

Prior planning put into practice as case numbers rise as anticipated

With COVID-19 cases now exceeding 2000 per day across Aotearoa, we are also seeing increasing case numbers throughout Canterbury with 105 new community cases reported by the Ministry of Health today.

Our ECC (Emergency Coordination Centre) was stood up last Tuesday.

We have two ECC teams operating 8am-8pm seven-days a week and on-call overnight managing our response, along with the various local EOCs (Emergency Operations Centre) representing all major service areas across Canterbury and the West Coast.

The daily ECC COVID-19 email updates sent to all DHB staff along with the [COVID-19 Staff Information Portal](#) on Prism are essential reading to keep up with the latest information.

Our most recent modelling suggests that in Canterbury we can expect Omicron case numbers to peak towards the end of March and we are confident that we have the systems and people in place to cope.

At present we haven't had to defer any services due to COVID-19, but unfortunately, we had to defer some surgery last week due to non-COVID-19 acute demand.

With a large staff it's inevitable that some will get COVID-19 and will need to isolate due to being close contacts of a case.



Let's work together to take on Omicron

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

Te Kīwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

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Please remember to stay home if you're sick and remember all Canterbury Health System staff can get tested at the staff testing centre. Please check the details on the daily global email.

It's normal to feel a bit anxious when there is talk of a surge of Omicron and case numbers in the thousands. If you or someone you care about is vulnerable or

immunocompromised, it can create even more stress. The truth is that Canterbury is well prepared for this. Our vaccination and booster rates are extraordinary and compliance with mask wearing, physical distancing and use of the NZ Tracer App is very high. These things are all part of the bundle of protection and are key to protecting ourselves and others.

Phase Two of our Omicron response

We've been through Alert Levels and Traffic Lights and we're now talking Phases, so you can be excused for feeling a little confused.

All of Aotearoa remains at Traffic Light setting RED. The Phases refer to our specific response to Omicron. At midnight last Tuesday we entered Phase Two of our approach. Phase One was a 'stamp it out' focus similar to our response to Delta. We actively worked to suppress the virus while working hard to get our eligible population vaccinated and boosted.

Phase Two came into play when our daily case numbers crept towards 1000 early last week. We know that we can't eliminate Omicron, but we have fantastic vaccination rates and (growing) booster numbers which offer the best protection to our community. Phase Two is all about flattening that curve, slowing the spread of the virus and protecting our most vulnerable. You can read more about Phase Two on [page 8](#).

Vaccination rates

Check out Canterbury's vaccination rates:

- > First dose 100 percent
- > Second dose 98 percent
- > Booster dose 66 percent

I've said it before, and it's worth repeating - with Omicron the booster dose makes such a huge difference to the

protection from Omicron and it's vital that anyone aged over 18 who had their second dose three or more months ago gets their booster dose as soon as possible.

With a booster dose on board, most people are 95 percent protected against serious illness or hospitalisation.

Currently in Phase Two of the Omicron Response

*In Phase Two, our objective is to flatten the curve.
Slow the spread and protect our vulnerable communities.*



Canterbury
District Health Board
Te Poari Hauora o Waitaha

Cancer care during Omicron

Te Aho o Te Kahu (Cancer Control Agency) has put together a video message for people dealing with cancer during the Omicron outbreak. Many wonderful cancer health professionals and Te Aho o Te Kahu staff have given their time and lent their voices to this video. It is reflective of how hard the whole cancer sector is working to keep those with cancer safe and well.

Click [here](#) to see video.



Virtual reality treatment for anxiety and phobia

Some good news for the sufferers of *Trypanophobia out there. A Christchurch health tech start-up oVRcome, in conjunction with the Psychology Hub and The Obsessive Compulsive Disorder (OCD) and Anxiety Clinic, is using virtual reality technology to help people overcome their fears; including the fear of needles. Many Cantabrians struggle with a phobia of needles and it can make vaccinations and medical treatment very challenging.

You can read all about the new technology and how it helps people overcome a range of fears and phobias on [page 13](#).

*Trypanophobia is an extreme fear of needles.



