

Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



4



8



10



14



17

In this issue

Kupu Arataki – Introduction ...pg 3-7

Ā mātou tāngata – Our people

- › Hub nursing team a pillar of taha tinana (physical well-being) ...pg 8
- › A day in the life of Te Ha o Te Ora | Kaikōura Health ...pg 9
- › One minute with... Tracy Boon, Allied Health Consultant, Specialist Mental Health Service (SMHS) ...pg 10

Whakamihi – Bouquets ...pg 11-12

Ā mātou korero – Our stories

- › Donation of specialised cots gratefully received ...pg 13

- › Ōtautahi teenager unveils first large-scale artwork at mental health outpatient unit ...pg 14-15
- › More information leads to better support for residents in aged residential care facilities ...pg 16
- › Marking the end of an era...pg 17
- › Know your pulse campaign launches to save lives ...pg 18
- › Hauora kounga mō te katoa, Quality health for all ...pg 19

Pānui – Notices ...pg 20-23

Cover photo: From left, Rapid Relief Team (RRT) Director Kingsley Smith, new mother Vanessa and RRT General Manager Paul Simmons with one of the 20 cots donated to Christchurch Women's Neonatal Intensive Care Unit (NICU).

Kupu Arataki – Introduction

Welcome to Te Whatu Ora – Waitaha Canterbury

We are now officially part of a nationwide ‘team of teams’ with more than 80,000 colleagues around the country.

The 20 former DHB areas are now known as districts and they are grouped into four regions. Importantly, all your contacts in other districts still have the same contact details such as email addresses and websites. Here’s a list of the new region and district names:

Te Whatu Ora Health New Zealand Waitaha Canterbury

District descriptors

Region	District	District Descriptor
Northern	Northland	Te Whatu Ora – Health New Zealand Te Tai Tokerau
	Waitematā	Te Whatu Ora – Health New Zealand Waitematā
	Auckland	Te Whatu Ora – Health New Zealand Te Toka Tumai Auckland
	Counties Manukau	Te Whatu Ora – Health New Zealand Counties Manukau
Te Manawa Taki	Waikato	Te Whatu Ora – Health New Zealand Waikato
	Lakes	Te Whatu Ora – Health New Zealand Lakes
	Bay of Plenty	Te Whatu Ora – Health New Zealand Hauora A Toi Bay of Plenty
	Tairāwhiti	Te Whatu Ora – Health New Zealand Tairāwhiti
Central	Taranaki	Te Whatu Ora – Health New Zealand Taranaki
	MidCentral	Te Whatu Ora – Health New Zealand Te Pae Hauora o Ruahine o Tararua MidCentral
	Whanganui	Te Whatu Ora – Health New Zealand Whanganui
	Capital & Coast/Hutt Valley	Te Whatu Ora – Health New Zealand Capital, Coast and Hutt Valley
	Hawke’s Bay	Te Whatu Ora – Health New Zealand Te Matau a Māui Hawke’s Bay
Te Waipounamu	Wairarapa	Te Whatu Ora – Health New Zealand Wairarapa
	Canterbury/West Coast	Te Whatu Ora – Health New Zealand Waitaha Canterbury Te Whatu Ora – Health New Zealand Te Tai o Poutini West Coast
	Nelson Marlborough	Te Whatu Ora – Health New Zealand Nelson Marlborough
	Southern	Te Whatu Ora – Health New Zealand Southern
	South Canterbury	Te Whatu Ora – Health New Zealand South Canterbury

As previously advised very little changed on day one. Unfortunately, we did have some technical challenges on Friday and not everyone received their welcome email in a timely fashion. Apologies for the delays. All the key information you need is housed on [Prism](#), and this is where we will continue to store all updates.

Te Whatu Ora – by the numbers:

- › 40 public hospitals
- › around 82 000 directly employed health workers
- › around 950 primary care practices, employing 20,000 staff
- › 660 ARC providers, employing 21,000 support workers and 5,000 nurses
- › 61,500 home care support workers
- › 2,200 ambulance crew and support staff, shortly to increase to 2,366.

You'll find the new email signature template, links to the new letterhead template and a welcome video and message from our new Chief Executives Margie Apa and Riana Manuel. Health Minister, Andrew Little features in the video with the CEs. Ashley Bloomfield provides words of welcome together with our two new CEOs in a letter to all staff. There's also useful tips and guidance on how to pronounce our new name.



Ministers Little and Henare join leaders of Te Whatu Ora and Te Aka Whai Ora in South Auckland at Friday's launch event

Te Whatu Ora Taskforces

There are three Taskforces underway with representation from districts. They include:

- › Immunisation Taskforce: chaired by Nick Chamberlain, National Director Public Health Service
- › Workforce Taskforce: chaired by Ailsa Claire, National Workforce Lead
- › Planned Care Taskforce: chaired by Andrew Connolly, Acting Chief Medical Officer, Counties Manukau, with deputy chair Dr Rawiri McKree Jansen from the Māori Health Authority.

A fourth area of work is Winter Resilience, which has been focusing on the future of care in the community and using the COVID-19 infrastructure as much as possible for planning and work in this important area.

The Taskforces enable focus on areas requiring urgent attention and draw on resources across the system to address these.

Flu vaccination

If you haven't already, please take the opportunity to get vaccinated, whether at an on-site clinic at work, your local pharmacy or GP. Healthcare workers are positive role models for other parts of the community, so we should lead by example.

Second booster

All health and disability staff aged over 30 are now eligible for a second booster

The eligibility criteria for a second COVID-19 booster dose have been released with everyone aged 50 and over now eligible for their second booster dose six months after their first dose – or three months post COVID-19 infection – whichever is the later date.

