



End of an era as Managed Isolation and Quarantine facilities make plans to wind down

Last week the Minister for COVID-19, Hon Chris Hipkins announced plans to begin to scale down Managed Isolation and Quarantine (MIQ) facilities, as New Zealand is now reopening to the world without the need for most people to isolate.

Today I want to recognise the work of a relatively small, very skilled health team who helped keep our community COVID-19 free for an extended period of time. Their meticulous attention to detail, following established Infection Prevention and Control processes and fastidious use of PPE helped keep staff, guests and our community safe.

Their phenomenal mahi has bought us time – almost two years, which has allowed us to get our community protected with vaccinations and our health system prepared – with robust plans to manage health care through the various phases of this outbreak. We owe this team a huge thanks.

Canterbury has had 259 health staff working in MIQ facilities since we received our first flight on the 15 of June 2020. Staff included nurses, guest support, administration and a small programme support team.

In total, our Canterbury team have welcomed and looked after more than 35,000 returnees – this figure excludes air crew and maritime workers.

The guest-facing team has been working in full PPE on high alert for COVID-19 infections long before it became mandatory for everyone else to wear a mask and stay physically distant.

Early on there was terrible stigmatisation and discrimination against staff working in MIQ and this extended to their families. To say these roles have been challenging would be an understatement.

Staff have learned to live with the anxiety and unique challenges of working in this environment.

MIQ staff have complied with mandatory testing using nasopharyngeal swabs, daily in dual use (isolation and quarantine) hotels and twice weekly in isolation facilities. They also led the way in terms of compliance with mandatory vaccination orders.

The health team work as part of a bigger team, led nationally by MBIE – the Ministry of Business Innovation and Employment.

During the past two years Canterbury health MIQ staff have been deployed to assist at:

- › Supporting public health at the airport border
- › West Coast DHB
- › Community-based testing centres
- › Auckland Managed Isolation and Quarantine facilities.

The MIQ health team has implemented national policy change, at times with 24 hours' notice, week after week as we all learned more about COVID-19 and how it spreads.

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Change has been rapid and relentless and in true MIQ style they are moving towards decommissioning just as quickly as they were stood up!

As a team you can all be proud of the high levels of guest/returnee satisfaction. Keeping the health and wellbeing of guests/returnees front and centre made a difference.

The Canterbury MIQ team became adept at managing

specialist groups of returnees which included international sports teams, Antarctic visitors and of course, mariners.

Staff leaving MIQ will be welcomed back to our health system with open arms to help manage the Omicron response. Your skills and experience will be invaluable.

Thanks to each of you for everything you've done – to today's team and to those who have gone before you.

How many MIQ facilities are there in Ōtautahi?

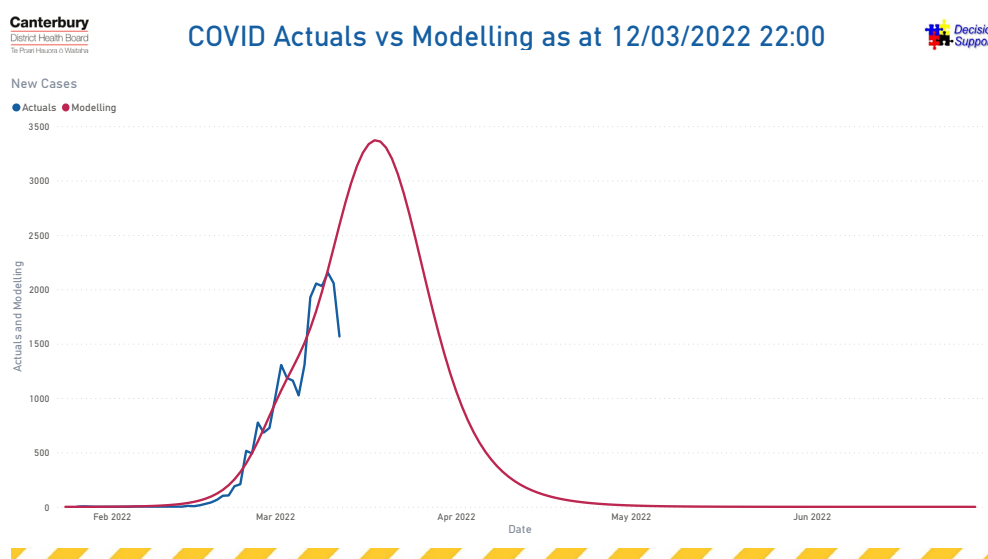
There are currently seven MIQ facilities in Canterbury. The first to be decommissioned include The Crowne Plaza, The Distinction, The Sudima, Chateau on the Park, and Novotel.

The two remaining hotels are The Elms which will remain open until the end of June and The Commodore which will remain open until the end of the year.

We're on track for a peak in a couple of weeks

COVID-19 modelling is a mix of art and science and designed to inform our planning. This week I take my hat off to our Decision Support team who have worked with national leaders in this field to develop a model of when cases will peak in Canterbury.

At the current rates of infection it looks like we'll reach the summit in a couple of weeks.



Three years tomorrow since the Mosque Attacks

Tomorrow, on the 15 of March it will be three years since the terror attacks where 51 people were killed and many others were seriously injured and traumatised.

At the request of the bereaved families and those injured in March 2019 the third anniversary will pass without a public remembrance event. You can read more about the events and initiatives that the bereaved families and injured or traumatised survivors have created on the [Christchurch City Council's Newline page here](#).

As these attacks impacted some staff personally, and many more professionally, please reach out to those around you or to one of the many support services available via max. if memories of March 15 and the aftermath are upsetting.

