Blunt!

What are your hobbies/interests outside of work?

I enjoy adventure racing with my team (called 'Desperately seeking alone time!'). I love that this involves discovering remote places that I would never have known to visit via different modes of transport (run/hike/paddle/bike), with great friends. I have started piano lessons this year, having always regretted not learning when I was younger. I am also an avid reader and find this a great form of escapism!

Whakamihi – Bouquets



Māui Clinic @ South City – COVID-19 Vaccination Centre

I took my two boys to Māui Clinic @ South City – COVID-19 Vaccination Centre for their second vaccination. I want to pass on my gratitude to all involved with the organisation and running of this clinic. I arrived early, to a very warm reception. My boys were treated with the utmost respect and care. The process was thorough and informative, and the manaaki shown was outstanding. They received certificates, stickers and treats. I was able to have a cup of tea and a laugh with staff whilst we waited after the injections. My two sons walked away from the experience feeling proud of themselves and like they were part of something bigger than themselves. My youngest son even went back in to see the woman who greeted us initially to show her his certificate and thank her. This clinic is everything that public health and healthcare should be. I appreciate every detail that went into this clinic, and I know it takes an effort to maintain this daily. Please pass this feedback onto all of the staff involved. I can only imagine that some days are harder than others.

Christchurch Hospital

I want to say that the doctors and nurses are doing a very good job at taking care of me and saving me. I am here to say thank you very much to all.

Oncology, Christchurch Hospital

Very impressed with the service and pleasant professionalism of the staff.

Intensive Care Unit (ICU), Christchurch Hospital

This is a thank you to the amazingly talented and caring staff who go above and beyond in the care of their patients. This is a thank you from an anxious, worried young man who was diagnosed with pneumonia but never once felt worried in the hands of these incredible nurses. Thank you for making me as comfortable as possible in one of the scariest moments in my life. What you have done for myself and my family will never be forgotten.

Big Shout Out

To: Charge Nurse Manager Hayley Beckman

Just a short message to Hayley has set up the new infusion service at Burwood Hospital in around five weeks following the ending of the community infusion service. While doing this, she has continued to manage the Medical Day Unit, Oncology Outpatients, Haematology Outpatients and Radiation Oncology. She has remained her usual supportive self and never lost her sense of humour despite this huge task. She deserves a huge pat on the back I think.

From: Registered Nurse Russell Sewell

#carestartshere

Urology, Christchurch Hospital

I would like to extend my heartfelt thanks and appreciation to Senior Medical Officer Giovanni Losco and the Clinical Team for looking after me during my recent surgery at Christchurch Hospital. Of particular note I would like to acknowledge Urology Consultant Kevin Bax for listening to my case and bringing it to your attention. I am very grateful for the surgery given the Perioperative Department is under a lot of pressure at the present time, so to have been put on the list was amazing.

Kowhai Volunteers, Burwood Hospital

Thank you so much for your care and compassion during my stay at Burwood Hospital. You make the world of difference.

Emergency Department (ED), Christchurch Hospital

I had reason to visit ED with a 6.5mm kidney stone and my pain was indescribable. Within five minutes of walking through the door at around 8pm I was in a cubicle being treated by Dr Lauren Joyce and two nurses. My treatment over the next roughly seven hours was impeccable. From the CT scan person to the other nurses, one of whom was Celia, I can't fault my treatment in any way. I was even contacted at home early this morning by Celia – presumably before her shift finished – to clarify some medication. Given the flack that the hospital, and in particular the ED faces, I just thought I would pass on my appreciation and thanks for the way I was treated last night.

ED, Surgical Assessment and Review Area, and Day Surgery, Christchurch Hospital

I just wanted to say a big thank you to everyone who helped me. Everyone was so kind, patient, respectful, helpful and understanding. It made a huge difference, helping me feel more comfortable and less anxious. In particular, my nurse for before/after surgery Judy-Clare was really amazing; so kind, patient and helpful. Thank you very much.

