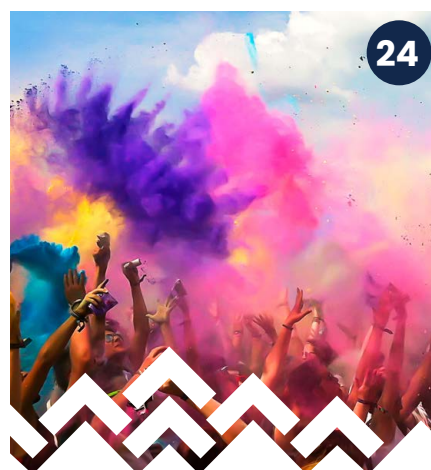
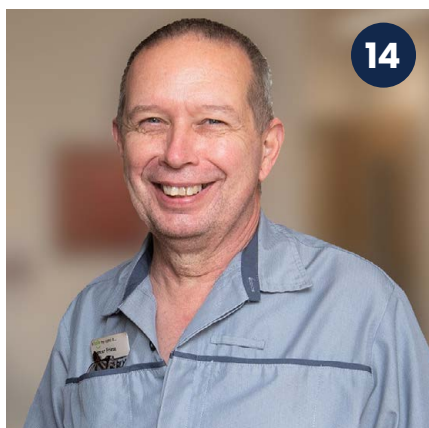
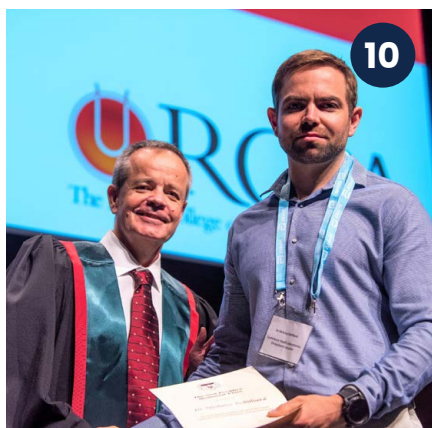


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

Issue No.31 | 13 March 2023 | 13 Poutū-te-rangi 2023



Te Whatu Ora
Health New Zealand
Waitaha Canterbury



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Cover photo: Designated Health Protection Officers (HPOs) and Trainers, back row, from left, Kara Seers, Briar Gaynor (Training HPO), Samuel Anderson (Trainer), and Debbie Smith (Senior HPO, Health Protection Educator). Front row, from left, Hannah Landers, Georgina Harnett, Ayan Hussein, Olivia Walker (Registered Nurse), and Penny Howes. Absent: Talia Madritsch and Ian Van Delft

Kupu Arataki – Introduction

New interim Board Chair for Te Whatu Ora appointed

Minister of Health Hon Dr Ayesha Verrall has appointed Naomi Ferguson as the interim Board Chair for Te Whatu Ora – Health New Zealand, effective immediately and until a permanent appointment is made.

Naomi is a current Te Whatu Ora Board member and a highly accomplished leader. She brings significant experience in both governance and executive roles, including having served as Commissioner and Chief Executive of Inland Revenue where she led a major transformational change. A champion of diversity and inclusion across the Public Sector as co-chair of [Papa Pounamu](#), Naomi is also currently Chair of Education Payroll Ltd.

As interim Chair, Naomi remains focused on continuing our delivery under Te Pae Tata | the Interim New Zealand Health Plan; ensuring we keep our strong focus on supporting our diverse workforce; and continuing our close partnership with Te Aka Whai Ora, something that is critical to our delivery on the aims and expectations of the health reforms.

Naomi's full bio is available on our [Te Whatu Ora website](#).

Welcome Naomi!



New interim Board Chair for Te Whatu Ora | Health New Zealand, Naomi Ferguson

Unity Week 15 – 21 March

Wednesday marks the beginning of the second annual Unity Week in Christchurch. An initiative of seven incredible women who lost loved ones in the terror attack four years ago, Unity Week remembers those lost and also promotes a more socially cohesive society.

The Unity Week founders believe that everyone, regardless of their background or community, should feel welcome, respected, and loved for who they are and where they come from.

There are three events scheduled for the upcoming week:

- › [Meet and Eat for Unity Week](#) (12 – 1.30pm, 16 March): You're invited to bring your lunch and connect with others over food.
- › [Walk the Talk for Unity](#) (10.30am – 2.30pm, 18 March): Assemble at the Canterbury Museum to walk together and affirm that we reject hate and division.



- › [Unity Picnic and Peace Train](#) (11.30am – 2pm, 19 March): Lay your picnic mat on the grass and mingle with others around you, while the kids jump on the peace train.

Learn more about Unity Week and sign up to receive updates on the [website here](#).

Wednesday 15 March marks four years since the Christchurch terror attack.

A day to reflect and remember the people lost and injured, their friends and whānau, and the extraordinary first responders and healthcare workers who treated and cared for those affected.

Wearing masks in healthcare facilities

In light of the recently updated national advice on mask wearing in healthcare settings, the COVID-19 Technical Advisory Group (TAG) confirms there is ongoing but low-level community transmission of COVID-19 and low level of community transmission of other respiratory viruses.

In this regard, TAG recommends an update on mask-wearing guidance in our healthcare facilities

- › Use of medical masks for visitors (e.g. support persons, whānau and contractors) is encouraged while in our healthcare facilities. [The visitor poster](#) (available in the COVID-19 Portal – under IPC Resources) has been updated to reflect this messaging
- › Digital screens on the campuses will be updated this week
- › Staff continue to adopt a risk-based approach and consider use of PPE according to task, their personal circumstances and built environment (e.g. ventilation). See Table 1 right.

Table 1 – Mask-wearing guidance for staff in healthcare settings**

This guidance is to be used in conjunction with Standard Precautions and Transmission-based Precautions

Mask required	Mask recommended	Mask encouraged
This means a mask must be worn in this situation as part of transmission-based precautions	This means a mask is strongly advised to be worn in these situations as the balance of evidence favours mask use to reduce transmission	This means wearing a mask is at the choice of the staff member
<ul style="list-style-type: none"> › Patients with confirmed COVID-19 or patients with confirmed influenza or RSV › Patient/client is coughing or sneezing with suspected acute respiratory virus infection › As part of transmission-based precautions (including N95 as appropriate) 	<ul style="list-style-type: none"> › Units where there is higher/more frequent risk of exposure, including acute assessment units/emergency departments, respiratory wards › Units where patients are particularly vulnerable due to immune-compromise e.g. BMTU, CHOC. 	<ul style="list-style-type: none"> › When in waiting rooms or consumer/ inpatient areas shared with others who may be symptomatic › In indoor spaces where ventilation is not optimal or there is close crowding

****This is intended to provide guidance on safe minimum practice and local requirements will be reviewed and updated as the local situation changes i.e. epidemiology, unit/area outbreaks, staff resourcing.**

Staff flu vaccination programme from 4 April

The 2023 flu vaccination will be available free, to all Te Whatu Ora staff from 4 April. In 2022, our communities and staff were hit hard by influenza which meant our hospitals and urgent care clinics were often overwhelmed.