From left, oVRcome founder Adam Hutchinson, a participant, and Psychologists Meredith Blampied and Aimee Hanson

Thank you

Sometimes through my own observations and frequently through the feedback of others including colleagues, patients and members of the public, I am reminded every day of the positive impact our people make to the wellbeing of our community. The commitment and hard mahi demonstrated by our people is second to none, particularly during these challenging times.

You going 'above and beyond' has not gone unnoticed by the Board, and Sir John Hansen, Board Chair, along with Canterbury DHB Board members extend the Board's thanks to each and every one of you and acknowledge the amazing job you are doing.

The Board expressed their grateful thanks as they know it's been an extremely challenging environment for some time due to a range of factors, including an increasing level of acute demand and challenges with recruitment in some areas where there is a global market for health staff. Sir John acknowledged the mahi of our vaccination teams and our collaborative planning and response to Omicron to date.

All that you do is greatly appreciated.

Keep up the healthy habits

It's so important that we all remain diligent in our mask wearing, scanning, physical distancing, hand washing and all the other health habits we've become so good at. To protect ourselves against serious illness it is vital that we are not just fully vaccinated with two doses, but if eligible we have a booster dose as soon as possible.

Have the kōrero

I've spoken about this before, but please, take the time to make a household plan for when COVID-19 finds you or someone in your household. If you can, stock up with some food and drinks that will last a while and can be easily prepared if you're not feeling 100 percent. Once again if you can, now's the time to ensure your medicine cupboard is stocked with the basics to help care for someone with fever, headaches, body aches, sore throat or a cough. The Unite against COVID team has developed a handy check list [here](#). It's important to share your plan with those who might be able to help you by shopping, dropping off kai, or looking after pets.

Process for staff who are close contacts to continue working through daily testing (RATs)

It's inevitable that our people will be exposed to COVID cases in the community and at work and that all of us at some point will be identified as close contacts. If everybody was then to isolate according to the guidelines for the general public, the impact on our ability to run key services would soon be severe.

The Ministry of Health has issued [guidance](#) specifically for healthcare workers, designed to enable us to maintain vital health services during this Omicron outbreak, through daily testing using rapid antigen tests (RATs).

Over the next 24 hours, line managers will be sent advice on the process for risk assessment and implementing the return to work process for staff who have been confirmed as close contacts (via a text or other official communication).

They will then be told where to collect a supply of RAT kits (currently held at each site Emergency Operation Centre) and N95 masks. Staff on a return to work programme will wear N95 masks as an additional layer of protection for their colleagues and patients.



Contents of a Rapid Antigen self-test kit

Changes to our visitor policy take effect tomorrow

We are applying a limited visitor policy across all facilities in response to the ongoing transmission of the COVID-19 Omicron variant in the community.

Visitor restrictions in place include that surgical/medical masks must be worn at all times, approved visitors or support people shouldn't visit if they're unwell and people must scan in on arrival.

Only approved visitors are permitted on compassionate grounds. People attending ED, people with disabilities and women in labour can have one support person and parents/caregivers are able to be with their child in hospital.

Anyone who is an approved visitor to Christchurch, Christchurch Women's, Burwood and Ashburton hospitals will be issued with a visitor card to present to hospital staff on arrival.

More details are [here](#).

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](#).

SUPPORT PERSON PASS

Visiting – patient

Ward

Visiting hours

Date issued

Issued by

Canterbury

District Health Board

Te Poari Hauora o Waitaha

www.cdhb.health.nz

The visitor card which approved visitors will be given



Bouquets

Intensive Care Unit (ICU), Christchurch Hospital

I want to thank the staff of ICU, in particular Dom and Richard, who looked after my dad after his open-heart surgery. The experience was difficult as he had complications, but the caring, practical, open, and intelligent way that staff approached his treatment was truly appreciated. Dom and Richard, I am grateful for your methodical and highly professional care, our family has huge respect for you both, and your colleagues. Thank you in particular for calming Dad when he thought his number was up. He won't ever forget the care you provided.

