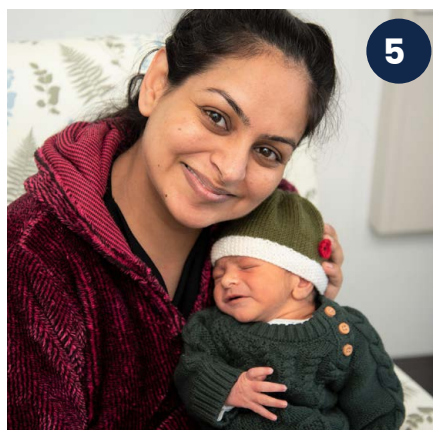


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: First time parents Sarabjeet Kaur (Sarah) and Mannie Sethi with their baby Ojas at the Oromairaki Maternity Unit in the Selwyn Health Hub

Kupu Arataki – Introduction

Are you and your whānau all caught up?

World Immunisation Week may have drawn to a close but there are still many infants, children, young people, adults and seniors who are due important vaccinations. Many of us missed our immunisations during the COVID-19 pandemic but it is never too late to catch up.

To learn more about immunisation, find out if you or your whānau have missed a vaccination, or to book an appointment, speak to your general practice team or go to: www.immunise.health.nz.

Te Whatu Ora Waitaha Canterbury staff are eligible for a free flu vaccination. If you haven't had yours already, please check [PRISM](#) for the details of when and where you can get vaccinated at various clinics across our campuses.

If you're eligible for the bivalent COVID-19 booster, don't wait until we see an increase in infections during winter; protect yourself now.

You can find a vaccination clinic on the [Vaccinate Canterbury and West Coast website](#) – many offer walk-ins or book in advance through [Book my Vaccine](#).



Get your immunisations up to date

Immunisations are like an invisible
korowai of protection

www.immunise.health.nz

Te Aka Whai Ora
Māori Health Authority

Te Whatu Ora
Health New Zealand

COVID-19 booster eligibility for pregnant people

Effective today, 1 May, the eligibility criteria for the new bivalent COVID-19 booster has been extended to pregnant people aged between 16 and 29 (all people aged over 30 are automatically eligible).

The additional COVID-19 booster is available for:

- › people aged 30 and over
- › people at higher risk of severe illness from COVID-19 aged 16 to 29
- › pregnant people aged 16 to 29 years
- › severely immunocompromised young people aged 12 to 15.

Boosters are especially recommended for:

- › all people aged 65 years and over
- › Māori and Pacific people aged 50 and over
- › people living in aged or disability residential care facilities
- › people aged 30 and over at risk of severe illness if they get COVID-19
- › pregnant people with health conditions that put them at higher risk of severe illness from COVID-19
- › people with disability or with significant or complex health needs
- › people with serious mental health conditions
- › severely immunocompromised young people aged 12 to 15. Talk to your usual doctor, nurse, or healthcare provider about whether this is recommended and how to get a prescription.

World Smokefree May

World Smokefree Day is 31 May but the whole month is focused on encouraging and supporting people to give up smoking.

We all know smoking is terrible for your overall health and wellbeing. It causes chronic respiratory conditions, heart disease, stroke, dental problems, infections, cancer, and more. It also harms those around you, especially your tamariki and whānau, not to mention the exorbitant amount of money it costs to maintain this habit.

Giving up smoking will make you healthier, wealthier and almost certainly, happier.

Hāpai Te Hauora is running a challenge for those who quit in the month of May. Sign up with your local stop smoking service and then register to go in the draw to win up to \$5000 worth of prizes.



Learn about the free stop smoking support available to you [here](#).

You can register with World Smokefree May Quit to Win [here](#).

Thank you to those who have already completed the travel survey

On Wednesday 26 April, Waitaha Canterbury staff were sent an email asking them to complete a short survey on their commute to and from work.

We are thrilled with the response so far but need as many people as possible who live/work in the greater Christchurch area to complete it. This will provide us with the clearest possible picture of the needs of our staff and help shape future campus facilities and services.

The survey will take about five minutes to complete.

- › Please only complete the survey if you live and/or work in Christchurch and outer suburbs as well as Rangiora, Kaiapoi, Oxford, Darfield, Rolleston, Leeston, Lyttelton and Banks Peninsula
- › Please note: We are aware that only one ethnicity can be selected in the survey. Unfortunately, this cannot be rectified, and we apologise
- › Click on [this link](#) or copy and paste this URL into your browser: www.surveymonkey.com/r/stafftravel
- › You can also scan the QR code (right) and complete on your smartphone

Complete the travel survey by 17 May and help shape future campus facilities and services.



There are some great prizes to be won!

Complete the survey by 17 May and you can also go in the draw to win a great prize (prizes are listed in the email you received).

Thanks in advance for the information you provide.



International Day of the Midwife – 5 May

This Friday, 5 May is International Day of the Midwife, recognising and celebrating this unique health specialty that guides and supports māmā through pregnancy, childbirth and the postpartum period.

The advice and care provided by their midwife is invaluable, whether they are supporting first-time or experienced mothers.

On page 9, meet Sarah who talks about her pregnancy and childbirth journey and why she couldn't have done it without her Lead Maternity Carer and the team of midwives who helped bring her son into the world.



Sarabjeet Kaur (Sarah) Sethi holds her newborn son Ojas in the Oromairaki Maternity Unit in the Selwyn Health Hub

Winter Preparedness – Infection Prevention and Control (IPC) Service Respiratory Precautions Survey

In the wake of the COVID-19 global pandemic, scientific evidence has demonstrated that most transmission of respiratory viruses is attributable to inhalation of small infectious aerosols.

The IPC Service proposes streamlining precautions for respiratory protection reflecting this evidence.

Our survey seeks your feedback on proposed improvements to visual tools (isolation posters) and updated terminology reflecting current evidence.

