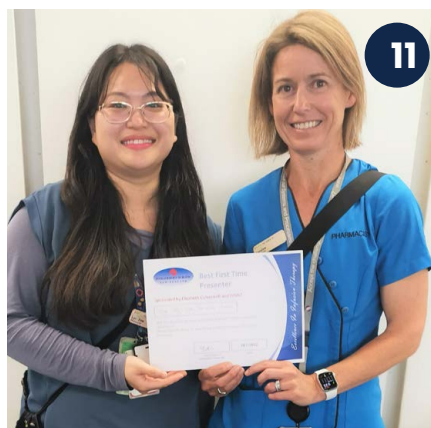


Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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Te Whatu Ora
Health New Zealand
Waitaha Canterbury



In this issue

Kupu Arataki – Introduction... pg 3-6

Ā mātou tāngata – Our people

- › Project SEARCH contributing to culture of diversity and belonging ... pg 10
- › Intravenous nursing conference awards ... pg 11
- › Calling time on four-decade-plus career ... pg 12
- › Christmas traditions are good for you ... pg 13
- › Te reo Māori akoranga – lesson #15... pg 14
- › Meet my pet ... pg 15-16
- › Kind-hearted Christmas tree donation... pg 17
- › Christmas treats bring smiles... pg 18
- › One minute with Santa Claus ... pg 19

Whakamihi – Bouquets ...pg 20-22

Ā mātou korero – Our stories

- › Our Christmas photos ... pg 23-25
- › Thousands of lives and billions of dollars to be saved with smokefree bill passing ... pg 26
- › Smokefree Canterbury Coalition celebrates legislative milestone ... pg 27
- › A help for grieving families ... pg 29
- › Initiatives to keep people well at home ... pg 30
- › Recognition for two of the driving forces behind Christchurch health charity ... pg 31
- › Health agencies working together to harness full potential of clinical trials ... pg 32

› Pānui – Notices ...pg 33-37

Cover photo: The Christmas display in the Christchurch Hospital Chapel

Kupu Arataki – Introduction

Thank you for everything you have done in 2022

A big thank you to all across the health system who will be working through the holiday season including Christmas, Boxing Day and New Year. Thank you for your ongoing mahi supporting our community over this period. I hope you get to take some time out to refresh and recharge later in the summer.

I am coming towards the end of my time as Interim Regional Director for Te Waipounamu and Interim District Director for Canterbury and West Coast Health Systems as part of Te Whatu Ora, and at the end of January, I'm looking forward to heading home to Nelson and reconnecting with my family.

It's been a phenomenal privilege to have held leadership roles, first as CEO, then the Te Whatu Ora roles for a little over two years. The team here is first class – and I want to recognise the quality of leadership, both management and clinical, right across our Canterbury Health System. Our leaders are committed, they're talented and experienced. They are values driven, passionate and deeply committed to delivering the very best care for our community.

During my tenure, I've been lucky to observe many of you in action in so many different ways too, and I remain in awe of your determination, energy and commitment to making sure our community stays as safe and well as possible.

2022 has been a year of highs and lows. There have

been challenges, not the least of which was another year of COVID-19 outbreaks and a debilitating flu season thrown in for good measure. The pressures on our Emergency Department and health system in general have, at times, been overwhelming but you continued to give everything you have to care for the people who need our services.

We are in the early stages of massive transformational change in how we deliver healthcare services which is exciting but also challenging, moving from a local to a national mindset. I'm excited about what this will mean in terms of improving equitable health outcomes for everyone in our community. I'm also excited by the fact that already we're seeing evidence of things like the boundaries between DHBs of old dissolving and we're starting to work much better across regions. As a result, we're seeing patients supported and we're seeing clinicians engaging more strongly.

It's early days but we are seeing lots of opportunities to work more effectively and deliver better care as a new organisation. I encourage you to stay the course as things will settle down and we will get through this transition period and be better placed to work together to address some of the big challenges including inequality and our workforce shortages.

Appointment of key mental health role

Karla Bergquist has accepted a long-term secondment to the role of Lead Specialist for Mental Health Services within the Hospital and Specialist Services team.

One of the six priority actions in Te Pae Tata is Oranga Hinengaro – improving services for people living with mental distress, illness and addictions. Our overall focus is the implementation of a nationally-consistent approach to the delivery of specialist community mental health and addiction teams. The design and expansion of Te Ao Māori mental health service solutions is also a priority. Karla will have an important role leading the development of solutions with communities, including New Zealand Police, to support people who are in mental distress or experiencing an acute mental health or addiction episode, to access timely care and support.

Karla is a Registered Nurse and has held senior clinical and management positions in a variety of mental health settings in both New Zealand and Australia. She will begin her new role in the next few weeks.



Lead Specialist for Mental Health Services
Karla Bergquist (photo source: LinkedIn)

Christmas comes to Te Whatu Ora Waitaha

It's been great to see all the photos of Christmas decorations coming in from Te Whatu Ora staff. We've had photos of homes, desks, work areas and wards. Well done on all the efforts and thank you for sharing a little festive fun. You can see more on [page 23](#).

The beautifully decorated reception at the Hauora Coordination Hub



Drone technology set to revolutionise delivery of health care on the West Coast

Our colleagues in Te Tai o Poutini, the West Coast are set to launch New Zealand's first integrated drone logistics network in conjunction with Swoop Aero in early 2023.

The service will initially concentrate on the retrieval and delivery of pathology samples between Westport and Greymouth. Later, it may also include the transportation of urgently required clinical supplies.

The drone, called Kite can carry laboratory samples of up to 5kg in a cold-chain enabled chamber, keeping them at a temperature of between 2°C and 8°C. The trip between Westport and Greymouth takes around 35 minutes.

Serious weather events over the past couple of years have resulted in severe flooding and road closures between Buller and Greymouth. Having a drone available that is able to transport urgent samples any time, including during weather emergencies, will be a game changer for the people of the West Coast. Read more [here](#).



The drone that will begin servicing Te Tai o Poutini in early 2023

Masks recommended for gatherings and meetings where there's poor ventilation

COVID-19 case numbers in the community and among our staff continue to rise. For the week ending 18 December, there were 42,470 new cases reported nationally, 12,809 or 29.9 percent of which were reinfections. People are contracting COVID-19 twice, three times and even more. Of the total new infections across Aotearoa last week, 4980, or 11.6 percent were in Canterbury.

With continued circulation of COVID-19 in the community, it's important that we do not become complacent. Public health protocols are generally well observed within our health facilities with staff, patients and visitors mostly following mask and hygiene guidelines in clinical and public facing areas. Any large indoor gathering at work or in the community has the potential to become a super-spreader event. As our resources are already constrained we ask all staff to do the right thing to avoid catching and

spreading COVID-19.

Our Technical Advisory Group (TAG) recommends that medical masks are worn when attending gatherings including meetings, study days and education sessions where people are in close proximity and where ventilation is not ideal in relation to room size.

TAG also recommends:

- › Participants take a rapid antigen test (RAT) prior to attending a large gathering (such as events, conferences, seminars, work Christmas parties)
- › People do not attend events or gatherings if they are unwell or have COVID-19 symptoms
- › You should always stay home if you're sick, even if it means missing an event you were looking forward to
- › Events and gatherings are moved outdoors where feasible. Indoor events are ventilated as much as possible and numbers limited to reduce crowding
- › Maintain good hygiene practices. Wash or sanitise your hands regularly, wipe down surfaces, and as a courtesy to others, leave meeting rooms clean and tidy when you're finished in them.



Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

Te Whatu Ora
Health New Zealand

These recommendations will be reviewed again in January 2023.

What are you looking forward to this Christmas holiday period?

Whether you have a few days off over Christmas or you're taking an extended break, we all have something that we are looking forward to over the holiday period. A sleep in, a Netflix binge, a trip to the bach or just extra time with family and friends.