New Medical Progressive Care unit blessed

A new 14-bed unit for COVID-19 positive patients who need extra help with their breathing was blessed last week. Located on the first floor of Parkside East in the former Intensive Care Unit (ICU) South space, it has two high-efficiency particulate air (HEPA) filters in place with an average of 12 air changes an hour.

The blessing was led by Pou Whirinaki Ruru Harepeka Nako Hona, supported by Māori Chaplain Helen Gray. Chief Executive Peter Bramley, Executive Director Facilities Rob Ojala, and Director of Nursing Lynne Johnson attended along with representatives from Māori Health, Nursing, Allied Health and Facilities.

A massive shout out to the Facilities and Operational teams for their incredible mahi.

The construction project was completed in record time and the Board were key in accelerating approvals and supporting the speed of this project.

The unit will provide concentrated care for this patient group to enable patient flow to occur within other areas and to provide an environment that has the workforce and equipment to manage sicker COVID-19 patients, avoiding ICU admission.



Blessing of the Medical Progressive Care Unit

Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).

Novavax COVID-19 vaccine bookings now available in Canterbury

Cantabrians can now book to receive the Novavax COVID-19 vaccine.

Initially, Novavax will only be available at the Barrington Vaccination Hub at Barrington Mall to people aged 18 and older as a primary vaccination course.

We are pleased to have a third COVID-19 vaccine option and would like to thank the team at the Barrington Vaccination Hub for being the first to deliver Novavax in Canterbury.

Novavax requires two doses to be considered fully vaccinated. A three-week gap is recommended between the first and second dose. It is currently not available as a booster dose.

It can be administered to people who have received a different COVID-19 vaccine as their first dose and should occur at least 28 days after the first dose of the other COVID-19 vaccine.

A prescription is required from a GP if a person's first dose was not Novavax – and it's free to get a Novavax vaccine prescription.

Novavax Facts

- › Novavax contains a non-infectious component on the surface of the SARS-CoV-2 virus, which induces a protective immune response when the body's immune cells come into contact with it.
- › There is currently insufficient data on the Novavax vaccine to recommend it during pregnancy. Pfizer remains the preferred vaccine option for this group.
- › Novavax is not currently part of the Vaccination Order requirements.
- › More information can be found on the Ministry of Health website: <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-vaccines/covid-19-vaccines-getting-novavax>

As more clinics gear up to offer Novavax, their details will be added to <https://vaccinatecanterburywestcoast.nz/>

Canterbury DHB staff should check the COVID-19 daily update for more information on Novavax for staff.

Some Canterbury health services deferred as DHB staffing impacted by COVID-19

As the number of active cases of Omicron continues to rise in our community, more Canterbury DHB staff are contracting COVID-19 and having to isolate. Some have COVID-19, some are household contacts and others need to stay home to look after whānau who have COVID-19.

As of today, Monday 14 March, we are only going ahead with urgent surgery, such as cancer care, and other acute surgery such as following an accident or major trauma, with only a small volume of planned (elective) surgery and procedures going ahead.

Some outpatient appointments are also being postponed this week. Many have already been switched to virtual consults and are carried out over the phone or by video call, however we have to postpone more planned in-person appointments this week.

Urgent outpatient clinics such as dialysis will continue as will urgent and non-deferrable surgery and medical procedures.

We apologise in advance to those affected by these changes. Anyone whose surgery or outpatient appointment has to be deferred will be contacted by phone. Over the past two weeks staff have gone all out to allow us to continue to provide as much planned care as possible, but with so many staff away we are unable to maintain our usual levels of surgery and outpatient appointments.

If you haven't been contacted by us, please assume your appointment or surgery is going ahead.

Canterbury DHB is utilising all available staff to cover gaps in rosters. Clinical and non-clinical staff are needed throughout the system to cover a range of roles. We are also deploying staff to help out in a number of rest homes in Canterbury and on the West Coast to ensure some of our most vulnerable community members are well supported.

It is important to note that all emergency and non-deferrable surgery and procedures are still going ahead, and anyone needing urgent and emergency care should continue to call their GP team or Healthline 0800 611 116 for health advice or dial 111 if it's an emergency.

Our hospitals and health centres have the highest level of infection, prevention and control measures in place and we encourage everyone to continue to seek the care they need when they need it.

Hapū māmā/pregnant people should contact their Lead Maternity Carer if they have concerns or suspect they are in labour.

We have apologised to those affected for the inconvenience and stress of having their surgery or appointment postponed at short notice, and hope people appreciate the need to prioritise all our available people resources to ensure safe care for everyone.

Isolation requirements for cases and household contacts – guidelines for the public

Changes to isolation requirements for COVID-19 cases and their household contacts came into effect at 11.59pm on Friday 11 March:

- The isolation period for people with COVID-19 (cases) and their household contacts reduces to seven full days.
- Household contacts will take a rapid antigen test (RAT) on day three and day seven of the case's isolation period.
- Recovered cases will no longer need to self-isolate if they become a household contact within 90 days after having the virus.

For COVID-19 cases

Your Day 0 is from symptom onset, or day test taken, whichever came first. Your isolation is for seven full days, and you are free to return to normal activities on what is effectively day eight.

After you have recovered, if you develop symptoms at any stage after you have ended your isolation, seek a RAT.

For Household Contacts

Isolate for the same seven days as the case. Take a RAT on day three and day seven of the case's isolation period.

If you get no symptoms during the isolation period, you can go back to normal activities on the same day as the first case in your household, so long as all test results have been negative.

If symptoms develop at any time during isolation, undertake an additional RAT. If the test is negative, and symptoms persist or worsen, test again 48 hours after that negative test. If symptoms resolve, there is no need for a further test, until the required day seven RAT. If this is negative, you can return to daily life on day eight.