It is important to keep in mind that this is not a change in practice but a change in language and visual tools to stay up to date with the science.

Thank you for participating in this survey, which will only take a few minutes www.surveymonkey.com/r/MJ7Q9Z3



Ministry of Health surveillance audit, 2–5 May

Further to the information provided in the daily email, from tomorrow we will be audited against the updated 2021 NZS 8134:2021 Ngā Paerewa Health and Disability Services Standard by an external audit agency. This process and the standard is mandatory for services that are subject to the Health and Disability Services (Safety) Act 2001.

The audit covers adequacy and effectiveness of all associated requirements of the standard. Please refer to the intranet page and submitted self-assessment [here](#).

This is your team's opportunity to share and demonstrate how you all routinely improve services as well as meet the standards.

The audit team will interview key people responsible for core functions throughout the course of the site visits. These people may include, but are not restricted to: management, clinical and non-clinical staff and consumers and their family/whānau (where appropriate). The audit team will be allowing time to meet with current consumers of services as part of the audit process. Consent will be obtained from consumers prior to an interview being undertaken.

All staff are welcome to attend the summation presentation on Friday 5 May between 1.45 and 2.15pm when the auditing team will provide high level feedback at the conclusion of the four-day audit.

Venues:

- › Virtual Access – Christchurch campus Steve Williams Lecture Theatre (previously known as Oncology Lecture Theatre)
- › Virtual access in meeting room 2.6 Burwood Hospital, Fountain Room Hillmorton and Wakanui Room Ashburton Hospital.

For those interested, high-level feedback from auditors on the four-day surveillance audit visit will be available via Zoom. Check the daily email for the link to the Zoom meeting if you wish to attend.

World Asthma Day 2 May

Tomorrow, Tuesday 2 May is World Asthma Day. We all know or love someone with asthma, with one in seven children and one in eight adults in New Zealand taking asthma medication.

Asthma and Respiratory Foundation New Zealand is marking the 2023 World Asthma Day with a campaign that aims to raise enough money to provide all New Zealand primary schools with an Asthma Emergency Kit.

These kits provide essential medicine and knowledge so educators can act when students experience a potentially life-threatening asthma emergency. There are 1055 full primary schools and kura in New Zealand and it is estimated that only about 200 have an Asthma Emergency Kit.



You can find out more and donate here: www.worldasthmaday.org.nz/.

Anyone who fundraises or donates more than \$10 will go in the draw to win a Daikin air purifier valued at \$600, a luxurious Aesop gift basket valued at \$935, and more! Find out more here: www.worldasthmaday.org.nz/win.

Quiz – Animated movies

Whether you're a parent, a grandparent, an aunt, uncle or just a big kid at heart, you have probably watched a few animated movies. Most are made for kids with enough jokes and double entendre to keep adults amused. Test your knowledge!

1. The first full-length animated film was Snow White and the Seven Dwarfs. What year was it released?

- a. 1937
- b. 1940
- c. 1942
- d. 1947

2. In the Toy Story franchise, what was the name of the little boy who owned the toys?

- a. Joey
- b. Chip
- c. Andy
- d. Billy

3. Mike Myers, Cameron Diaz and Eddie Murphy were the stars of which popular animated movie series?

- a. Cars
- b. Shrek
- c. Frozen
- d. Lion King

4. Where was Nemo found in 'Finding Nemo'?

- a. A doctor's office in Brisbane
- b. A dentist's office in Sydney
- c. Sydney Aquarium
- d. The Yarra River in Melbourne

5. What is Anna and Elsa's relationship in the Frozen movies?

- a. Friends
- b. Cousins
- c. Mother and daughter
- d. Sisters

6. In the animated film 'Beauty and the Beast', why does Belle initially go to the Beast's castle?

- a. She's selling Avon products door-to-door
- b. She's lost
- c. She's looking for her father
- d. She's looking for work

7. What is the biggest selling animated movie soundtrack of all time?

- a. The Lion King
- b. Encanto
- c. Frozen
- d. Shrek

8. Three animated films have been nominated for the Best Picture award at the Oscars. Which was the only animated sequel to be nominated in the Best Picture category (in 2010)?

- a. Shrek Forever After
- b. Toy Story 3
- c. Ice Age: Dawn of the Dinosaurs
- d. Despicable Me 2

9. In the movie Moana, what kind of animal is Pua?

- a. Chicken
- b. Dog
- c. Pig
- d. Donkey

10. The animated film Inside Out explores the core emotions inside a young girl as she navigates big life changes. The five core emotions are joy, sadness, fear, anger and which other?

- a. Disgust
- b. Hate
- c. Love
- d. Frustration

[Check your answers on page 22](#)

Ā mātou tāngata – Our people

Special week for midwifery profession

Friday 5 May is International Day of the Midwife and a chance for us to say a big thank you to our midwives and lead maternity carers (LMCs).

The day is an opportunity for midwives to celebrate their profession and for all of us to recognise their vital work and contribution to maternal and newborn health. Whether you work in a hospital or in the community, we are grateful to you for the care you provide māmā and pēpi (babies).

This year's theme from the International Confederation of Midwives (ICM) is 'Together again: from evidence to reality'. This is a nod to the upcoming 33rd ICM Triennial Congress which will be held in Bali, where the global midwife community will come together for the first time in more than five years.

It also honours the efforts of midwives and their associations to action critical evidence such as the State of the World's Midwifery (SoWMY) 2021 towards meaningful change for the profession and the women and families that midwives care for.

Executive Director Maternity and Midwifery Norma Campbell says as a member of the ICM through the New Zealand College of Midwives, which most midwives in Aotearoa belong to, it is important to join together with colleagues across the world on this day each year.

"To not only celebrate in our local units/places of work but to also recognise the international community to which we belong. All of our maternity units have plans to mark the day. Hearing about the agreement to pay equity for midwives was the icing on the cake in this special week for the profession."