Some of our Te Whatu Ora Waitaha colleagues have shared the things they're looking forward to this Christmas and you will see these throughout this edition of the Waitaha Pānui.

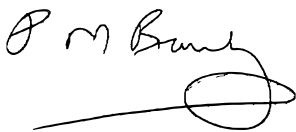


All the best for the holiday season

While things will be different in the future, today it's important we continue to focus on working as a team. Keep supporting one another, don't lose sight of the patient and keep on delivering care with compassion and kindness. A shout out too to everyone in enabling services who has a foot in each camp: working on national projects while new operating models are developed, and all while keeping up with local demand for your services – thank you, and please remember all the support available to you via the wellbeing page on max.

Thank you once again for the privilege of the last couple of years. I wish you all the best for the future. Let me close by wishing you a fantastic Christmas season with whānau and friends. Please recharge and refresh and I hope our paths may cross in the future.

Kia pai tō koutou rā



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



Watch this week with Peter

Stay cyber safe this Christmas

With 101 other things to think about at this time of year, it's easy to forget about keeping yourself and your whānau cyber safe over the Christmas break. However, just like any other time of the year, it's important to stay vigilant and be on guard for any suspicious texts, scam emails (phishing) or phone calls.

Here are some simple reminders to keep handy:

Set up two factor identification: Choose to get a code sent to another device, such as your phone, when logging in online. This helps keep your accounts safe by creating two-layers of defence.

Don't give out personal information: Scammers are very clever at trying to get us to share personal information about ourselves. Always think twice before sharing information such as your home address or bank details.

Be wary of urgent requests: A cyber-criminal is likely to exploit this busy holiday period to their advantage. That might come in the form of an email or text marked 'URGENT' and warn you that your delivery has been delayed or account suspended.

Check your bank statements: Keep an eye on your bank statements for any unusual activity. Ring your bank immediately if you notice any unusual or suspicious activity.

Remember:

Cyber security is super important both at work and at home. When we practice good cyber security at home, we protect our whānau. When we practice good cyber security at work, we protect our patients, our colleagues and ourselves. If in doubt, report anything suspicious to your IT team, security team or [CERT NZ](#).

To find out how cyber secure you are, take CERT NZ's quiz [here](#).

Holiday feelings

Christmas is not always happy and jolly with many people having feelings of loneliness, melancholy and isolation at this time of year. Loneliness is not the same as simply being alone, a state that many people enjoy and seek. Loneliness arises from not having the desired or sufficient meaningful connections with others. Christmas can exacerbate those feelings, especially when loved ones are absent.

The experience of loneliness can be a powerful indicator that something in your life is missing or needs to change. It may mean that it's time to take stock and seek ways to change your life for the better. This isn't easy, especially if you've been feeling lonely for a long time. You might be feeling quite 'stuck', and as if there is no end to the situation you find yourself in.

The good news is, some things can help. Use the tips outlined or refer to the MY CHECK-UP section of the EAPNOW app. <https://www.eapservices.co.nz/eapnow>

Some tips for dealing with loneliness

Acknowledge your feelings: Feeling lonely can be emotional or even physical. Take a moment to acknowledge your pain. Be kind to yourself.

Enjoy your own company: Don't let being alone hold you back from doing things you want. Remember that being lonely doesn't mean you've done anything wrong. Try and connect with people, joining a club or make a coffee date.

Get active: Look at exercise groups or a sports club. Challenge yourself to get out and socialise at least once a week. You could also try a journaling app.

Be proactive: Take preventative measures to increase your levels of connection. Ensure you look after yourself physically through good nutrition, exercise and quality sleep.



Quiz – Christmas songs and movies

We all have our favourites and love settling down in front of the TV or turning up the volume for a sing-a-long. Test your knowledge of some popular Christmas songs and movies.

- 1. In the movie, when Kevin was left 'Home Alone', where was his family?**
 - a. Paris
 - b. London
 - c. New York
 - d. Rome
- 2. With more than 50 million copies sold, a Christmas song is the biggest selling single of all time. What song is it?**
 - a. All I want for Christmas is you
 - b. White Christmas
 - c. Jingle Bells
 - d. Last Christmas (I gave you my heart)
- 3. In the movie Love Actually, writer Jamie falls in love with Aurélia. What language does she speak?**
 - a. French
 - b. Spanish
 - c. Portuguese
 - d. German
- 4. What carol allegedly inspired a 1914 Christmas truce during WWI?**
 - a. Little Drummer Boy
 - b. O Holy Night
 - c. So, this is Christmas
 - d. Silent Night
- 5. When terrorists take over Nakatomi Plaza on Christmas Eve, who comes to the rescue?**
 - a. John Smith
 - b. John Wick
 - c. John Rambo
 - d. John McClane
- 6. In 'The 12 Days of Christmas' what did my true love give me on the sixth day?**
 - a. French hens
 - b. Golden rings
 - c. Geese a-laying
 - d. Calling birds
- 7. Who is the Grinch's adorable 'partner in crime'?**
 - a. Charlie the cat
 - b. Max the dog
 - c. Cindy Lou Who
 - d. Fred the moose
- 8. Where does The Pogues' Christmas favourite 'Fairytale of New York', open on Christmas Eve?**
 - a. In the drunk tank
 - b. In a pub
 - c. In the snowy New York streets
 - d. Ireland
- 9. A baby in an orphanage crawls into Santa's sack of gifts and is unknowingly taken back to the North Pole. This is the beginning of which movie?**
 - a. Polar Express
 - b. Elf
 - c. Arthur Christmas
 - d. A Christmas Tale
- 10. According to 2021 UK charts, who sings the most-streamed Christmas song?**
 - a. Wham
 - b. Band Aid
 - c. Mariah Carey
 - d. Michael Bublé

[Check your answers on page 36.](#)

Ā mātou tāngata – Our people

Project SEARCH contributing to culture of diversity and belonging

The 2022 Project SEARCH interns graduated recently in a ceremony held at Burwood Hospital's chapel, and attended by some of the Te Whatu Ora executive team, dedicated staff, supporters, friends and whānau.

This is the fourth year that Te Whatu Ora has supported this initiative which is based out of Burwood Hospital. Project SEARCH is a one-year programme that provides young people in their last year of high school who live with a disability, the skills they need to enter the workforce with confidence.

Designed to break down barriers to employment, the programme sees each intern work across three 10-week placements to explore a variety of career paths. Interns are provided practical hands-on training, education, and career development as well as comprehensive support throughout the programme.

Project SEARCH Tutor Linda Leishman says this year was impacted by COVID-19 resulting in staffing shortages, a delayed start and a shortened first internship.

"However, thanks to the work of a supportive team of skills trainers and mentors, the young interns were able to step up to the challenge with resilience and a positive attitude and still be smiling at the end of the year."

Linda acknowledges the positive feedback she has received from staff within various departments of Burwood Hospital who reported that the interns were of great value and their work much appreciated throughout what was a trying year.

"This feedback enforces that the interns are



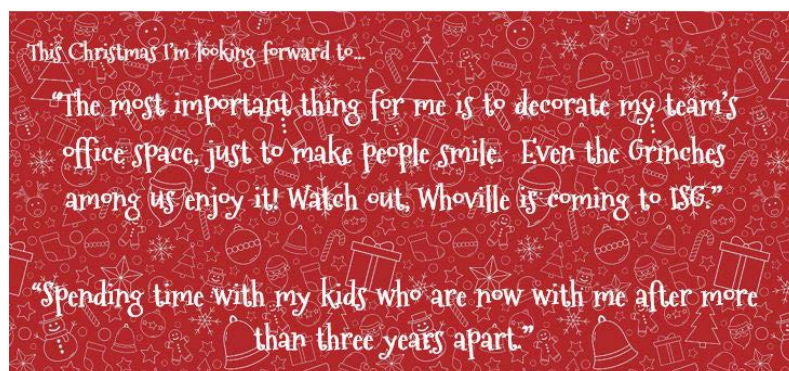
The Project SEARCH 2022 graduates, from left, Jack Paul, Josh Jones-Corson, Amy Verdellen, Ami Okada, Jacob Lowson, Jeffrey Baliza, Luka Willems and Caitlin Fleming. The photo was taken by Project SEARCH Skills Trainer Stuart Lloyd-Harris

contributing to building a culture of diversity and belonging. That's what Project SEARCH is all about.