If you get new symptoms on the day of release, undertake an additional RAT and stay at home while unwell. If that test is negative, and symptoms persist or worsen, test again after 48 hours. If symptoms resolve, there is no need for a further test.

Continue to self-monitor for symptoms up to Day 10.

Critical workers

If you are a critical worker and have a person in your household who has tested positive, you may be able to continue working. Canterbury DHB staff should follow the guidance provided in the daily COVID-19 ECC update email.

If you are a critical health care worker who is a household contact or case, there are some additional exemptions.

For recovered cases

Recovered cases will no longer need to self-isolate if they become a household contact within 90 days after having the virus. This is an increase from the current 28 days.

General advice

For anyone that has had COVID-19 or who is a 'contact' of someone who has COVID-19, we would advise that you avoid visiting high-risk settings (e.g. aged care facilities, correctional facilities, hospitals (unless requiring care) until 10 days have passed since they were infected or exposed to the virus.

The general public health advice remains in place to undertake a RAT if symptomatic. If the RAT is negative, and symptoms persist/worsen, then test again 48 hours after the negative test. If symptoms resolve, there is no need for a further test.

What's this ECC and EOC we keep hearing about?

We've had a few staff asking what an ECC – Emergency Coordination Centre and an EOC – Emergency Operations Centre does.

Below you can see the rather complex chart that shows the current structure we are working within to effectively manage our response to COVID-19.

The ECC team leads the response with input from the various EOCs representing various services in our Canterbury and West Coast Health Systems.

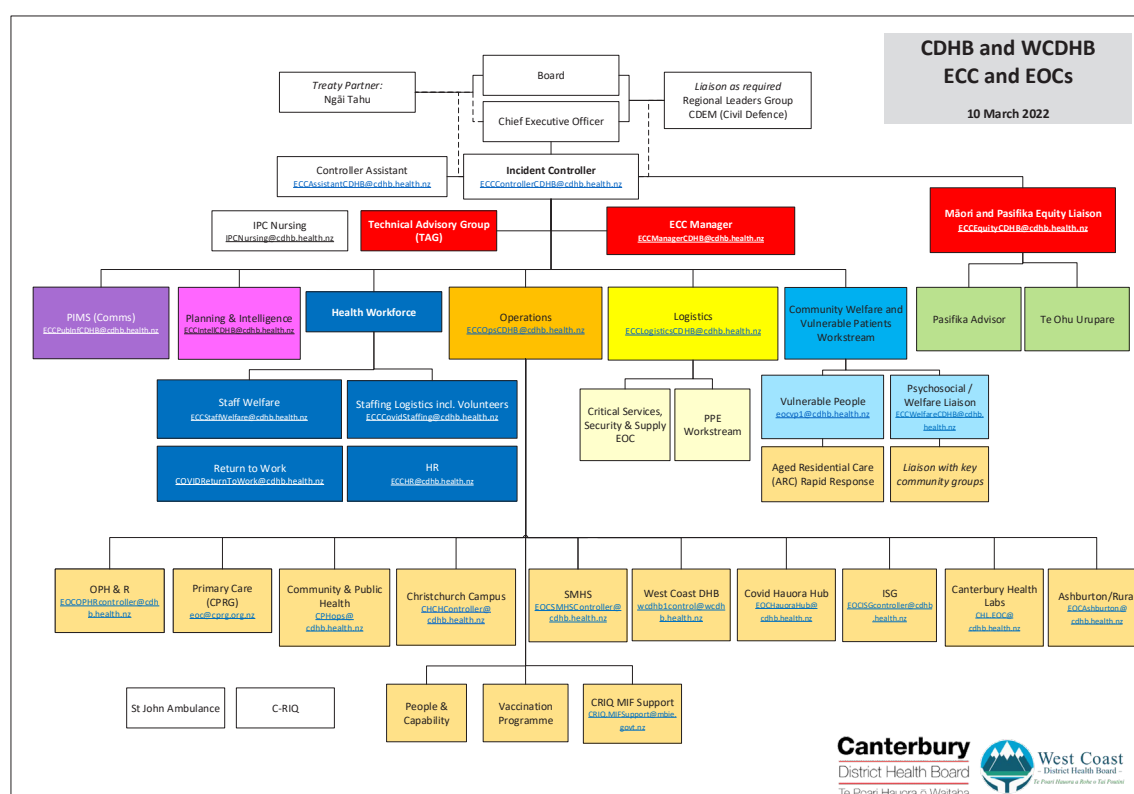
All roles and functions in the ECC and EOC are part of the Coordinated Incident Management System (CIMS) which provides a framework of consistent principles, structures, functions, processes and terminology to enable an organisation or community to respond to an event or situation. The CIMS structure is used worldwide and is used by all emergency services.

One of the key roles of the ECC is to develop and implement a response plan and to support and enable the EOCs who are providing the frontline response; to help manage issues that arise, make well-informed decisions quickly and ensure resources are where they need to be to enable the best outcome for our community.

The ECC Controller is a key role, who has an overview of the entire health system, and makes decisions on an hourly basis to inform the direction of our response. We are fortunate to have two experienced controllers in Helen Skinner for the RED team and Tracey Maisiey for the BLUE team.

The people who work in the ECC are split into two teams, RED and BLUE. Each team works four consecutive days to reduce the risk of all our experienced people having to be off with COVID-19 at the same time. The teams are currently working 12 hour days to manage the many issues that crop up every day. It's a fast paced and sometimes challenging environment, and we are supporting the entire health system – not just DHB facilities.

If you're interested in learning more, you can read this [CIMS manual](#), or drop a line to our [Service Continuity team](#) as they run CIMS courses throughout the year.