Ward B3 and Surgical Assessment and Review Area (SARA)

I recently had to unexpectedly spend eight days in Ward B3 in the lovely new part of the hospital. The care I received in that time was outstanding from everyone I encountered. The nurses are so knowledgeable, and I felt listened to. When I was able to eat, the gluten free meals were delivered promptly and were much appreciated. Thank you to everyone working on Ward B3. Thank you also to the nurses in SARA where I spent a short time, who immediately addressed my excruciating pain, which gave me great relief. Christchurch is very fortunate to have such an outstanding hospital and staff.

Heart Unit and Ward 10, Christchurch Hospital

Please send our thanks to the staff in the Heart Unit and Ward 10 for their excellent care of our son whilst he was given open heart surgery recently. The rest of his family (sister, aunt and uncle) back here in the U.K would like to be included in this message. We are particularly grateful to the surgeon who telephoned our son's wife in rural Canterbury to let her know the actions he was taking for our son's treatment. We consider that is 'above and beyond the call of duty': (Bournemouth, England)

Emergency Department (ED) and Ward 12, Christchurch Hospital

The staff in ED were amazing. WOF on my heart in the end. Ended up in Ward 12 for three nights. The nurses were the best, especially Imogen, as I had her the most. I feel for the nurses on night shifts. They do a great job. Thanks so much everyone.

ED, Christchurch Hospital

I wish to recognise your staff working in ED. Upon advice from Healthline I presented with a possible infection following a surgical procedure. I was progressed quickly to the acute area. I appreciated the kindness, reassurance and efficiency of all the staff I came into contact with. Please pass on my grateful thanks to them.

Eye Clinic and Urology, Christchurch Hospital

I wish to thank the staff at the Eye Clinic, Urology Medical Secretary Michelle Weir, and the nurses and doctors in Urology, for such speedy and efficient service. I can't express enough our gratitude for their professionalism, empathy, and kindness during these difficult times. Well done everyone.

Ward 24, Christchurch Hospital

I am very impressed with the level of care shown to me since I was admitted as an emergency patient via ambulance. I was very impressed with the duty of care given by Wendy throughout the process. Thank you for all the care staff have shown during my stay.

Ward 23, Christchurch Hospital

Great team, especially Holly.

Plastic Outpatients, Christchurch Hospital

The service was absolutely wonderful. Thank you.

Eye Department, Christchurch Hospital

After having cancer in 2020 I had both eyes done with new lenses. The service has been fantastic. The operation on the second eye and follow up has been great. Very pleased with the result and quality of treatment. Thank you

Big Shout Out

To: Healthcare Assistant Mansur Addison

I would like to acknowledge the amazing work that Healthcare Assistant Mansur Addison does with our complex patients. Mansur is patient, communicates clearly, and is aware of the distress confused patients may feel in an unfamiliar environment. We are very lucky to have him on pool and I have thanked him for his outstanding care.

From: Charge Nurse Manager, Ward 23, Christchurch Hospital, Jo Goodwin

#carestartshere

Big Shout Out

To: COVID-19 team at Canterbury Health Laboratories

I would like to give the COVID-19 team at Canterbury Health Laboratories a massive shout out! The scientists, technicians and lab assistants there are working so hard to get results back as soon as possible to prevent the spread of COVID-19. They are doing an amazing job and deserve a big thank you.

From: Medical Laboratory Scientist, Serology/Virology, Rebecca Dew

#carestartshere

THREE THINGS CHECKLIST

- ♥ Something I'm grateful for
- ♥ Something I'm going to do to make myself feel good
- ♥ Someone I'm going to get in touch with today

ALL RIGHT?

 **Mental Health Foundation**
mauri tū, mauri era OF NEW ZEALAND

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PĀE TĀWHITI

iPads to aid care of COVID-19 patients

A trial is underway in Parkside Ground Medical using iPads to help minimise physical contact between staff and patients who are isolating with COVID-19 and ensure integrated care.

The initiative involves iPads in COVID-19 isolation wards that enable video and audio communication between staff and patients. To test the concept, a COVID-19 isolation room at Parkside Ground Medical (Ward 27) has been fitted with one of the iPads.