There are a number of events that midwives across the world can join and they can be found at www.internationalmidwives.org/icm-events/international-day-of-the-midwife-2023.html

Visit this site to find out times to join in this international celebration of midwifery.



International Day of the Midwife was first celebrated May 5 1992 and has since been observed in over 50 nations around the world. The idea of having a day to recognise and honour midwives came out of the 1987 International Confederation of Midwives conference in the Netherlands.

*Turn to page 13 to read Registered Māori Midwife Ariana Ashby talk about her role in the latest 'One minute with'.



Midwives provide crucial support through pregnancy journey

First-time mum Sarabjeet Kaur (Sarah) Sethi says midwives play a crucial role in pregnancy, birth and after-birth care.

The care and support she received from Midwife Kirsten Read throughout her pregnancy was extremely important to her.

"I'm a first-time mum and Kirsten was great. She was so helpful, patient and kind, answering all my questions. When I reached out, she always responded quickly, and her advice was so helpful."

Baby Ojas Ranjeet Sethi was born on Anzac Day, weighing just over 3kg. Sarah and her husband Mannie had initially planned for a water birth at Oromairaki Maternity Unit in the Selwyn Health Hub, but during labour their midwife decided that it would be better if they went to Christchurch Women's Hospital. Sarah says this was a great decision because although it was too late for an epidural, and little Ojas needed some coaxing with the help of a 'Kiwi cup', the support of the midwifery team allowed her to have a natural birth.

"All the midwives and nurses were so encouraging, helping me through when I was tired and thought I couldn't do it," Sarah says.

Transferring to Oromairaki for two nights has provided Sarah and Mannie with additional support and advice which has been invaluable as the couple begin their new lives as parents.



Sarabjeet Kaur (Sarah) Sethi with her newborn son, Ojas

Sarah says the after-birth care has been fantastic and so helpful, particularly as they don't have family here in Christchurch to help them.

"I can really recommend Oromairaki for new mums. The whole team has been so helpful especially with breastfeeding. This is such a good service and if you need help you can just ring the bell, and someone is there within a minute.

"Midwives guide and support you through the whole pregnancy journey and we are so grateful to all of them."

Feeling all sorts of emotions is normal in difficult times.



Nursing “an amazing experience”

Many changes have occurred in the just over three decades since Christine McDowall first walked into Christchurch Hospital as a new graduate registered nurse (RN).

“When I started out it was all pen and paper and faxes, now it’s iPads and computers,” says Christine, who retired last Friday.

“As well as that, there’s been an enormous amount of medical input that wasn’t available just 15 years ago, all the different treatment options we didn’t have back then, even things like IV pumps and infusions.”

This has benefited patients and also impacted nursing as those presenting for care have more complex needs.

“The improved treatments have been amazing for the patient, but the complexity of care can mean less time sitting alongside the patient spending quality time with them. I find that a little sad because building that relationship is the biggest privilege,” she says.

Christine describes herself as a “late bloomer”, having begun her career in health as a Karitane nurse, first at Christchurch Women’s Hospital, then at Plunket before she moved to the then Health Department.

She took up studying for her registered nursing degree at the age of 30 seeking a greater range of opportunities.

“It’s been an amazing experience, such a privilege, and both challenging and rewarding. Along the way it’s also been lots of fun. It’s important to have a giggle when you can.”

The highlight for her has been making a difference to a person’s day.



Christine McDowall retires



Registered Nurse Christine McDowall (centre back) at her farewell dinner

“That could be something as simple as providing pain relief or spending time with the patient and their family. The patient has always been the focus of my care and I have got the most satisfaction out of that relationship.”

Ward B5 Charge Nurse Manager Vivienne Garrick says she has had the pleasure of working alongside Christine for 16 of her years at Te Whatu Ora Waitaha, initially as a nursing colleague then as her charge nurse.

“I say ‘pleasure’ as it has been all of that and more. She puts her patients first and foremost in all she does. Her nursing care is exemplary. Christine has been a stalwart in the Oncology service and hung in there as the demands have increased over the years along with embracing the addition of Gastroenterology into the mix.

“Christine’s departure is a huge loss to the ward, and indeed to the hospital, but we wish her well in her retirement.”

Christine says she has made lifelong friends through nursing.

“You get to know a lot of people, working alongside them in sometimes very challenging situations. I have worked with some fantastic colleagues who are amazing and inspiring.”

In her retirement Christine is looking forward to some rest and relaxation, gardening and travel.

Health and Safety Excellence Programme

At the Health and Safety Representative Engagement Summit last December, the Health and Safety Team introduced a new initiative – the Health and Safety Excellence Awards Programme.

The recognition programme has been designed to identify and reward the commitment and dedication of kaimahi across the Waitaha Canterbury and Te Tai o Poutini West Coast regions who consistently display and support positive safety behaviours. The programme also provides a consistent and structured approach to the process of nominating monthly winners to ensure the process is delivered in a fair and reasonable way.

The criteria for nomination and selection have been designed in line with our organisational values. It is essential to have a reward and recognition programme in the workplace to reinforce positive and safe behaviour.

To ensure the success of this programme and recognition of our peers, it is important that all managers, leaders and Health and Safety Representatives (HSRs) assist by promoting the programme and nominating people for the award.

How does it work?

The Health and Safety team will accept nominations until 5pm on the last week day of each month. A selected winner will be announced in the first week of the following month.

Who is eligible?

All staff including HSRs across Waitaha and Te Tai o Poutini who are actively engaged in health and safety. Any employee can nominate an HSR or another employee for the monthly award.

How do I nominate a staff member?

Managers and HSRs can [complete this form](#) to nominate the staff member and return it via email to Health.Safety@cdhb.co.nz

Values and Criteria

The criteria for nomination and selection have been designed in line with our organisational values.

[This document](#) outlines the safety behaviours that align with these values, please select which value and corresponding behaviour best represents the description of your nominee.