Bouquets

Parkside Ground Medical, Christchurch Hospital

I've just had a short stay in the COVID-19 unit at Christchurch Hospital. I am pregnant and want to say what an amazing team you have helping COVID-19 positive patients. They're all very caring. All their hard work was definitely recognised. Everyone treated me with so much kindness and respect.

Sarah Weusten, Audiologist, Christchurch Hospital

I would like to say a huge thank you to my Audiologist Sarah Weusten at Christchurch Hospital; she has just been a fantastic help to me over the last few weeks. Sarah was understanding and supportive of my unknown situation regarding my hearing loss. She took the time to listen, to reassure me and also let me shed some tears as I was so overwhelmed. Also, she offered extra support/resources that would help me which I never knew existed. Going forward she has given me so many opportunities and avenues to explore. Just a big thank you.

Burwood Hospital

Had outpatient plastic surgery today. Your staff are informative, caring and what I as a patient so needed for my peace of mind and comfort. Thank you so much.

Katrina Keenan, Emergency Department (ED), Christchurch Hospital

My mum was taken into ED. I rang wanting to know if she was still in the department and whether I could see her or not. I spoke to ED Administrator Katrina Keenan. She was very helpful and understanding and made a huge effort to enable me to talk to Mum. Apparently, she had even finished her shift but did not leave till she knew we had been able to contact each other. I was so impressed with her caring and willingness to go the extra mile to help me.

Acute Assessment, Christchurch Hospital

Massive thanks to the Acute Assessment unit. I brought my daughter in with a suspected broken arm. The reception staff, nurses Ben and Rini, the duty registrar, and X-ray staff (Julia and her colleague) were all fantastic – calm, informative, respectful and timely. All very professional. A shout out too to the triage nurse upon our arrival, who dealt with an abusive patient right before us yet didn't skip a beat and was still courteous and professional with us. I guess your teams see it all and deal with it all, but her patience and manner were inspirational. Keep up the great work team!

ED, Christchurch Hospital

I presented to ED twice over the weekend. I was very happy with the treatment I received, particularly from Dr Harrison Sayer. He was very patient and kind and took the time to make sure everything was resolved before sending me home. I'm feeling much better now, and really appreciate all the work from the team. Thank you so much for your time and care.

Urology, Christchurch Hospital

I attended the Urology Department and was made very welcome by a wonderful nurse. My consultant was very proficient and explained everything thoroughly. Wonderful service.

Ward 18, Christchurch Hospital

From the time I was admitted for surgery until the time I was discharged the care I received was absolutely wonderful. Everyone who I came in contact with, from reception staff to the orderlies, cleaners, hospital aides, the surgeon, and nurses all were unfailingly cheerful, caring and kind. The team made a difficult time very bearable and I cannot thank them enough.

Neurosurgery, Anaesthesia, Intensive Care Unit (ICU) and High Dependency Unit (HDU) Christchurch Hospital

Three months after my daughter's surgery, she still talks fondly about the amazing team of doctors and nurses in the Neurosurgery team, and the ICU and HDU. Then the other day she remembered the lovely man Paul who got her a drink of water and looked after her as she recovered from her anaesthetic. And who, I told her, stayed with her after the end of his shift to ensure she was safely collected by the ICU team. So, a big thank you to you all.

ED and Urology, Christchurch Hospital

I have a lot of compliments. I arrived into ED and all staff were fantastic, especially Ben, he was understanding, kind and attentive. The ED doctor was also very kind. All the nurses in Urology have been absolutely amazing helpful kind and understanding. The MRI operator was understanding of my fear of small spaces and helped where he could. To all the WellFood staff thank you, every meal was tasty. I'm writing this now as I may need surgery soon, so I don't want to forget to say how amazing everyone was. Thank you for making this easier on me.

Wayfinder volunteer, Christchurch Hospital

My two-month old daughter had an appointment at Radiology. I was quite nervous heading in as I didn't know how it would be inside with the current COVID-19 situation and I had no idea where to go. As soon as I walked in the door I was greeted with a big smile by a Wayfinder volunteer (even with a mask on you could tell she had a lovely welcoming smile). The lady not only made me feel welcome and comfortable, but she actually walked me to the bathrooms and showed me where I needed to go for my daughter's appointment. It was such a great experience considering I was so anxious about it. I never got her name unfortunately.

Big Shout Out

To: : All the clinical team coordinators (CTCs)

We just wanted to say a huge thank you for all of your hard work. The job you provide is absolutely brilliant and makes a real difference to patient care and the junior RMOs' working day! You are all unsung heroes of the DHB. It has been a real pleasure working alongside you, both in medicine and surgery, over the past two years – we wish you could all come to work in the UK with us! Thank you so much and all the best for the future!

From: Beth and Jonny
(Resident Medical Officers who worked with the CTCs before returning to the U.K after their rotation)

#carestartshere

Big Shout Out

To: Consumer Advisors Kate Enright and Jonno Burgess

A big thank you to Kate and Jonno for their support of the Specialist Mental Health Service division during this time. They have helped facilitate some key changes to our services over the past couple of weeks and were instrumental in the quick distribution of RAT kits to all our staff across our multiple sites. Their enthusiasm and willingness to assist has been very much appreciated. A big thank you to Kate and Jonno for their support of the Specialist Mental Health Service division during this time. They have helped facilitate some key changes to our services over the past couple of weeks and were instrumental in the quick distribution of RAT kits to all our staff across our multiple sites. Their enthusiasm and willingness to assist has been very much appreciated.

From: The EOC Mental Health Team

#carestartshere

Stop the flu!

What is happening?

It's time to get vaccinated against the flu.

Who is eligible?

All Canterbury and West Coast DHB employees are eligible to receive a free flu vaccination. This includes employees on leave (maternity, annual, extended leave etc).

