

# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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**Te Whatu Ora**  
**Health New Zealand**  
Waitaha Canterbury



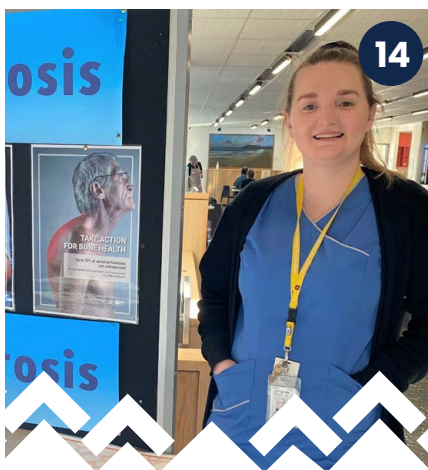
9



10



12



14



18

## In this issue

**Kupu Arataki – Introduction... pg 3-7**

**Ā mātou tāngata – Our people**

- › Recognition for burnout module... pg 8
- › Tremendous effort behind the COVID-19 vaccination roll-out... pg 9
- › Our people celebrate Diwali... pg 10
- › Te Reo Māori Akoranga 6 – Lesson 6 Ngā Rā o te Wiki – Days of the week... pg 11
- › Meet my pet... pg 12-13
- › One minute with... Cushla Parker, Clinical Nurse Specialist, Fracture Liaison Service ... pg 14

› Roast pumpkin and quinoa salad... pg 15

**Whakamihi – Bouquets ...pg 16-17**

**Ā mātou korero – Our stories**

- › New Blood Bank opens for business tomorrow (Wednesday 26)... pg 18
- › Knowing your bones... pg 19
- › Tokelau Language Week... pg 20
- › Recognition for suicide prevention and postvention mahi... pg 21
- › **Pānui – Notices ...pg 22- 28**

Cover photo: Some of our Pasifika kaimahi got together last week for a small Pacific People's Fa'afaletui (hui) to network and engage to see how we can better support our Pasifika kaimahi (staff) and patients. Pacific Language Weeks were part of the discussion. Everyone agreed that the weeks are of vital importance to retain and highlight the treasured languages of the Pacific region. See the article on Tokelau Language Week on [page 20](#).

# Kupu Arataki – Introduction

## COVID-19 public health settings to remain for now

With an upward trend in COVID-19 cases across New Zealand and new Omicron subvariants arriving from overseas, Cabinet has decided to retain the following key public health measures:

- › Masks remain a requirement in hospitals, aged residential care and other health facilities
- › People who test positive for COVID-19 must still isolate for seven days.

Travellers entering New Zealand no longer have to complete the online New Zealand Traveller Declaration (NZTD) and the Epidemic Notice, used to give effect to broad COVID-19 measures such as lockdowns and border closures, has ended.

You can read more in the government's press release: [Extraordinary COVID-19 powers to be wound down | Beehive.govt.nz](#).

A further review of these measures will take place by the end of November.

## Te Aka Whai Ora appointment

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Juanita Te Kani (Ngāti Raukawa ki te Tonga) has been appointed to the role of Deputy Chief Executive – Strategy, Policy, and Monitoring.

Juanita comes to Te Aka Whai Ora from the Ministry of Social Development (MSD/MYD) where she led the Ministry of Youth Development. During her more than 20 years' experience in the public sector she has also worked in Justice, including the Waitangi Tribunal and the Māori Land Court, Housing and the State Services Commission.

Juanita began her role on 7 October.



Te Aka Whai Ora's newly appointed Deputy Chief Executive – Strategy, Policy, and Monitoring, Juanita Te Kani

## Help shape how data and digital technologies are used in the health sector

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Te Whatu Ora and Te Aka Whai Ora are looking for clinicians and community representatives with an interest in data and digital and to join the new Whānau, Consumer and Clinician Digital Council. Expressions of interest are open until Monday 7 November at 5.30pm. To find out more, visit the [Te Whatu Ora website](#).

## National Director, National Public Health Service, Nick Chamberlain, visits Canterbury team

Te Mana Ora, Waitaha Community & Public Health was very pleased to welcome Dr Nick Chamberlain, National Director, National Public Health Service for Te Whatu Ora.

Nick acknowledged that as the second largest public health district, Te Mana Ora has much to share with the rest of the National Public Health Service.

Nick met with staff and heard about the work of the team in Canterbury, West Coast and South Canterbury.

He was interested to hear about the Health in All Policies mahi and the Wellbeing Index which he referred to as taonga for the National Public Health Service. Nick spoke of the National Public Health Service being one of three delivery arms of Te Whatu Ora alongside Hospital and Specialist Services and Commissioning.



National Director, National Public Health Service for Te Whatu Ora, Nick Chamberlain speaks with the staff of Te Mana Ora



## New Blood Bank opens tomorrow

A formal opening ceremony and blessing for the new Blood Bank, located on the first floor of Parkside West, was held last week. The new, purpose-built laboratory offers more space, natural light and is located closer to the areas that need blood in a hurry.

Read more on [page 18](#).



From left, Medical Advisor to the Chief Medical Officer Alan Pithie, New Zealand Blood Service CEO Sam Cliffe, General Manager Christchurch Campus Pauline Clark, Anaesthetist and Chair of the Transfusion Committee Richard Seigne and Senior Operations Manager George Schwass

## A system under pressure

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We have stood down our System Wide Operations Centre and instead are managing our ongoing system pressures within operational teams, linking with our health system colleagues in primary care regularly to ensure we are connected and aligned in our efforts to prioritise resources to where they are needed most.

Despite our COVID-19 daily case numbers being in the hundreds, not thousands, we are continuing to see extremely high levels of very sick people every day. On an average day 30 percent of all people coming in to the Emergency Department (ED) need to be admitted to hospital for further treatment and care. Our urgent care clinics and general practice teams are also under the pump, with extremely high demand on their services.

Every day our Waitaha team of 12,000 come to work to do their very best for the people of Canterbury and beyond. Whatever your role, you all play a part in contributing to health outcomes. Every week we feature incredible feedback from people who have received excellent care – reading the Bouquets every week is always a highlight for me.

Sadly, last week one of our ED patients died during one of the busiest 24 hours we have experienced. I extend my sympathies to this person's family. We are commencing a thorough review so that we can better understand the course of events to determine if there are opportunities where improvements could be made.

Our staff are also feeling this situation keenly and we will be supporting them through this difficult time. We know that one of the most important things we can do right now is to ensure we are fully staffed. Most of our services are carrying significant vacancies due to the competitive global market for talented health professionals and there are worldwide shortages. Recruitment is underway locally, nationally and internationally.

We are in the throes of recruiting significantly more staff for ED with a specific targeted campaign about to start – nurses and doctors are urgently needed. If you know of any experienced ED staff who may be interested, please ask them to register on our careers [website here](#).

My thanks to you all for the tireless work you do to provide treatment, care and support to our population of more than 589,000 people. A big thank you too to those in management and enabling functions who support those providing hands on care. Everyone's role is important. Please know that the work you do, and the care you provide is so appreciated.