Wards B3 and A3, Christchurch Hospital

Thank you to all the staff on the wards B3 and A3, including those working behind the scenes who were part of my son's care the last couple of days. We so appreciate the care and professionalism of you all during such busy, stressful times.

Day Surgery Unit, Christchurch Hospital

Vicki, Lucy, Lucas, Louise, Andrew and Tim – absolutely brilliant, competent and compassionate.

Parkside Ground Medical (PGM), Christchurch Hospital

Thank you to the staff on PGM for their kindness and support during my unexpected COVID-19 experience. From the charge nurse manager to the ward clerk, nurses, WellFood staff and hospital aides, I could not have asked for a nicer experience.

PGM, Christchurch Hospital

We would like to sincerely thank the staff at PGM for their kindness and compassion shown to our father during his two-week stay on the ward. The staff are working under very difficult circumstances and are outstanding.

Ward 11, Christchurch Hospital

I would like to acknowledge the fantastic care and professional treatment I have received from all the staff on Ward 11. I'd especially like to mention the WellFood staff for their caring and diligent care given to me, they are certainly a big asset to your hospital. Thank you very much.

Big Shout Out

To: Ward B8, Christchurch Hospital

I am writing with sincere gratitude to acknowledge the amazing care and support I received recently on Ward B8. Claudio de Tommasi and his surgical team provided exceptional expertise performing complex spinal surgery from which I am now recovering at home. The nursing and multi-disciplinary team displayed exemplary services while I recovered from this significant neurosurgery, with devoted nurses showing genuine respect. I am indebted to you all for your amazing surgical skills, professionalism, compassion and support.

From: Ray Patel, Orderly, Christchurch Hospital

#carestartshere

New TIA Hospital HealthPathway reduces hospital admissions

People who come into the Emergency Department (ED) with a suspected 'mini stroke' now have their urgent investigations done and treatment started during their initial presentation and only those at very high risk of stroke need to be admitted to hospital.

That's come about as the result of a review and audit of the suspected Transient Ischaemic Attack (TIA) Hospital HealthPathway.

"We regularly review the TIA and stroke pathways to ensure they are providing the best evidence-based care for patients while also ensuring the most efficient use of limited resources, including hospital beds and specialist assessments," says ED Consultant James Weaver.

"We found that most patients (about 60 percent) with an initial ED diagnosis of TIA were being admitted to hospital. At this time our admission criteria included the ABCD2 score (a tool that assists with predicting the short and medium-term risk of another stroke)."

TIA patients are at increased risk of developing a stroke, especially in the first week after a TIA, and higher ABCD2 score correlates with higher risk. However, recent evidence has shown that the TIA score doesn't discriminate high and low risk patients reliably enough to base the urgency of their treatment on. International guidelines have now been updated to support this.

"Our local audit also showed that those patients being admitted had very few changes in their treatment as a result of the admission to hospital," he says.

"We re-designed the pathway so that most patients can now get their urgent investigations done and treatment started during their initial ED presentation and only those patients at very high risk of stroke now need admission."

The Neurology department support this process by providing clinical advice or review (for higher risk patients), arranging urgent outpatient investigations where required, for example, ultrasounds, and TIA clinic follow-up.

Most of the TIA clinic follow-ups are now able to be done virtually by the Neurology specialist, who can review the clinical record from the ED visit, arrange any further investigations (if required) and provide treatment advice to the GP and patient if any changes are needed.

Clinic review is prioritised for patients with a more difficult diagnosis.

"This means that the majority of patients presenting to ED with a TIA now no longer get admitted to hospital, nor need to attend any further hospital clinics. With the previous pathway, we typically admitted around 60 percent of patients with TIA from ED.

"Since the introduction of the new pathway, 60 – 70 percent of patients now go home directly from ED."

The TIA pathway is an example of the ongoing collaboration between the ED and Neurology services over many years, James says.