People who can receive their second booster include:

1. People aged 50 years and over
2. Residents of aged care and disability care facilities

3. Severely immunocompromised people who received a three-dose primary course and a fourth dose as a first booster (noting this will be a fifth dose for these people)
4. People aged 16 years and over who have a medical condition that increases the risk of severe breakthrough COVID-19 illness
5. People aged 16 years and over who live with disability with significant or complex health needs or multiple comorbidities

6. People aged 30 years and over who work in health, aged care or the disability sector

A second booster is strongly recommended for people with certain conditions listed here. People in these groups are likely to have an ongoing increased risk of severe COVID-19 even after primary vaccination.

Update from Director-General of Health Dr Ashley Bloomfield

Dr Bloomfield issued an update this morning which talks about the high rate of severe acute respiratory illness (SARI) and the pressure it's putting on hospitals. Testing of people admitted to hospital with SARI shows 20 percent are due to COVID-19 and more than 50 percent are from influenza.

Extending the free flu vaccination to children aged 3-12 and to people with serious mental health or addiction needs is another way we aim to protect those who are most vulnerable.

You can read more from [Ashley Bloomfield here](#).

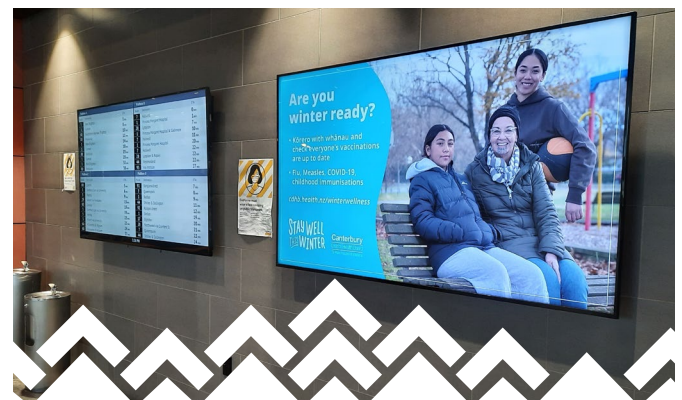
Video released that explains the transformation – a public information campaign to follow

Please remind your patients, whānau and friends, that they should still access health services the same way they usually do. You can share this [video below](#) with them, to help explain the changes that will happen over time.



A shout out to our colleagues in councils, ECan and government organisations in Canterbury

Thank you for helping us get the word out about the importance of 'Staying Well This Winter' – we appreciate your support!



Digital signs pictured at the Bus Exchange in Ōtautahi, Christchurch

A word from Interim District Director and Interim Te Waipounamu Regional Director

Kia ora koutou

It's great to see so many Te Whatu Ora | Waitaha Canterbury email signatures featuring on email correspondence. Well done to those of you who achieved that first step last Friday. As signalled last week, as we move into a new era, so too does the former 'CEO Update'. As well as a fresh new look in our new Health New Zealand colours, we'll provide an update on the national picture each week, as well as reminders of any recent announcements, and as I'm now in my interim roles, I can provide a snapshot of how we're tracking in Waitaha, Canterbury.

Winter really is making its presence felt, and after a decrease for a few weeks, our COVID-19 case numbers are back up around 1000-1200 new cases each day. The number of staff away with COVID-19 is higher now than it was in the peak of Omicron. We had 200 people off with COVID-19 on Friday alone. These absences, together with significant numbers of staff off with influenza and other illnesses, is impacting the way we work in terms of people having to wait longer to be seen and waiting for discharges to occur to free up beds so new patients can be admitted. Last week it wasn't uncommon to see resourced occupancy around 110 - 114 percent. That means we have more patients than available beds at any one time.

The executive team met this morning to discuss what can be done differently in the short, medium and longer term to support staff and enable more patients to be seen and accommodated in a timely way. We are also mindful of the impact this sustained period of extraordinary high acute demand is having on our planned care. We'll have further information on our action plans next week.

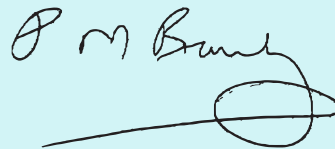
Thank you for the caring and professional way you are continuing to do your best for the people in our district. It is very much appreciated – please take the time to read the bouquets this week if you need a reminder that the work you do is noticed and highly valued by those on the receiving end.

Please support your colleagues through this period of change and be kind to each other. We still have a wide range of wellbeing support services available for all staff and contractors. They are confidential and free – please use them if you need some extra support. They can be accessed [here](#).

I now have first-hand experience of COVID-19, and after a week in isolation am well into the recovery phase and back working. I am thankful to have been fully vaccinated and boosted and can certainly relate to those of you who have busy roles and families and have also had COVID-19.

I appreciate the need to step back and switch off to rest and recover and know this is often easier said than done.

Kia pai tō koutou rā



*Interim Regional Director Te Wai Pounamu
Interim District Director Waitaha Canterbury and
Te Tai o Poutini West Coast*

QUIZ – How much do you know about current health events?

Have you been paying attention? Test your current health events knowledge in this quiz.

1. True or false – The Te Reo name for Health New Zealand is Te Whatu Ora

- a. True
- b. False

2. On 1 July, how many DHBs merged to become part of Health New Zealand?

- a. 18
- b. 20
- c. 21
- d. 22

3. Who is the CEO of Health New Zealand?

- a. Peter Bramley
- b. Riana Manuel
- c. Andrew Little
- d. Fepulea'i Margie Apa

4. When were the now defunct DHBs formed?

- a. 1999
- b. 2000
- c. 2001
- d. 2002

5. Who is eligible for a second COVID-19 booster in New Zealand?

- a. People aged over 50
- b. Residents of aged care and disability care facilities
- c. People aged 30 years and over who work in health, aged care or the disability sector
- d. All of the above

6. When should those eligible get their second COVID-19 booster?

- a. At least three months after their first booster
- b. At least 6 months after their first booster
- c. During winter
- d. Whenever they're ready

7. Who is the CEO of Te Aka Whai Ora | the Māori Health Authority?

- a. Peter Bramley
- b. Riana Manuel
- c. Andrew Little
- d. Fepulea'i Margie Apa

8. Approximately how many people are employed by Health New Zealand across the motu?

- a. 11,000
- b. 25,000
- c. 60,000
- d. 80,000

9. Transforming the health system will create a more equitable, accessible, cohesive and _____ system?

- a. people-centred
- b. community-minded
- c. child-friendly
- d. research-focused

10. Who is the new acting Director General of Health?

- a. Ashley Bloomfield
- b. Peeni Henare
- c. Ramon Pink
- d. Diana Sarfati

Check your answers on page 23.