If you managed to have a long weekend, I hope you made the most of the time to do things that make you happy.

If you haven't sorted your holiday leave, now's the time to talk with your team and make a leave plan to ensure you can take a break at some stage over the festive/summer season. Check with your manager, lock it in, and start thinking about how you will unwind and spend your holidays after a difficult year.

## Acknowledging the fact that change can be challenging

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I want to acknowledge that for many of you, particularly those in enabling functions, the current extended period of change can be challenging as colleagues start switching to work on more national projects, and many of you are involved in the development of new operational models that will change the way you and your teams work.

Moving to a nationalised health system is the biggest change to health in New Zealand that most of us will see in our lifetime, so if you feel a little overwhelmed at times, it's totally understandable –

juggling local and regional demands in addition to national projects is not easy.

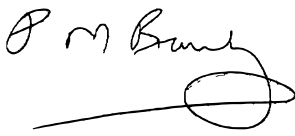
Please talk to your manager if you're feeling the pressure – and remember there's a wide range of support available free to all staff and contractors. It's not always easy asking for help, but it's one of the smartest things you can do when under pressure. Please reach out.

Here's the [list of support services available](#).

## Happy Diwali!

Yesterday was the Indian festival of lights, or Diwali. It is great to see so many of our people celebrating and sharing the significance of this event with their colleagues. There's a story and photos on [page 10](#) with more.

Have a great week.  
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*



## Change to how we remotely access the Te Whatu Ora network

ISG is replacing the existing 'Cisco AnyConnect' with the improved system 'Palo Alto Global Protect' for Te Whatu Ora Waitaha Canterbury staff who work from home or off site. This will only affect the way users remotely access the Waitaha network, it will not change the individual's access to systems.

The proposed date to push out 'GlobalProtect' to all Waitaha Canterbury devices will be from 1 November 2022 (subject to final confirmation). There will be a period of transition during which time 'Anyconnect' will still be available.

'GlobalProtect' will be installed on devices that currently have 'Anyconnect'. The first time GlobalProtect is used you will need to open the application through the start menu and login, after the initial use this will automatically launch remotely.

Technical and Application support teams have completed a wide range of testing and we are confident that 'GlobalProtect' is a great remote access tool for users.

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

If you experience any issues with the change, please raise a Service Desk Ticket.

# QUIZ – Iconic New Zealand attractions

New Zealand offers a lot to see and do, attracting overseas and local visitors in huge numbers. Are you familiar with our iconic attractions?

**1. What South Island town has a giant brown trout statue?**

- a. Ashburton
- b. Gore
- c. Clyde
- d. Twizel

**2. What popular New Zealand tourist attraction was built on an operating farm?**

- a. Nevis bungy and swing
- b. Skyline luge in Queenstown
- c. Redwoods tree walk in Rotorua
- d. Hobbiton

**3. In 2012, after losing the third test to the All Blacks 60–0, where did then Irish rugby captain Brian O’Driscoll say he wanted to go?**

- a. Aoraki Mount Cook
- b. Auckland Harbour Bridge bungy
- c. Fergburger
- d. The Tui brewery

**4. True or false... the water at Hot Water Beach in the Coromandel is only hot in summer.**

- a. True
- b. False

**5. Te Papa Tongarewa, The Museum of New Zealand, opened in Wellington in 1998. How many people visited the site in the first year?**

- a. 500,000
- b. More than one million
- c. 1,500,000
- d. More than two million

**6. I’m going to visit the Royal Albatross Centre and I hope I see some kororā (little blue penguins). Where am I?**

- a. Ōtepoti Dunedin
- b. Akaroa
- c. Greymouth
- d. Napier

**7. Which of the following is a ‘big’ attraction in New Zealand?**

- a. The big doughnut
- b. The big carrot
- c. The giant sandfly
- d. All of the above

**8. AJ Hackett created one of New Zealand’s biggest tourist attractions when he started bungy jumping here. He didn’t invent it though. Where did people ‘bungy’ first?**

- a. Kiribati
- b. Vanuatu
- c. Indonesia
- d. Papua New Guinea

**9. If you’re on a ship and you can see Bridal Veil Falls, Seal Rock and Mitre Peak, where are you?**

- a. Governors Bay
- b. Stewart Island
- c. Milford Sound
- d. Coromandel Peninsula

**10. Where would you find the attraction pictured below?**



- a. Cardrona
- b. Waiheke Island
- c. Nelson
- d. Taranaki

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

## Recognition for burnout module

An initiative by our Wellbeing team to help prevent burnout is a finalist in the 2022 HeadFit Awards.

The [‘Burnout & Work Stress Module’](#) was created by Health Promoter Kini Piper, former Learning Designer Alisha Newton-Rudhru and Wellbeing Lead Frances Carter. It is in the running for Workplace Category – the Business Leaders’ Health & Safety Forum – Learning & Development Excellence Award.

This category in the HeadFit Awards recognises excellence in the design and delivery of learning resources and programmes aimed at improving mental health awareness and capability. The other two finalists are BNZ and Flight Centre New Zealand.

The HeadFit Awards were established to celebrate individuals, teams and workplaces who are leading in the area of workplace mental health. They aim to:

- › raise awareness of the critical role workplaces can play to support positive mental health for staff
- › showcase the work of winners and finalists to inspire and support other workplaces
- › support the Mental Health Foundation as they work to improve mental health for all New Zealanders

It is important to acknowledge the pressure that staff have been under, says Frances.

“We are proud of having produced a high-quality resource aimed at preventing and understanding burnout. Our priority is on getting more staff to do this, but in the meantime this resource helps us support those working in busy teams.”

This akoranga (learning) aims to help everyone understand burnout better so that they know how to help prevent/support someone experiencing burnout, such as a colleague, their employee or themselves, Kini says.

Initially Kini created a burnout factsheet, and then turned it into a face-to-face session for teams called ‘Understanding Burnout’. When staff shortages made it harder for teams to attend face-to-face sessions she had the idea for an online module to sit alongside these and approached the Learning Design Team to ask if they could assist.

Kini put together the content for the module and worked alongside the Learning Design Lead to write and produce the resource. Alisha did all the technical work and managed the build of the module and editing of video content. She suggested contacting New Zealand author and leadership coach Suzi McAlpine to ask if she would be involved. Frances approached our kaimahi with lived experience to contribute content, interviewed Suzi for the video recording and had oversight of the programme of work.

“We are really grateful to our clinicians with lived experience who contributed to this resource,” Frances says.

The module was reviewed by a senior clinician and clinical input provided. It only takes about 15 minutes to complete and can be accessed by staff at work or from home. Staff can do the module when it suits them, and the information is conveyed in a personal way, which is appealing to someone who may be tired.

Kini says she feels proud to be a finalist in the awards.

“Over the past year we have put a lot of work into building resources and a wellbeing programme that will support our people to be and stay well when they are at work”.

The result is an engaging, relevant, practical resource that has something for everyone.