Community Dental Service opens

The Community Dental Service located in Toka Hāpai (Selwyn Health Hub) opened about three weeks ago and local kids are benefitting from the new facilities. Flooded with natural light, patients sit facing big windows and have TVs in the ceiling should any procedures require a little distraction.

Clinical Team Leader Community Dental Diana Walsh says the team is settling into the new premises despite a few initial 'teething problems'. Everyone loves the outlook and bright new facilities.

Last Friday, nine-year-old Harrison from Lemonwood Grove School attended for a check-up. There were smiles all round when Oral Health Therapist Andrei Tantoy and Dental Assistant Jennal Rule gave his teeth a thumbs up and Harrison was happy because it didn't hurt at all.



Dental Assistant Jennal Rule and Oral Health Therapist Andrei Tantoy examine Harrison while his mother Tess looks on



One of the bright new dental examination spaces



The Community Dental Service in Toka Hāpai is a welcome addition to the Rolleston community

Toka Hāpai (Selwyn Health Hub) is located on Norman Kirk Drive in Rolleston, across the road from the Selwyn District Council.

The Community Dental Service is on the first floor and provides free dental care for eligible children.

To enrol your child, book an appointment, or update contact details, please call 0800 846 983 or email comm dental@cdhb.health.nz

Consumer experience of chronic pain to shape new model of care

People with experience of chronic pain are being called on to help redesign health services to ensure there's a range of support across community and specialist services.

The new project, which sits under CCN (Canterbury Clinical Network), will explore how the model could be reshaped to support people earlier, within the community, so that specialist care is available for those who need it the most.

Chelsea Skinner, who provides a youth perspective on CCN's Leadership Team and is consumer lead for the Chronic Pain project, says it's important the new group has a wide range of voices from people with different experiences of chronic pain.

"The term chronic pain covers a broad spectrum of conditions which means people have very different experiences – of pain, the extent it impacts their day-to-day lives, and the treatment and support they receive.

"We want the new model to be responsive to the whole range of chronic pain and in a variety of environments that work for our people. The group will create a space for consumers to share their experiences and work alongside clinicians to co-design a new approach."

Chronic pain, sometimes known as persistent pain, often starts due to an injury, accident, or illness and can last weeks to years. Around one in six New Zealanders live with chronic pain, but often experience different symptoms and outcomes.

It can persist day-to-day, or come and go in acute episodes.*

Clinical Lead for the project Ken Stewart says there's strong evidence that earlier intervention leads to better outcomes for individuals, their whānau and the health system.

"Intervening early during the development of chronic pain can reduce the risk of long-term disability, which means better quality of life for people with chronic pain and a reduction in them needing acute care and specialist interventions.



CCN Leadership Team member and Consumer Lead for the Chronic Pain Project Chelsea Skinner

"We want to mitigate some of those long-term impacts, including having time off work or school and consequently feeling isolated from community activities, or having low self-esteem, poor mental health, difficulties in relationships and socio-economic disadvantage," he says

The project team is calling for Cantabrians who have direct experience of living with chronic pain, or caring for others who live with chronic pain to join a group that will meet monthly (in person or online) for one-two hours.

This is a paid role ([remuneration policy here](#)).

If you would like to express your interest in participating or nominate a peer, complete the [nomination form](#) and return via email to Project Manager gareth.frew@ccn.health.nz by Friday 19 August 2022.

***Health Navigator, July 2022**

Many benefits to atrial fibrillation initiative

People who have the heart condition, atrial fibrillation, are less likely to end up needing hospital admission or an emergency procedure thanks to a Christchurch Hospital initiative.

Atrial fibrillation (AF) is the most common arrhythmia, or abnormal heart rhythm. It can cause a rapid heart rate which can result in palpitations, fatigue and dizziness. AF may also increase the risk of having a stroke. In Christchurch Hospital AF is estimated to account for between one and four percent of all Emergency Department (ED) presentations.