The iPads will act as a multi-purpose communication method with a video feed giving clinical staff the ability to bring in family members or specialists from other parts of the hospital allowing more integrated care, says Enterprise Devices Team Leader Rahul Mukherjee.

“They will allow clinical staff to discuss requirements with the patient before entering the room, avoiding multiple trips and having to don and doff PPE as often.

“When the staff member calls the patient in the room via the Zoom app it will auto answer allowing the patient resting in the bed to automatically accept the call without having to get up.”

The iPads assist in the ward round, allowing documentation of the consultation and results to be checked virtually and aid nurse/patient communication, by speeding up any requests from the patient and assisting with overnight visual monitoring.

The system doesn't replace the existing nurse call system but enhances Canterbury DHB's care provision, he says.

“We'll have one iPad per bed space that will be connected back to the relevant nursing stations. Only the overseeing nursing station for that bed space can generate the call which will auto-answer with the video feed.

Staff can also use them to organise attendance of family members at meetings between the patient and clinical teams.”

Patient privacy is always front of mind and people are asked to consent to iPad to be used and an explanation its use, Rahul says.

“Staff use the earphones to ensure privacy and the app has been signed off by our ISG Security Team to be used for this setup. No patient identifiable information is being stored on the device, no call data will be recorded, and the devices have been set up with bed space numbers and don't display patient names.”

When planning for Canterbury DHB's readiness for Omicron, the idea of a device that can connect a COVID-19 patient with their family and clinical teams was requested of ISG.



From left, Project Co-Ordinator Monique Murray, Modern Workplace Expert Mart Gerrits, Registered Nurse Monica McBride, and Enterprises Devices Team Leader Rahul Mukherjee



Registered Nurse Monica McBride checking one of the iPads in Parkside Ground Medical

“We will be looking to deploy 60 iPads across Canterbury DHB to support the COVID-19 isolation rooms, all with only the Zoom app installed in them,” Rahul says.

ISG has been working with internal and external stakeholders to have the setup installed and configured and have engaged the Zoom vendor to have the app configured to auto-answer in the isolation room.

The call traffic is being routed through Zoom's Australian-based data centre. The iPad devices are fully managed, so they can be tracked if stolen and remotely disabled and no other apps can be installed or removed.

Maintenance and Engineering will fix the iPads to each bed space and nursing station, he says.

Nursing celebration

A celebration ceremony for the February 2021 Enrolled Nurse Support into Practice Programme (ENSIPP) and Nursing Entry to Practice programme NETP intakes took place recently.

These nurses have met the completion criteria of their respective courses and were awarded medals and certificates to mark the achievement. This was the first ceremony since the Canterbury region ENSIPP programme's inception in September 2020, where the nurses could attend in person under pandemic guidelines.

At the auspicious occasion Executive Director of Nursing Becky Hickmott spoke of the integral part our graduate enrolled nurses and registered nurses play within the Canterbury Health System.

Pegasus Health Director of Nursing Michael McIlhone finished his M.C speech with the Māori whakatauki (proverb) 'Kia whakatōmuri te haere whakamua' – 'I walk backwards into the future with my eyes fixed on my past'.

Executive Director, Māori and Pacific Health Hector Matthews elaborated on the meaning of this and the importance of recognising our individual achievements, particularly in the last year.

NETP Registered Nurse, Managed Isolation Quarantine Facilities (MIQF) Aaron Sim told those gathered that nursing is a unique profession.

"It is a career routed in empathy, compassion and the belief that you want to make a difference in patients' lives for the better.

"No matter the specialty or field you work in, whether community or hospital-based, know that the work we do provides one shared goal that is patient-centred and facilitates providing the best quality of care for our patients, their whanau and the wider Canterbury community."

The ENSIPP is a jointly funded initiative by the Ministry of Health and district health boards. The aim of the programme is to ensure that enrolled nursing graduates begin their careers in New Zealand in a well-supported, safe, environment assisting them to become skilled and confident in their clinical practice.