2022 Season - What can we expect?

There will likely be higher incidence of flu in New Zealand this year with our borders reopening and people having not developed the usual immunity to flu after two seasons with very low incidence.

There is also concern about the possible risk of a 'twindemic' where both COVID-19 and influenza viruses are circulating at the same time.

Why is it important to vaccinate?

- › To protect yourself from a potentially debilitating flu that could put you out of action for weeks.
- › Stopping the spread protects your whānau, friends, work colleagues and patients from the flu.
- › The flu is particularly dangerous for the very young, the elderly, the pregnant and those with certain pre-existing health conditions. Even if you're not high risk, someone you know, love, work with or treat, will be.
- › If you do get the flu after the vaccine, you will likely have fewer symptoms, a milder case and a faster recovery.
- › Less flu = less strain on hospitals and health resources.



When can we get vaccinated?

Free vaccinations will be available to all Canterbury DHB staff from Tuesday, 5 April 2022.

Where do we go to get vaccinated?

There will be vaccinators based across all campuses. Some will be set up in a fixed spot for you to visit, some will be based on wards*.

*Ask your charge nurse about the vaccinators based in your ward.

How do I ensure I don't miss out?

You'll receive information in upcoming CEO Updates, the daily Staff Communications email and various other channels advising when and where you can receive your vaccination. Please share this information with your team.

Stay tuned!

Being connected important for those isolating

After an enjoyable holiday visiting family and friends in the Cook Islands Anna Glassie was looking forward to getting back to the job she loves – as Front of House and Acute Admitting Unit receptionist at Ashburton Hospital.

However, she only returned briefly to the role she's held for three years, before testing positive for COVID-19. She picked it up from a family member who attended a social event with people who unknowingly had the virus.

A few days later Anna's husband got it too, though he didn't have any symptoms – unlike Anna who endured four days of bone pain.

"My husband didn't feel a thing, he was asymptomatic. I was terrible. My bones were aching so badly. I could hardly move, or do much at all for myself, my husband had to physically pull me up to get me out of bed."

Anna's pulse went low for a time and she couldn't taste or smell food.

"I couldn't eat for a week, not even half a piece of bread."

Each night she felt hopeful she would get better, only for the bone pain to start up again the next day. However, she had great follow-up from her GP, with information, daily phone calls and a medical pack which included an oximeter.

She and her husband also accessed support from Work and Income and church members dropped off a food box.

"I was blown away by the goodness of the people and that they were so on to it."

On the fifth day started to feel better and on days eight and nine she had two negative rapid antigen tests.

Anna has been double vaccinated and boosted.

"I think that helped dramatically as I didn't have the other typical symptoms of runny nose, sore throat, cough and sore tummy. Also, I was in close contact with some colleagues before I found out I had it and never passed it on."

"I think I wouldn't be alive if I wasn't fully vaccinated, and honestly, I wouldn't wish what I went through on a child."

For anyone not sure about getting themselves or their children vaccinated Anna says she would encourage them to think about when they were young.



Ashburton Hospital Receptionist Anna Glassie

"I would emphasise that you have been getting vaccinated since you were a six-week old baby, and your children have been too, this is no different."

People can help themselves by continuing to wash their hands regularly and wear a mask. She would also recommend keeping a diary or log book of people who visit their home.

"Be very much aware, even if it's your family. I'm like a hawk now because I don't want to end up in the position I was before."

Anna is now paying it forward, helping those who are isolating at home because of COVID-19 to access Work and Income support, food or anything they need, particularly the growing Pasifika community in Ashburton.

"Language can be a barrier, and so can, not wanting to ask for help. Our Pacific people think help is a hand-out and they don't like that. But they can't go to work, may not have sick leave and are getting behind on the bills."

She encourages neighbours and friends and colleagues to be aware of people who may need assistance and to reach out with a phone call to ask what they need.

"Just five minutes of your time can make a big difference."

Information on what you can do to prepare if you or your family get sick is available here:

[Preparing to self-isolate | Unite against COVID-19 \(covid19.govt.nz\)](#).

Don't be scared,
be prepared!



Reach out, connect and have a plan in place.



For more information visit
vaccinatecanterburywestcoast.nz

Unite
against
COVID-19

COVID-19 RAT collection

There are several community-based testing centres and Rapid Antigen Test (RAT) community collection sites (pre-order required) in Christchurch and Canterbury.

To help speed things up at all our RAT collection sites please remember to place your order for RATs before heading to a collection site – and have your order number at the ready.

Orders can be made via the online system at <https://requestrats.covid19.health.nz>

or by free calling [0800 222 478](tel:0800222478) to request your RAT tests.

- › RATs are free for people with COVID-19 symptoms or who are a household contact or who have been instructed to get tested by a healthcare professional
- › Critical workers who are household contacts
- › Border workers who are required to be tested under the Required Testing Order

For more information, including locations, visit [Canterbury DHB's Facebook page here](#).



Rolleston RAT Collection Centre

Chief executives announced

Margie Apa and Riana Manuel have officially taken up the reins as the chief executives for the interim Māori Health Authority and interim Health New Zealand.

They say they've had a busy, challenging and inspiring few weeks finding their feet in the new roles and getting ready for the introduction of the new organisations on 1 July 2022.

"We're mindful that, as the heart of our healthcare community, you continue to meet the pandemic head on while experiencing the demands of keeping the health system running and supporting each other.

"We're extremely proud of the work you do and the way you do it, whether that's in our hospitals and communities or elsewhere in the system. We're absolutely committed to getting out and about and meeting as many of you as we can over the next few months.

"Clearly that's not quite as easy as it sounds right now. And meeting all 80,000 people who will be working for Health New Zealand and the Māori Health Authority from 1 July, plus our 120,000 provider partners, is a bit of a challenge.