"And the stunning profile photos of the (now) graduates are a perfect example of what being your authentic self can mean. These photos are just a hint of the pride these young people feeling at their graduation and it was safe to say all those attending the ceremony were bursting at the seams with pride for them," Linda says.

Now that they have come to the end of their Project SEARCH internship, the graduates are being supported by a job coach who will help guide them on their journey into supported employment.

Linda and the Project SEARCH team are excited to induct the next intake of interns in the new year.



Intravenous nursing conference awards

Christchurch Hospital staff received awards at the recent 17th Intravenous Nursing New Zealand (IVNNZ) Inc. conference held in Christchurch, during Antimicrobial Awareness Week.

IVNNZ is an incorporated society committed to promoting excellence in infusion therapy practice by all health professionals delivering health care to the population of Aotearoa, New Zealand.

Clinical Nurse Consultant Vascular Access Elizabeth Culverwell (below right) received the IVNNZ award for Best Innovation in Clinical Practice for the presentation, *'Prevalence of peripheral intravenous catheters and policy adherence: a point prevalence in a tertiary care university hospital'*. The results were published in Journal of Clinical Nursing. [Read them here.](#)

Elizabeth says the conference had both New Zealand and Australian delegates so for five of our staff to pick up the key awards was a bit special.

*Extravasation refers to the leakage of injected drugs from blood vessels causing damage to the surrounding tissues.



Pharmacists, from left, Lye Jinn Ng and Caroline Innes received the award for the IVNNZ Best First Time Presenter. Their presentation *'Extravasation injuries: A race against time'** was on the work their team carried out regarding extravasation injuries with non-cytotoxic medication.



From left Clinical Nurse Specialists Kate Gallagher and Michelle Casey who work in Outpatient Antimicrobial Therapy, received the Best New Zealand research award for their work titled *'A patient/whānau focused infusion journey from admission to discharge'*.

Calling time on four-decade-plus career

When Service Manager Older Persons' Health and Rehabilitation (OPH&R) Linda Wood walks out the door of Burwood Hospital for the last time on January 6, 2023 it will be 47 years to the day that she began her nursing training.

Then, the young Cashmere resident was just starting out on the career she'd dreamt about since she was a child, moving into the Nurses' hostel at The Princess Margaret Hospital (TPMH).

The date in January is her official retirement day but a morning tea to celebrate Linda's career and thank her for her dedication was held last Friday.

When Linda trained to be a nurse for the then North Canterbury Hospital Board student nurses were expected to 'live in' for two years.

"That was great, we got to know each other and if we had a bad shift we counselled each other. We had to all leave our shift together too, which helped foster a great team spirit," Linda says.

Her first role as a registered nurse was on Ward K2, an older persons' health ward and she did respiratory nursing on Ward B2 before becoming admitting nurse and night supervisor. After a six month holiday overseas in Europe, Linda returned to New Zealand, working at Coronation Hospital, in the Respiratory Annex for three years.

She then moved down to the ground floor of Coronation Hospital as a Charge Nurse looking after long-term care patients for three years. When it closed in 1991 she became Charge Nurse of the Elms Unit at TPMH –also a ward for those needing long-term care.

Linda was Unit Manager and Floor Manager for the first floor of TPMH and in 2005 took up the role of Service Manager – which she has held ever since.

Assessment and rehabilitation has been her passion.

"Being able to, with rehabilitation, get the patients to improve to the best of their ability is very satisfying", she says.

One of the best things about her long career is all the people she has met – colleagues who became friends, and the interaction with patients and their families.



Service Manager Older Persons' Health and Rehabilitation (OPH&R) Linda Wood

"I've met some great people along the way and made many friends, nursing is a fantastic career."

OPH&R General Manager Kate Lopez says Linda has played a significant role in the Canterbury Health System and in particular in the care of older people, throughout her career.

"I've been fortunate to have worked with Linda through many of my years with Older Persons Health, initially encountering Linda when I was a student nurse and then as a new graduate at The Princess Margaret Hospital when Linda was in her role of Unit Manager; and over more recent years as a colleague within our OPH&R leadership team in her role as Service Manager.

"Colleagues speak of Linda's boundless knowledge and recall of so much of the 'what, when and why (and where!)' for OPH&R through the years. But mostly they talk about her kindness, her support, and her focus on achieving the best for our patients. We'll miss Linda hugely but congratulate her on a career of so much contribution to our patients and our teams."

In her retirement Linda plans to do more crafting, genealogy research and travel.

Christmas traditions are good for you

Some family traditions are handed down from generation to generation and others forged as new members join the clan or familial circumstances change.

No time of year is more tied to traditions than Christmas. Holiday traditions play an important part in developing a strong bond between family, friends and our community. They give us a sense of belonging and a way to express what is important to us.

They also connect us to our history and culture and help us celebrate generations of family. Because of this, building traditions when your children are young can be very beneficial to their mental and emotional wellbeing and development.

Some of our Te Whatu Ora Waitaha Canterbury colleagues share the special Christmas traditions they maintain.

My family started a new tradition a few years ago. We go and stay in a hotel from Christmas Eve and come out again on 27 December. There is absolutely no cooking or cleaning as there is a bar, restaurant, room service etc all on hand. The commute to our holiday destination is no hassle at all – we just jump in an Uber and within 15 minutes of leaving home we can be checked in/unpacked and relaxing. If you book in advance you can get some great hotel deals during that period. I highly recommend this as a strategy for the holidays.

It is always up to the men to get the new potatoes ready for Christmas Day and also everyone looks forward to the game of cricket in the afternoon.

Someone is always allocated the job of making the (very boozy) family trifle recipe. I don't particularly like it, but it isn't Christmas without it!



Every year I make my daughter (almost 10) a homemade advent calendar with different activities, crafts, Christmas-themed toys, games or treats. I always make sure there are opportunities for us to give back as well, by donating food or money to charities that help those less fortunate than we are, so she can see just how important that is. We've been doing this for about seven years and the advent calendar itself is a fabric one made by my mother-in-law. It's very special and something she looks forward to every year.

We have started a new and fun tradition for our family in relation to gifts to help make the magic last longer. We have 'Santa Sacks' for the children's goodies in the morning and then with the family gifts, we have a new tradition of opening one gift every hour until they are all distributed. That way we can all appreciate our gift and those who have given them, rather than a big ugly free-for-all. It feels a nicer way to appreciate our blessings and each other.

Going to church, putting up the Christmas tree, prepare our Christmas table/feast and have a hearty meal at 12 midnight – Noche Buena we call it.

Elf on a shelf... a must have.

Making Nana's traditional sherry trifle and Christmas breakfast. The kids (who are now 21 and 16) wake up on Christmas morning and the table is all set with crackers and decorations. We always have scrambled eggs, salmon and croissants with Bucks Fizz (sparkling wine and orange juice) to drink. Presents are then opened and our family from the U.K do a video call. We have been in New Zealand for 15 years and never missed doing any of the above.

Pigs in a blanket and a port, light a candle to remember the true meaning of Christmas.

Some yummy Greek together with some Westernised food, best of both worlds and hope to enjoy nice beach weather to go to local beach for a swim or body board.