Ā mātou tāngata – Our people

Hub nursing team a pillar of taha tinana (physical well-being)

From providing valuable healthcare advice to people with the highest need, to 'resident yogi' Registered Nurse Belynda Wynn running free yoga sessions for staff.

The Canterbury Hauora Coordination Hub nursing team are the pillar of taha tinana of hauora.

He aha te mea nui tea o? He tangata he tangata, he tangata.

What is the most important thing in this world? It is people, it is people, it is people.

This proverb accurately describes why the team do what they do, because people are the heart of everything, says Nursing Lead Roxanne McKerras.

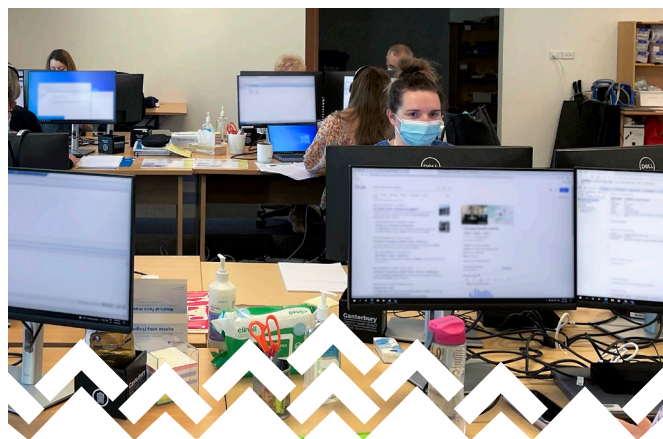
"The Hub nursing team were initially responsible for delivering COVID-19-related support to those who were not connected to a GP or health provider, but their role has evolved into much more than that.

"They now provide care and support to those who need it, work closely with health providers, and connect consumers often at a time when the consumer is at their most vulnerable.

"At times, this is just the start of their engagement with the health system. Many are disconnected and disillusioned. We work very closely with the Hub Health Welfare team to connect people to agencies that can provide the support and care they need," Roxanne says.

These interactions set the tone with how unengaged people will connect with health services into the future. For some, COVID-19 is just the beginning of their interaction with the system. The collaborative approach is further enhanced by the Hub nursing team being co-located in a shared space with Ministry of Social Development, and Health Welfare Team, she says.

The Hub nursing team evolved very quickly from a number of staff deployed from all over Canterbury DHB, including MIQ staff, but have had valuable support from a pool of very flexible and talented



The Hub nursing team hard at work during the height of the pandemic

casual staff who assist after their 'day' jobs – including healthcare assistants, medical students, graduate students, paramedics, and stay-at-home parents.

"Despite being thrown in the deep end to assist at the height of the pandemic they have done an amazing job, and we could not have survived without them.

The aim of everyone here is to make a tangible improvement to patient outcomes. If we can't do that we will find someone who can," Roxanne says.

Hub Nursing team member Amanda Lindsay says:

"Often you felt exhausted when you got home because the numbers (of COVID-19 positive cases) didn't go down, but I felt like the work was rewarding. It was good knowing that people at home had everything they needed to take care of themselves"

Hub Nursing team member Belynda Wynn says:

"It felt nice to make sure that people didn't fall through the cracks and didn't even realise they were eligible for additional assistance such as with kai. They were incredibly grateful for your mahi and you know you made a difference."

A day in the life of Te Ha o Te Ora | Kaikōura Health

Thursday 2 June 2022 at Te Ha o Te Ora | Kaikōura Health started with one of the doctors escorting a young child in the St John ambulance to Cheviot after the acute health team had medically stabilised the seriously ill patient.

A short while later, down the corridor, a palliative patient was being supported by staff as they approached their last moments of life. Later in the day, staff said their goodbyes, sang waiata and wished the patient Godspeed in a ceremony led by the hospital chaplain.



Waiata for a palliative patient

Morning tea saw the 14 residents in hospital and rest home residential care having a party to mark the Queen's Jubilee.



Residents celebrate the Queen's Jubilee with a morning tea

Meanwhile the usual activities of a health facility continued. The floors were being cleaned, the food was being cooked and served and the boilers were being maintained.



There's always cleaning to do

Medical infusions, on-site laboratory testing including COVID-19 PCR, diagnostic ultrasound and blood tests were performed by various staff members and x-rays were taken by our visiting radiographer.

Later in the day manual handling education sessions were held for our health care assistants and nurses, in conjunction with a local physio and endorsed by our own Safe Moving and Handling team. Another group had a video meeting with a specialist to discuss taking part in a new cervical screening pilot.

On a normal day, around 135 patients and clients will come to see doctors, nurses, physios and the wellbeing team, and this Thursday was no different. All were greeted, screened and directed to the right place by our reception team while our outdoor flu vaccination clinic continued around them.



The outdoor flu vaccination clinic

A couple more people were admitted to hospital and some more outpatients assessed acutely before the day was done. That was our Thursday, 2 June 2022!