"However, technology is on our side! Recently we spent some time filming a video, so you can get to know us a bit better and find out what inspires, motivates and grounds us.



Margie and Riana behind the scenes filming their video for the workforce

"Like so many of you who are drawn to work in the health sector, we're motivated to build the mana of our people and improve the health system for our whānau, our communities and all New Zealanders. Manaakitanga is a concept centred on the strength of whānau and communities, and something that resonates for both of us as we lead this transformation.

You can read more and view the video on Margie and Riana on the [Future of Health website here](#).

WHERE ARE YOU ON TODAY'S EMOTIONAL ROLLERCOASTER?

Feeling tired, hōhā, relieved, happy or just over it?

There's no playbook on feelings as we go through a global pandemic.

However you're feeling, know that you're not alone.

Find out more at allright.org.nz

ALL RIGHT?



Passion for health career and rugby

Occupational Therapy Team Leader Lucy Anderson has been selected to play for Matatū – the South Island Women's Super Rugby team, playing in the Inaugural Super Rugby Aupiki competition, starting on March 10.

Lucy who has worked at Christchurch Hospital since 2014, is a loose forward and is as passionate about her rugby as she is about her chosen career, says Allied Health Clinical Manager Occupational Therapy Bronwyn Suzana.

"As an Occupational Therapy department, we are super proud of Lucy and her achievements which have required constant dedication and hard work outside of her day-to-day role at Christchurch Hospital. We're all following her and the team!"

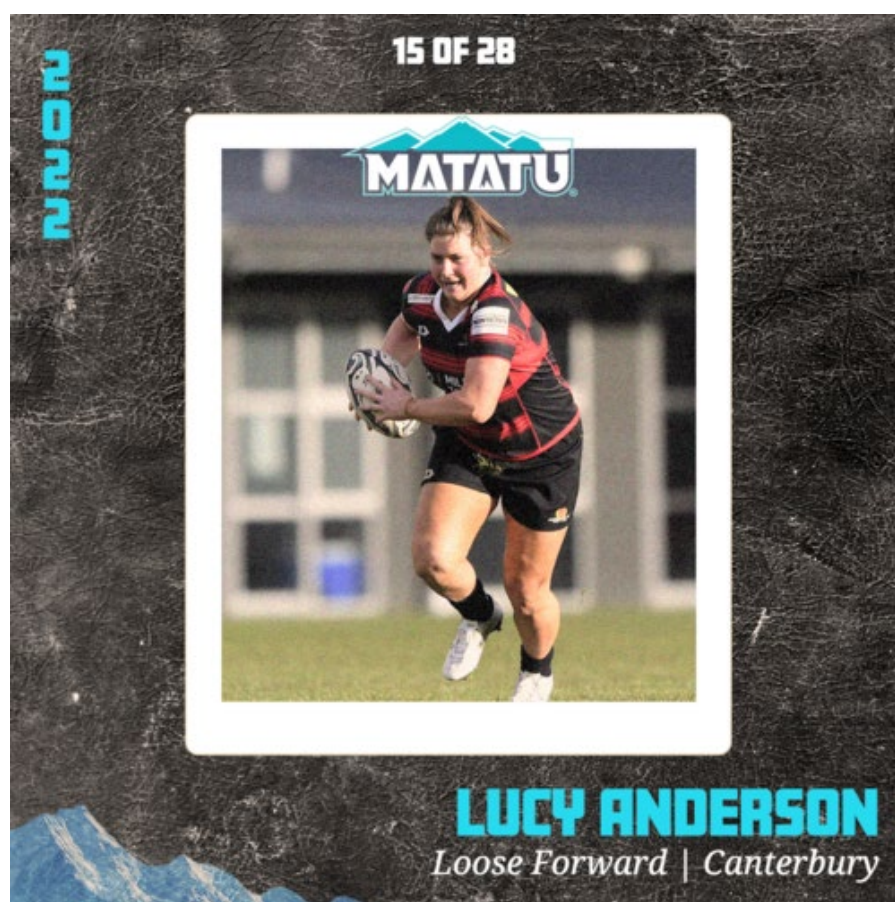
The Matatū squad features 28 players and includes a diverse representation of Farah Palmer Cup players, Black Ferns, and Wallaroo Internationals, as well as emerging young talent from across the South Island.

The name Matatū has been gifted to symbolise the Teams tūmanawa (determined sacrifice), tūaho (legacy), tūhono (connections) and tūtira (unity) in representing Te Waka o Aoraki.

The term Matatū can be heard echoing out at the end of the infamous haka "Tēnei te rūrū" as an instructive command to remain steadfast with head held high to take on any and every challenge head on.

This competition is the first of its kind and has four teams from around New Zealand with live coverage on Sky Sport.

Matatū can be followed on Facebook and Instagram.



Occupational Therapy Team Leader Lucy Anderson on the rugby field

New waiata released to encourage children and their families to get vaccinated

A new waiata has been released to encourage all our whānau to get vaccinated, including their tamariki.

Consultant Haematologist Sean MacPherson was approached by a colleague who floated an idea about writing a song to encourage families to all get vaccinated including their tamariki. This is not the first time he has written one to promote a health message, so he was on board straight away.

"Songs are a great way to share messages, and we have a great message here. We can all protect each other, our whānau, and tamariki if we get vaccinated," he says.

Sean collaborated with Morehu Solomon (Te Arawa, Ngati Kahungunu, Ngati Porou) who brought his expertise as an educator to the waiata and shared the message in Te Reo Māori.

"E te iwi e whakarongo mai. Kia kaha, kia toa, kia manawanui," says Morehu.