Enrolled Nurse (EN) Managed Isolation and Quarantine Facilities (MIQF), Frances Lewis, EN, Ward DG, Burwood Hospital, Rebecca Green, Nurse Coordinator Enrolled Nurse Support into Practice Programme Sarah Gibbon and EN MIQF Heather McIlraith

This 12-month programme closely aligns with NETP and Nursing Entry to Specialist Practice (NESP).

ENSIPP has tailored completion criteria requirements including study day attendance, completion of a relevant Ara Institute of Canterbury course or equivalent, and the successful completion of an Enrolled Nurse Competent Level Professional Development and Recognition portfolio.

Enrolled nurse graduates are employed across the Canterbury Health System. They undertake the ENSIPP programme at Ashburton Hospital, Burwood Hospital, Specialist Mental Health Services, Nurse Maude District Nursing services, Pegasus general practice, Christchurch Hospital, aged residential care facilities, St George's Hospital operating theatres and MIQF.

Phase two and you

At midnight last Tuesday, Aotearoa entered Phase Two of our response to Omicron.

From Alert Levels to Traffic Lights and now Phases, it can all be a bit confusing. So, what does it all mean?

We are still at traffic light setting RED.

The COVID-19 Protection Framework Traffic Light settings remain in place. These requirements under RED include:

- › Wearing a mask in all public spaces
- › Showing your My Vaccine Pass at all venues that require it
- › Scan in using the NZ COVID-19 Tracer App everywhere you go
- › Maintain physical distancing
- › Limitations on numbers permitted in certain venues
- › Isolating and getting tested if symptomatic

The Phase model is our approach specifically to the Omicron variant.

Phase One was focused on 'stamping it out.' This was also our approach to Delta. We worked to suppress the virus through widespread vaccination and booster doses.

We moved to **Phase Two** in response to our daily infection numbers creeping towards (and now exceeding) one thousand and knowing that we have the added protection of strong vaccination numbers.

Phase Two recognises that we won't eliminate Omicron, but we will endeavour to manage it while protecting our vulnerable and keeping our businesses, schools and supply chains operating.

What does Phase Two look like?

- › The management of cases and close contacts is more automated:
 - › notification of a positive test will come via text message
 - › positive cases will be directed to an 'online self-investigation tool' focusing on high-risk exposure
 - › information will be provided via email



Canterbury is now in Phase Two of the Omicron response

- › The isolation period for people who test positive reduces to TEN days (from 14).
- › Household contacts of the infected person also need to isolate for ten days.
- › Close contacts who don't live in the same household as the positive person now have to isolate for seven days (previously ten).
- › From 28 February, eligible arrivals from Australia will skip MIQ and be required to isolate for seven days also.

Health and social support – care in the community

- › Positive cases use self-service where possible, to ensure those with greatest need are being met
- › Support by local care coordination hub for those with a need for ongoing clinical care.
- › Other people with lower clinical risks, may contact external providers.
- › Support for most positive cases to isolate in their usual place of residence. Alternative accommodation options across the regions are still available on a case-by-case basis.

Is there a Phase Three?

Yes. More about that down the track!

Quitting smoking an extra good idea in pandemic

People who smoke are being urged to quit to reduce their chance of being severely affected by COVID-19.

The World Health Organization (WHO) has released a statement on the importance of quitting smoking during the pandemic as it increases the severity of COVID-19 infection.

COVID-19 attacks the lungs and smoking impairs lung function making it harder for the body to fight off the virus, WHO says.

"A review of studies by public health experts convened by WHO found that smokers are more likely to develop severe disease with COVID-19, compared to non-smokers.

The systematic review of 73 articles on 863 313 COVID-19 patients found smoking was significantly associated with a 19 percent increased risk of death in patients with COVID-19, WHO says.

Programme Lead and Smokefree Manager, Te Hā - Waitaha Smokefree Support Maraea Peawini says quitting smoking anytime is obviously extremely worthwhile but the pandemic has made it even more necessary.

"Smoking increases the risk of severe COVID-19 symptoms and complications associated with it and it seems that many people are not aware of this."