Let's not repeat 2022! The best thing you can do for yourself, your whānau, your community, colleagues and the people we care for, is get the flu vaccine. It reduces your risk of catching influenza and if you do, lessens the severity of your symptoms.

Did you know?

- › While the flu vaccine is generally safe to get at the same time as your COVID-19 vaccinations/booster (including the new COVID-19 BA.4/5 bivalent booster), our flu vaccinators will not be able to provide you with your COVID-19 booster
- › **You should tell your flu vaccinator if you:**
 - » Feel unwell
 - » Have ever had an allergic reaction to a vaccine or medication
 - » Have a blood clotting disorder or take blood thinning medication
 - » Have had any other vaccinations in the past week
 - » Smoke or vape
- › If you have had COVID-19, you should wait until you have recovered before getting your flu vaccine
- › The flu vaccine is safe and highly recommended for vulnerable people including the elderly, the immunocompromised, people with pre-existing health conditions and those who are pregnant.



**Stop the flu
before it stops you**

**Free staff flu vaccinations
available from April**

Confirmed cases of meningococcal disease

Two students from the University of Canterbury have been admitted to Christchurch Hospital with meningococcal disease in the past week.

A bacterial infection, meningococcal disease can cause two very serious illnesses: meningitis (an infection of the membranes that cover the brain) and septicaemia (blood poisoning). It can affect anyone – but it's more common in children under the age of five, teenagers, and young adults.

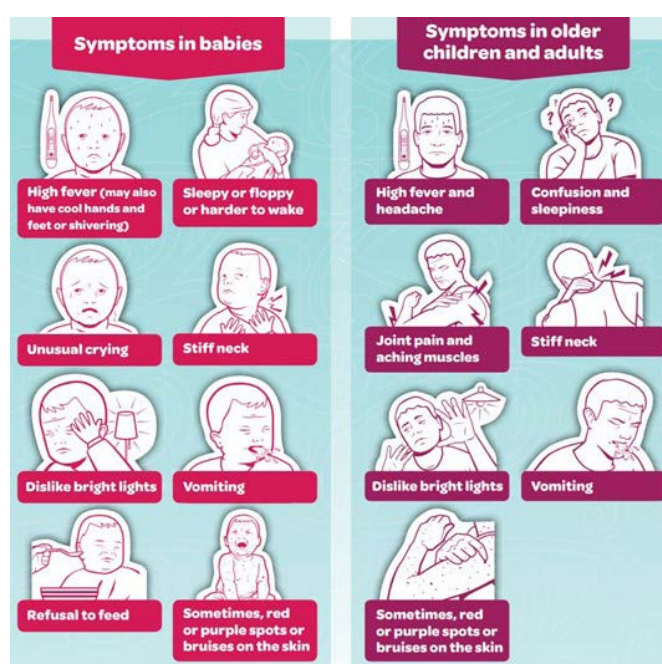
Due to the fast moving and contagious nature of the disease, all close contacts of the patients have been identified and treated with antibiotics to reduce the risk of catching it.

Meningococcal B vaccine (branded as Bexsero)

- › Access to the meningococcal B vaccine has been expanded for children aged under five years old providing better protection against meningococcal disease
- › The meningococcal B vaccine is funded for all babies aged 12 months and under
- › A free catch-up programme is available until 31 August 2025 for all other tamariki aged under five years old
- › Expanded access for people aged 13 to 25 in specified close-living situations
- › People aged between 13 and 25, in their first year living in boarding school hostels, tertiary education halls of residence, military barracks, or correctional facilities are also eligible for funded meningococcal B vaccine
- › A free catch-up programme is available until 28 February 2024 for all people aged 13-25 currently living in boarding schools, university hostels, military barracks, or correctional facilities.

Common symptoms of meningococcal disease

Meningococcal disease symptoms typically develop very quickly over a few hours, but in some cases may develop more slowly over several days. A person with meningococcal disease may only have some of the symptoms. The symptoms don't develop in any particular order.



If you're concerned that someone in your family might have meningococcal disease, call your doctor straight away or dial 111. Describe your symptoms.

In Canterbury you can call your own general practice team 24/7 and after-hours when the practice is closed simply follow the instructions on the answer phone to be put through to a health professional who can provide free health advice. You can also call Healthline 0800 611 116 24/7.

If you have seen a doctor and gone home, but are still concerned, don't hesitate to call your doctor again or seek further medical advice.

More information on prevention can be [found here](#).

Quiz – Toys

Toys play a part in almost every person's life. They help children learn, create and interact. They make adults feel like kids again and for some, they're lucrative investments. Test your knowledge of toys.

1. What movie franchise has sold the most toys?

- a. Lord of the Rings / The Hobbit
- b. Cars
- c. Transformers
- d. Star Wars

2. What iconic Kiwi toy was provided to an infant Prince William for a photo call on the lawn of Government House in 1983?

- a. Rugby ball
- b. Buzzy Bee
- c. Hairy Maclary soft toy
- d. Plush kiwi bird toy

3. What is the best-selling doll of all time?

- a. Cabbage Patch Kids
- b. Barbie
- c. GI Joe
- d. Raggedy Ann

4. With a brand value of US \$7.4 billion, what toy from Denmark has been the most valuable toy brand for the past nine years?

- a. Pokémon
- b. Fisher-Price
- c. Lego
- d. Bandai-Namco

5. Which of the following teddy bears is the oldest?

- a. Winnie-the-Pooh
- b. Smokey the Bear
- c. Yogi Bear
- d. Fozzie Bear

6. The Rubik's Cube, Care Bears and My Little Pony were all popular in what decade?

- a. 1960s
- b. 1970s
- c. 1980s
- d. 1990s

7. What digital pet took the world by storm, selling 4,000,000 units in the four months after its release in 1996 and 82 million to date?

- a. Hello Kitty
- b. Tamagotchi
- c. Pokémon
- d. Nintendogs

8. What is thought to be the oldest toy in the world, with one found in the tomb of King Tutankhamun?

- a. Yo-yo
- b. Ball
- c. Doll
- d. Spinning top

9. Which of the following was not a colour on the original Rubik's Cube?

- a. Yellow
- b. White
- c. Pink
- d. Orange

10. What is this?

- a. Furby
- b. Beanie Baby
- c. Pikachu
- d. Telly Tubby



[Check your answers on page 25](#)

Ā mātou tāngata – Our people

Mana Taurite team's mahi recognised

Congratulations to Waitaha Canterbury's Mana Taurite | Equity, Diversity and Inclusion team who were announced as winners of the Mana Tāngata award at the New Zealand HR Awards ceremony in Auckland last week. The awards, organised by Human Resources New Zealand (HRNZ), recognise excellence and outstanding achievement within New Zealand's HR community.