What does the staff member win?

The winner will receive a certificate of appreciation award signed by the Director of Health and Safety and a \$20 voucher

How will winners be communicated?

The monthly winner will be announced here in the pānui.

Health and Safety Excellence Programme March awards

› Staff Nurse Rosslyn Gibb

- › Nominated by Julie Broker (Nurse Manager, Integration – Ashburton Hospital)
- › Rosslyn was nominated under the value categories of “Doing the right thing, being and staying well and valuing everyone”

Rosslyn has been an actively engaged HSR for 15 years. Rosslyn has been reliable and conscientious in her role to ensure that endoscopy has remained a safe place for our staff to work.

› Enrolled Nurse Karen Sword

- › Nominated by Pete Kennedy (Health and Safety Advisor – Burwood Hospital)
- › Karen was nominated under the value categories of “Doing the right thing, being and staying well and valuing everyone”

Karen is a well-respected member of her team and is always acting in the interest of safety and contributing to keeping their workplace healthy and safe.

Popular Public Health Nurse retires

Last Wednesday 26 April, Registered Nurse Sue Brown celebrated her last day and retired after 21 years in the Public Health Nursing Service.

Public Health Nurse Kate Parfitt said she was sad to see Sue go.

“Sue was passionate about the health and wellbeing of children and she advocated tirelessly for their safety and care. Her passions included child protection, public health, advocacy, sexual health and health education. She’ll be missed by the Public Health Nursing Service and the communities she served in Waitaha. Thank you Sue!”

Sue was celebrated with a team lunch in the Public Health Nurses’ building on the Burwood Hospital campus. There was much laughter as her colleagues dressed her up as her namesake ‘Mrs Brown’ from the TV show, Mrs Brown’s Boys. Sue managed a pretty spot-on impersonation too!

We wish Sue all the very best for the future.



Registered Nurse Sue Brown has retired from the Public Health Nursing Service after 21 years



Farewell lunch for Sue Brown



Some of our Public Health Nursing team

**Keep everyone
safe this winter**

**Kōrero with whānau and
check your vaccinations
are up to date.**

See your GP, or find
your local COVID
vaccination clinic here.

**STAY WELL
THIS WINTER**



One minute with...

Ariana Ashby, Registered Māori Midwife

What does your job involve?

My māhi involves working in partnership with women and whānau, providing care during pregnancy, childbirth and postpartum care up to six weeks. Midwifery skills include antenatal care, labour care, conducting normal birth, venepuncture, cannulation, perineal repair, maternal and infant resuscitation, newborn examination, postnatal care and breastfeeding and more.

I work in a tertiary setting at Christchurch Women's Hospital as a new graduate core midwife therefore, I work alongside māmā and pēpi that may have complex complications/care during their pregnancy, birth and/or postpartum journey. I provide care in a way that involves the whole whānau in collaboration with my colleagues and other health professionals. I aim to ensure their journey is as smooth as it can be, despite complications that may arise in the hospital.

What pathway got you to this job?

I completed a six-month pre health programme to be able to meet the requirements to apply into the Bachelor of Midwifery Degree at the Ara Institute of Canterbury. It involved applied maths, human body/microbial science studies, cell biology/chemistry and academic skills. I was then accepted into the degree and I completed it in three years. I have been privileged to be part of more than 40 facilitated births, 100-plus newborn assessments, 100-plus antenatal and postnatal assessments in a home setting, primary units in the community, and in the tertiary hospital.

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

Absolutely go for it! Apply for scholarships! Ask lots of questions! Be authentic, open-minded, empathetic and able to listen. Ensure you have a great support system to back you, and whānau support. It's important to have the ability to take constructive feedback and learn from it, but most importantly be kind to yourself.

Who inspires you and why?

The person who inspired me to become a midwife, was the midwife who provided care to me in my first pregnancy as a young māmā. She empowered

me during my pregnancy and birth journey. I grew passionate about the role of midwife towards the end of our relationship and wanted to be that someone who was able to support

and educate pregnant women through such a significant time, especially for our Māori where there can be barriers. Birth doesn't always go to plan for some, I aim to advocate for all birthing women, to build a trusting relationship and assurance in the health system.

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?

It is the foundation of doing right for our people within the health system. To improve the health and wellbeing of the community and provide equitable and quality care.

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

Greece, for its food, stunning landscapes and beaches.

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

Not sure about this one!

What are your hobbies/interests outside of work?

Hobbies outside of māhi I enjoy fishing, diving/collecting seafood, music, spending time with my children and whānau, cooking, traveling and boxing.



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

Akoranga reo Māori – lesson #12

Kupu Tauaro – Opposites

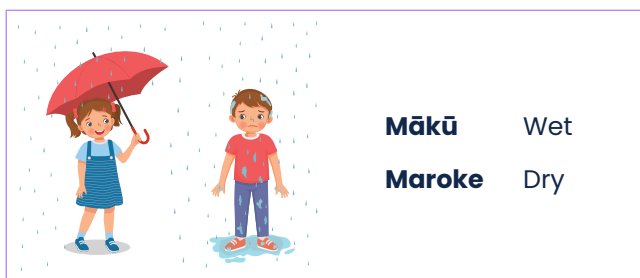
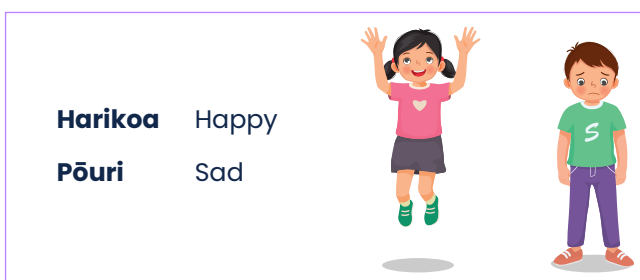
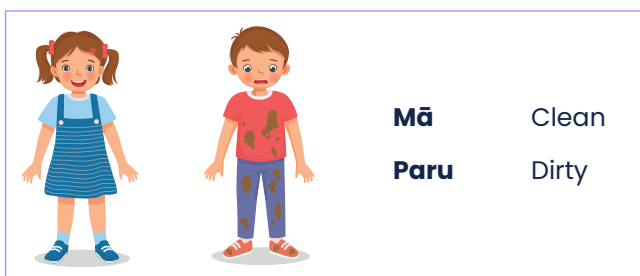
Ko au tēnei e mihi whakaiti atu ana ki a koutou, a Ngāi Niwha, e whakatairanga tonu ana i te reo taketake o te whenua nei.