The winner will be announced at a ceremony in Auckland on 30 November. More information on the awards is available on the [HeadFit awards website here](#).



# Tremendous effort behind the COVID-19 vaccination roll-out

The COVID-19 vaccination roll-out has taken the efforts of many, but particularly from our dedicated vaccinators.

With demand for COVID-19 vaccinations slowing, a recent vaccination event held at the Hoon Hay Presbyterian Church allowed vaccinators to catch their breath, reflect on the past year and spend more time with each person as boosters become the focus.

Being part of such a significant global event and supporting our communities were some of the driving factors for our vaccinators becoming involved in the vaccination roll-out. More importantly, being a reassuring and caring voice for New Zealanders in times of anxiety and uncertainty has been a great motivator.

Nurse Dianne Rudkin says her role as a vaccinator has allowed her to meet wonderful people from all walks of life, many with a similar reason for getting vaccinated.

“It’s been encouraging to hear they are doing it for vulnerable family members or friends. It’s a significant moment and a selfless thing to do.”

Some had both of their vaccinations administered by Dianne and she says it’s nice to be remembered and encouraging to know that she has helped to make their vaccination experience memorable.

Nurse Charlie Ballam has been vaccinating since the beginning of the programme and has found the experience to be enjoyable.

“As a patient, entering the building is the first step, but generally most of the people you meet are happy to be vaccinated.”

He feels reassured when people asked him questions about the vaccine, especially with the vast amounts of misinformation online.



Staff and vaccinators at the Hoon Hay Presbyterian Church vaccination event - pictured September 2022

“One of the many reasons people go into in health care is to answer people’s questions and pass on knowledge. It’s what we are here for.”

Coming from an extensive background in health, Charlie enjoys educating patients and helping them feel empowered and confident in their decision to get vaccinated.

The nurses at the Hoon Hay Presbyterian Church event all shared one commonality, which was their drive to help people. Not only did they carry out their professional duties, but they also stepped in to the role of advisor, confidante and friend for some. This dedicated team of health professionals have seen the roll-out through its many stages and carried out a tremendous effort to protect thousands of people.

# Our people celebrate Diwali

Yesterday, October 24, marked Diwali, the festival of lights, which is one of the major festivals celebrated by our Asian/Indian community, including many of our own kaimahi (staff) here at Te Whatu Ora Waitaha Canterbury.

Clinical Records Officer Manoj Koyal says for him this festival is a beautiful time to celebrate with loved ones.

“The glittering lights, diyas (a type of small lamp) and lanterns fill the sky as this festival is celebrated all over the country and the world.”

Also known as Deepawali, this festival is an auspicious occasion that is celebrated with much fervour, cheer and joy. Diwali symbolises positive and happy spirits, he says.

“People dress up in beautiful, traditional attire and look their absolute best while donning accessories or jewellery. There are delicious meals and sweets that make Diwali even more delightful. The fresh aroma of sweets is mouthwatering, and people exchange gifts.”

Payroll Officer Ankita Jain says Diwali is a festival of love and light, which brings with it hope for luck and prosperity, either monetary or health-wise.

“As we all know, Te Whatu Ora Waitaha Canterbury has a lot of people who have changed countries and found this place to be their home. However their roots and ancestral emotional attachment are still back where they came from. So recognising this festival in our workplace is important to make everyone feel at home here”.

Celebrating Diwali begins with cleaning your environment so that was the first thing she did.

“Then it is all about enjoying and celebrating with friends and family with amazing food and thanking the gods for what we have. We do light our house with oil lamps to signify new hope”.

To celebrate Diwali here at Te Whatu Ora Waitaha Canterbury we have a [poster](#) you can print out and display, along with a [screensaver](#).

For a chance to win a wee Diwali prize, print out the [Diwali Colouring Competition](#) and send it back to [ManaTaurite@cdhb.health.nz](mailto:ManaTaurite@cdhb.health.nz) or send a photo of you, your team or whānau celebrating Diwali.

For more information about local Diwali celebrations here in Ōtautahi Christchurch visit the Indian Social and Cultural Club here: [www.facebook.com/ISCCNZ](https://www.facebook.com/ISCCNZ) or [www.indiansinnz.com/diwali-celebrations-new-zealand/](http://www.indiansinnz.com/diwali-celebrations-new-zealand/)



Payroll Officer Ankita Jain



Clinical Records Officer Manoj Koyal and his colleagues dressed up to enjoy Diwal



Clinical Records Officer Manoj Koyal lighting diyas for Diwali

# Te Reo Māori Akoranga 6 – Lesson 6

## Ngā Rā o te Wiki – Days of the week

**Kei aku toka tū moana, e whakamanawa ana ahau i a koutou.**

**To all of you stalwarts who stand strong like a rock in the ocean, I pay tribute to you.**

This week we are going to explore the Māori names for the days of the week.

Traditionally, Māori life was conducted in accordance with the Maramataka Māori or the Māori lunar calendar. The Maramataka Māori follows the monthly cycles of the phases of the moon rather than the Gregorian calendar and the measures of time that we are more familiar with these days.

Modern Latin-based cultures generally adopted the names for the days of the week from the Romans who had named these after classical planets. While the modern English days of the week were adopted from the Germanic Norse culture who had named these after their old gods.

English name	Roman planet	Germanic god
Sunday	Sol	Sunne
Monday	Luna	Mōnda
Tuesday	Mars	Tīw
Wednesday	Mercury	Wōden/Wettin
Thursday	Jupiter	Thunor
Friday	Venus	Frige
Saturday	Saturn	Frige

From around the 1990s in Aotearoa, the following names were promoted for use as they aligned with the colonial thinking.

English name	Māori	English translation
Monday	Rāhina	Rā + Māhina (day + Moon)
Tuesday	Rātū	Rā + Tūmatauenga (day + Mars)
Wednesday	Rāapa	Rā + Apārangi (day + Mercury)
Thursday	Rāpare	Rā + Pareārau (day + Jupiter)
Friday	Rāmere	Rā + Mere (day + Venus)
Saturday	Rāhoroi	Rā + horoi (day + wash)
Sunday	Rātapu	Rā + tapu (day + holy)

These kupu (words) are often thought to be more traditional Māori words and while they are still widely utilised, we can see that they have no connection to traditional Māori culture whatsoever.

As such, there is a drive from Māori leaders such as Rangi Mātāmua for the loan words for the days of the week to be used instead.

These kupu which are seen below have a clear connection to their English counterparts which dispels confusion when striving to reclaim mātauranga Māori (Māori knowledge).

### Loan words – Transliterations

Mane	Monday
Tūrei	Tuesday
Wenerei	Wednesday
Tāite	Thursday
Parairei	Friday
Hātarei	Saturday
Hanarei	Sunday

### He Whakapātaritari – A Challenge

Start using the loan words above on a daily basis to become more familiar with them. You could also use them in your diary, or on your weekly schedules at home with the whānau (family).