"The awards are hotly contested so we were honoured just to make it to the finals", says Head of Equity, Diversity and Inclusion Rebecca McCormick.

"It was wonderful to gather together at the event to celebrate the outstanding work of HR professionals throughout Aotearoa. To be recognised as a winner was a tremendous honour. We're thrilled."

The awards, judged by an independent panel, have two categories:

- › The Mana Tāngata category – Whakamana Whānau programme (recruiting, onboarding and ongoing support based on tikanga Māori principles). Check out our team's video Whakamana Whānau (vimeo.com)
- › The Diversity and Inclusion category – Mana Taurite team workstreams. Check out our team's video [Diversity and Inclusion Team \(vimeo.com\)](https://vimeo.com)

Whakamana Whānau is a programme developed to increase the diversity of kaimahi to better reflect the community we serve. The programme uses a Māori tikanga based framework, to guide planning and implementation processes:

- › Whakapiri| – connecting and engaging with our Māori and Pasifika communities
- › Whakamarāma| developing recruitment processes that break down barriers
- › Whakamana| providing an onboarding process that is based on whanaungatanga, manaakitanga and aroha.

Te Tiriti o Waitangi is at the heart what we do, and the People and Capability team is committed to reducing inequities for Māori and Pasifika. Since the programme was put in place in 2021, 50 Māori and Pasifika people have been appointed to a wide variety of jobs that are career pathways within health.

The impact has been far reaching, for those that have joined our programme and for the patients that we serve.



The team's awards



From left, Coordinator for Equity, Recruitment and People Partnering Christopher Pennington, Recruitment Team Lead Medical and Corporate Lily Simons, Team Lead for Mana Taurite Rebecca McCormick, Interim Chief People Officer Jo Domigan, Coordinator for Mana Taurite Zak Newport and Recruitment Specialist Daniel Bonnet

Pathology achievements recognised

Te Whatu Ora Waitaha Canterbury Pathology kaimahi received well deserved recognition and success at the recent Pathology Update in Melbourne.

Pathology Update is the annual scientific meeting of the Royal College of Pathologists of Australasia (RCPA). It covers the scientific disciplines of Anatomical, Chemical, Forensic, Genetic, General, Haematology, Immunopathology and Microbiology.

This year's theme was 'Laneways to Discovery'. Waitaha Canterbury Pathologist Rachael van der Griend gave an invited lecture at the meeting.

At the conference's graduation and awards ceremony, Anatomical Pathology Registrar Nick Robilliard was awarded the Neil Prentice Memorial Prize for gaining the top mark by a New Zealand candidate, in last year's Pathologic Sciences examination.

Anatomical Pathologist at Canterbury Health Laboratories (CHL) and RCPA Vice President for New Zealand Chris Hemmings says this means that of the department's seven current registrars two are now holders of this award.

Chemical Pathology Registrar at CHL Bobby Li won the Trainee Poster prize. His presentation of work to 'Update reference intervals for deconjugated urine metanephrines by Bhattacharya analysis' was well received by the judges.

The prize was open to trainees from all pathology disciplines across Australasia. Bobby analysed data from over 8000 results performed at CHL over the last 12 years.

"His work has established new age and sex specific reference intervals which should improve the specificity of this assay for identifying patients with pheochromocytoma or paraganglioma – rare tumours of the adrenal gland or tumours that form along nerve pathways", says Chemical Pathologist Richard King.

Bobby is in his fourth year of training in Chemical Pathology and is now studying for his final examinations. He will then head overseas to complete his specialist training.

"All Bobby's colleagues at CHL congratulate him on his success," Richard says.



Anatomical Pathology Registrar Nick Robilliard (right) receiving the Neil Prentice Memorial Prize from Chair of the Board of Education and Assessment, RCPA Associate Professor Jurgen Stahl



Chemical Pathology Registrar Bobby Li (right) receiving the Trainee Poster Prize from Chair of the Board of Education and Assessment, RCPA Associate Professor Jurgen Stahl

Radiologist and Forensic Pathology Registrar Andrew Gilkison was admitted as a Founding Fellow of the Faculty of Post-Mortem Imaging through the RCPA.

The Forensic Pathology team say they are incredibly proud of Andrew's accomplishments.

"His expertise in post-mortem imaging has been a huge asset to the department and we are fortunate to have him training with us."

This new Faculty has been created to help establish professional standards and encourage education, research and training for those involved in the interpretation of post-mortem radiological imaging.

Post-mortem imaging, especially post-mortem CT (PMCT), is becoming an increasingly utilised adjunct to autopsies and death investigations, with about 180 PMCTs performed for the Christchurch mortuary last year alone.



Radiologist and Forensic Pathology Registrar Andrew Gilkison (right) receiving certificate of his admittance as a Founding Fellow of the Faculty of Post-Mortem Imaging from RCPA President Lawrie Bott

KARAWHIUA

Antivirals are FREE
for our kaumātua.
Have a kōrero
with your doctor
or pharmacist.

The advertisement features a photograph of a woman with grey hair and a child walking hand-in-hand through a grassy field. The woman is wearing a black sleeveless top with a white pattern and black shorts. The child is wearing a light-colored t-shirt and blue shorts. The background is a lush green field with a purple gradient overlay on the right side. The text 'KARAWHIUA' is in white, bold, uppercase letters. Below the text, there are several horizontal lines of varying lengths, some solid purple and some with a white pattern, resembling a stylized representation of a river or a path.

Big achievement for Health Protection team

Six health protection officers (HPOs) have become designated (signed off by the Director-General of Health) – a record number of trainee HPOs at one time.

There were also two other HPOs who became designated earlier last year and one trainee who shifted to another Public Health Service office.

Previously the largest number of trainee HPOs Te Mana Ora (Community and Public Health) has had at one time was five, but these started at significantly different times and at different stages of training while completing the academic qualification.

This is a huge achievement for the Health Protection Team at Te Mana Ora, says Health Protection Officer Georgina Harnett.

“A lot of people were involved to get us through the training and deserve recognition for that, in particular Senior Health Protection Officer and Health Protection Educator Debbie Smith who spent a lot of time coordinating and organising training sessions for us all. I think we did a combined 120 hours of online training webinars during that time.”

This was all done in the background while preventing/responding to the COVID-19 outbreak, she says.