This is me humbly greeting you, those with tenacity, who are continuing to elevate the indigenous language of this land.

This session will focus on kupu tauaro from te reo Māori, or opposites. The kupu tauaro below can easily be incorporated into your everyday conversations in the health context.

He Kupu – Word

Ora	Alive
Mate	Dead
Paru	Dirty
Mā	Clean
Harikoa	Happy
Pōuri	Sad
Nui	Big
Iti	Small
Tika	Right
Hē	Wrong
Kaha	Strong
Ngoikore	Weak
Maroke	Dry
Mākū	Wet
Wera	Hot
Makariri	Cold



He whakapātaritari – A challenge

Take a tally of how many times a day you use these words above and then interchange the English words for the Māori words.

Puritia te reo ki te tihi o whakaaro, ki te iho o ngākau. Kia ora rawa atu!

Hold the language at the forefront of your mind and the depths of your heart. Thanks very much!

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

Hauora.Maori@cdhb.health.nz

International winter warmer recipes

Cheesy creamy chicken

Ingredients:

- › 2 large chicken breasts
- › 2 large rashers of bacon
- › 1 tin of evaporated milk
- › 1 cup grated cheese
- › 1/2 cup cream cheese
- › 1/2 cup of cream
- › 1 sliced carrot
- › 1/2 cup frozen peas
- › 1 tbsp butter

Method

Cut the chicken and bacon into bite sized pieces.

In a large (preferably cast iron) pot brown these together with a little butter for five minutes then pour into a bowl and set aside.

Put the vegetables into same pot and sauté in butter for five minutes before returning the chicken and bacon.

Turn the heat down low, add the tin of evaporated milk and cream cheese, pop a lid on the pot and simmer for 10 minutes.

Slowly add the cream and then the grated cheese, stirring all the time. Simmer for another 10 minutes, stirring occasionally to prevent curdling. Serve with mashed potato.



"This dish is very easy on the tummy and very scrumptious."

Ward Clerk Lyn Beaman

We would love you to share your favourite winter dishes from around the world. Hearty, healthy (or a little naughty is okay too!), tasty and simple dishes that express your culture, a place that means a lot to you, or just food you love to eat. [Click on this link to submit](#). If you have any issues, please email communications@cdhb.health.nz

Whakamihi – Bouquets



Maternity, Christchurch Women's Hospital

I just wanted to say a huge thank you to all the staff involved in my planned caesarean section. Everyone who was part of my operation and care was wonderful and really spent the time to make sure my husband and I were well informed, comfortable and confident with what was happening. Anaesthetist Dan played a really nice playlist during the surgery which I have to say really helped me stay calm and relaxed when it could have been very overwhelming. After our baby was born we had a wonderful three nights in a lovely spacious room overlooking Hagley Park. I felt very well cared for the entire time. I know staff have huge workloads, so I really wanted to pass on what a positive experience we had. An enormous thank you!

Children's Emergency, Christchurch Hospital

We received fabulous care from the lovely Paediatric nurses. My 21-month old daughter arrived via ambulance and we couldn't have asked for better care from the whole team, especially our nurse Isabella. Thank you so much.

Ben Madsen and Benya Ickenroth, Emergency Department (ED), Christchurch Hospital

I suddenly suffered a kidney-stone attack upon boarding a flight. I was attended to by airport medical staff and transferred by ambulance to ED. Dr Ben Madsen and Nurse Benya Ickenroth attended to me. Please give them both my sincere thanks. They were both very nice.

Eve, Catering Assistant, Christchurch Hospital

I have had the wonderful Eve delivering my meals for the past 10 days. I just want to say she is a huge asset to your hospital. I appreciate her thorough service, caring nature and positive words as she goes about her job, feeding us all with kindness and a professional manner. God Bless you Eve.

Great Escape Café, Christchurch Hospital

I am making contact with WellFood from the perspective of a disabled person (wheelchair user) to provide you with some positive customer service feedback. I've found Kia (Catering Assistant) to be very friendly, professional and helpful towards me.

Parkside Ground Medical, Christchurch Hospital

Thank you to all the staff for the care I was given during my COVID-19 experience. Everyone was so friendly and helpful. The staff worked so hard to ensure my stay was stress free. Very friendly ward.

ED, Christchurch Hospital

Thank you so much for being so respectful and quick in responding. No one likes to wait but it's worth it seeing how efficient the staff are. Ka pai to you all.

Lynette and Jo, Ward B6, Christchurch Hospital

Lynette and Jo are always so cheerful, helpful and supportive and know what they are doing. It is always a pleasure to be seen here. Thank you, ladies!

WellFood, Christchurch Hospital

Great lunch and a very pleasant meal service.

Katie and Caitlin, Ward A3, Christchurch Hospital

Katie and Caitlin are both fantastic nurses in Ward A3.

Ward 13, Christchurch Hospital

You are all amazing. Thank you for all that you do.

Maxillofacial, Christchurch Hospital

Have had such a great support and help through my surgery and ongoing recovery. I cannot rate the surgeons, staff and nurses enough. I am so grateful for everything.