### Tēnā koutou i te manawa nui mai.

### Thank you for your commitment.

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

[Hauora.Maori@cdhb.health.nz](mailto:Hauora.Maori@cdhb.health.nz)

### I mōhio rānei koe? Did you know?

In Waitangi on 28 October 1835, 34 northern Rangatira Māori (Māori chiefs) entered into an alliance with the Crown with the signing of the Whakaputanga o te Rangatiratanga Nu Tīreni – The Declaration of Independence of New Zealand. This declaration preceded Te Tiriti o Waitangi and asserted that Māori maintained their sovereign power and authority of the whenua (land) and that no foreigners could make laws. It also provided Māori with Crown protection in the face of the changing world following European contact.

[Declaration of Independence - He Whakaputanga - Declaration of Independence | NZHistory, New Zealand history online.](#)

# Meet my pet

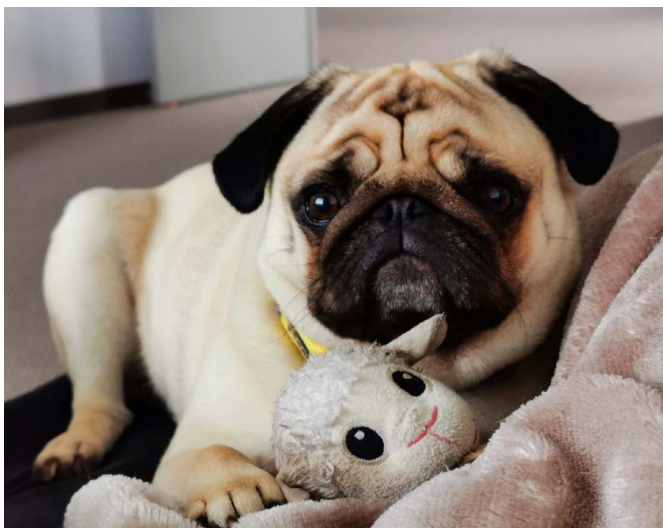
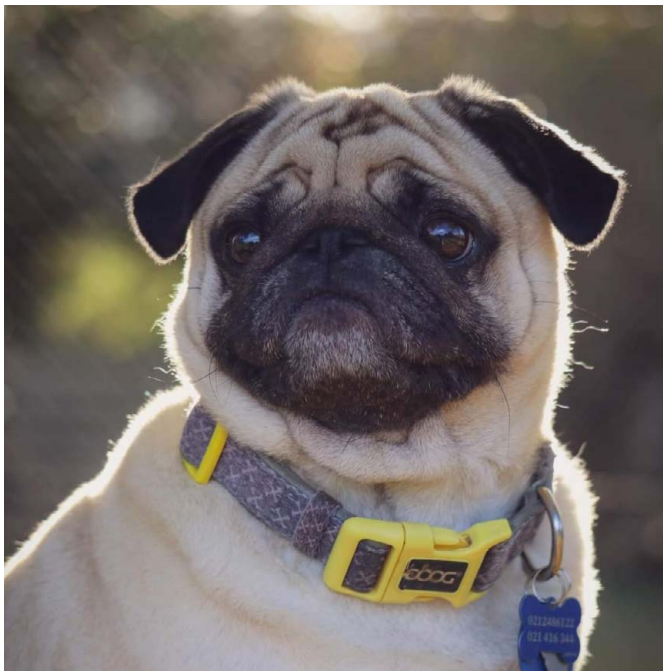
## Doug

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### **Pug, 6 years old**

I am convinced Doug is not a normal dog. He hates walks, ignores other dogs and has no idea what to do with a ball. He is super smart and can fetch all his toys by name. He loves people, food and cuddles.

***Kate and Darrell Brooks, Asbestos Manager and Acting Charge Midwifery Manager***



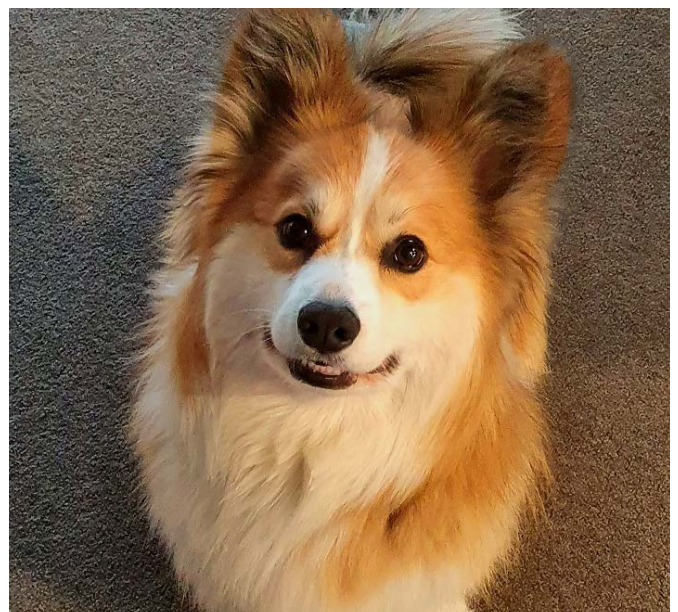
## Henry (also known as 'Henners')

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### **Pembroke Welsh Corgi, 3 ½ years old**

Henry, son of Prudence (featured in 'Meet my pet' on 3 October) and puppy nephew of Lish in Clinical Coding, has a lot of personality which makes up for his lack of height. His hobbies include 'beggies' to show his approval, casting judgement, barking, and letting his feelings be known in general. He enjoys his daily stipend of banana from his human dad's breakfast and has been known to sulk for hours if it is missed.

***Sarah Oquist, Registered Nurse - Older Persons Health and Rehabilitation***



## Ziggy

### Maltese Terrier, approximately 6 years old

Ziggy's journey with us started in Qatar when we adopted him from an animal shelter. He had been badly abused, was extremely timid and very anxious (as you can see from the photo taken when he was rescued, below right). Four years on and two countries, he is now very sociable, loves going for walks and dog park play time. He occasionally makes guest appearances at the corporate office where he wanders from desk to desk getting lots of pats and bringing smiles to people's faces.

**Tracey Maisey, Interim Director Strategy, Planning and Reporting**



We want to meet your pet(s) – cat, dog, horse, alpaca, rat, ferret, rabbit, fish, bird, donkey – it doesn't matter! You love them and now is your chance to show them off.

To submit your pet(s), [click on this link](#) (you must do this from your work email address). If you have any difficulty with the form, you can email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

We are so excited to meet your pets.

# Choose Well

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

#### Self Care



You can treat colds & fevers at home.

#### Healthline



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

#### Pharmacy



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

#### Family Doctor



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

#### Urgent Care



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

#### Hospital



If it's a life threatening emergency call 111.

## One minute with...

# Cushla Parker, Clinical Nurse Specialist, Fracture Liaison Service

### What does your job involve?

The Fracture Liaison Service (FLS) is a preventative service with the goal of diagnosing patients with osteoporosis or low bone density. The long-term aim is to reduce hip fracture numbers because 50 percent of hip fracture patients have previously suffered a fragility fracture. A fragility fracture occurs when a person trips/falls/low trauma event and fractures their radius, humerus, spine, pelvis or femur. One in three women and one in five men aged over 50 years will suffer a fragility fracture due to osteoporosis.