Debbie says the group required an academic assessment and training plan to be developed and completed while achieving the practical competencies through daily work.



The Health Protection Team

“While the supervision and training of this number of trainees is a lot of work in and of itself, there were some economies of scale in running specific training sessions for them together. There was also the side benefit of having currently designated HPOs attending the training sessions to refresh skills/knowledge following nearly three years of no business as usual work due to COVID-19.”

Most of the training sessions had to be delivered via Zoom due to COVID-19 restrictions. This posed challenges in delivering training in line with adult learning techniques and was not as interactive as desired.

“However, it did have the advantage of sessions being recorded which meant they were available to staff unable to attend on the day and catch-up at a later stage.

"A big reason we had to focus on internal delivered training was due to disruptions caused by COVID-19 to the usual nationally provided trainings. Many of these were cancelled, and for those that weren't we couldn't send all our trainees to at the same time. The onus was on us to come up with a rigorous internal training plan to advance our large group of trainees and refresh existing staff."

Currently designated HPOs delivered training sessions for their work lead areas so it was a real team effort.

"This has been a herculean effort by a core group of people and something to be immensely proud of", she says.



From left, Senior HPO, Health Protection Educator Debbie Smith and HPO Georgina Harnett

HPOs investigate public health concerns, provide advice and information to community leaders and the public as part of a public health enforcement team, carrying out a regulatory role on behalf of the Director-General of Health.

Areas of focus are environmental health and communicable diseases. In environmental health, HPOs identify threats, quantify these and along with others minimise them. Areas include biosecurity and border health (port and airport), hazardous substances, emergency management, resource management, air quality and recreational water quality among others.

They also undertake surveillance, investigation and contact tracing of communicable diseases with the aim to prevent diseases spreading.

There are all sorts of ways to boost your wellbeing this summer.



Te Whatu Ora
Health New Zealand

Mental Health Foundation
mauri tū, mauri ora



One minute with... **Spencer Friese**

Orderly Christchurch Hospital

What does your job involve?

Everything about moving patients, and I am currently delivering all mail and notes to everyone in Riverside, Parkside East and West, Christchurch Women's, and Waipapa.

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

I would suggest they come with an open mind and have their skates on because it is a lot of walking. You will learn a lot about how a hospital works.

Who inspires you and why?

Many people, including my wife, and my 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?

Treat everyone like you would your grandma, mother, father, and your own kids. Respect everyone.

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

In Oregon, USA, fishing and hunting. I grew up in Oregon and hunting mule deer and elk were some of the best times of my life. When you hunt in Oregon there are times you are hunted (cougar, bear, and snakes), so you need to be careful! Fishing is for rainbow trout and some brown trout. The rivers are so much fun to go up and down hunting the fish.

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

Kevin Costner.



What are your hobbies/interests outside of work?

Wood carving, and chilling. I make signs for our family, we call them totems. Due to family history and their name, an animal is assigned to them for life as their totem.

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 #5

Hākinakina – Sports

Kei te hunga e ngākaunui ana ki te mahi hākinakina, kaimātakitaki mai, kaitākaro mai, tēnā koutou katoa.

To those of you who are keen on sports, both observers and participants, greetings to you all.

This lesson we are going to look at a few words and sayings that are used in the world of hākinakina or sports.

Kupu – Word

Whare hākinakina	Gym
Whutupōro	Rugby
Poitaraawhiti	Netball
Kirikiti	Cricket
Haupōro	Golf
Mekemeke	Boxing
Tēnehi	Tennis
Poitūkohu	Basketball
Kauhoe	Swimming
Poiwhana	Soccer
Kapa	Group, team
Haka	Māori dance performance
Whakangungu	Train
Werawera	Sweat
Whara	Injured/injury
Whati	Break (of bone)

Kīanga – Phrases

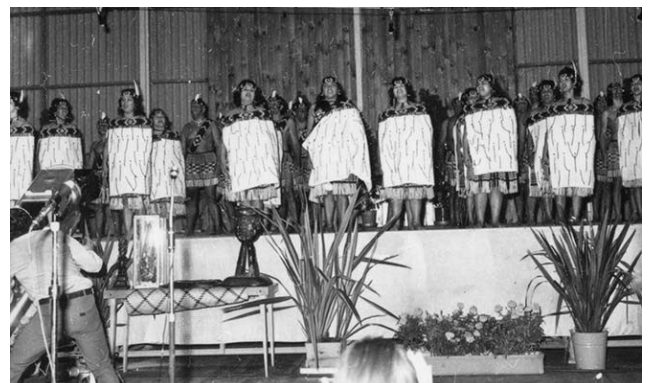
Te mutunga kē mai o te pai!	Absolutely brilliant!
Ka taea e koe, kia kaha!	You can do it, come on!
Patua te mamae!	Ignore the pain!
I ō moemoeā!	In your dreams!
Kua pau te hau!	I am stuffed/ exhausted!

He whakapātaritari – A challenge

Do some of your own research to learn about some kupu or kīanga related to sports that you are involved with. There is a plethora of resources out there to further develop your vocabulary. Ka taea e koe, kia kaha!

I mōhio rānei koe? Did you know?

On 11 and 12 March 1972, the inaugural Polynesian Festival was held in Rotorua. Seventeen kapa Māori (Māori groups) and six kapa from other Polynesian cultures participated. The Gisborne-based kapa Waihirere shown here, were the overall winners. Today, this festival is known as Te Matatini and is known widely as the Olympics of haka where Māori culture is celebrated loudly, passionately and proudly.



Kei te whakamiha ahau ki a koutou katoa e ngākau whakapuke ana ki te ako i ētahi mea hou. I admire and respect all of you and your eagerness to learn some new things.

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

Hauora.Maori@cdhb.health.nz

Whakamihi – Bouquets



Graham Dawson, Emergency Department (ED), Christchurch Hospital

The wait was very long, but once I was taken through to the acute ward, the care I received from Dr Graham Dawson was excellent. His examination and investigation in to my symptoms was informed, thorough and reassuring. This was in spite of understaffing, and the speed at which everyone was working to manage the volume of patients. I was also impressed with Graham's sense of humour, despite working with some challenging patients through the night. Thanks for the care.

Ward 14, Christchurch Hospital

I want to say that all the people who treated and cared for me during my recent stay in hospital could not have done anything better. I was extremely impressed by the professional and caring manner of everyone from the cardiac team who diagnosed me, to those who ran tests and scans, carried out the procedure, nurses, orderlies, cleaning staff and WellFood staff who brought us food and hot drinks. I want to add that when I was waiting to be picked up by my wife after being discharged, another patient who had gone through something very similar to me sat next to me and proceeded to tell me how well he had been cared for too – basically saying exactly what I have relayed.