The ED Atrial Fibrillation Pathway is a quality improvement initiative for these patients who are normally managed with medications to lower their heart rates (rate control) and/or with medications and procedures to restore and maintain a normal heart rhythm (rhythm control), says Emergency Medicine Specialist Laura Joyce.

“One rhythm control strategy used in ED is electrical cardioversion, where while under sedation, a defibrillator is used to revert their heart back into normal heart rhythm.”

Evidence suggested that many patients with AF were being unnecessarily admitted and many patients were spontaneously reverting back to a normal heart rhythm without requiring cardioversion.

This prompted the introduction of the AF pathway and AF clinic. The multidisciplinary pathway allows low-risk patients with AF to be discharged from ED and followed-up the next working day at the AF clinic, she says.

As a result, 32 percent fewer patients with AF are admitted, to hospital. For those who are admitted they stay in hospital for an average of five and a half hours, and the number of cardioversions in ED has decreased by 82 percent.

The pathway change has meant fewer patients need cardioversion or admission to hospital, with no increase in the length of stay in ED, no change in re-presentations to ED, and no change in strokes or death in the year after ED presentation, Laura says.

“We are grateful to The Maurice and Phylliss Paykel Trust who sponsored medical student Kaleb Addy to collect the data allowing us to show the benefits of this new AF pathway”.

Care around the clock

Anyone wanting health advice can contact Healthline on 0800 611 116 anytime, 24/7, for free and get the support they need, including self-care advice from nurses and paramedics.

STAY WELL
THIS WINTER



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. [Click here](#) for more deals on Home Maintenance. You can find [similar offers here](#).



FITSTOP.

Fitstop

221F Blenheim Road, Riccarton

Fitstop would like to offer our staff foundation membership (limited seats available) which is their lowest price at \$39 per week (usually \$54). This will give members access to 30-plus classes throughout the week, free six-week Unstoppable Series (challenge) for members, free kids corner and many more benefits. This offer is only available till 3 September. See [here](#) for more details.



Dyers Road ITM

291 Dyers Road, Bromley, Christchurch

Get special rates on timber, power tools, hardware, GIB, fitouts. Call 03 373 6049 for more information or drop instore. Must produce staff ID to redeem.



Elec Serve

The team of electricians at Elec Serv would like to offer 10 percent off labour to all staff and family, whether you need a small wiring fix or the installation for a state-of-the-art smart home. You can contact Oliver Martino at oli@elecserv.co.nz or phone **022 527 0105** – Quote Te Whatu Ora Health NZ Waitaha Canterbury when enquiring.



ATL Electrical

8 Halls Place, Middleton

Any Te Whatu Ora Health NZ Waitaha Canterbury employee who has a heatpump installed will receive it at cost plus 10 percent or get 10 percent off all electrical and security installation work. Call 0800 555 770 or 027 265 4489 to enquire.



Integrity Plumbing

Integrity Plumbing would like to offer a 10 percent discount to all Te Whatu Ora Health NZ Waitaha Canterbury employees for all plumbing and gas fitting work on presentation of their staff ID card. Contact details are Matt Read –certified plumber and gasfitter 021751239 or email integrityplumbing@xtra.co.nz.



Shinebrite Shower Services

Discounted shower glass restoration and cleaning service in the Christchurch/Rangiora/Rolleston area, get 40 percent off the standard pricing (usually \$200 per shower unit). Email shinebritechristchurch@gmail.com or call 021 110 8822 to enquire.



WINTER RESEARCH SERIES

Seminar 3 – 17th August Sustainable Research in Healthcare

Come and hear some of the latest research findings, and meet our researchers over tea and coffee. Held every three weeks at Manawa, Wednesday 4-5pm.

www.healthprecinct.org.nz

Brought to you by Te Papa Hauora and its partners

Te Whatu Ora
Health New Zealand



Seminar 3 – 17th August Sustainable Research in Healthcare

Speakers include:

Rea Dallenbach Senior Lecturer and **Rebekah Matsas**
Ara Institute of Canterbury
Weaving Sustainability into Midwifery Education.