On a weekly basis I identify patients over the age of 50 years who have sustained a fragility fracture and assess their risk factors for osteoporosis. Our service follows the clinical guidance on osteoporosis as per Osteoporosis New Zealand guidelines. Based on this, I initiate treatment recommendations for primary and secondary care for osteoporosis. I have weekly meetings with my clinical lead John Geddes to discuss patients' bone health.

Every patient who is recommended osteoporosis treatment, is contacted by the service via phone at 16 and 52 weeks post-fracture, as this is a great opportunity for further patient education and problem solving any bone health concerns. I also refer patients to the Falls Prevention Programme and Sport Canterbury's 'Strength and Balance' classes.

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

You need to be someone who loves a role with variety and has an interest in bone health. There are multiple risk factors for osteoporosis such as medications and conditions, so I have found it beneficial to have knowledge in orthopaedics and gerontology. The role involves a large amount of multi-tasking and no day is the same. For example, the service writes letters to general practitioners, runs nurse-led clinics and provides education sessions on osteoporosis/FLS within primary and secondary care.



Fracture Liaison Specialist Clinical Nurse Specialist Cushla Parker at a display to mark World Osteoporosis Day last week

### Who inspires you and why?

My parents inspire me because they have worked extremely hard to run their own businesses while raising three kids!

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

In my role it means using a holistic approach toward all our patients in the service. The FLS patients stay in the service for a year and are often recently diagnosed with osteoporosis. While on their patient journey in the service I treat them with respect and provide them with support as they learn about how their condition and treatment plan affect their life going forward.

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

I would be travelling around Europe!

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

Emma Stone because she is hilarious!

### What are your hobbies/interests outside of work?

Hanging out with family and friends, travelling, walking on the beach and reading.

Read more about the Fracture Liaison Service on [page 19](#).

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

# Roast pumpkin and quinoa salad

## What is quinoa?

Originating in South America about 7000 years ago, quinoa (pronounced 'keen-wa') is considered a pseudo-grain. Botanically speaking it isn't a grain, but it has similar nutrients and is eaten like a grain.

Low in calories but high in vitamins and minerals, it is a great source of protein, fibre and healthy fats. Quinoa also has fewer calories and carbohydrates than rice.

- › 1½ cups of quinoa
- › Vegetable or chicken stock (optional)
- › 3 cups of pumpkin (chopped into 1.5cm cubes)
- › 1 clove of garlic
- › Approx 200g feta cheese
- › 2 cups fresh spinach
- › ½ cup pine nuts
- › Salt and pepper
- › Olive oil
- › Red wine vinegar
- › Chopped flat leaf parsley to garnish (optional)



This recipe is a great base, and can have additions or substitutions including:

- › Roasted beetroot instead of/in addition to the pumpkin
- › Chopped walnuts or a seed mix instead of pine nuts
- › Kale instead of spinach
- › Try blue or goat cheese if you like something a little stronger

It will keep for a couple of days in the fridge.

## Method:

- › Place the chopped pumpkin and finely chopped clove of garlic in a roasting dish. Season with salt and pepper then drizzle lightly with olive oil. Cook at 180° for 10 – 15 minutes until cooked through and remove from the oven.
- › Rinse the quinoa and cook as per the instruction on the packet. You can boil it in either stock or water (around 2 cups of liquid is recommended for 1½ cups of quinoa). Once the quinoa is cooked, fluff it up gently with a fork and set aside.
- › Lightly toast the pine nuts in a dry fry pan on medium heat. Take care they don't stick and burn.
- › To assemble, gently combine the quinoa, spinach, pumpkin and pine nuts in a bowl.
- › Mix together 3 tablespoons of olive oil with 2 tablespoons of red wine vinegar and stir this through the salad. Finally, top with the feta, chopped into cubes, and garnish with the parsley if using.
- › Serve warm or cold.

# Whakamihi – Bouquets



## **Sharon, Molly and Zoe, Ward 12, Christchurch Hospital**

Ward 12 nursing students Sharon, Molly and Zoe - what an inspiring and talented group! Why? All three were able to show remarkable insight combined with ability. Smiles can be very reassuring as can sharing knowledge. I appreciated their follow-up questions and enquiries and their sense of humour and empathy was very soothing. The whole experience after a recent heart attack was one of amazement. Like Florence Nightingale - 'the lady with the lamp', the above three are inspirational. Please pass on my thanks.

## **Ward A5, Christchurch Hospital**

To all the Ward A5 people who took care of me on the weekend, thank you so much for your sensitive, and thoroughly professional care of me, in spite of the pressure that you work under. No test was spared to find the cause of my trouble. Because of all of you, the world is a richer place.

## **Emergency Department (ED), Christchurch Hospital**

I visited ED by ambulance and was seen straight away by Dr Richard Stothart. All the staff were awesome. I never felt like I was wasting their time or being rushed out the door. The nurse was awesome and the X-ray too. I was so appreciative of your support and the social worker too for helping me get home.

## **ED, Christchurch Hospital**

Thank you for the kindness of all your staff, particularly Nurse Anna and Dr Alex. Thank you so much for all the care. Sending love and blessings to you all.

## **Child Health, Ward B7, Christchurch Hospital**

I just want to say how amazing the new children's ward is. The facilities, the staff and our wonderful nurses Amy and Amy, went above and beyond, and made it such an enjoyable experience for our family. My son is asking already when he can go back again and play for another holiday. Now if we ever need to go back for whatever reason, my son will not fear hospitals because of this great memory. Thank you, thank you!

## **Radiology, Burwood Hospital**

Radiology – streamlined, clean, efficient, friendly staff. Lovely place to visit.

## **Christchurch Hospital and Burwood Hospital**

I would like to thank the wonderful staff for the great treatment and care I have received here in Christchurch Hospital. Both the Burwood and Christchurch Hospital staff bent over backwards to help. Thanks to Dr Tom and Dr Jack and the other staff for everything.

## **Grace, Radiology, Christchurch Hospital**

I would just like to thank Grace for her outstanding support to get my son comfortable to get his scan done. He was so relaxed because she took the time to chat with him, made him a puppet with medical gloves and explained what would involve/happen during his scan. She has a fabulous nature with kids. I just wanted to let her know that I truly appreciate her care and support. Thank you! You made my son's day better. He was so anxious.



### **Radiology, Burwood Hospital**

I wish to say how grateful I am for the way that I have been treated in this hospital. I was here for a chest X-ray. Lovely nurses. Thank you.

### **Medical Day Unit, Christchurch Hospital**

Thanks so much to the Medical Day Unit and to Maija-Stina Out. I am extremely grateful for the intervention and professional, caring service given – top quality! Credit to all the staff.