Mark and Lauren, ED, Christchurch Hospital

My son was admitted to ED recently. I would like to thank his doctors Mark and Lauren and his nurse, sorry I am unable to remember her name. They were all amazing and so understanding, taking the time to listen to our concerns. Even though ED was very busy, you all went out of your way to sort out the issue. Thank you so much, you're all incredible.

Hannah, Anna, ED, Christchurch Hospital

My partner was in ED recently. We want to compliment the amazing work of the nurse and doctor we saw. Around 3am we were seen by Nurse Anna. Despite the pressure ED was under, she took time to listen and address all our concerns. My partner and I are autistic, and she was incredibly skilled at communicating clearly, but still respectfully. She made us feel comfortable and like we were in good hands. The same can be said of the doctor we saw – Hannah. She was very considerate of my partner's sensory needs, for example arriving quietly and calmly beside her bed, not opening the surrounding curtains or turning on more lights, speaking in a very soft voice and giving plenty of time for us to answer her and take in what she was saying. Both Anna and Hannah were so well versed in how to carry out their jobs in a way that made our hospital visit as un frightening as possible, specifically in regard to knowing how to help us as an autistic patient and support person. We are really grateful and would love if this could be passed on to them.

ED, Cardiology, Christchurch Hospital

I'm from Victoria, Australia and ended up in hospital, in both the ED and the cardiac ward. I want to thank all the staff – doctors, nurses, orderlies, WellFood – pretty much everyone. You not only fixed me up and got me going, you did it in such a professional, caring and courteous manner. I am forever thankful.

Ward A5, Christchurch Hospital

My mother who is 84 years old was in hospital for over a week. She has had the most wonderful, amazing care. Thank you so much.

Holly and Lisa, Ward 11, Christchurch Hospital

Thank you for the incredible help, patience, kindness and respect from the amazing team for helping me feel comfortable and welcomed in a friendly environment. My nurses Holly and Lisa were amazing. Lisa helped me make breakthroughs in eating again, listened and gave such contagious energy to try a bit harder. All my nurses were wonderful but these people I'll remember helping in my recovery. Thank you all for your help.

Christchurch Hospital

My wife was admitted for a fall in the street while on holiday. Her journey from ambulance and ED to Ward B4 was excellent. She received excellent care from all she had contact with. Dr Lloyd, Dr Andrew and especially Dr Isaiah were very professional and supportive of my wife pre and post op. We thank you for providing the best of care and support in what was a very stressful holiday. The new development and wards are excellent – clean, roomy and well planned.

Ward B4, Christchurch Hospital

Thank you for taking wonderful care of my nana in Ward B4 for the duration of her stay. You all work so hard and it doesn't go unnoticed, so thank you.

Intensive Care Unit (ICU) and Ward A8, Christchurch Hospital

My sister had a stroke and she was taken from Nelson to Christchurch Hospital in the rescue helicopter. In Christchurch Hospital, my sister was taken into ICU and the staff and care were excellent. Upon a move to Ward A8, again we noticed consistency of care and excellent service from doctors. The excellent care and personal approach was great too. My sister just hugged one of them showing our thankfulness for such care.

Melissa Courtney, Emily White, Jordan, Georgia, Kaitlin, Chrissy, and Sam Wayne, Ward A4, Christchurch Hospital

I want to bring it to the hospital's attention how your organisation is blessed to have such a wonderful nurse as Melissa Courtney. She is a most valuable asset to this hospital. I also want to add to this shout out Emily White, and doctors Jordan, Georgia and Kaitlin. Furthermore, I want to mention Chrissy on night watch and especially Sam Wayne who went out of his way to make me comfortable. When I get back to the U.S.A, I'll have nothing but good things to say about my time in hospital.

Cameron – Respiratory Services, Christchurch Hospital

Cameron/Cam in Respiratory is absolutely fantastic. My mum was in hospital for a few days and wasn't excited for more tests, until we met Cam. He was bubbly, fun, educational and motivational. Absolutely love his work, and he deserves to be recognised for his amazing work. The way he made the tests fun and was encouraging to my mum was beautiful.

Dani, Lavina, Holly, Suki, and Caroline, ED, Christchurch Hospital

My husband was medically evacuated to Christchurch Hospital. We were informed by the ED staff that he had reached the stage where he would soon pass and that it would be the job of the hospital to keep him as comfortable as possible. He was moved to a single room in a ward. My daughter and I were allowed to stay with him. The social worker, Caroline, helped us to understand what was expected. During the time it took him to leave this world we witnessed the wonderful care of many of the staff including Dani, Lavina, Holly and Suki. We were so grateful for the understanding and care, especially at the time that he passed. This is a long overdue note of thanks and acknowledgement from two from Sydney who experienced a very traumatic time. The staff of Christchurch Hospital could not have been more caring or empathetic. Thank you.

Plastics Surgery and Ward 18, Christchurch Hospital

I was in Ward 18 for 12 days. From the moment the ambulance officers found me to the moment I left Ward 18 I felt nothing but aroha, empathy, concern, and positive energy from all staff, from the orderlies to the surgeons! To my Surgical Plastics team, Andrew, Bobby and crew – thank you from myself and my family. What an incredible job you have done. I understand my journey is not over, but your encouragement, honesty, positivity, and professionalism will always be remembered. You really are an incredible team. To the wonderful staff of Ward 18, I don't think there are words that can express my gratitude. You are incredible and went above and beyond for me. You made me laugh and cry and kept me company in my darker moments. I know this is just a letter but to me it's much more! You all are incredible, so from the bottom of my heart thank you.

Ā mātou kōrero – Our stories

Dawn blessing marks the start of Ashburton Ground Source Heat Pump project

Early in the morning last Monday, a small group of clinical staff, operational management and maintenance and engineering staff, and contractors, gathered on the grounds of Ashburton Hospital to mark the start of the construction of the new energy centre.

The group was led in a blessing and karakia by Te Upokorunanga o Arowhenua Tewera King, followed by a small morning tea.

The existing Ashburton Hospital heating which is provided by three coal boilers is being replaced with Ground Sourced Heat Pumps (GSHPs). The potential CO2 savings from the new energy option will be 2,385 tonnes per year.

General Manager Rural Health Bernice Marra says the blessing acknowledges the work being done to make our operations more sustainable and reduce our carbon emissions.

“Out of the three coal boilers, one is 50 years old and the other two are 25 years old. They are now at the end of their life and need replacement. The heat requirement for the campus has also changed and these are too big and are running inefficiently (estimated at 63 percent). Hence this upgrade was inevitable.”

Project Manager Mike Frude, who is leading this initiative, says the new heating, based on GSHP will use aquifer water that is available under the hospital grounds.