"I'm asking everyone to listen, be strong, be firm and be big of heart. We have had it up to here with the virus. We need to get vaccinated against COVID-19 to protect the people we love."

The New Zealand Army Band stepped in to provide the musical accompaniment and, in collaboration with the Burnham School kapa haka group, produced a video to bring the song to life.

Director of Music for the New Zealand Army Band Major Graham Hickman says he is pleased that they could play their part in sharing the message in a creative way.

"We are all part of the team. We want to see New Zealand come out of this pandemic stronger than ever because we know we worked hard to protect each other.

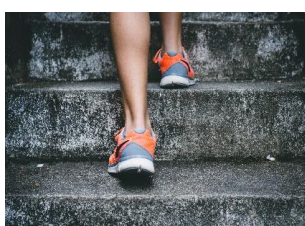
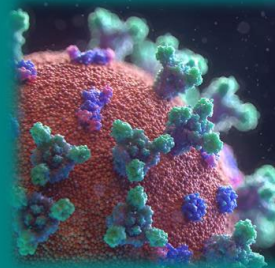
Seán asks people to consider their whole family, their colleagues, friends and the wider community.

"I think we all want to do the right thing. Vaccinating against COVID-19 will help minimise the impacts of COVID-19 and reduce hospitalisation so we can continue caring for the people who truly need it the most."

The song is now published and can be viewed on [Facebook here](#).



MENTAL HEALTH (HINENGARO) Tips for Wellbeing During Omicron



Be active, me kori tonu

Find ways to move your body every day and head outside if you can. Physical activity can help channel anxiety. Getting some exercise helps your mind and body to release tension and gives you energy. Nature can be restorative, so head out if/when you can for a walk, run or to ride your bike.



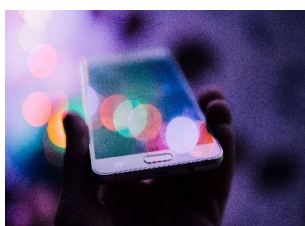
Take notice, me aro tonu

Focus on the good stuff / find the good in every day Notice the beauty outside your window or on a walk around the block. Feel the sun on your skin and breathe fresh air. Practicing gratitude helps you focus on what's important – try writing down what you're grateful for today, and what you're looking forward to over the next week.



Give, tukua

Let someone know you appreciate them or give your time by checking in with the people you care about. For example, can you reach out to someone who might be feeling isolated, lonely, or finding things tough right now? Giving helps us feel a part of our whānau and community.



Connect, me whakawhanaunga

Stay connected to friends and whanau Connection makes us feel good, especially during tough times. Being connected makes us feel safer, less stressed and less anxious. It can be as simple as calling or texting a friend or checking in with a family member.



Keep Learning, me ako tonu

Keep learning new things to help focus your mind and give you a sense of purpose. Can you use your down time from work to learn something you've always wanted to know about like your whakapapa or family tree? Or perhaps challenge yourself with a quiz, try out a new hobby or make a new recipe.

Kids understand more about COVID-19 and vaccinations than we give them credit for

For the Christchurch-based Anthony family, getting their children immunised against COVID-19 is about providing them an extra layer of protection.

The Anthony kids, Dominic (7) and Connor (6) have both received their first dose of the paediatric Pfizer vaccine.

Katrina Anthony says when she and her husband got their COVID-19 vaccinations, their boys asked when it was their turn.

"For us, it was more about explaining why they could not have their vaccines at the same time as we did. We had to explain that the vaccine for children was still being prepared to make sure it is safe and effective for them.

"We have always explained to the kids what COVID-19 is and how it affects us. They have asked before why our friends from overseas have not visited us recently, and we had to explain why the borders are shut, and it's to protect us. They do understand more than we give them credit for."

Dominic has asthma which is also a key motivator to have the children vaccinated.

"There was a bit of pain on my arm, but it only lasted three seconds and it's worth it," Dominic says.

Connor says that the pain only lasted about one second for him.

Neither boy experienced any adverse side effects.

Katrina says she and her husband didn't take the decision to get their children vaccinated lightly.

"We did our research and followed what was happening overseas. Most importantly, we were open to our kids that getting vaccinated is part of life. This is not the first time they got vaccinated and they will have other vaccines in the future."



Katrina, Dominic and Connor Anthony with support toy, Hoot Hoot

Her advice to parents in preparing their children for getting their vaccination is to bring something to distract them, like their favourite toy or a game on your phone.

The clinics they went to had colouring materials and distractions ready in any case. She also wants to acknowledge the vaccinating staff who were very skilled and patient in vaccinating children.

"I guess that's the other thing I want to raise with other parents like me is that, yes there could be a wait at clinics, but it's because vaccinators are taking the time with our kids. It is great that they are not rushing them."

To be fully protected, children need two doses of the Pfizer vaccine. It is recommended by the Ministry of Health that the first and second dose are given at least eight weeks apart.

Visit [VaccinateCanterburyWestCoast.nz](https://www.vaccinatecanterburywestcoast.nz) website to find a clinic vaccinating children aged 5 to 11 years-old or go to [BookMyVaccine.nz](https://www.bookmyvaccine.nz) to book an appointment.

Security strategy role appointed

Sonny Taite (Ngāi Te Rangi) takes up the newly created Te Waipounamu - South Island Regional Chief Information Security Officer (CISO) role this month.

As regional CISO, the focus will be leading DHB information security strategy, while advocating for cyber-related risks at senior management levels. Located in Canterbury, the role is accountable to a regional governance group for the whole of the South Island and Sonny will also work together with other regional CISOs across the country under a new national cybersecurity governance structure.

Sonny has a background in specialist security intelligence roles for New Zealand Defence and senior business leadership roles with Datacom Group, including General Manager Networks and Security, Head of Regional New Zealand, and finishing as Head of South Island for Datacom in 2020.