### **Stella Brennan and Lexie, Ward 23, Christchurch Hospital**

Recently my mother was admitted to your ward for palliative care, due to her advanced age and improbability of recovering from serious medical conditions. Sadly, she passed away at home. Whilst the family is pleased with the standard of medical care she received in Ward 23 and the hospital overall during this admission, I want to make special mention of two nurses, Stella and Lexie, whom I felt were exceptional. I understand that our public hospitals are extremely demanding environments in which to work for various reasons. I also understand that working in palliative care brings its own specific challenges due to the unavoidable 100 percent mortality rate. In the circumstances, I felt that these two staff did exceptionally well to offer the level of care that they provided for our family during this time.

### **Radiology, Burwood Hospital**

I was here for an X-ray and CT scan and want to compliment all the staff on their promptness, kindness, cheerfulness and help. They were all great.

### **Ward 24, Christchurch Hospital**

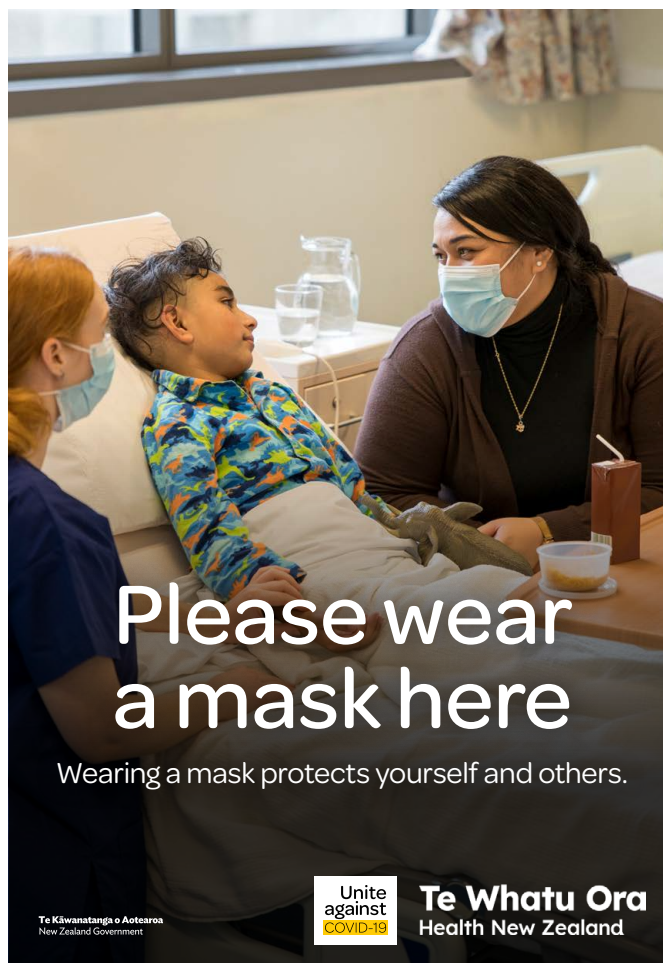
To the nurses of Ward 24, Karyn, Maria, Joanne, Steph and the caregivers, healthcare assistants, cleaners, WellFood staff and anyone we may have missed. Thank you for caring and giving respectful assistance for our only son. It was most appreciated. We were humbled by the sisterhood of the nurses, witnessing their fellowship and love for each other. We have a lot to learn. A small token of thanks.

### **Oncology, Christchurch Hospital**

I recently completed radium treatment at Christchurch Hospital. At all times, all staff involved (reception, nurses and doctors) were unfailingly polite, helpful, kind and professional. My experience was made considerably easier due to the compassionate care of all working in the Radiology unit. Many, many thanks.

### **Anne, The Hub Hornby, COVID-19 Vaccination Clinic**

I want to thank Nurse Anne who gave my children their COVID-19 vaccination in the Hornby Clinic in Christchurch. Anne was so kind and gentle with the children. She spoke to them in a way that they could understand and made sure they knew what would happen and why. I want to make sure she and the team know they are appreciated.



Please wear  
a mask here

Wearing a mask protects yourself and others.

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19

Te Whatu Ora  
Health New Zealand

# Ā mātou kōrero – Our stories

## New Blood Bank opens for business tomorrow (Wednesday 26)

We are grateful to Ngāi Tuahuriri hapu as manawhenua and papatipu rūnanga for Ōtautahi/Christchurch and much of Waitaha/Canterbury, for blessing this great new facility and acknowledging the work of the New Zealand Blood Service (NZBS) and Te Whatu Ora Waitaha.

The blessing of the new Blood Bank, which is located on the first floor of Parkside West, immediately on the left as you exit the Parkside West elevators, was held last week.

In his mihi whakatau, Maaka Tau from Te Taumata o Ngāi Tūāhuriri honoured loved ones who had passed and bound us as a group that would work well together into the future.

To add to the mana of the occasion, the Executive Leadership team from NZ Blood was joined by Alan Pithie on behalf of the Chief Medical Officer, General Manager of the Christchurch Campus Pauline Clark and Senior Operations Manager George Schwass – all representing Te Whatu Ora Waitaha Canterbury.

NZBS Chief Executive Sam Cliffe spoke about the process leading up to this important enhancement to the service, saying it had been a long and sometimes bumpy road for Canterbury.

“But we are delighted to be here now. This is an important moment for us –especially the Christchurch team – which has been so instrumental in contributing to the functional design of this new laboratory facility.

“In being here for this celebration, we show respect for their expertise and the everyday important work they do, and better enable them to support their Te Whatu Ora clinical colleagues” he said.

Anaesthetist and Chair of the Transfusion Committee Richard Seigne spoke on behalf of his Te Whatu Ora colleagues.

“I like to think of the relationship between the New Zealand Blood Service and Te Whatu Ora as a symbiotic one – a mutually beneficial relationship between different groups.

Our different cultures provide opportunities to



Some of the NZ Blood team



From left, Architect John Bennet, NZBS CEO Sam Cliffe and Maaka Tau from Ngāi Tūāhuriri

learn from each other. One great example of our collaboration is the recently adopted National Massive Haemorrhage Pathway,” he said.

“We welcome New Zealand Blood Service’s new, purpose-built laboratory into the heart of our campus. Its central position will reduce the response time and increase the reliability of blood and blood component delivery. This is a place where relationships can continue to grow and strengthen.”

# Knowing your bones

We're encouraging all of our community to know their bones.

One third of women and one fifth of men will suffer a fragility fracture over the age of 50 years and that's where our Fracture Liaison Service (FLS) comes in. Serving Canterbury and the West Coast, the team identifies patients over the age of 50 years who have sustained a fragility fracture – such as when a person falls or trips from a standing height – and works with them to commence treatment as soon as possible.

“We want to help people live healthier lives by improving their bone health. Once you've had one fragility fracture, you are much more likely to have another, so we put steps in place to help prevent that from happening,” FLS Clinical Nurse Specialist Cushla Parker.

“We aim to make the first fragility fracture the last.”

Once a patient has been identified, the team's work kicks in with a bone health assessment, falls risk assessment and a personalised care plan is created. Patients are contacted via telephone at 16 and 52 weeks post fracture to see how they are managing since their initial fracture.