Wards A5 and B5, and Usha Chandra, Christchurch Hospital

My care has been the best I have ever had. Your junior surgical doctor was amazing, and your on-call night gastro person was great. Your nurses are your backbone. Intravenous Technician Usha Chandra was a delight and made me smile. She is an asset. To all – amazing job wahine toa!

Maternity, Christchurch Women's Hospital

As first-time parents we were well looked after and cared for. Everyone was so nice and caring. We could not have asked for more. Always checked on and informed with what was happening. Thank you very much.

Gynaecology, Christchurch Women's Hospital

Can't fault the service. Everyone we encountered was so willing, helpful and cheerful. Well done – brilliant.

Neonatal Intensive Care Unit, Christchurch Women's Hospital

The staff here are amazing! Thanks for making us feel supported in this difficult time. You are all angels and you do an extraordinary job! Love from a new mum.

Big Shout Out

To: Flu vaccinators

Perioperative Services wish to share a giant thank you to our flu vaccinators, who are ensuring many teams are receiving their annual immunisations with door-to-door delivery. Mason and Raewyn are doing fabulous work in taking the flu vaccination to the people – 'Vac on your Trak'! Hugely appreciated, and highly impressive numbers. Well done, at least 600 of us are feeling well prepared for the winter months. Sterling work.

From: Perioperative Services

#carestartshere

Ā mātou kōrero – Our stories

Excellent outcomes from Orthopaedic Physiotherapy Outreach Service

Older people with an arm or leg out of action due to a fracture, are receiving wrap-around care in the community freeing up much-needed hospital beds and ensuring they are rehabilitated well, so can return home safely.

The Older Persons Health and Rehabilitation (OPH&R) Orthopaedic Physiotherapy Outreach Service supports people to return to their communities when they no longer need treatment in hospital but require more time and support.

It began in May 2022 and the opportunity for care closer to home and to avoid unnecessary hospitalisation is so high that more staff have joined the team on a temporary basis using regional funding to support patient flow for the first six months of this year.

This includes occupational therapists, social workers and increased Physiotherapy and Allied Health assistant support.

Since January, 55 people have been on the programme which transfers them from hospital to an aged residential care facility for four to six weeks post-fracture to receive rehabilitation.

Being immobile can cause extra health risks so early facilitated discharge and rehabilitation of patients at home is preferable, says Advanced Physiotherapist Catherine McNee, who leads the service out of Burwood Hospital.

"However, if someone is non-weight bearing because of a recent fracture it isn't safe to send them home. That is where this programme comes in, releasing hospital inpatient beds and providing a better patient experience.

"Most of the patients come from Christchurch Hospital's Ward B4 and A4. We visit about 40 rest homes all over Christchurch and the service encourages early mobility and exercise from day one, she says.

"This ensures the best function possible for patients who are unable to put weight on their affected limb or use it properly. Rather than having them sitting in hospital becoming deconditioned and not progressing we're able to keep these patients



Standing, from left, Physiotherapy Assistants Deisy Almanzar and Estefania Garcia

Kneeling, from left, Physiotherapy Assistant Shajib Hossein and Physiotherapist Christine Kwan

Sitting, from left, Occupational Therapist Pip Boleyn, Advanced Physiotherapist Catherine McNee and Social Worker Tracy Norman

out of hospital and transition them home faster by working this way.

"Our clients are pretty delighted with the service especially since for those who live in Christchurch, previously the only pathway for them was to go to Ashburton Hospital for rehabilitation – over an hour away."

Many bed days are used for admissions related to falls and fractures in older adults and this service is making a real difference.

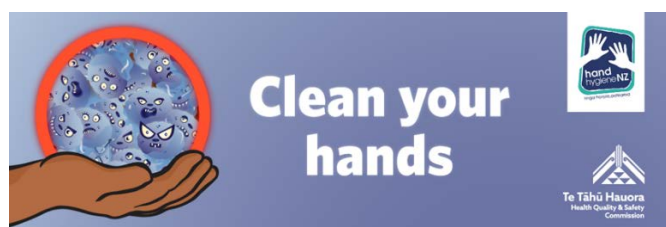
"We're not keeping a patient in hospital who doesn't need to be there, leaving the hospital beds for those who do due to medical issues. Our clients' overall outcomes are better, and any post-injury hospitalisation is kept to a minimum."

At six weeks when they are reviewed by the Orthopaedic team, 75 per cent of this patient group have been able to discharge directly home instead of readmission for rehabilitation.

"The 25 percent who have needed to come back to hospital for rehabilitation have a better baseline of fitness, they know what to expect in terms of their exercises and their length of stay isn't as long as it might have been," Catherine says.

World Hand Hygiene Day 2023 – 'Accelerate Action together: Save Lives – clean your hands'

Friday 5 May is the annual World Health Organization (WHO) Hand Hygiene Day. This year's theme is, 'Accelerate action together: clean your hands', highlighting the importance of all health workers, consumers and whānau uniting to ensure they clean their hands in the right way, at the right time, every time, keeping everyone safe.



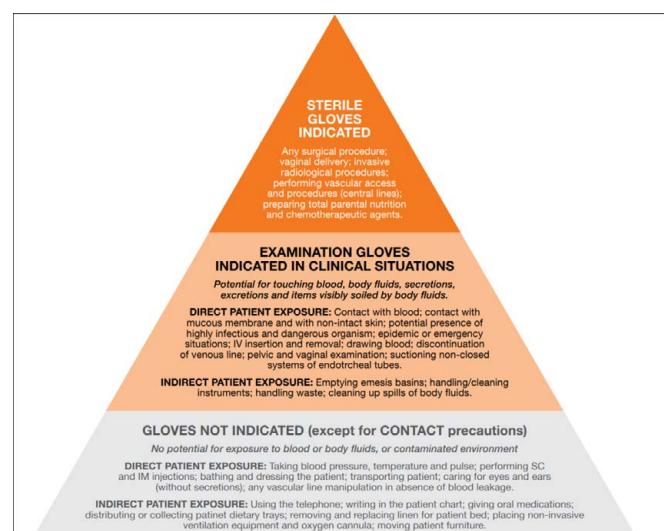
Maintaining hand hygiene is one of the most effective ways of reducing the spread of bugs (pathogens) and preventing infection and illness. The collective effort and adherence to hand hygiene continues to play a crucial role during the ongoing effects of the COVID-19 pandemic and with the upcoming winter season, the need to minimise risks from the spread of viruses such as the influenza.