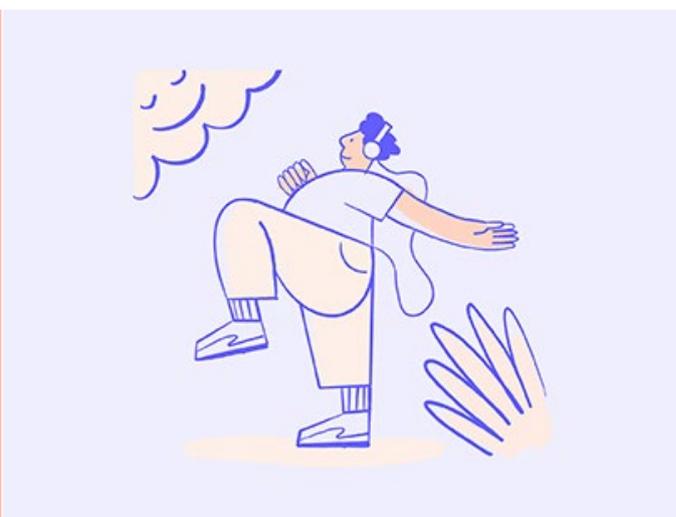


A recent online survey of people who smoke in New Zealand, Australia and the United Kingdom, found around half had heard little or nothing about COVID-19 risks for smokers.

She advises health professionals to include smoking questions as part of any COVID-19 discussion, offer support to quit and refer them to Te Hā - Waitaha Smokefree Support or Quitline.

For those caring for people at home with COVID-19:

- › If a person is too unwell to smoke, it is a good idea to supply nicotine replacement therapy (NRT) to prevent withdrawal
- › If less unwell, this might be a good time to quit
- › NRT can be provided by prescription. In Canterbury, Te Hā - Waitaha Smokefree Support will supply NRT (delivered to people's homes during their isolation and thereafter).
- › Stop Smoking Services can support a quit process



First Nurse Practitioner in Radiation Oncology in Australasia appointed at Christchurch Hospital



Natasha Chisholm has been appointed to the position of Nurse Practitioner Radiation Oncology in the Radiation Oncology Outpatient Service, Christchurch Campus.

Natasha has a wealth of Oncology expertise and knowledge to support our patients' cancer journey across the continuum, says Nursing Director Debbie Hamilton.

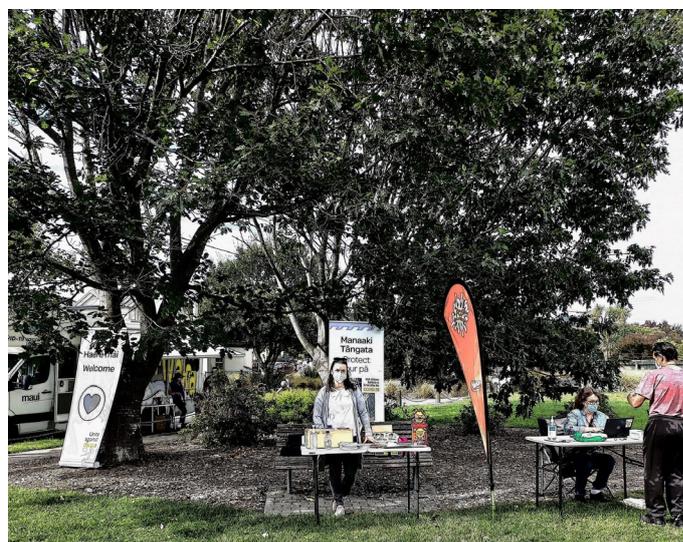
"She has vast experience in Radiation Oncology nursing supporting our patients as the Clinical Nurse Specialist for the service over the last five years. Please join me in warmly welcoming Natasha to the team as the first Nurse Practitioner in Radiation Oncology throughout Australasia."

Natasha says it is a privilege to work alongside patients with a cancer diagnosis and their whānau.

"The support of the wider Oncology team was fundamental in my journey to becoming a Nurse Practitioner. This role allows me to independently provide comprehensive health assessment, symptom management and continuity of timely care within a patient-centric, collaborative team model of care.

"I am excited to embark on and continue to develop as a Nurse Practitioner within Radiation Oncology with the aim of increasing the accessibility and equity of cancer care delivery to patients and their whanau who are receiving radiation and chemotherapy."