Other interventions include ordering bone density scans, liaising with GPs on treatment, referring patients to the Falls Prevention programme and Sports Canterbury strength and balance classes, and providing nurse-led clinics and education sessions to people over the age of 50 years in the community.

People who sustain a fragility fracture already have a high chance of having a bone condition such as osteoporosis or osteopenia. In addition, once a person has sustained a fragility fracture and has a bone condition there is an 80 percent chance they will refracture within that year.

“Commencing treatment reduces the likelihood of a patient refracturing by 30-70 percent. Our efforts improve patient outcomes and save healthcare costs by preventing recurring fractures in the most high-risk patients,” she says.

The most common parts of the body to sustain a fragility fractures are the hip, wrist, humerus, pelvis or spine.



From left, Fracture Liaison Service Clinical Nurse Specialists, Cushla Parker, Lynda Te Momo and Cath Flain

“These fractures can be really debilitating so the work that we do creates a huge positive impact for people, helping them to remain active and live the life they want to lead.

“Our FLS is growing and in Canterbury this year we are on track to have approximately 1200 patients which is the largest number of patients we as a service have ever had. Funded by ACC, the aim is to embed world-class Fracture Liaison Services across the country's health system.”

Good bone health begins with knowing your bones.

Visit <https://bones.org.nz/> and take a few minutes to complete the free, online self-assessment test 'Know your Bones'.

# Tokelau Language Week

This week we celebrate the last but not least of the 2022 official Pacific Language Weeks, Tokelau.

This year's theme for Te Vaiaho o te Gagana Tokelau – Tokelau Language Week is "Halahala ki vavau, kae ke mau ki pale o Tokelau" which means "To plan for the future is to understand the past." This connects to the overarching theme of this year's Pacific Language Weeks of sustainability.

Tokelau is a small territory of three tropical coral atolls; Atafatu, Nukunonu and Fakaofu which lie north of Samoa. It has a population of approximately 1500 people.

In the 2016 census around 45 percent of its residents were born overseas, mainly in neighbouring Samoa or here in Aotearoa New Zealand. According to recent statistics, there are 8767 Tagata Tokelau living here, however only 23 percent of that population speak the language.

Like several other Pasifika languages, UNESCO (United Nations Educational, Scientific and Cultural Organisation) has also classified Tokelau as a severely endangered language which makes celebrating it even more important. To ensure the survival of any language and culture it is vital to acknowledge and celebrate its past and history so we can move forward as a community.

Amazingly, Tokelau has the smallest economy of any sovereign nation but it is a leader in renewable energy, being the first 100 percent solar-powered nation in the world. This shows us we can learn from the smallest of communities how to be sustainable making the survival of their language even more possible.

Here are some audio files of simple words and phrases we can practice and use:

[Happy Tokelau Language Week, Hello - Formal](#);  
[Hello - Informal](#); [Hello To More Than One](#); [How Are You?](#); [Thank You](#); [Please](#); [Goodbye](#)

For more information about Tokelau Language



The banner features a dark blue background with yellow and white geometric patterns. At the top left, a white box contains the dates '23 > 29' and 'OCT OCT'. To the right, the text 'Te Gagana Tokelau' is written in white, with 'Tokelau Language Week' in yellow below it. The central image shows a group of people in traditional Tokelau attire, including woven skirts and headbands, standing and sitting on a sandy beach under a palm tree. Below the image, the theme 'Halahala ki vavau, kae ke mau ki pale o Tokelau' is written in white, with the translation 'To plan for the future is to understand the past' in yellow. At the bottom, the 'PACIFIC LANGUAGE WEEKS 2022' logo is on the left, and the 'Ministry for Pacific Peoples' logo is on the right, with the tagline 'TO PLAN FOR THE FUTURE IS TO UNDERSTAND THE PAST' in small white text.

Week you can visit the Ministry of Pacific People website: [www.mpp.govt.nz/](http://www.mpp.govt.nz/)

If you would like to be part of enriching the diversity of Te Whatu Ora and share your Pasifika culture and lived experience, please feel free to contact Akira Le Fevre (he/him) by emailing [akira.lefevre@cdhb.health.nz](mailto:akira.lefevre@cdhb.health.nz).

# Recognition for suicide prevention and postvention mahi

The Pegasus Health Suicide Prevention and Postvention Team ensures that they have a kaupapa Māori lens on the mahi they do.

Kia Piki Te Ora is a Māori suicide prevention and postvention service that operates across Aotearoa New Zealand and in 2020, Pegasus Health formalised and funded a part-time Kia Piki Te Ora Coordinator role that sits within the Pegasus Health team.

Postvention is the support provided following a suspected suicide.

This role was important to better inform our Suicide Prevention and Postvention Coordinators on best practices when working with Māori and Māori communities, says Suicide Prevention Team Leader, Tim Murphy.

“We are guided by He Waka Tapu Kia Piki Te Ora Coordinator Rawiri Hazel and his te ao Māori and tikanga knowledge. He has supported us in the use of karakia and te reo Māori and have begun cultural supervision as a team.”

Rawiri is the link between Kia Piki Te Ora and Pegasus Health. In September, he hosted a national hui of Kia Piki Te Ora coordinators at He Waka Tapu.

“The hui was about whakawhanaungatanga (the process of establishing relationships). I wanted to find out how the coordinators could collaborate and work with each other. I invited Pegasus Health and He Waka Tapu to present and showcase the work we are doing in Waitaha Canterbury because not all coordinators have the same relationship with their local suicide prevention coordinators,” Rawiri says.

Feedback from Te Aka Whai Ora | Māori Health Authority and the Mental Health Foundation representatives who attended the hui has been overwhelmingly supportive.

“Te Aka Whai Ora told us that this approach of having Kia Piki Te Ora working alongside local Suicide Prevention Teams could influence the approach nationally going forward,” Tim says.

“Over the past 12 months we have strengthened as a team and the collaboration with Rawiri and He Waka Tapu has played a major role in that. The recognition that we are doing it well has been great. There is still plenty more we hope to be able to do in this space to support Māori, their communities and continue our commitment to learning.”

## QUIZ ANSWERS – Iconic New Zealand attractions

1. b. Gore
2. d. Hobbiton
3. c. Fergburger
4. b. False. The water remains hot year-round.
5. d. More than two million
6. a. Ōtepoti Dunedin
7. d. All of the above. The Big Doughnut is in Springfield, Canterbury; The Big Carrot is in Ohakune, North Island and The Giant Sandfly is in Pukekura on the West Coast.
8. b. Vanuatu
9. c. Milford Sound
10. a. Cardrona, This attraction is called ‘Bradrona’

# 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](#).



**Academy Gold Cinema** - 363 Colombo Street, Sydenham

\$15 tickets for all screenings from Monday to Thursday - show your staff ID to redeem.



**Adventure South NZ**

Get \$200 off any cycling tour listed on the [Adventure South NZ website](#) and [free](#) standard bike hire (valued at \$180). Quote Te Whatu Ora Te Waitaha Canterbury when enquiring.