Thank you to Andrea Judd, one of the doctors at Te Ha o Te Ora | Kaikōura Health for recording the events of the day.

One minute with... Tracy Boon, Allied Health Consultant, Specialist Mental Health Service (SMHS)



What does your job involve?

I've been an Occupational Therapist for 20 years and 18 of those were in various teams across the SMHS. As an Allied Health Consultant, I am a member of the Child, Adolescent and Family Service (CAFs) senior leadership team.

My role involves providing an allied health voice and clinical lens to service planning and strategy alongside specific project and portfolio work. CAFs has a large allied health workforce of around 70 staff across seven professional groups working in both the inpatient and community setting. I really enjoy supporting such a diverse workforce and I'm in awe of the skills, passion and innovation from so many different clinicians, all working toward better health outcomes for young people and whānau. However, it can also be challenging to know how to best represent the variety of needs within ongoing system pressures.

I am currently part of the team involved in planning for our new CAFs community team's facility. I'm learning about facility planning alongside developing a relationship with the Māia Health Foundation who has partnered with us for this project - #goodtogreat

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

Do it! As an occupational therapist you can work in almost any area of health. Working in the field of mental health gives you an opportunity to walk alongside someone, supporting their recovery and wellbeing journey which is such a privilege. It opened the door for my current role which I am very grateful for.

Who inspires you and why?

My Granny inspires me! She is 92 and such a strong, caring and independent woman. She has traversed many challenges, including immigrating to New Zealand from Holland in early adulthood and learning a whole new culture in rural Southland!

She is always there for us, still drives, is part of our family WhatsApp group and got really good at video calls during her recent isolation with COVID-19. She is truly amazing!

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

These are what drive my thinking processes and decision making, when working alongside young people and whānau or clinicians and when I'm needing to see and respond to 'big picture' needs within our service and wider health sector.

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

I would love to dust off our passports and be on the first plane to visit my husband's mum in Cyprus – she emigrated there from South Africa last year and given that we haven't seen her since Christmas 2019, it would be amazing to see her and that part of the world!

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

Rose Byrne – great actor from across the ditch and could bring a bit of comedy to my life story.

What are your hobbies/interests outside of work?

I have four children so as is the case with many parents there isn't much 'me time' but when I am not taxiing, feeding, cleaning up after or entertaining someone I like to exercise and play a bit of team sport, get stuck into a good series on Netflix and find time for a catch up with friends.

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

Whakamihi – Bouquets



Ward 18, Christchurch Hospital

I have recently been both an outpatient and inpatient at Canterbury DHB in the Plastic Surgery department. I was impressed by the friendly kindly treatment I received from everyone – administration, nursing and consultant staff. Although the staff, especially the nurses, were super busy, they didn't let it affect the way they dealt with us patients and were unfailingly kind, supportive and helpful. Big thanks to you all.

Christchurch and Ashburton hospitals

Thank you to all the nurses and doctors, especially Nicki Hobbs and Harsh Singh. You have all gone the extra mile while working with high volume conditions. Your care and professionalism made my situation more bearable and I look forward to further contact.

Nathanael Lucas, Haematology, Christchurch Hospital

A very big thank you to Nathanael. He was a breath of fresh air in listening and trying to figure out problems and gave of his time willingly. He has a lovely open and friendly manner and took his time with my husband, answering queries and being honest with replies. It was much appreciated.

Christchurch Outpatients

Matthew was fantastic. He made me feel very comfortable and was totally professional. I enjoyed having a bit of a laugh with him. Keep up the great work. The lady on reception was lovely too. Overall a great visit. Thanks.

Radiation, Christchurch Hospital

My partner and I received amazing care, while I was undertaking six weeks of radiation therapy. What an amazing team that work together to provide an extremely professional, caring and respectful service despite many challenges. Communication and support were given from the Oncologist through to the daily Radiology team. Thanks for allowing me to have music in my sessions, this really helped.

Big Shout Out

To: Judy, Kristian and Jenny, Community North/East Team, Older Persons Health and Rehabilitation

Just wanted to email regarding a parent/patient that was seen at Burnside today. My thanks to the team of Catherine and Jackie who worked, not only with the child, but as importantly the mother. At the end of this appointment the mother left with, I am sure, a smile under her mask, her head held much higher and a spring in her step. This is why we do the job we do and why we are so good at what we do. Thanks for all that supported this family today.

From Jess, Ara Institute of Canterbury

#carestartshere

Ear Nose and Throat (ENT), Christchurch Hospital

I cannot speak highly enough of the standard of care. In particular, I should like to express my appreciation of the care given by Otorhinolaryngology Fellow Janitha Jayawardana. His interaction with me was nothing short of excellent. The professionalism shown by him would be difficult to be improved on. Thank you.

I want to thank you all for the past two streams of students. I have sincerely enjoyed working with you all. You have made it so easy and been extremely helpful and welcoming. A big thanks to Kristian for being super organised and helpful during formative/summative assessments. Thanks for all the hard work you do for the elderly in the community, it's been wonderful to see/learn more about this type of nursing.

Ward 11, Christchurch Hospital

Thank you for your care of my husband after a difficult operation.

Ward 18, Christchurch Hospital

The staff, including the nurses, WellFood staff and ward staff are so very warm and kind. Your HR department has done a great job with their hiring selection.

Ward 18, Christchurch Hospital

The staff have been wonderful, especially my night nurse Katie. A big thanks to the kind orderlies wheeling me back and forth, making the day a bit cheery with their chat and friendly manner. I want to say thank you to the people who make being here better.

Intensive Care Unit (ICU), Christchurch Hospital

Today while visiting a family member in ICU another family member approached reception and asked to visit a patient. When it was cleared by staff the lady was quite distressed and the man on reception gave her directions to her loved one and she stood hesitantly at the door. The man offered to take her, she was still not moving so he said: "It would be my pleasure to take you". I am very impressed by his compassion. He was wonderful, as was the caring of all the staff we have met during this horrendous time for our family.