JabberWaka in Philipstown



It was a great day at Olliviers Reserve in Philipstown with JabberWaka recently. A good number of local residents took the opportunity to walk to the JabberWaka and get their second jab or booster. Ka Pai!

Virtual reality treatment for fear of needles in COVID-19 vaccinations

Cantabrians struggling with COVID-19 vaccinations because of needle fear are experiencing success thanks to a collaboration between local psychologists and a health tech start-up specialising in virtual reality (VR) treatment.

The Psychology Hub, The Obsessive-Compulsive Disorder (OCD) and Anxiety Clinic in Christchurch are collaborating with health tech company oVRcome, offering patients treatment via remote VR headset to speed up access to treatment amidst significant demand.

With the support of Canterbury DHB, material has been filmed in local vaccination clinics, creating an extensive library of needle exposure videos in local settings.

A tailored six-week programme has been designed for those in the Canterbury region and a preparation pack including an oVRcome headset is sent to clients.

Based on principles of exposure therapy, oVRcome is designed to desensitise through repeated exposure to stimuli delivered through VR, an approach known as VRET (Virtual Reality Exposure Therapy).

The realistic virtual environments remove the need to physically create exposure situations – a step that increases both delay and cost through traditional psychology methods.

Clinical Psychologist and Director of The Psychology Hub Aimee Hanson says a number of clients have completed the self-help programme independently and have been vaccinated successfully.

“My clients who are using the oVRcome programme are reporting increased confidence in being able to receive their COVID-19 vaccinations or have gone on to successfully receive their first vaccines.



“This is particularly impressive given the acuity of the group of people I am seeing, some of whom had attempted the vaccinations more than 10 times without success.”

Needle phobia has been traditionally difficult to treat outside of health settings due to the need for exposure to real needles. Mental health professionals faced the time-intensive task of developing and creating exposure tasks. This has created a barrier to treatment for many phobias.

“I’m particularly hopeful about oVRcome’s Child and Adolescent programme with fear of needles often prominent in children,” she says.

More information is [here](#).

One minute with... Alexandra O'Brien (Ngāti Porou, Ngāti Whātua and Ngāti Kahungunu), Kaimahi Tauwhiro (Social Worker), Cancer Psychological and Social Support Service (CPSSS)



What does your job involve?

I'm a part of a specialist team of social workers and psychologists. Our mahi is to support tāngata, and their whānau, who have received a new diagnosis or recurrence of cancer on a background of complex psychosocial challenges. We work with tāngata while they are receiving treatment, addressing the numerous barriers to this that they might be facing. This involves a mixture of mahi in the hospital and the community, we also support those who travel from outside of Ōtautahi for treatment.

Why did you choose to work in this field?

I followed my māmā into social work and during my study I discovered that I was particularly interested in the topics of palliative care and serious illnesses. For me being Māori has meant that the kōrero and tikanga regarding death and dying were normalised during my upbringing and this has certainly shaped my career path. I was also interested in a role which would play a part in tackling the disparities of Māori cancer care.

What do you like about it?

My team, my e hoa mā. We each bring a unique contribution to the mahi and so I think we've got a lot to offer as a collective. I also get many opportunities to analyse and critique how the current processes do not work well for those that we're supporting, something which is a key function of the social work role but can be hard to realistically implement. I also enjoy working with colleagues across the wider oncology network because of the compassion that they have for whānau. People find it odd that this kind of mahi can be rewarding, but I'm passionate about opening up the kōrero on cancer for the whole whānau and making each aspect of it less daunting. I learn a lot from them and it is not lost on me how special it is to be given permission to be present in this aspect of their lives.

What are the challenging bits?

Those that we meet through this service certainly already have enough on their plate before a diagnosis of cancer is added. Our mahi also comes with the sadness that not everyone that we support will survive their cancer. In regards to making a difference in Māori cancer care, it can be hard to stay motivated on days where it feels like the

much needed changes to our health system might never catch up to the needs that we see in the community. Peer support and cultural supervision for Māori kaimahi goes a long way in keeping our mahi sustainable (and we need a lot more of us!).