Fi Graham Associate Professor and **Dr Jonathan Williman**,
University of Otago Christchurch
Useful tools and lessons learned in running a multisite RCT
examining the effect of coaching in paediatric rehabilitation.

Tracy Haitana Clinical Psychologist and Senior Lecturer
University of Otago Christchurch Department of MIHI:
Kōrero o te Tāniko: Expert critique of Māori with Bipolar
Disorder and their Whānau to redesign clinical, structural,
and organisational features of the healthcare system.

Winter Research Series

Seminar 1 – July 6
**Evaluating Innovations
in Health**
Where: Manawa HP108

Seminar 2 – July 27
**Improving health for
Māori and Pasifika**
Where: Manawa HP108

Seminar 3 – August 17
**Sustainable Research
in Healthcare**
Where: Manawa HP108

Seminar 4 – September 7
Learning from the Pandemic
Where: Manawa HP108

Seminar 5 – September 28
Co-producing Research
Where: Manawa HP314

> To register attendance, please email admin@healthprecinct.org.nz

Take a Stand VOTE for your Christchurch

The local election will be held on 8 October 2022. The election will be held by postal vote. New Zealand Post delivers voting documents to all enrolled voters. Voting opens Friday 16 September and closes noon, Saturday 8 October.

Christchurch City Council has two decision making parts; The Council and Community Boards.

During the election, you can vote for;

- › The Mayor and a ward councillor
- › Community Board members
- › The term for elected members is three years
- › For full details of where to vote and special voting please visit <https://www.ccc.govt.nz/the-council/how-the-council-works/council-elections>
- › Environment Canterbury also holds elections at the same time for full details visit <https://www.ecan.govt.nz/about/your-council/engage-with-us/elections/>
- › All voting documents can be posted FREE POST at any NZ Post Box or Council ballot box between Friday 16 September to noon, Saturday 8 October.
- › Please note * Postal votes will need to be posted by 5pm 4th October*



New Zealand Institute of Healthcare Engineering (NZHIE) annual conference

The NZHIE are holding their annual conference in November this year, at Te Pae Christchurch Convention Centre.

They are inviting all Facilities, Biomedical, IS and Supply, along with other interested people, to the conference, and the trade night on Thursday 17th November. Read more about the conference and register to attend on the [NZHIE website here](#).

Enhancing CALD Cultural Competence

Cultural diversity in the New Zealand Population is growing, leading to increasing cross cultural interactions between clinicians and patients and between employees.

The latest eCALD® newsletter is out now

CALD stands for Culturally and Linguistically Diverse.

Read about the eCALD® Cross-Cultural Interest Group 16 August 2022 Webinar – ‘An update on the Caring for People with Dementia Together (CPT) Project’. Registrations close at 6.30pm on 16 August; changes to the New Zealand Immigration Refugee Family Support Category; the CALD Cultural Competency in a Psychiatric Context training programme and [much more here](#).



Latest news from CCN

The latest news from CCN is out now

Read about, submissions are now open for the proposed Smokefree Environments and Regulated Products (Smoked Tobacco) Amendment Bill, long-serving South Canterbury general practitioner Gayle O'Duffy, has been awarded a Community Service Medal by The Royal New Zealand College of General Practitioners for her dedicated service to the Methven community and [much more here](#).

QUIZ ANSWERS – 1986

- | | |
|-------------------------|-------------------------------------|
| 1. c. 25 years | 6. d. Phantom of the Opera |
| 2. d. Teacher | 7. a. Footrot Flats: The dog's tale |
| 3. a. England | 8. c. David Lange |
| 4. b. Auckland | 9. b. It sank in Marlborough Sounds |
| 5. c. The America's Cup | 10. a. West Germany |