Waitaha Canterbury will celebrate and promote improvements that support hand hygiene practice across the week of 1 May to 5 May 2023, including with daily promotions in the daily email communication. Gold Auditors will receive promotional items from hand gel suppliers as a small thank you for their dedication and promotion of hand hygiene. Links to hand hygiene promotional materials will also be available via the [Hand Hygiene intranet page here](#).

For resources see [Hand Hygiene intranet page](#) – The WHO Hand Hygiene Day 5 May 23.

In keeping with the WHO theme, there are a number of activities made available by Te Tāhū Hauora Health Quality & Safety Commission to promote a culture of good hand hygiene. These are:

- › **Inform and educate** – Online learning and hand hygiene training web pages have links to the Hand Hygiene Australia education modules, which include training in the [5 Moments for Hand Hygiene](#) and a module on hand dermatitis.
- › **Using gloves** – At times gloves are used inappropriately and can be a barrier for good hand hygiene practices. World Hand Hygiene Day provides an opportunity to promote the correct use of gloves. Source information on this topic from the [WHO glove use information leaflet](#).
- › Use the WHO Glove Pyramid to aid decision-making on when to wear (and not wear) gloves.



[Video – How to put on and take off gloves correctly.](#)

What are our patients telling us? Our Waitaha Canterbury inpatient experience survey results remain similar to the Gold Auditor hand hygiene moment observations with 81 percent reporting staff always used hand sanitiser or washed their hands before touching or examining them (1 November 22– 28 Feb 2023, 2769 moments observed).

Enabling Patients Hand Hygiene Improvement Project is continuing to promote the spread of the table top holders and 500ml bottles of Alcohol based Hand Rub (ABHR) to be available for all patients across Waitaha Canterbury inpatient areas. Following patient feedback, this project was commenced to ensure patients always have easy access to product to clean their hands whilst in our care, reducing the opportunity for infection.

Are you glove aware?

[See this document on PRISM.](#)

What can you do?

- › Enable our patients to self-manage hand hygiene by providing access to alcohol-based hand rub (ABHR) within arm's reach of their bed space and/or access to soap and water
- › 'Take a Moment' and have those conversations with your colleagues, for hand hygiene improvements
- › If you find the ABHR dispenser is empty, get it replaced
- › Review your local results and action plan; champion hand hygiene in your work.

Be protected
against
**meningococcal
disease**

Te Whatu Ora
Health New Zealand



Creating accessible documents and information

This is the final item in the series providing tips on creating accessible information and documents. For previous tips refer to [Tips and tools](#).

In the past 12 issues of the pānui, we have covered the tips and tools to produce accessible information. This includes:

- › Printed information
- › Digital information
- › Videos
- › Signage

This is a reminder of who needs accessible information, why we need to produce accessible information and how we can check the accessibility of what we have produced.

Patient groups needing accessible information include:

- › People who are blind or have visual loss
- › People who are deaf, Deaf, or have hearing loss.
Note: 'deaf' is used to describe or identify anyone who has a severe hearing problem and Deaf, with a capital D, refers to people who have been deaf their whole lives (or at least from before they could speak)
- › People who are deafblind
- › People who have a learning disability
- › People who have limited or no English.

The following groups may also be affected by inaccessible documents:

- › People with aphasia
- › People with a mental health condition which affects their ability to communicate
- › People with dyslexia
- › People with autism.

Disabled people:

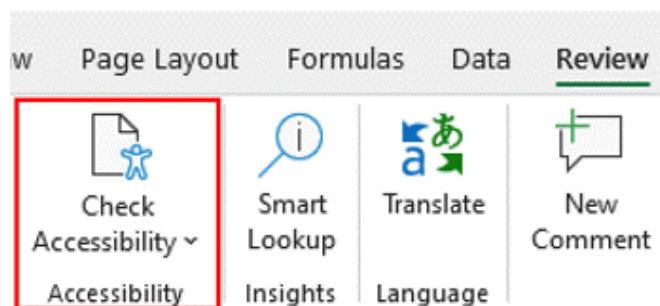
- › have poorer health outcomes than the general public
- › comprise approximately a quarter of the general population and nearly two thirds of the population over 65 years of age
- › often have multiple issues causing that disability

- › make up a third of those accessing health services
- › are twice as likely to access health services than non-disabled people of the same age.

Remember to use the Accessibility Checker in MS Office. This checks your document for accessibility and suggests changes to make it more accessible.

1. On the ribbon of the Microsoft 365 app, select the Review tab. If you're using Outlook, you'll only see the Review tab when writing or replying to messages.
2. Select the upper part of the Check Accessibility split button. The Accessibility pane opens to the right of the screen. The Accessibility ribbon activates at the top of the screen.

Tip: To see more options, select the lower part of the Check Accessibility button.



In the Accessibility pane, review and address the findings as instructed in [Apply recommended actions](#).

These items in the pānui during February, March and April have given you the tools to produce accessible documents and information. If we all produce information that is 'Born Accessible', then there will be less need for it to be modified for disabled people. There will still be the need for accessible formats, such as audio, New Zealand Sign Language (NZSL), Easy Read, Braille, and large print, but it will take less effort, time and cost to create those accessible formats.

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.

Please see below offers for you.



nood – Tower Junction

nood is offering staff 60 percent off the current range plus 10 percent off its 'Elements' collection, which can be redeemed in-store. Present your staff ID and the [flyer found here to redeem](#). Available from **29 April to 7 May**.