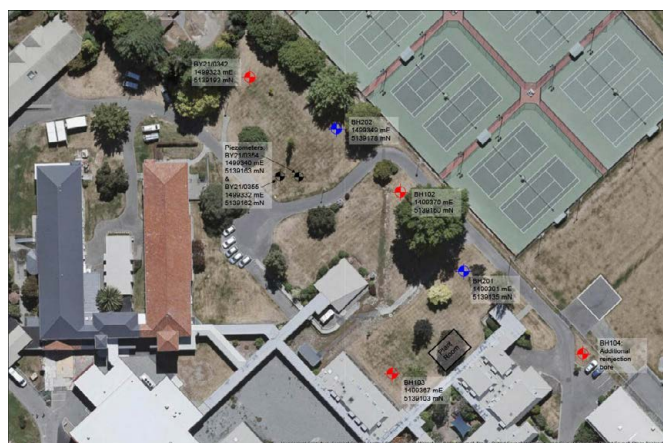
“This will be extracted at one depth and re-injected at a different depth. The pumps will take a small temperature change in aquifer water to increase the temperature of water circulated for hospital heating. These are essentially water-cooled chillers, acting as geothermal heat pumps.

“In 2019–2020, our coal use was 1,329 tonnes. This usage will be completely eliminated.”

The GSHP has a Coefficient of Performance (COP) of 2.8–3.4. This means it will consume considerably less energy to provide heating and be much more efficient than the existing coal boilers, Mike says.



Te Upokorunanga o Arowhenua Tewera King and General Manager Rural Health Bernice Marra at the blessing



More about the GSHP at Ashburton Hospital

A ground source heat pump is a heating/cooling system for buildings that uses a type of heat pump to transfer heat to or from the ground, taking advantage of the relative constancy of temperatures of the earth through the seasons. At Ashburton Hospital, this requires two extraction bores and three re-injection bores. The bores need a minimum horizontal separation for efficiency.

Bores are located near the service road (by the tennis court). Using different aquifers creates vertical separation between the abstraction and reinjection wells to prevent cooling/heating water recycling. The vertical separation means that wells can be spaced closer each other. The heat pumps will be located in a new central plant building (which includes a new diesel boiler for backup).

Fifty years of mahi – a milestone for the University of Otago, Christchurch

‘Kia Mau’ – a call to come together and hold tight to one and all – is the chosen theme to celebrate 50 years of medical education and research excellence this year at the University of Otago, Christchurch.

More than 5000 medical students have completed their medical training at the city’s “health university” in the past five decades, along with several thousand health professional students (in nursing, mental health, physiotherapy, pharmacy, nutrition and radiation therapy) and health research students (masters, honours, PhD, summer students and post-doctoral students).

It’s a history of which Dean and Head of Campus Professor Suzanne Pitama (Ngāti Kahungunu/Ngāti Whare) is suitably proud.

“In this our fiftieth year, we will celebrate both where we have come from, how we have grown and flourished, and also pay homage to the dedication and success of those who’ve helped shape our campus and gone on to achieve professional and academic success on the national and world stage.

“It’s fitting that the theme of ‘Kia Mau’ is being used to celebrate our campus in this special year. It encourages us to come together and hold tight to our history, the exciting adventures we are currently



Dean and Head of Campus Professor Suzanne Pitama (Ngāti Kahungunu/Ngāti Whare)

undertaking, and to the future endeavours we aspire to achieve,” she says.

The symbol of this year’s 50th celebrations is the Pākē, a cloak woven by Ngāi Tūāhuriri artist Morehu Henare-Flutey – a taonga supporting and protecting the wearer from the environmental elements of rain, wind and snow.

The University of Otago, Christchurch, has supported its staff, students and stakeholders through figurative storms and literal earthquakes over the years, resulting in a strong, caring and resilient community of practice.

“Just like the Pākē, our campus has evolved to represent five key values woven together like the strands of the hukahuka leaf, namely; mana whakatupu (leadership); tōtara tū ki te parae (social accountability); mā where, mā pango (collaboration); ngākau tapatahi (integrity); and aroha ki te tangata (respect),” Suzanne says.

It took decades of lobbying for the University of Otago medical school in Dunedin to establish a campus in the Garden City.

Student placements were trialled as far back as 1924, but it took a further 44 years for an external review to recommend the establishment of the University of Otago’s Christchurch Clinical School.

Ratified in 1971, the School welcomed its first cohort of medical students in 1973, with Professor George Rolleston appointed first Dean of Campus.

There have been six subsequent Deans, with the campus now boasting more than 1500 staff and students

Alongside this year’s record intake of 126 fourth year medical students, the campus offers a growing number of internationally-recognised courses, including 50 at postgraduate level – the increasingly popular Master of Nursing Science, Bachelor of Biomedical Science with Honours and Master of Public Health courses are just a few on offer.

The campus also boasts acclaimed research taonga, including The Christchurch Health and Development Study, Mātai Hāora – Centre for Redox Biology and Medicine, McKenzie Cancer Group, Christchurch Heart Institute, The March 15 study, CReaTe (Christchurch Regenerative Tissue and Engineering Research Group), the New Zealand Brain Research Group, the Department of Māori Indigenous Health Innovation (MIHI) and many more.

The first 50th campus anniversary event to celebrate the milestone took place last Friday with an Academic Welcome and communal lunchtime picnic in Hagley Park’s Botanic Gardens. There will be an evening showcase and civic and shareholder event in June, followed by a series of four public speaker events in July and August revealing the latest research findings on topical health issues, led by our campus’s ‘leading lights’.

The final event – a staff and student gala evening – will take place in November.

Suzanne says she is looking forward to an exciting year of celebrations ahead.

“We will wear our Pākē every day in the mahi we do, so we can continue to protect and support those on campus and out in the wider community, reflecting on our incredible history and acknowledging the exciting endeavours ahead we aim to achieve.”

Feeling all sorts of emotions is normal in difficult times.



Pride Week “a chance to engage in positive kōrero”

By Workforce Development Partner | Equity, Diversity and Inclusion Akira Le Fevre

Around Aotearoa cities are either wrapping up their local Pride festivities or just about to start.

Last week in Ōtautahi Christchurch, Pride Week 2023 kicked off with 10 days of community events running from 10 – 19 March. There are over 50 events during this time, ranging from entertainment, education, faith, sports, arts and crafts, to films.

[View the full programme here.](#)

Both here and in Australia, the rainbow community choose to celebrate during the warmer summer months of February and March. Those in the Northern hemisphere usually celebrate Pride in their warmer season of June. This hails back to when the gay liberation movement began in New York. Stonewall Inn was a well-known gay bar, frequently raided frequently be raided by the police who would arrest the patrons. On 28 June 1969, during one such raid, a riot broke out after patrons, who'd had enough, started fighting back.