Emergency Department (ED) and Ward 18, Christchurch Hospital

I had a really nice nurse in ED, I'm not sure of her name. All the nurses in Ward 18 were great too, especially Julia. The medical staff were very kind and caring and I want to pass on my thanks.

Ross, Cardiology Outpatients

I had an appointment with Cardiologist Ross Downey and I would like to acknowledge how helpful he was in explaining my condition with genuine interest. I felt he did not rush me in any way.

ED and Orthopaedic Acute Care, Christchurch Hospital

I would like to say a massive thank you to the ED and Orthopaedic Acute Care team. I broke my arm snowboarding, and everyone was absolutely amazing. I was seen very promptly, my pain was dealt with quickly, and everyone was very supportive. Special thank you to Sarah my nurse, Ferdinand my doctor and Scott the ED doctor for ordering me my x-ray and being a friendly face.

Big Shout Out

To: Burnside Community Dental Clinic

Just wanted to email regarding a parent/patient that was seen at Burnside today. My thanks to the team of Catherine and Jackie who worked, not only with the child, but as importantly the mother. At the end of this appointment the mother left with, I am sure, a smile under her mask, her head held much higher and a spring in her step. This is why we do the job we do and why we are so good at what we do. Thanks for all that supported this family today.

From: Clinical Team Leader Helen Dobbs

#carestartshere

Ā mātou kōrero – Our stories

Donation of specialised cots gratefully received

New mother Vanessa has spent five weeks by her newborn son's side in Christchurch Women's Hospital's Neonatal Intensive Care Unit (NICU). Kane, who was born at 33 weeks, is doing well, and Vanessa is thrilled with the brand-new height adjustable and tilt-able cot he now sleeps in thanks to a generous donation by the Rapid Relief Team (RRT) with support from the National Assistance Fund.

RRT has donated 20 of these cots to NICU, with a total value of around \$20,000. Babies progress to cots once they are medically stable and no longer need an incubator.

"Because the new cot is height adjustable it makes it so much easier, especially for mums like me who have had a caesarean. You don't have to bend down to the cot when you're looking after your baby, you can even have them at your level when you are sitting down," Vanessa says.

NICU, which cares for infants born prematurely or with surgical, congenital and medical complications, has reported an increase of 10 babies per day since 2014, placing pressure on bed capacity and staff.

RRT New Zealand General Manager Paul Simmons says RRT volunteers were shocked to hear of the bed shortages so jumped into action to assist.

"The shortage of neonatal beds mean that vulnerable babies are in less than ideal cots for the delivery of care. We have also heard reports of cramped clinical rooms and lack of privacy among the patients.

"We know how challenging this time is for parents and equally the healthcare staff, so we are pleased to donate these specialised cots to help relieve some pressure faced and provide more user and baby friendly cots," he says.

Last year RRT donated five specialised cots to Starship Children's Hospital after responding to a mother's plea for support. After seeing the impact these cots made they were compelled to do more.



From left, Clinical Nurse Specialist Gina Beecroft, Neonatal Nurse Manager Debbie O'Donoghue, Registered Nurse Jessica Graham, and Rapid Response Team General Manager Paul Simmons and Director Kingsley Smith. Paul is holding 'Cookie' – RRT's mascot

"We knew there was a desperate need for further support, so we reached out to Canterbury DHB," he says.

Neonatal Nurse Manager Debbie O'Donoghue says the new cots replace some very old ones and will be of great benefit to the service.

"These new cots allow for care to be delivered while meeting the comfort and safety for both parents and staff alike. This improves the working environment for staff and improves accessibility and comfort for parents when caring for their babies in NICU."

Clinical Nurse Specialist Gina Beecroft says the cots will "revolutionise care".

"Nurses in NICU spend many hours of the day bending over cots to care for babies and it's the same for our parents. With these, we can now position the cot at the ideal height to reduce musculoskeletal strains."

Anything that can make things a little bit easier is much appreciated, she says.

The Plymouth Brethren Christian Church established the RRT in 2013 to express the church's principles of care and compassion. The RRT is staffed by church volunteers who provide catering services at a range of charitable events and emergencies. Globally, the RRT has more than 14,500 volunteers and operates in Australia, the United Kingdom, New Zealand, France, the United States, Canada and Germany.

Ōtautahi teenager unveils first large-scale artwork at mental health outpatient unit

A mural showing a colourful, abstract journey of growth and recovery is being unveiled at Ōtautahi's child and youth mental health outpatient unit.

The mural, titled *The Pōhutukawa Pathway* and designed by local teenage artist Ella Ward, was revealed at a ceremony last Friday by Māia Health Foundation Chief Executive Michael Flatman, and mental health advocate and Westpac ambassador Sir John Kirwan.

The mural is installed at the child and youth mental health outpatient facility at The Princess Margaret Hospital (TPMH) in Cashmere.

Nineteen-year-old Ella was commissioned to complete the mural after winning the public vote for the *Together Greater Mural Project*, which she was inspired to enter after seeing the facilities first-hand.

"I am passionate about mental health and youth and having seen the outpatient facilities where our young people are treated I knew just how much they needed uplifting.

"They are dark and unwelcoming, but I'm hoping my design and injection of colour will go some way towards improving that and making our young people feel valued and supported through their mental health journey," says Ella.

Christchurch desperately needs a modern outpatient facility for child and youth mental health outpatients to replace the outdated facilities at TPMH and Hillmorton Hospital. Māia Health Foundation is raising \$6 million towards a modern, fit-for-purpose facility, which is due to open late next year. Ella's mural will be relocated there once the facility is complete.