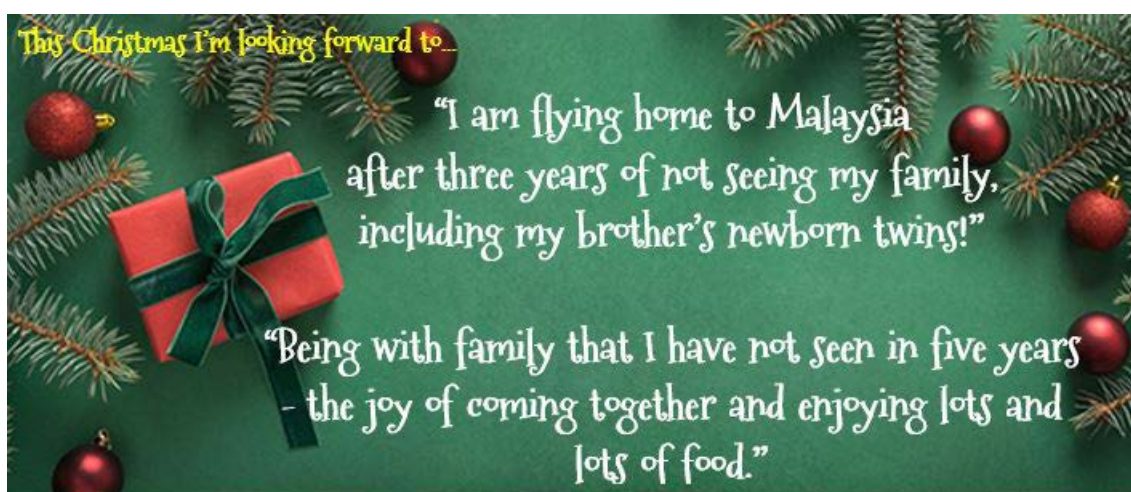
Making gingerbread.

Being a Filipino, I still have that tradition of putting up my Christmas tree as early as September. This actually makes my (Kiwi) partner and stepsons excited each Christmas. Everyone is around that tree on Christmas Eve and Christmas Day and we leave it up after New Year.



On Christmas Eve, my family and my sister's family go to church to hear Christmas carols then the evening mass thereafter. We then spend the night either at our place or my sister's. We then have a big Noche Buena (Christmas Eve dinner) and Kris Kringle. Lots of fun stuff we do on Christmas Eve and it's always special.

On Christmas Eve when I was a kid, my siblings and I would always sleep in the lounge by the tree. We still did it when we were old enough to realise who was really filling up the Santa sacks! My nieces and nephews do it now too.



Te reo Māori akoranga – lesson #15

He Rauemi – Some Resources

Ngā mihi o te wā ki a koutou katoa.

Greetings of the season to you all.

In this, the last publication of this segment until the Tau Hou (New Year), I thought it might be good to provide a selection of resources that you may find useful on your reo Māori journey, whatever that looks like for you.

Pukamata – Facebook

Starting in Te Reo Māori

www.facebook.com/startingintereomaori/

Everyday Māori

www.facebook.com/groups/263436354660573/

Papakupu Māori – Māori Dictionary

Te Aka Māori Dictionary

www.maoridictionary.co.nz/

Ngata Dictionary

www.teaching.co.nz/dictionary

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Punua Pāoho – Podcasts

Everyday Māori

Taringa

Pukapuka – Books

Māori Made Easy by Scotty Morrison

A Māori Word a Day and A Māori Phrase a Day

both by Hēmi Kelly

He Whakapātaritari – A Challenge

Reflect on what you have learnt over the last few months. What has been pai (good)? What has been not so pai? What is something that has challenged you? What is one thing that has changed in your work because of what you have learned?

Consider what might be a measurable language goal for you to achieve in the Tau Hou and of course, feel free to send any suggestions that you may have for segments in 2023.

E kore aku mihi e mimiti ki a koutou i ā koutou mahi katoa i te tau nei! Kua uaua rawa, ā, ko te tūmanako ia ka whai wā koutou katoa kia whakatā, kia whakahaumanu hoki i kā wiki e whai mai ana. Tēnā, whai whakaaro ki ō tātou hoa mahi e mahi ai i ēnei hararei – tēnā rawa atu! Nō reira, Meri Kirihimete ki a koutou katoa, ā, ngā mihi maioha o te Tau Hou.

My thanks to you will never diminish for all the work that you have done this year. It has been quite challenging, and I really hope that you all find some time to rest and rejuvenate in the coming weeks. Please consider our colleagues that will be working these holidays – thanks so very much!

So, a very Merry Christmas to you all and warm greetings for the New Year.

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

Hauora.Maori@cdhb.health.nz

Care around the clock

Call Healthline 0800 611 116 for free health advice 24/7, including where to go and what to do if you're not sure.



Te Whatu Ora
Health New Zealand



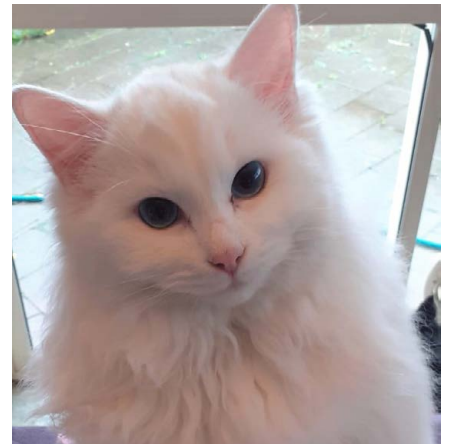
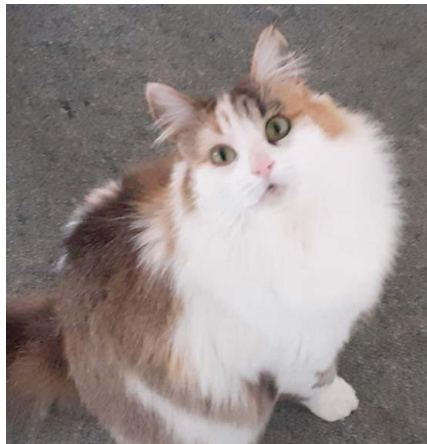
Meet my pet

Tina, Millie, Chhobi, Lizzy and Silvy

Chihuahuas Tina (black) 3 years old and Millie (brown) 2 years old. Cats Chhobi (black) 7 years old, Lizzy (tortoiseshell) 5 years old and Silvy (white) 1½ years old

They are adorable kids to us, always in a playful mood and love living together. Tina the chihuahua, runs like a horse in the park and plays well. Millie is mostly on mum's lap and enjoys all kinds of food, especially Indian cooking, Chhobi likes to stay outside and get patted by the neighbours while Lizzy and Silvy are like twins and mostly stay inside chasing each other.

Manoj Koyal, Clinical Records Officer

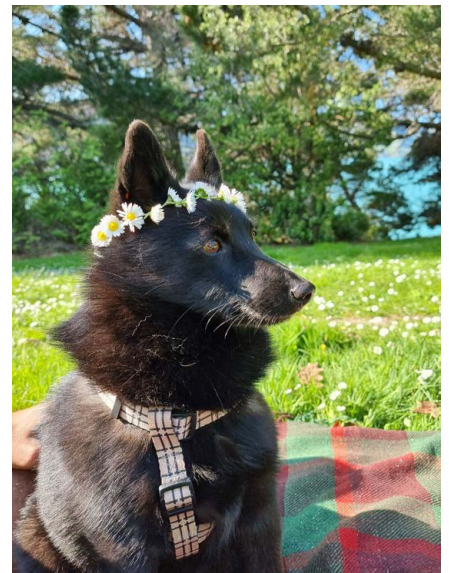


Luna

Schipperke, 6 years old

Luna acts like both a big dog and a cat in a small dog's body. She loves trying to lick your tongue if you poke it out at her and is a big cuddle monster. The slightest hint that we're awake in the morning has her bounding into bed for cuddles, and she will bunt your hand to make sure you don't stop the pats!

Heather Ferris, Medical Laboratory Scientist



Bernard

Rabbit, 7 months old

Bernard is full of mischief. He likes to hang out/chase the cats and eat the newly planted herbs and veges. He is lots of fun to watch tearing around the yard.