A transgender woman of colour and gay liberation activist, Marsha P. Johnson, was a prominent figure in the riot. This sparked waves of protest for the rainbow community around the world and is why the pride flag has been updated to include the pink, white and blue colours to acknowledge the transgender community as well as the brown and black for people of colour.

Just recently, Aotearoa lost one of its very own rainbow liberation activists, the worlds first openly transgender mayor and Member of Parliament, Georgina Beyer. Georgina was a fierce activist who fought for the prostitution law reform, civil unions, anti-discrimination laws and Māori rights.



From left, Head of Equity, Diversity and Inclusion Rebecca McCormick, Educator – Māori and Equity Lloyd Carpenter, Workforce Development Partner|Equity, Diversity and Inclusion Akira Le Fevre (aka Little Miss Cinnamon) and Coordinator Chris Pennington

She will be remembered, not only by our rainbow community, but by the world, as a trailblazer.

As a community and a country we have come a long way since 1969, yet like many, we are still on our journey. We often hear comments, especially during Pride season, such as, “Do we still need Pride month? Aren’t we okay with gays these days?”.

Inequality and discrimination still exist despite changes to the law. Up until 1992 homosexuality was still classified as a mental illness and being transgender was officially a mental disorder until 2019. New Zealand only banned conversion therapy last year, and for the very first time, the rainbow community was included in the 2023 New Zealand census.

In 69 countries it is still illegal to be gay and in 13 of those, it is punishable by death. Our rainbow community still have higher inequities in health outcomes, employment, housing, social safety, bullying and human rights.

Again, we have come along in leaps and bounds since 1969; the riots have evolved into celebrations, and we're acknowledging our achievements, identity, our strengths and diversity. We acknowledge those within our community who are still with us, those struggling and those who unfortunately didn't make it.

Pride is also a chance to engage in positive and constructive kōrero, to help educate, advocate and provide tautoko (support).

Pride isn't just for those within the rainbow community, it is just as important for our allies. Our community would not have made it to where we are without allyship, we can only continue our journey with you. Allies are not just our friends and whānau, they are our kaimahi, our managers and employers who help create safe spaces where our diverse communities can come to work and be their authentic selves.

We know that when our kaimahi can come to mahi (work) and not have to worry about hiding who they are, they can get on and give their best. This has a roll-on effect for the communities we serve. When our rainbow community or any diverse or minority community, can see themselves in healthcare they feel seen, and they have an increased sense of understanding and empathy, which we know is a barrier for many accessing healthcare.

Visibility, representation and inclusion empowers our marginalised and minority communities which is one of the core reasons why we still have Pride weeks and months. We know these communities still face many inequities which is why we must continue with awareness, not only during Pride seasons but every day, until we can celebrate our community not just surviving but thriving.

Here at Te Whatu Ora we are working towards a more inclusive workforce. We have a dedicated Mana Taurite | Equity, Diversity and Inclusion team who have implemented processes and programmes to provide an equity lens. This includes the Rainbow Diversity Workshop which is receiving overwhelmingly positive feedback.

One kaimahi says:

"The workshop was amazing! I really liked how the facilitator made the workshop a safe space for people to openly discuss and understand better. The examples given were very relatable and highlighted how you can incorporate inclusivity in

your life, beyond just your role at Te Whatu Ora. I learnt so much and really love that this is being openly talked about within our organisation."

During Christchurch Pride Week this year, our Mana Taurite team are also launching a 'Rainbow Kaimahi Connect' network for our rainbow staff so they can engage and network with other rainbow kaimahi.

There is a range of new resources and also a 'Show Your Pride' competition with the chance to win a Pride prize.

Click on the links to find more about our current resources [Rainbow Diversity Workshop](#), [Rainbow Kaimahi Connect](#), [Happy Pride Poster](#), [Pride Posters](#), [Show Us Your Pride Competition](#), [Everyone is Welcome Here Poster](#), www.chchpride.co.nz

For more info around rainbow resources or Equity, Diversity and Inclusion contact: ManaTaurite@cdhb.health.nz or visit www.manataurite.org



Creating accessible documents and information

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

Key tips for producing EasyRead documents:

- › Write in short sentences of 15 – 20 words
- › Write as if you are speaking
- › Use active verbs as much as possible
- › Keep the language personal, i.e. you, we, I, etc
- › Use Arial font – at least size 16
- › Use 'do not' rather than 'don't'. 'will not' rather than 'won't'
- › Do not underline – use bold to emphasise a word
- › Each sentence as 1 idea
- › Use drop-down bullet-points to list
- › Do not use jargon or acronyms or italics
- › Do not write in upper case
- › Always use numbers – do not write numbers, i.e. 8 not eight
- › Use full names, i.e. road and not RD, Ministry of Social Development and not MSD, etc
- › Reduce punctuation as much as you can
- › Use boxes/frames to help Information stand out
- › Make sure the layout is the same throughout the document.

Tips for formatting of EasyRead documents

- › Use wide margins
- › Justify all of your writing to the left
- › Keep the pictures to the left of the writing
- › Use at least 1.5 spacing between lines
- › Number the pages at the bottom right hand side
- › Usually four or five pictures to a page is the maximum
- › Use wide spaces so that information is clear
- › DO not use text boxes as they are hard to adjust formatting
- › Ensure colour contrast for documents that may be printed or photocopied in black and white

This information has been amended from Guide to Writing EasyRead Information produced by People First New Zealand Inc.

To learn more about creating accessible documents, look out for the items in future pānui. For queries, contact Paul Barclay – Senior Advisor Disability Communications Engagement on paul.barclay@cdhb.health.nz



Holi – Festival of Colour

The ever vibrant and popular Holi Festival of Colour holds great importance to not only the diverse communities we serve here at Te Whatu Ora but also for many of our own kaimahi (staff).

Holi, one of the most popular festivals in Hinduism celebrates the arrival of spring in India, the end of winter, and the blossoming of love. For many, it is a festive day to meet others, play and laugh, forgive and forget.

Te Whatu Ora kaimahi, Ophthalmology Medical Secretary, Bhavika Dave says that in regard to the Mana Taurite, Equity, Diversity and Inclusion Team implementing the celebration of diverse events:

"This is a very fine gesture to acknowledge the diversity that we have in our workforce and making

everyone feel, not only accepted, but in fact for embracing us with our values, beliefs, and culture. A big thank you once again", she says.

To celebrate Holi Festival of Colour here at Te Whatu Ora Waitaha Canterbury we have a [bold poster for you to print](#) and display and a colouring competition. To enter, you can either download and print the [Holi Colouring-In image](#), send in a photo of you or your team brightly dressed up for Holi or have a colourful Holi morning tea with some Holi themed food.