Southern Cross

Reduced premiums for you and your immediate family. See more information and [discount code here](#).



Les Mills – 203 Cashel Street, Christchurch

Get 10 percent off when you sign up to a 12 month Go Membership. Show your staff ID when signing up.



Table of Munchies – 189 Papanui Road, Merivale

Get 10 percent off your food order. Discount applies to both dining in and takeaways, on food only (except salmon and duck), no discounts on drinks. Show your staff ID to redeem.

QUIZ ANSWERS – Animated movies

- | | |
|------------------------------------|--|
| 1. a. 1937 | 7. a. The Lion King |
| 2. c. Andy | 8. b. Toy Story 3 (it lost to The King's Speech).
Beauty and the Beast was nominated in 1991
and Up in 2009. |
| 3. b. Shrek | 9. c. Pig |
| 4. b. A dentist's office in Sydney | 10. a. Disgust |
| 5. d. Sisters | |
| 6. c. She's looking for her father | |

Pegasus 2025

In the latest edition of Pegasus 2025, read about the Pegasus Health Acute Demand Service which provides community-based care for patients that would otherwise require hospital admission. Established in 2000, the services is the only one of its kind in New Zealand.

Also read about:

- › 8 ways to stay well this winter
- › Pippa Mackay retires from Ilam Medical Centre
- › Scholarship recipient - Ben Shine (Ngāi Tahu), and much more here

A woman with glasses and a blue patterned shirt is smiling. She is wearing a green lanyard with a badge around her neck.

Stop the flu before it stops you

**Free staff flu vaccinations
available now**

Check PRISM for details



Inaugural Professorial Lecture – Professor Tony Walls, Events, University of Otago

Research for Children Aotearoa

Professor Tony Walls is a paediatrician and infectious diseases specialist who works at Te Whatu Ora – Waitaha Canterbury. He trained at Great Ormond St Hospital for Children and completed an MD in clinical virology through the University of London. He recently set up a new research collaborative called Research for Children Aotearoa of which he is Co-Director. This brings together established and developing researchers across regions, disciplines and institutions to focus on research that will improve child health and wellbeing.

A key focus of Tony's research has been vaccines and vaccine-preventable diseases. Recent epidemiological work has led to Pharmac changing the pneumococcal vaccine it funds on the infant immunisation schedule. He also has an interest in bone and joint infections in children and is currently involved in research to develop new diagnostic techniques and new approaches to antimicrobial treatment.

In this lecture, Tony discusses the newly developed research collaborative 'Research for Children Aotearoa', research that makes a difference to children and also discusses some of his pet projects – mostly immunisation topics.

Date: Thursday 4 May, 2023

Time: 6–8pm

Location: Rolleston Lecture Theatre, University of Otago

This event will be livestreamed.

[For more information and to register go to the Otago University website here](#)

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 Te Whatu Ora Waitaha Canterbury. The newsletter aims to highlight new and revised free resources available from your local CHIC office.

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

Pito kōrero hou tonu Latest news



Te Tāhū Hauora Health Quality & Safety Commission has announced the appointment of Dr Peter Jansen as its new chief executive.

Read more about this and much more, including an update on a serious traumatic brain injury national collaborative, in their [newsletter here](#).

Leadership and Team Learning for 2023

Enrolments are now open for a wide range of workshops across Waitaha Canterbury and Te Tai o Poutini West Coast for many dates throughout 2023 – all designed to enable effective leadership and cultivate high-performing teams.

These workshops are available to all kaimahi.

Please note: Only the closest date is shown. Other dates are available.

› [Building Teams & Resolving Conflict Workshop \(18 May\)](#)

High performing and supportive teams result in better patient care and a more enjoyable workplace. Through solidly researched team behaviours and practices you'll come away with a toolkit of strategies and techniques for building successful teams and for effectively managing conflicts.

› [Courageous Conversations Workshop \(7 June\)](#)

Having the courage to have challenging kōrero [conversations] is fundamental to ensuring we work well with each other. With proven techniques, we'll build your confidence to successfully have these courageous conversations. We'll share methods for making these easier to have and most importantly, chat about how you can prevent these situations arising in the first place.

› [Leading Self \(17 May\)](#)

No matter what role we are in, effective leadership requires understanding who we are and how our values, personality, and attitude influence our tikanga [behaviour]. This workshop will help you develop self-awareness through insights into your personality and values.

Free Training in Cochrane Systematic Review Methodology

Kia ora researchers,

If you have ever thought you would like to complete a Cochrane Interventional Systematic Review, then this is the training opportunity for you. Cochrane Reviews are systematic reviews of primary research in human health care and health policy, and are internationally recognised as the highest standard in evidence-based health care.

The Cochrane Protocol and Analysis workshop for interventional systematic reviews will be held in person over 2.5 days in Christchurch at the Manawa Campus on 8 – 10 May 2023.

A registration form and further information about the workshop are available at <https://nz.cochrane.org/training> for those who wish to attend. This workshop is free of charge for those intending to complete a Cochrane systematic review but spaces are limited to 20 attendees so send in your registration as soon as possible.



Cochrane
New Zealand

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Informed decisions.
Better health.

Please note: This is a workshop and some of the sessions provide an opportunity to work on the review you wish to write, so you must have an interventional review topic that you can work on during these sessions. This is an in-person workshop and remote participation is not available.

The contact people for any questions are:

1. Associate Professor Vanessa Jordan PhD
NZ Cochrane Fellow
Associate Director of Cochrane New Zealand
v.jordan@auckland.ac.nz or
2. Dr Mark Jeffery
Medical Oncologist & Co-director Cochrane New Zealand
Mark.jeffery@cdhb.health.nz

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pēpi from
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Cough**

Te Whatu Ora
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Te Aka Whai Ora
Māori Health Authority