**Black Cat Cruises**

Akaroa Main Wharf, Akaroa

Get 50 percent off the Akaroa Harbour Nature Cruise, note you must pre-book as the cruises are running at reduced capacity, use the discount code when booking online (limit 2 people) and ensure you take your staff ID with you on the day. Visit [Something For you page](#) to get the discount code.



**Christchurch Adventure Park**

- 225 Worsleys Road, Cracroft

Get 25 percent off day passes, five uplift passes and sightseeing - show your staff ID to redeem.



**Inflite Charters**

Get 30 percent off all purchases made on full price experiences with Inflite NZ's bases. This includes Skydive Franz Josef, Mt Cook Ski Planes and Helicopters, Skydive Mt Cook and Skydive Abel Tasman. See the [website](#) for more information. Visit [Something For you](#) page to get the discount code.



**ŌPUKE**

THERMAL POOLS AND SPA

**Ōpuke Thermal Pools and Spa**

- 47 Mount Hutt Station Road, Methven

Get 20 percent off all experiences (Tranquillity pools, Discovery pools and Ōpuke Spa). Visit [Something For you page](#) to get the discount code. All bookings can be made [online here](#). You can see the [information brochure here](#).



**Packrafting Queenstown**

- 142b Fernhill Road, Queenstown

Get 30 percent off any of the guided adventures or courses- show your staff ID to redeem.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you page](#) to get the discount codes.



## News from the Health Quality & Safety Commission

In the latest news from the Health Quality & Safety Commission read about a single national mortality review committee which will be established next year, two new Pono ('being true, valid, honest, genuine and sincere') videos that share whānau stories of the adverse event review process, and [much more here](#).

### In this newsletter:

- > My child won't eat!
- > Pegasus Health child health support service
- > Becoming more health literate
- > Supporting migrant communities unfamiliar with our health system

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

WHIRINGA-Ā-NUKU / OCTOBER 2022

PUTANGA / ISSUE 6

## PEGASUS 2025

Kia atawhai ki te tangata



# Share the Road



**Where:** Christchurch Netball Courts, South Hagley Park

**When:** Wednesday 26 October, 3pm to 4pm

- › Participants will learn about truck blind zones and how to ride more confidently around heavy vehicles.
- › The workshop is 20–30 minutes long
- › If possible, bring your bike

**For more information contact Kelvin at [kelvin@can.org.nz](mailto:kelvin@can.org.nz)  
or 021 510110 [www.sharetheroad.org.nz](http://www.sharetheroad.org.nz)**





The Paediatric Society of New Zealand  
Te Kāhui Mātai Arotamariki o Aotearoa

# 73rd Annual Scientific Meeting 2022

1 - 4 November 2022 | Devon Hotel | New Plymouth | Taranaki



Me tiro whakamuri kia anga whakamua  
Look to the past to move forwards into the future

**REGISTER  
NOW**

**2 WEEKS TO GO!**

## Tuesday Satellite Meetings

- Child Protection Special Interest Group Meeting *(in person and online attendance available)*
- Healthy Lifestyle Symposium *(in person and online attendance available)*
- Cardiac Inherited Diseases Education Session
- Hikoī Kaupapa

## Conference Workshops

Violence Intervention  
Workshop



Rachel Smith  
Lecturer in the Violence and  
Trauma Studies Programme

Poi Workshop



Ihaka Whanarere Tauri  
Learn how to use poi, master the  
art and use in traditional dance

Paediatric Hyponosis  
Workshop



Daniele Lonchamp  
Paediatric Consultant

Tic Workshop



Kate Treves  
Clinical Psychologist

## Breakfast Activities



Waka Ama



Cycle coastal walkways



Explore Pukekura Park

## Speakers featuring at the ASM

DIANA AND MARK KOPUA

MARIA CASHMORE

MARY GORDON

OWEN SINCLAIR

PIKI MATHIESON

TIM PETERSON



SPEAKER UPDATES, PROGRAMME AND REGISTRATION INFORMATION AVAILABLE AT

**WWW.PSNZCONFERENCE.ORG.NZ**



Presented by:

**TE PAPA  
HAUORA**  
*The future of health*

In Association with



**Canterbury  
Medical Research  
Foundation**

# we're talking health...

**FREE  
PUBLIC  
EVENT**

**Your health, the health of your whānau**

Come and join us for an evening of talks from Canterbury researchers who are improving healthcare for us all. **Registration essential.**

**Wednesday 26th October, 5.30pm – 7.30pm**

Attend in person at Manawa Foyer,  
276 Antigua Street or join us online.

For more information on our speakers  
and their topics, visit our website  
**[www.healthprecinct.org.nz](http://www.healthprecinct.org.nz)**

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Te Papa Hauora's  
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**Te Whatu Ora**  
Health New Zealand  
Waitaha Canterbury





# Transforming lives: 100 years of insulin

Celebrating a century of saving lives and looking forward to diabetes technologies being accessible to all who need them

[otago.ac.nz/diabetes](https://otago.ac.nz/diabetes)

1–5pm  
24 November  
2022

Parliament Grand Hall,  
Wellington and via livestream

**Free registration**



## NZHSOA Conference Programme 2022

### The Bevan Lecture Theatre

Friday 18 November

### *Regulatory oversight & Scientific developments*

Speaker	Theme	
<b>Session 1. Regulatory Oversight</b>		
9:00-9:05	Dr Berit Jensen, NZHSOA Chair	Welcome
9:05-9:50	Brett Besley, Medical Science Council Chair	Regulation of medical laboratory science practice and key aspects of the MSC Council's business priorities and workplan.
<b>10:00-10:30 Morning tea</b>		
10:30-11:15	Lisa Chan, IANZ	News from IANZ
11:20-12:00	Terry Taylor NZIMLS President	News from Te Whata Ora and MoH on the profession
<b>12:15-13:30 Lunch</b>		
<b>Session 2. Scientific Developments</b>		
13:30-14:00	Marie-Claire Morahan, Clinical Pharmacology	Therapeutic Drug Monitoring of Vancomycin and Tobramycin – the Pharmacist's Role
14:00-14:30	Dr Janice Chew-Harris, Dept. of Medicine, University of Otago	A suPAR Biomarker of Cardiovascular Disease
14:30-15:00	Dr Berit Jensen, Specialist Biochemistry Service, CHL	Salivary cortisol & cortisone by 2D LC-MS/MS
<b>15:00-15:20 Tea/Coffee</b>		
15:30-16:00	Sarah Beck, Immunology, CHL	What does the normal immune system look like? What can go wrong and what can be measured?
16:00-16:30	Stewart Smith, Immunology, CHL	LIS + continuous process improvement
16:30-17:00	Dr Meik Dilcher, Virology, CHL	How we established monkeypox testing in the virology department
<b>17:00</b>	<b>Close</b>	

**All Welcome**



**New Zealand Hospital Scientific Officers' Association Inc**

Home of the Specialist Medical Scientist