In the meantime, the team at Westpac's Christchurch office created the *Together Greater Mural Project* to add vibrancy to the facilities where our tamariki and rangatahi are currently treated.



Māia
Health
Foundation



Ella Ward after unveiling her mural at the Child Adolescent and Family Unit at The Princess Margaret Hospital

The Together Greater Mural Project is a collaboration between Westpac NZ, youth artist programme The Creators' Room, and Māia Health Foundation. Young artists were asked to submit designs for a mural, with the winner decided via a public vote. More than 2600 votes were received for the competition.

Westpac NZ Ambassador and mental health advocate Sir John Kirwan came to Christchurch specifically to unveil the mural.

"Our rangatahi are our future. It's really important we look after their wellbeing and support them to reach their full potential," he says.

“This project has brought out the best in Ōtautahi youth, and I’m blown away by the creativity of their designs. I congratulate Ella and everyone who took the time to showcase their amazing talent.”

Māia Health Foundation Chief Executive Michael Flatman says the *Together Greater Mural Project* has uncovered a real and raw talent, with Ella’s vibrancy and vision set to breathe life and energy into our current child and youth mental health treatment spaces.

“Ella is an incredible talent and the story she tells through her artwork shows real insight into the mental health journey so many of our young people are facing. It will add vibrancy and life to current facilities and lift the spirits of our dedicated mental health workforce and the children and young people they treat as we work to bring our new state-of-the-art facility to life.”

Ella’s mural features two different pathways that lead to an abstract version of the sun.

“The journey to mental wellness isn’t one-dimensional. Through this artwork I’ve tried to visually show that while there may be ups and downs during the journey to wellness, we can reach sunshine at the end.

“My design shows the concept of growth depicted through leaves, while I’ve included elements of New Zealand nature as nature is calming and it relates to our unique culture and identity,” says Ella.



Westpac NZ General Manager of Consumer Banking and Wealth Ian Hankins, Sir John Kirwan, Ella Ward and Māia Health Foundation CEO Michael Flatman

For winning the *Together Greater Mural Project* Ella received a \$2,500 grant from Westpac, five hours mentorship with an established mural artist, and ten hours of education and development to further support her artistic career development.

Westpac NZ General Manager of Consumer Banking and Wealth Ian Hankins thanked Māia for their tireless work supporting local youth.

“This project is a great example of what we can achieve when businesses and local communities work together to improve our overall wellbeing,” he says.

A promotional graphic for winter wellness. It features a teal background on the left with white text and a photograph of three people (two women and one man) sitting on a wooden bench outdoors. The text includes a question, a list of actions, a website link, and logos for 'STAY WELL THIS WINTER' and 'Canterbury District Health Board'.

Are you winter ready?

- Kōrero with whānau and check everyone’s vaccinations are up to date
- Flu, Measles, COVID-19, childhood immunisations

cdhb.health.nz/winterwellness

STAY WELL THIS WINTER

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More information leads to better support for residents in aged residential care facilities

Staff working in aged residential care (ARC) facilities across the South Island are finding it easier to make informed decisions about their residents' care with newly granted access to Health Connect South (HCS)/ HealthOne (HI).

Canterbury Clinical Network's Shared Care Planning team, the South Island Alliance and the HCS / HI teams are leading the roll-out to provide key staff at ARC facilities with access to their residents' shared electronic health record and comprehensive training.

This ensures ARC staff have access to up-to-date information including lab results, transfer of care letters, outpatient appointments, and shared care plans to aid with planning and managing their residents' care.

Clinical Manager at Elmswood Retirement Village Val Whatley says access to additional information in real-time is already making a significant impact for residents and staff.

"There have been several scenarios in the last month where we have been able to make a real difference for our patients because we've had quick access to information it would previously have taken us a while to get hold of.

"This is particularly evident when patients are discharged from hospital back to one of our facilities. Recently we had a resident discharged back to our care quite late in the day, without instructions about the care for their chronic, long-term wound.

The geriatric nurse specialist (GNS) involved in this resident's care was able to talk us through where we could find the information we needed, and we found information which helped us decide what care to deliver next."

Val says the process around residents being discharged from hospital is now much more streamlined.

"Previously we had to follow up with the GNS or the discharge summary team at the hospital, but now we can access records, see what they are doing, when they are doing it, it is much quicker and means we can prepare what the resident needs before they arrive back into our care."

Another success story came through one of the weekly GP-led clinics at the village when access to the up-to-date information helped the team understand and plan investigations.

"It was the first clinic since we were given access and we were able to look at one of our resident's previous bloodwork. Having access to the results meant we could decide to alter the blood tests taken in our clinic so we did not have to repeat tests and could explore a different avenue," she says.

Shared Care Planning Programme Lead and Product Manager Rebecca Muir says the rollout has vast benefits for the wider system.

"Having access to their resident's health record can assist in informing care decisions, which can lead to reducing unnecessary or inappropriate treatments and hospital transfers. It also means ARC staff can view, create and review their residents' Shared Care Plans, including Advance Care Plans, Shared Goals of Care and Acute Plans."

This is the next step for Val and the team at Elmswood Retirement Village, who plan on developing Acute Plans outlining the approach to care for several residents who have catheters, saving them unnecessary trips to the Emergency Department.

The Ministry of Health (MoH) has committed funding for the initial HCS/ HI connection for up to ten staff per ARC facility, as part of the COVID-19 response. There are now 102 ARC facilities across the South Island that have access and training for HCS/ HI. The roll out to the rest of the facilities is expected to be complete by September 2022.

Marking the end of an era

The Planning & Funding and Business Intelligence teams got together for a morning tea last Thursday to mark the moment of transition to Health New Zealand.

The tables were laden, and Queen's 'Another one bites the dust' was playing, as the group met to recognise the work and people of Canterbury DHB past and present, sharing memories and enjoying some kai.