Show us how you celebrate Holi and send your photos to ManaTaurite@cdhb.health.nz to be in to win a colourful Holi prize!



We'd love to see how you celebrated Holi Festival!
Get involved to be in the chance to win some fabulous prizes!

Get your team or whānau involved by either:

- 1:** Print and colour the "Happy Holi" image below.
- 2:** Send in a photo of you or your team brightly dressed up for Holi.
- 3:** Have a colourful shared team Holi morning tea with some Holi themed food, we have some recipe inspiration [here](#).

Scan and send your entry by Monday 20th March to: ManaTaurite@cdhb.health.nz

Te Whatu Ora
Health New Zealand



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.



Torpedo7

Torpedo7 – 90 Clarence Street, Riccarton

To celebrate the opening of their new store. Torpedo7 are offering up to 40 percent off in-store at 90 Clarence Street, Riccarton during opening weekend, 18th and 19th of March. Take your staff ID and [show this flyer in-store](#) to receive. Terms and conditions apply, [see flyer for more detail](#).



Greenroots Juicery

Offering cold-pressed, local, organic juice cleanses, juice packs and wellness shots. Get 20 percent off all [products online](#). View [discount code here](#).

sculpt

REFORMER PILATES

Sculpt Reformer Pilates – 62 Mandeville Street, Riccarton

Intro deal: Try five classes for \$45 – valid for 14 days from first booking, new clients only. [See booking information here](#).



Sunglass Hut

Get 15 percent off all full priced sunglasses. Please [see more information here](#). Promotional Code must be presented at time of appointment and ordering.

Cultural competency training programme for the mental health and addiction workforce

A cultural competency training programme for the mental health and addiction workforce working with Culturally and Linguistically Diverse (CALD) Asian and refugee communities is now available.

The programme provides insights and practical skills to address health equity and the unique needs of the diverse Asian and refugee communities who access services and support.

Find out more about the programme and [how to access it here](#).

QUIZ ANSWERS – Toys

1. d. Star Wars (more than US \$12 billion in sales).
2. b. Buzzy Bee
3. b. Barbie (more than 100 are sold every minute with a total of 58 million Barbie dolls sold annually)
4. c. Lego
5. a. Winnie-the-Pooh (1926), Smokey the Bear (1944), Yogi Bear (1958), Fozzie Bear (1976)
6. c. 1980s
7. b. Tamagotchi
8. d. Spinning top
9. c. Pink (The six original colours were red, blue, green, yellow, white and orange).
10. a. Furby

Tō Tātou Ora Wellbeing Seminar Series 2023

Move Well, Stay Well: Using Good Body Mechanics to Prevent Injury

Keith Larson

Te Whatu Ora - Injury Prevention Team

Monday 27 March 2023

12:00 pm - 1:00pm

Room 302, Level 3, Manawa,
276 Antigua Street

There is no need to RSVP, but space is limited by the venue.



wellbeing♥

Te Whatu Ora
Health New Zealand
Waitaha Canterbury



Explore your leadership potential within health

Future Leaders Programme

Think. Connect. Transform.

| APPLICATIONS NOW OPEN



"This has been one of the most fundamental teaching weeks of my whole degree. I now have practical tools to make a meaningful difference"

2022 Graduate

Health systems in New Zealand are shaped, and will continue to be shaped, by health professionals who look beyond their functional roles to make it better.

We all have the capacity to lead, but we are often not exposed to exploring opportunities relating to leadership. This course is designed to encourage you to extend your boundaries and to explore your leadership potential.

Join us on this five-day programme, built on the award-winning Xcerlr8 leadership programme. You will learn about what makes the Canterbury Health System work, its key drivers and differentiators. Share a wealth of experiences from industry leaders:



Health leaders sharing their personal journey, perspectives and hopes.



Technical experts sharing their expertise on systems thinking and organisational performance.



Futurists sharing the trends that will shape our communities and work environments.



Business leaders sharing their insights and expectations of our health systems.

Our expectation is that you will come away better informed about the health industry you are training for. Our hope is that you will come away with perspectives, connections and a belief that you can and should engage in new ideas and ways of working to shape our health system.

The programme is free, and open to health students in their final years of study.

Programme Sessions:

Wednesday 26 to Sunday 30 April, 8.30am to 4.30pm

OR

Monday 15 to Friday 19 May, 8.30am to 4.30pm

Course Location:

Manawa in the Health Precinct



For more information, or to apply visit:

www.healthprecinct.org.nz/future-leaders-programme

Each programme is limited to 20 students. Applications close: **Friday 17 March, 5pm**

Be the change you want to see in the world.

Brain Week Events

at Burwood Hospital

Brain Awareness Week is a chance to raise awareness of delirium, dementia, and other neurological conditions and the role we can all have in supporting brain health.

Come and check out brain health information for you and your patients at the expo in the Burwood Hospital atrium Mon-Thu.

Meet some of our therapy dog superstars from 12.30-1.30.

Brain Week Quiz

Be in to win

Take the quiz and be in to win a goodie bag spot prize:
<https://www.surveymonkey.com/r/BrainWeek>

Stroke Awareness

**Monday
13**

Come and meet Claire and Elaine from the Stroke Foundation 11-1 for resources to recognise stroke, and maybe to reduce your own risk.

Dementia Awareness

**Tuesday
14**

Talk with Dementia Canterbury any time from 10-2. Find out about the services and resources they offer, and some brain health tips.

Delirium Awareness

**Wednesday
15**

This is World Delirium Awareness Day – we're all delirium all day with resources, a raffle, give aways and more.

Heart Awareness

**Thursday
16**

What's good for the heart is good for the brain. Find out about the heart strength check and other resources with the Heart Foundation over the lunch period.

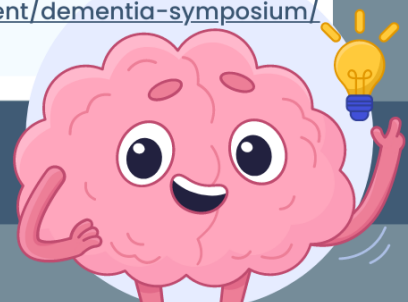
Brain Health Symposium

**Friday
17**

Hosted by Dementia Canterbury in person and online, 10-4. This is a chance to hear the latest information on brain health and living well with dementia. Register at

<https://dementiacanterbury.org.nz/event/dementia-symposium/>

Get conncted: Be part of Brain Week at Burwood Hospital!





Happy pride Week!

*Christchurch Ōtautahi
10th - 19th March 2023*

Te Whatu Ora
Health New Zealand