Who inspires you and why?

My koro Bill and my kuia Huia who both played a huge part in my upbringing. The inclusive way in which they have lived their lives has taught me a lot about compassion. I'm also inspired by those who can provide an unconventional approach to the longstanding social issues. For example, Billie Jordan from Aotearoa who founded the Hip Operation dance for older adults as a new way to combat social isolation.

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?

The value of Integrity sticks out the most to me because in our team we can find ourselves in situations where we have to choose the right action rather than the easy one. I have learnt a lot about how to have a challenging conversation and do it well.

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

I did a short stint as a wedding photographer. Far too stressful, never again!

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

Anywhere that my whānau are.

What do you do on a typical Sunday?

Kōrero and kai with friends, then a hill top hikoi or an art gallery visit depending on the weather. I'm also a massive fan of a decent Rātapu nap.

What's your favourite food?

Anything and everything Japanese.

And your favourite music?

Nothing beats the album 'The Miseducation of Lauryn Hill'!

Hand Hygiene for support staff – Healthlearn Self Learning Package (SLP) is now live!

On behalf of Infection Prevention & Control Service and the Canterbury DHB Hand Hygiene Governance Group, we are delighted to advise that the Hand Hygiene Healthlearn self-learning package for Wellfood, Environmental Cleaning and orderlies staff is now complete and is live on Healthlearn for teams to complete.

This new training resource has been developed not only for our Canterbury DHB staff, but also for the wider South Island DHB Healthlearn user community.

The development of this package was progressed to provide a specific package for the targeted audience of support services teams, catering assistants, Environmental Cleaning and orderlies.

The package provides information and videos (starring Canterbury DHB staff) undertaking hand hygiene practices to promote the correct hand hygiene activity at the right time, right moment and place. Hand hygiene activity is undertaken with the aim to reduce any potential for spread of infection (especially important in these COVID-19 pandemic times).

A big 'shout out' to the support services team members who generously gave their time to star in the videos and are seen role modelling correct hand hygiene practices.

See link [here](#), log-in to Healthlearn and package will then be available to view.



Catering Assistant

Food services



Cleaner

Environmental cleaning



Orderly

Transferring patients



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.

Torpedo7

Torpedo7 Friends and Family Promotion

From 16 February to 1 March you and your friends and family can get up to 50 percent off a huge range of gear from Torpedo7 online or instore (take a copy of the flyer and your Canterbury DHB ID card). See more information and the online code [here](#).



Warehouse Stationery

11-13 Winchcombe Street, Central City (South City)

When shopping at the South City Branch, get 20 percent off all stationary, art, craft and furniture in store - please take a copy of [this letter](#) and your Canterbury DHB ID to redeem.



SpecSavers

Ashburton, Riccarton, Shirley, Papanui, Hornby, Rangiora

Get 25 percent off lens options plus your standard 25 percent off when selecting one pair from the \$169 range or above. This special offer ends on 25 March 2022. Click [here](#) to create a voucher and redeem this offer.



AERIAL3

366b Tuam Street, entrance on Duke Street, Christchurch

AERIAL3 would like to offer \$15 (usually \$25) Aerial Yoga and Aerial Silks classes to Canterbury DHB staff from 20 February to 20 March 2022. You can show your Canterbury DHB ID and pay at the studio. Please find more information [here](#).

IT'S THE SIMPLE
THINGS WE REMEMBER
AHAKOA HE ITI
HE POUNAMU



CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH), a division of Canterbury DHB. The newsletter aims to highlight new and revised free resources available from your local CHIC office, such as Ko Wai Ahau Who am I? and Men and depression and much more.

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

THE BIG BOOST

February 2022

The Big Boost is on now.

Boosters are the best way to fight Omicron and protect yourself and your whānau. It's critical that all of us who can, get boosted in February.

If you're 18+ and had your 2nd vaccination at least 3 months ago, get your booster ASAP

Book now at **BookMyVaccine.nz**
or check out the District Health Board's website
For whānau bookings call **0800 28 29 26**