A memory board featuring photos staff provided of themselves during their time at Canterbury DHB, some looking much younger, brought laughs and tales recounted of times gone by.

Planning & Funding Executive Director Tracey Maisey told those gathered it was a momentous day and she was pleased an event was being held to mark the change.

"The photo boards are wonderful, thank you to everyone who has put in such effort. DHBs have been around for about 20 years and a lot of staff have come through in that time and I want to say thank you on behalf of Canterbury DHB.

"Tomorrow we become Health NZ but today we are celebrating the past and I am really pleased we have been able to get so many of you together to share morning tea and I want to say thank you to everyone."



One of the memory boards made up of photos staff supplied



Carrot cake with past and present logos



Planning & Funding and Business Intelligence Staff gathered for the morning tea



From left, Finance Business Partnering Manager – Community Lin Jones, Contracts Coordinator Kath Mahy, and Contracts Specialist Justine Joseph

Know your pulse campaign launches to save lives

Atrial fibrillation (AF) is a common heart rhythm condition which causes an irregular and often a rapid heart rate. It can lead to stroke and heart failure and affects around 60,000 New Zealanders.

For some people AF might feel as if the heart is racing or fluttering, others however will be unaware they have it.

Heart Foundation Medical Director Gerry Devlin says the condition can strike adults at any age, although it is more common as we get older. Around one in 35 New Zealanders between 35 and 74 have been diagnosed with atrial fibrillation.

"It's also likely there are many more who don't know they have it, making it the most common type of heart rhythm disorder. That's why doing a pulse check and learning to know your pulse is so important."

On average Māori are more affected and both Māori and Pasifika people tend to develop atrial fibrillation 10 years younger than non-Māori and non-Pasifika. But the condition can affect anyone, regardless of age or ethnicity.

"It can be very challenging for people living with atrial fibrillation, but knowing your pulse will tell you a lot about your heart and it could save your life," he says.

How to check your pulse:

- › Place three fingers over the inside of your wrist, resting the fingers at the base of your thumb. Take time to feel the pulse under your fingers.
- › Count each beat for a total time of 30 seconds.
- › Double the number of beats you counted and that is your heart rate per minute.

Self check: take your own pulse



Find your pulse



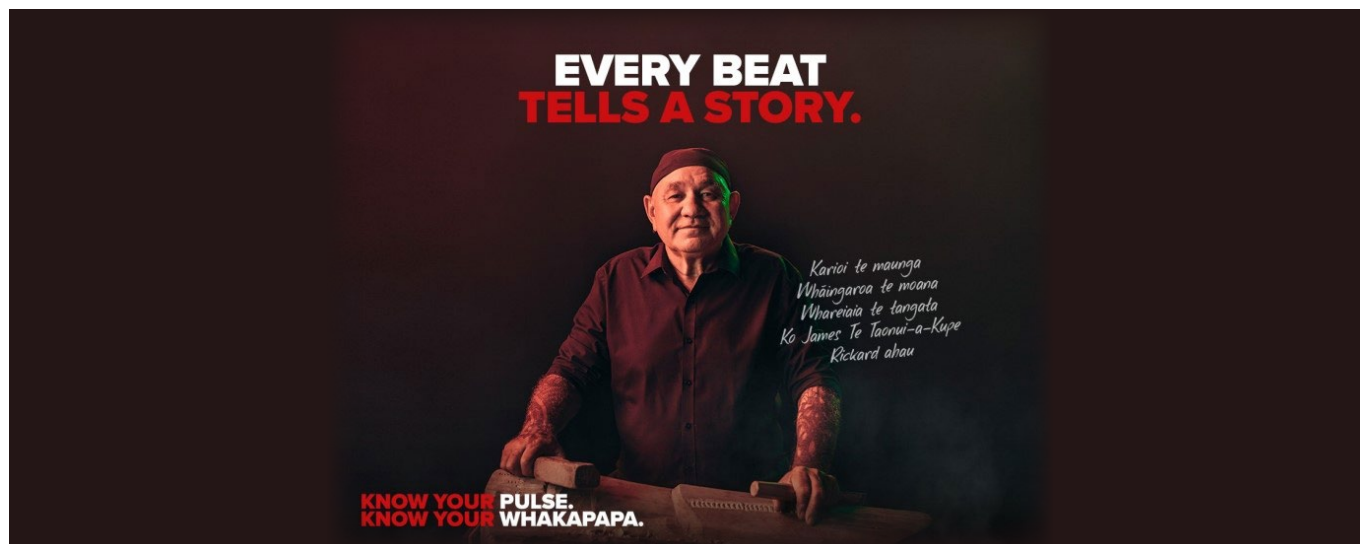
Count your heartbeat for 30 seconds



Double it

Most people's heart beats regularly and is between 60 and 100 beats per minute when resting. An irregular pulse is when the heart doesn't beat in a regular fashion.

For more information on checking your pulse or Atrial Fibrillation go to www.heartfoundation.org.nz or if you notice that your pulse seems irregular or seems to be 'jumping around', make an appointment to see your GP.



Hauora kounga mō te katoa Quality health for all



The Health Quality & Safety Commission (the Commission) plays a key role in supporting the health sector to improve the quality and safety of services. One of the core building blocks the health sector needs for data-informed quality improvement, identified both in the Health and Disability System Review and in Wai 2575, is meaningful, useable health quality intelligence.

In response, the Commission is launching two health intelligence tools.

The Commission's new Measures Library | He Kete Rauemi will publish a range of quality-focused measures and resources in a centralised reference 'library' with the aim of creating a common understanding of health system and service measurement.

The Measures Library will support the reformed health system goals of improving equity in outcomes and experiences of care by highlighting which specific measures can be used to support initiatives intended to improve health care design and delivery.