Rebecca Dew, Medical Laboratory Scientist



Tui

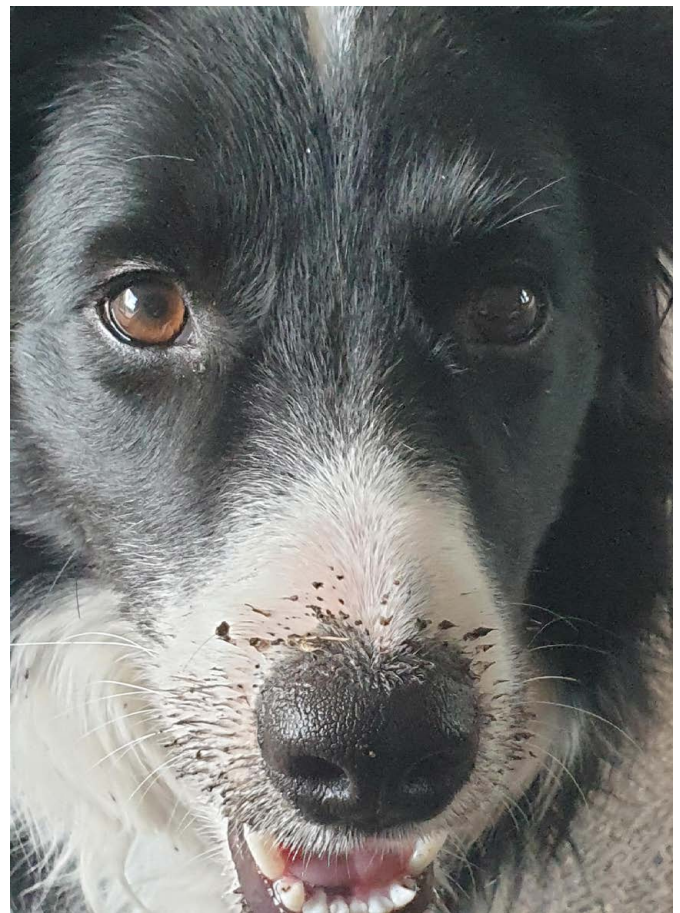
Border Collie, 10 months old

Tui loves to help in the garden as you can tell by the dirt on her face!

She has a six-year-old German Shepherd sister, Scout, and four cat siblings. Tui is very food driven hence she's a bit of a 'chunky monkey' but she is very clever and so eager to please.

We do training in obedience and Rally-O, which is heaps of fun. I'm hoping that when she gets a bit older she may train to become a therapy dog and come and visit all the lovely patients at Burwood Hospital.

Leah Millthorpe, Personal Assistant to the office of the General Manager Older Persons Health and Rehabilitation



That's a wrap on 'meet my pet'.
Thank you for sharing your pets and what they mean to you, with us.

Kind-hearted Christmas tree donation

"With our old Christmas tree having somehow disappeared out the back of Paediatrics, we thought we weren't going to have a tree up this year for the kids," says Administration Team Leader Child Health Riana Chemaly.

"I contacted Mitre 10 Papanui to ask if they would hold a fibre optic tree they had on special, and Josh Tasker, their General Manager, kindly decided to donate a tree to the Paediatric Outpatients Department.

"It was wonderful to see the amazing tauwhirotanga (caring, kindness, and compassion) for our tamariki (children)."



From left, General Manager, Mitre 10 Papanui Josh Tasker, Administration Team Leader, Child Health, Riana Chemaly, and Riana's son Chris Chemaly in the store with the donated Christmas tree and set up in ward (right)



Christmas treats bring smiles

Loaded trolleys departed Christchurch Hospital's Radiology department last Tuesday driven by trusty elves delivering Christmas cheer and treats.

The Radiology tea trolley is in its fourth year now, says Sonographer and Chief Elf Josie Macfarlane.

"It started small and as a way to connect Radiology to other areas of the hospital after what was a hard year for everyone. It has grown every year and hopefully this year is even bigger than before."

The elves start early to cover as many areas as possible, offering staff tea/coffee/juice/hot chocolate, a tasty treat and a bit of Christmas cheer.

"The trolley groans under the weight of all the treats some of which are supplied by Radiology staff members (we have some pretty impressive bakers). It always brings a smile," she says.

Chief of Radiology Sharyn MacDonald says this year the elves did some outreach trolley work in Christchurch Outpatients, safely navigating the trolleys across the cobblestones much to the surprise and joy of staff.



From left, Sonographer Josie Macfarlane and Chief People Officer Jo Domigan with the Christmas tea trolley

"The trolleys are prepared and pushed around by staff elves. Last year we had some Executive Leadership Team guest elves (working under supervision, paired with a supervising qualified elf) and this year was no different.

"It's a great opportunity to meet and greet and spread good cheer, she says.



One minute with... Santa Claus, Director Christmas Operations and Chief Distribution Officer (CDO)



What does your job involve?

I'm responsible for the effective and efficient world-wide delivery of toys and presents to children on Christmas Eve. I oversee a great team of elves and coordinate a fleet of delivery reindeer in partnership with my wife who manages the accounts, marketing and HR. She's really the brains of the operation and we work well together.

My wife and I also supplement the Christmas Eve work with appearances. These are pretty popular, and we will appear at shopping centres, parades, events and my favourite, hospitals.

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

Just because I only work two months out of the year and have one deadline to meet, don't assume it's an easy job. You need to be physically strong and really good with kids. I don't mean you should simply be tolerant of children. You need to really care about their wellbeing, happiness and dreams because they deserve it, and will see right through you if you don't.

Having rosy cheeks, a hearty appetite and generous girth are essential. It may be a little cliché but it's what the people want!

Who inspires you and why?

Anyone who puts the needs of others ahead of their own. Parents who sacrifice for their kids, healthcare workers who care for others with such kindness, and those people committed to the preservation of the environment for those who will come long after they have gone.

Oh, and endurance athletes. I appreciate how amazing they are every Boxing Day when I am soaking my feet after my marathon Christmas.

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?

I model my life on these values! You can't do what I do without caring for others and integrity is paramount when you're essentially breaking into people's homes all over the world. I can assure you that I head straight for the tree and stockings, drop the gifts, grab my cookies and milk and go. I never open drawers, go through the mail or watch you while you're sleeping – despite what the songs might tell you. And responsibility? Well, when you have millions of children relying on you, you can't take that lightly.

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

Right now, it doesn't matter where I want to be, because with Christmas only six days away, I have to be here (a secret North Pole location). After Christmas though, Mrs Claus and I are going on a camping trip to our favourite spot on earth – Methven.

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

I think Anthony Hopkins would be marvellous, but Mrs Claus says she will produce the movie and would much rather work with George Clooney.

What are your hobbies/interests outside of work?

People are usually surprised to hear that I'm a certified yogi and active free climber. I find these activities relaxing and they really improve my flexibility and core strength which is important for my job. There aren't so many chimneys to negotiate on houses these days so being able to quickly get to second floor balconies and through windows is essential.

Mrs Claus and I are also keen dancers. Classical, jazz, hip hop, interpretive; we do it all.

Whakamihi – Bouquets



ED, ICU, and Ward B7, Christchurch Hospital

My nine-year-old daughter suffered a very sudden brain bleed. She came in to ED via ambulance and had a team waiting for her, who worked efficiently and with the utmost care and respect for her and me. I was kept informed every step of the way, and she (despite being unconscious) was spoken to kindly and anything done told to her beforehand. Her care was amazing. I look back now and consider just how incredible the whole experience was. We arrived at around 8pm, she was out of surgery to release pressure from the bleed at 1am. The speed of that initial diagnosis has meant she has made an excellent physical recovery.

The ICU staff were incredible during our four days in there, particularly the nurses and doctors during the first 24-48 hours when it was pretty difficult at times.