Most recently, he has been working as a social innovator and technologist with Tokona Te Raki, under the mana of Ngāi Tahu.

Sonny says after developing a diverse portfolio across his career, he's now focused on roles that have significant purpose for our local community and wider Aotearoa New Zealand.



Sonny Taite

"Protecting our health data, while ensuring we deliver the outcomes our community needs has never been more important."



"Due to COVID-19 restrictions most local events have been cancelled but here at Canterbury DHB we still want to celebrate it. With many people working from home or simply busy under the pressure of COVID-19, we have developed a Holi Fusion' competition that people can participate in from the comfort of their home.



There is more info on the [Holi Fusion competition](#) here.

Skills of anaesthetic technicians benefit patients' care and wellbeing

Our anaesthetic technicians marked National Anaesthetic Technicians Day last Tuesday.

"Although COVID-19 put a bit of a damper on the event we still managed to celebrate the day", says Charge Anaesthetic Technician Cathie Hepworth.

"The day is important to anaesthetic technicians, as it makes the public and employers more aware of what our role and profession consists of."

Anaesthetic technicians are often referred to as the 'hidden profession', she says.

"We are a very diverse group from many different cultures and backgrounds who quietly get on with our work whilst making the patients' journey less stressful."

There are 72 anaesthetic technicians across the Christchurch Campus and four on the West Coast. They work across many different areas of the hospital including operating theatres, Radiology, the Emergency department, and Radiotherapy to name a few.

"Our profession works to ensure that patients are safe undergoing anaesthesia for surgical operations or procedures. We perform a variety of tasks, such as checking anaesthetic machines to ensure they are safe to use, taking and testing blood samples as the patients undergo surgery and providing a cell salvage service where the patient's own blood is reinfused back to them during surgery such as trauma cases.

These are all skills that benefit the patients' care and wellbeing, Cathie says.



Cupcakes given away to mark National Anaesthetic Technicians Day



One minute with... Ankita Jain

Payroll Officer, Legislation and Compliance

What does your job involve?

A lot of calculations and understanding of the Holidays Act.

Why did you choose to work in this field?

Because it's an area with never-ending opportunities.

What do you like about it?

The versatility of being able to do a variety of tasks.

What are the challenging bits?

Sometimes the challenge is a difficult one and outside of my comfort zone in an area which I haven't mastered yet.

Who inspires you and why?

My parents, who face various medical challenges in life but have the willpower to not give up.

What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

Being a payroll officer, I face various situations. A little bit of understanding and listening goes a long way. It is important to show care and respect for others.

Something you won't find on my LinkedIn profile is...

I am a fashion designer! I have worked with various international designers such as Rocky S and Shane Peacock. I specialise in an Indo-Western style of designing.

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

In India at home with my family.



What do you do on a typical Sunday?

I play a lot of board games and enjoy cooking and hosting others. This weekend I will be celebrating Holi with my friends.

What's your favourite food?

Kathiyawadi Undiyo. This is a dish that's only available in Winter. It is a vegetarian dish which consists of a lot of root vegetables and leafy vegetables, and has fenugreek dumplings. We would enjoy this for dinner every week.

And your favourite music?

Bollywood. One of the best with peppy songs and catchy dance moves!.

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

Something For You



Something for You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.

Show your support to our New Zealand owned businesses that would like to offer special discounts to our people.

OPSM

OPSM Glaucoma Week Offer -

OPSM are pleased to offer Canterbury District Health Board employees 3 exclusive offers. Offers ends on 27/03/2022.

1. \$100 off^ a complete pair of prescription glasses and prescription sunglasses. Minimum spend \$350.
2. 20 percent off* contact lenses. Minimum purchase three months' supply
3. Upgrade to free Ultra-Wide Digital Retinal Scan** when you purchase a standard eye test

See [here](#) for more details and the promo codes.

Please see below some of the offers related to gym and Ffitness centres. You can find similar offers [here](#).



F45 Christchurch City

- 131 St Asaph Street

Discounted membership rate at \$55 a week (RRP \$66 a week), email christchurch@f45training.co.nz to sign up and state you are from Canterbury DHB. A 14-day free trial available along with free parking. See [here](#) for more information.



Anytime Fitness -

Papanui, Shirley, Riccarton, Cashmere, Rangiora, Hornby, Ferrymead and more

Get a 15 percent discount off the weekly rate at your chosen "home" club, with a \$49 key ,no joining fee and free consultation- show your Canterbury DHB ID when signing up, see more information [here](#) .



Flex Fitness

- Riccarton, Lincoln

Pay \$16 per week (33 percent saving), first week, key tag, personal trainer consult, body analysis & movement screen all free - show your Canterbury DHB ID when signing up, see more information [here](#).



Koha Fitness

- 48 Hereford Street, Christchurch Central

Receive a discounted rate of \$33 per week (on the 12 month memberships) and more, see more information [here](#) - show your Canterbury DHB ID when signing up.



The latest news from the Canterbury Clinical Network (CCN) is out now.

Read about:

- › Lynne Henderson, Te Tumu Waiora Health Improvement Practitioner (HIP), has a wealth of knowledge from her background in mental health occupational therapy which she is using to support her colleagues at [Piki Te Ora](#).
- › Shared care plans key communication tool during pandemic
- › Virtual support for people with long-term breathing conditions, and more [here](#).



Pegasus 2025 Newsletter

The latest issue of the Pegasus 2025 newsletter is out now.

Read about:

- › Expansion of community testing sites across Canterbury
- › Hornby community served through collaboration
- › Creating a welcoming environment for Pasifika
- › Mental Health and wellbeing support for Primary Care Teams

And much more on the Pegasus website [here](#).