The library is located within the Health Quality Intelligence web resources and links to other resources, such as the Atlas of Healthcare Variation. It also includes:

- › detailed technical documents
- › a summary of the results for each measure, with data available to download
- › management documents that describe how given measures should be interpreted to inform and/or influence quality improvement
- › case documents identifying how measures have been used to inform improvement projects
- › high-level data visualisations.

The Commission will continue to work with sector stakeholders to include new measures, features and resources to ensure the library remains up to date and relevant.

View the Measures Library app on: <https://reports.hqsc.govt.nz/measures-library/>

› Note: not optimised for mobile use.

On Thursday 7 July, the Commission will launch Experience Explorer, an improved tool for reporting results from the national patient experience programme. The explorer provides access to results from both the adult hospital inpatient experience survey and the adult primary care patient experience survey.

Four times a year, the survey programme invites patients to provide feedback. Over 2021/22, more than 130,000 respondents provided feedback.

This patient feedback is broken down by district health board, age, gender, ethnic group and disability status. Growing evidence tells us patient experience is a good indicator of the quality of health services. Experience Explorer provides important starting points to understand who is experiencing better and poorer quality of care and where patient experiences are similar or different.

These tools are intended to support central agencies by:

- › providing valuable insights for policy analysis
- › assisting with monitoring of overall system performance
- › providing important avenues for bringing consumer voices into national planning.

Health providers should continue to access their own survey results through the secure online portal provided by Ipsos. This provides a rich source of information from patients, including qualitative feedback.

For more information or feedback regarding:

- › the Measures Library, contact [Tony Mottershead](#)
- › Experience Explorer, contact [Catherine Gerard](#)

Pānui – Notices



Healthcare Innovator Spotlight Series

Our people behind healthcare innovation in Canterbury

Brought to you by Te Papa Hauora in conjunction with Via Innovations and ChristchurchNZ

TE PAPA HAUORA The future of health

via innovations ChristchurchNZ

Te Papa Hauora is pleased to launch its Healthcare Innovator Spotlight Series, brought to you in conjunction with Via Innovations and ChristchurchNZ.

There are many incredible innovations happening within health in Canterbury. This video series highlights some of our inspiring people behind some of these innovations.

Our first innovator is: **Gavin Harris and his innovations within Computational Pathology**

Gavin Harris – Anatomical Pathologist Canterbury Laboratories

Pathologists like Gavin Harris provide vital information to clinicians for the diagnosis and treatment of diseases such as cancer. Gavin discusses how cutting-edge 'digital pathology' combined with Artificial Intelligence (AI) technology will assist pathology staff in their analysis of cells and tumour samples.

Please keep a look out for the rest of our upcoming series, which you can find on our [webpage](#), [Facebook](#) and [Twitter](#).

Our Te Papa Hauora Newsletter is coming out soon, receive it to your mailbox by [clicking here](#).

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.



Torpedo7

TORPEDO 7 - Friends & Family Offer from 02-17 July 2022

Torpedo7 is offering up to 50% off on huge range of gears for Te Whatu Ora - Waitaha Canterbury and Te Tai o Poutini West Coast Staff and their family. Show [this flyer](#) instore printed out or on your device or enter the promo code mentioned in the flyer at the checkout on the website www.torpedo7.co.nz



NOEL LEEMING - Friends & Family from 04-17 July 2022

Noel Leeming is offering amazing storewide deals for Te Whatu Ora - Waitaha Canterbury and Te Tai o Poutini West Coast Staff. Show [this flyer](#) printed out or on your device to their instore staff.

Tō Tātou Ora Wellbeing Seminar Series 2022

Yoga Nidra to Support Sleep

Veronica King
The Yoga Nidra Project

Monday 25 July 2022
12.30pm - 1.30pm

Room 302, Level 3, Manawa,
276 Antigua Street

There is no need to RSVP, but space is limited by the venue.
No special clothing is needed to participate as this is a meditation practice.



wellbeing[♥]

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Te Poari Hauora o Waitaha



HEALTHTECH SUPERNODE CHALLENGE DEMO NIGHT 2022

YOU'RE INVITED! HEALTHTECH SUPERNODE CHALLENGE DEMO NIGHT 2022

We would love to invite you to participate in the HealthTech Supernode Challenge(HTC) Demo Night on 13 July 2022. The nine startups selected who are part of the HTC Pre-Accelerator have been working alongside our programme team and key partners in accelerating their startup journey, please come along to hear more about their impactful health tech innovations.

In this year's cohort we have a wide range of teams addressing pertinent issues across the healthcare system. From hardware and software diagnostic solutions to mental health and wellbeing applications, the teams are focused on making healthcare more equitable, accessible and effective for New Zealanders.

WEDNESDAY 13 JULY 2022 5.30PM - 8.30PM
MEET THE STARTUPS: 5.00PM
EVENT START: 5.30PM
NETWORKING: 8.00PM

**TŪRANGA LIBRARIES, 60 CATHEDRAL SQUARE
CHRISTCHURCH, CANTERBURY 8011**

RSVP ESSENTIAL BY 6 JULY
[More information here](#)



The latest message from the Director-General of Health Dr Ashley Bloomfield is available now.

Read about this winter our rate of severe acute respiratory illness (SARI) is putting pressure on hospitals; a second COVID-19 booster is now available for everyone over the age of 50 and much more on the [Ministry of Health's website here](#).

QUIZ ANSWERS – How much do you know about current health events?

- | | |
|----------------------------|---|
| 1. a. True | 6. b. At least 6 months after their first booster |
| 2. b. 20 | 7. b. Riana Manuel |
| 3. d. Fepulea'i Margie Apa | 8. d. 80,000 |
| 4. c. 2001 | 9. a. people-centred |
| 5. d. All of the above | 10. d. Diana Sarfati |