Ward B7 and the Ronald McDonald rooms also featured in our stay and again, were fabulous. One trainee nurse on the ward sticks in my daughter's mind, his name is Alex. He was her nurse for two days and was so good. We hope he continues to work with children in his career as a nurse as he was excellent.

Our thanks to all the staff within the hospital. Everyone was kind, helpful, and helped make

our time there be a little easier. Everyone from the cleaners through to the neurosurgeons and anaesthetists, and all those in between. They all played a part in ensuring our sudden and scary hospital time was as okay as it could be, for both myself and my daughter. Thank you! Hopefully we don't have to return!

Jenny Stewart and Cheryl Rault, Community Dental Service

I want to pass on my huge thanks to the dentist and her technician for looking after [patient name] so, so, well. With it being her first filling, she was extremely nervous and so disappointed in herself for having any decay, and the ladies could not have been any more perfect. Calm, reassuring, sensitive, gentle and caring. They were so nice and explained everything and reassured her that it wasn't a reflection of how she looked after her teeth. I just wanted to pass on my huge thanks. The ladies made a day full of nerves and feeling bad into a day of feeling safe and not scared and feeling better about why she had to have the procedure, so thank you!

Oncology, Christchurch Women's Hospital

This year I was diagnosed with endometrial cancer and I would like to express how grateful I am

that I was treated at Christchurch Hospital. Right from the start I received excellent care. My total hysterectomy and my stay in hospital was better than I thought it would be. Getting the news that my cancer had metastasised was scary but after meeting both chemotherapy and radiotherapy oncologists they were empathetic and honest. My treatment with the Oncology teams was fantastic. They're very supportive and knowledgeable. I particularly liked how I had the same radiotherapist team each time for my 25 fractions of radiotherapy. It made a huge difference to me to be treated by the same women. Thank you to all the staff, much appreciated.

Emergency Department (ED) and Oncology, Christchurch Hospital

Currently undergoing treatment through the hospital and have had to use the ED on two occasions recently. I am constantly in awe of the professionalism, care, dedication and genuine humanity exhibited by every staff member who I have come in contact with. I have always believed it takes a very special type of person to take on a career in public health. Humbling.

Jenny Kim, Community Dental Service

I brought my five-year-old daughter to the Burnside Dental Clinic where she had a tooth extracted by Jenny. Jenny was superb. She communicated so well and made the experience easy. There was a fun, clear explanation and an expectation that my daughter was very receptive to. Despite it being a difficult extraction, Jenny managed well under the pressure and read my daughter's cues well. Her assistant was intuitive, and they were an excellent team. I appreciated their exceptional standard of practice.

Intensive Care Unit (ICU), Christchurch Hospital

Three years ago, I was in the care of beautiful nurses and doctors in the ICU. Like every year since, I am sending them love and hugs and wishing them all a beautiful Christmas with their friends and family. Thank you for your wonderful care.

Ward B8, Christchurch Hospital

I was in Ward B8 and was under the meticulous care of Suzanne Jackson and her team. On my previous form I complimented everybody who played any part in my stay. I was treated respectfully and courteously. I was encouraged to ask questions and permission was always sought before any necessary intervention. Apart from

nursing staff, special mention should be made of the cleaning staff, WellFood staff and social workers. I cannot speak highly enough of all who attended me in whatever form.

Belynda Wynn, Canterbury Hauora Coordination Hub

Belynda, many, many thanks and much more. We are so impressed with everyone we have spoken to. I will be writing to get Australia to follow a similar system, which is under-pinned by helpful and friendly people like you.

Ward 11, Christchurch Hospital

I was in Ward 11 and I cannot thank the nurses, doctors and WellFood staff enough. They were so busy and none of the nurses and doctors portrayed that, they're so caring and were constantly asking if I had pain or if there was anything else I needed. WellFood staff did everything they could to provide what I needed and wanted. Thank you Ward 11 for your exceptional care, you are a lovely bunch. Also, last but certainly not least the orderlies were kind and efficient. Thank you for helping me everyone. You are a sensational bunch and I appreciate everything you did for me.

Ben Hindson, Urology, and Oncology, Christchurch Hospital

We have been very impressed with the service provided, from the original diagnosis through to the consultations with Dr Ben Hindson and other doctor, radiation treatment and follow up. [Patient name]'s experience, in spite of the original diagnosis, has been very positive. The care he received from caring staff made the journey so much easier and we are very impressed with the ongoing follow-up our healthcare system provides. Our experience has certainly been very positive. Thank you for all the work you do.

David Cole, Ken, Rebecca, and Radilyn, ED, and Parkside Ground Medical (PGM), Christchurch Hospital

Last week I had severe breathing difficulties as a complication of COVID-19 and went to ED late in the evening where the staff were fantastic. Later I was admitted to PGM for 24 hours and the standard of care was excellent. I would especially like to thank the ED nurse, the orderly, and the PGM nurses, especially Ken, Rebecca and Radilyn. Also, the WellFood staff member who served the meals and the wonderful cleaner. Dr David Cole was extremely thorough, caring and generous with his

time. My breathing difficulties made me feel very vulnerable but the care offered by the hospital staff was extremely reassuring. Could you please pass on my sincere thanks to the people I have mentioned here as well as the others whose names unfortunately I cannot remember. In Canterbury we have a wonderful hospital service which continues to support the community and this is only possible because of the commitment of the wonderful and dedicated staff.

ED, and Ward 18, Christchurch Hospital

I have just spent three nights in Christchurch Hospital. I have to say, although short staffed, they were brilliant and the food we were given was very good. Thanks very much.

Richard Stothart, ED, Christchurch Hospital

My partner came into ED just after midnight on the weekend. We were accepted into the ward where she was assessed for what felt like a heart attack. She had the ECG, blood tests and an X-Ray in the space of about two hours and we left with a clean bill of health. We want to thank the doctor and nurses for their amazing care, support and friendliness. It was very reassuring. The facilities were excellent too. We cannot stress how impressed we were with all the staff, especially when we watched some of the patients they had to deal with on that early Saturday morning. Dr Richard Stothart gets a special shout out for his gentleness. [Patient name] said his "whole manner was beautiful". The reception staff were also most helpful in trying circumstances.

ICU, Christchurch Hospital

The staff in ICU are absolutely amazing. They do such a marvellous job and are so nice and understanding. Please thank them. My 17 year-old grandson spent four nights with them, after being saved by the surgeons who operated on him. I cannot thank them enough.

Connor, Radiology, Christchurch Hospital

Just a quick note to say a big thank you to Connor (student) in Radiology. He was very professional and had a lovely, reassuring manner. A real asset to the hospital.

Caitlyn, ED, Christchurch Hospital

Compliments for the wonderful care received by nurse Caitlyn in ED. She was great and put my daughter at ease. Thanks Caitlyn.

Community Dental Service

Amazing dentist and assistant. My Down syndrome 24 year-old son was treated with respect. Staff were immediately able to remove all anxiety. They respected his wishes and space. Thank you.

Big Shout Out

To: Kerin Henderson and the Interpreter Service team

Thank you so much Kerin. All of you in Interpreter Services provide a wonderful service and I really appreciate all your help and support throughout the year. You are one of the most efficient departments in the hospital. Merry Christmas and Happy New Year.

**From: Clinic Co-ordinator General Surgery
Trish Hopping**

#carestartshere



Our Christmas Photos

Burwood Hospital Christmas lunch

As well as being a Christmas treat, the Burwood staff Christmas lunch held last week raised over \$900 for the City Mission thanks to gold coin donations from our staff.

Thank you everyone for your support for this worthy cause.

A special thanks to the WellFood team for providing truly wonderful meals, for all the staff, throughout the day and night.



Serving the lunch, from left, HR Business Partner Leanne Jones, Nursing Director Older Persons' Health Caroline McCullough, Acting Quality Manager Andrea Mears, Director of Nursing Older Persons' Health and Rehabilitation Nathan Hood, and Service Manager Commercial Support Pauline Tootell



Members of Ranga Hauora (Burwood Hospital Māori Health Service), from left, Maori Health Worker Raquel Gray, Kaiwhakahaere Mere Hibbs and Kaiāwhina Ruahine Carlson



From left, Service Manager Commercial Support Pauline Tootell and Hospitality Manager Chris Harris



The Christmas wall in the Activity Room on Ward A7



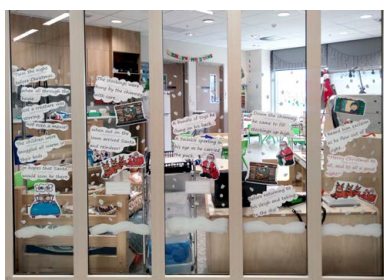
The Te Mana Ora (Community and Public Health) Communities team



The Te Mana Ora (Community and Public Health) Te Ha Waitaha team



Children's art in the Activity Room on Ward A7



The play specialist space story board in the activity room on Ward A7



Young carollers at Christchurch Women's Hospital



Vision Hearing Screening Burwood Hospital



WellFood staff preparing the Christchurch campus Christmas lunch



This is the Infection Prevention and Control (IPC) tree in the festive theme of vectors (animals that transmit disease, such as the bat) and victors (those that have discovered cures/ how to prevent transmission).



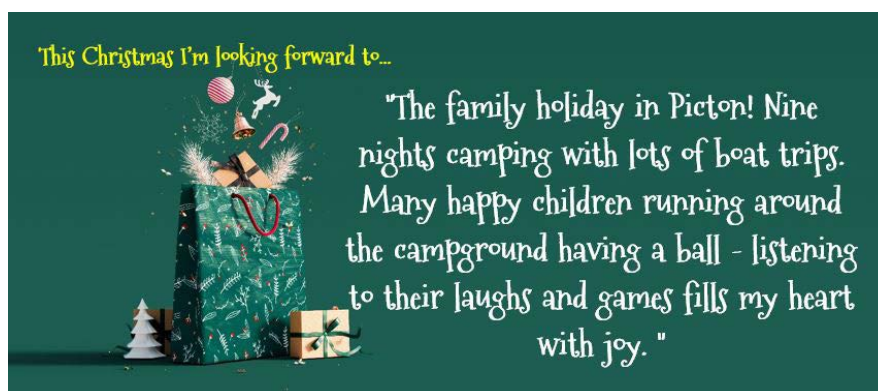
Hauora Hub Coordination Hub reception and desk transformed



From left, Clinical Manager Adult Community Therapy and Community Stroke Rehab Teams Leeanne Yeoman, Service Manager Older Persons Mental Health Kaylene Scott and Clinical Manager South West Community Team and CREST Margaret Sargent serve TPMH staff



Staff enjoy what will likely be the last Christmas lunch served at The Princess Margaret Hospital (TPMH)





Vision and Hearing Technician Leona Rooney decorated her door to look like a Christmas gift



Creative and child-friendly DIY pool noodle candles



Staff having fun at the annual Ophthalmology Christmas breakfast



Ā mātou kōrero – Our stories

Thousands of lives and billions of dollars to be saved with smokefree bill passing

Representatives from Ōtautahi attended Parliament to support the third reading and passing into law of the Smokefree Environments and Regulated Products (Smoked Tobacco) Amendment Bill on Tuesday 13 December.

The new legislation will create an entire smokefree generation prohibiting the supply of tobacco to anyone born after January 2009, significantly reduce the number of retailers where tobacco is sold to 600 in total around the motu, and make tobacco less appealing and addictive by setting limits of nicotine.

Pictured right with Associate Minister of Health the Hon. Dr Ayesha Verrall (second from left) and National Director Te Whatu Ora National Public Health Service Nick Chamberlain, are Koriana Waller (far left) and Teresa Butler (far right) representing; Ōtautahi Māori Women's Welfare League, Te Hā – Waitaha Smokefree Support, Te Puawaitanga ki Ōtautahi Trust, the Te Mana Ora (Community and Public health) Waitaha Smokefree team, and the Smokefree Canterbury Coalition.

Also pictured is the youngest tamaiti rangatira in the gallery, Tiger Werahiko Jensen Butler-Dennison, who was there with her mother (Teresa) to tautoko (support) the Smokefree law change and in particular the Smokefree generation. Her oral submission was well received during the Health Select Committee process, from which Green MP Chlöe Swarbrick asked to take Tiger's speaking notes to read into Parliament's Hansard, to be on record forever.



A special tribute to beloved kaumatua Dame Aroha Hohipera Reriti-Crofts (28 August 1938–20 May 2022), whose picture was taken from Ōtautahi to parliament for this kaupapa. Dame Aroha was a celebrated leader, a teacher, and a tireless advocate for change.

“Our people, our youngsters ought never to be able to buy cigarettes, and the only way, that could happen, is if it is not there, on the market... you take them out of those shops you take them out of those garages, you take tobacco out of this country”

Smokefree Canterbury Coalition celebrates legislative milestone

This story was contributed by the Canterbury Smokefree team

After a well-earned break, 2023 is already shaping up to be an exciting year for the Smokefree Canterbury Coalition and the Te Hā Waitaha Smokefree Support team.

Jubilant coalition members met on Wednesday 14 December after the passing of the Smokefree Environments and Regulated Products Amendment bill the day before. This is expected to close the life expectancy gap for Māori women by 25 percent

and by 10 percent for Māori men by significantly reducing tobacco retailers, setting limits of nicotine content and prohibiting the supply of tobacco to a Smokefree generation (anyone born after January 2009).

The Smokefree Canterbury coalition played a significant role in getting this Bill across the line. This has been a 25-year journey to get to this point, involving several past and present members from various partner organisations. While there are and were many more people involved over the last



Some of the members from Smokefree Canterbury Coalition.

Back row, from left Health Promoter Mitchell Jordan, Smokefree Advisor/NZ Breastfeeding Alliance Chief Executive Jane Cartwright, Otago University Medical Student Ben Weaver, Te Hā Waitaha Engagement Coordinator Joyce Heywood, Stop Smoking Practitioner Ella Newey, Engagement Coordinator Erin Prattley, Cancer Society Manager Amanda Dodd and Cancer Society Manager Martin Witt. Front row, from left, Otago University Medical Student Simon Atkin-Wheeler, Coordinator at Christchurch Youth Council Kate Burgess, Youth Council Members Lily Saunders and Whatuariki Brazier and Smokefree Manager Hayley Cooper.

Absent: Te Hā – Waitaha Smokefree Practitioner and newly elected Chair of Smokefree Canterbury Coalition – Teresa Butler, retired (former) Canterbury DHB Smokefree Manager Vivien Daley and Smokefree Health Promoter Koriana Waller

25 years, special thanks go to the following long serving stalwarts; Viv Daly, Maraea Peawini, Michael O'Dea, Jane Cartwright, Les Toop, Lutz Becket and Lisa Hesp.

In addition, there were some key current members/ organisations who ensured strong local submissions during 2023. Pegasus Health PHO demonstrated its support for a Smokefree Aotearoa through its submission for the Smokefree Bill, pointing out that 'inequitable tobacco related harm is avoidable, unfair and unjust'.

Te Kāhui o Papaki Kā Tai (Te Kāhui), also a strong supporter of the Smokefree Aotearoa 2025 Action Plan and the intentions of the Smokefree Bill, made a submission to show its support for the Bill and Smokefree Canterbury's submission.

Tāngata Atumotu Trust, with the support of Pegasus Health, gathered youth Pasifika voice to inform this mahi.

"It is testament to the strong relationship Tāngata Atumotu Trust has with the local Pasifika communities", says Pegasus Health PHO Katie Brown.

Also, the following people were either key contributors to the Smokefree Canterbury submission or contributed via their input to National submissions or most importantly via their support to ensure other voices, including that of youth and community members were heard.

"Special acknowledgement must be made to Teresa Butler, Stop Smoking Practitioner based at Te Puawaitanga ki Ōtautahi Trust. Her energy and passion as a smokefree champion and spokesperson for Māori wāhine has no bounds" says Te Mana Ora based Smokefree Manager Hayley Cooper.

"Also special thanks to Amanda Dodd and Martin Witt from The Cancer Society; Mitchell

Jordan, Smokefree Health Promoter, Christina Lewis Smokefree Enforcement Officer, and Kirsty Peel, Policy Advisor, Te Mana Ora, with respect to their various mahi in this space, Between them this included policy and enforcement expertise, engagement with councils, the Mayoral Forum, and youth councils in and around Waitaha.

"It's fitting and exciting that Teresa accepted the role of incoming Chair of Smokefree Canterbury at our December hui. She will be in capable hands with the highly skilled Vivien Daley as a mentor and advisor, as well as receiving ongoing support from Koriana Waller (Smokefree Health Promoter, Te Mana Ora), Martin Witt and Amanda Dodd with respect to auahi kore Smokefree guidance, wisdom and whakapapa (history) that has enabled Teresa to advocate and be a successful spokesperson in this mahi to date."

While 2022 has been a productive year in getting to this point, the coalition acknowledges the tasks ahead as this legislation comes into effect and other challenges not specifically addressed by the passing of the Bill.

In particular, the group acknowledges the growing concern around youth vaping and that while it is useful as a smoking cessation tool, the collaborative partnership is aware of the need to address the concerning uptake by youth. Christchurch Youth Council members presented on this challenge locally last week, and the week prior an initial national hui was held to look at a way forward in this space.

Better supporting our local Pacific populations and the Chatham Islands with respect to Smokefree are also priorities for 2023. Two medical students Ben Weaver and Simon Atkin-Wheeler have been working with stakeholders and the team at Te Mana Ora on two research projects with respect to better supporting these populations.

A help for grieving families

Christchurch Women's Hospital has gratefully received a donation of manaaki mats and portable freezer units from the Canterbury branch of stillbirth and neonatal support group, Sands.

Sands is a network of parent-run, non-profit groups supporting families who have experienced the death of a baby. The group is donating 30 of the cooling mats, along with covers they have made for the mats and three freezer units.

They will be used in the Birthing Suite and in the community for families who have babies who are stillborn or die soon after birth, says Perinatal and Maternal Mortality Review Committee (PMMRC) Coordinator Dianne Leishman.

"The manaaki mats are placed underneath the baby, keeping them cool, allowing the family more time with their baby prior to cremation or burial. The mats are new for us. Currently we use a cooling cot which is bulky and noisy," she says

Manaaki means to cherish, conserve, and sustain. The manaaki mats get soaked in water before being frozen and can be cut to size. They freeze to -18 deg celsius and stay cold for four to six hours, maintaining the condition of the baby's body for a longer period of time.



From left, Sands Canterbury Committee Member Karen Prisco, PMMRC Coordinator Dianne Leishman and Sands Canterbury Chair Karlana Kelliner holding the manaaki mats and covers

Sands Canterbury Chair Karlana Kelliner says the manaaki mats will help alleviate the distress felt by families, giving them the ability to sleep with and hold their baby.

"It means parents and whānau can spend more time with baby, take them home and share them with their family and friends and make memories."

More information about the mats and how they supported a whānau is available in a video, [view it here](#).



Initiatives to keep people well at home

Hato Hone St John has a number of initiatives in place to manage patients in the community and avoid unnecessary trips to Christchurch Hospital's Emergency Department (ED).

This is our 'Right care, right time' patient care approach, says Hato Hone St John Ōtautahi Area Operations Manager Charlotte Broms.

These include:

- › Hear and advise – this refers to telephone triage – typically low acuity patients that can be screened by a nurse or paramedic at the time of call.
- › See and treat – this refers to ambulance assessment at scene, and either non-transport, or transport to a non-ED facility.
- › Safe and well – or low acuity pathways – this is for patients who are safe to be left at home, but may need to be referred to another service provider.

"All of these initiatives are intended to do the best we can for patients, while reducing unnecessary demand on ambulance services and emergency departments", she says.

Not all those who call 111 for an ambulance will be transported through to ED. Ambulance officers assess each patient and work out the best care plan for that patient. This could be advice to manage at home, referral to the GP for further assessment or transport through to an after-hours clinic. By managing low acuity patients within the community, it decreases the number of patients being seen in ED.

"An example of this could be a patient who has fallen at home and is unable to get up. Our ambulance officers respond and assist the patient up and assess to ensure there is no injuries or medical concerns that may have caused the fall."



A Hato Hone St John Extended Care Paramedic arrives at a patient's home

The ambulance officers give advice to the patient so they can safely remain at home and complete a referral to the falls team for further falls prevention education.

"Another example could be cellulitis on the leg. The patient is assessed and referred to their GP for a follow up appointment and further treatment of the cellulitis."

The approach of managing low acuity patients in the community has been in place for more than a decade and occurs nationally. On average 16.2 percent of the 'see and treat' incidents are managed on scene in Canterbury. From 1 July to 30 September this amounted to 2,913 patients who were potentially prevented from having an unnecessary trip to ED, Charlotte says.

Recognition for two of the driving forces behind Christchurch health charity

Two Christchurch volunteers have been gifted a new title to recognise a lifetime of dedicated service, which has seen thousands of Kiwis provided a home-away-from-home when needing life-saving medical treatment.

June Leeming and Lew Mclvor have been awarded Honorary Life Memberships by the Bone Marrow Cancer Trust – the first recipients of such an honour.

The Trust raises funds for life-saving cancer research and owns and operates Ranui House, a 26-apartment complex that provides a home-away-from-home for patients and families undergoing treatment at Christchurch hospitals.

The awarding of the Honorary Life Memberships at a function on Thursday 8 December came as a surprise to both Lew and June.

“I thought we were just going to the Christmas function. To then be called up to receive this special honour just blew me away,” says Lew.

Lew and June were both instrumental in the establishment of the Bone Marrow Cancer Trust in 1990. The Trust was initially set up to raise \$1 million for a Bone Marrow Cancer Unit at Christchurch Hospital, but Lew, June and the other trustees had a broader vision.

“We always knew the Bone Marrow Transplant Unit wasn’t the end of our journey as we realised patients would need somewhere to stay during their treatment, which can last for months. We had to provide accommodation and we wanted it to feel like a real home away from home. So, we just kept fundraising,” says June.

That fundraising financed the 26-apartments the Trust has today, known as Ranui House, and the construction currently underway of a new apartment complex in Selwyn Street, which will double the Trust’s accommodation capacity.

Bone Marrow Cancer Trust Chairman Max Bremner says Lew and June’s incredible contribution has shaped the Trust into the successful community asset it is today.



Lew Mclvor, Bone Marrow Cancer Trust Chairman Max Bremner and June Leeming

About the Bone Marrow Cancer Trust

The Bone Marrow Cancer Trust was established in 1990 by a group of haematologists, medical specialists, and volunteers. Their purpose was to raise funds to establish the first bone marrow transplant unit in New Zealand to be based at Christchurch Hospital.

The Trust raised \$1.1 million and the Bone Marrow Transplant Unit at Christchurch Hospital was opened in 1991. That same year the Trust purchased land opposite the hospital to provide accommodation for patients.

Ranui House opened in 1993 with six apartments, expanding to nine apartments two years later. In 2008 another complex was built on the site, known as ‘Big Ranui’, expanding the Trust’s capacity to the 26 apartments it has today.

Ranui House supports patients and their families no matter their medical treatment, providing accommodation, support, and meals, where required.

The Trust also funds cancer research through its annual grants programme via the Bone Marrow Cancer Research Trust.

Health agencies working together to harness full potential of clinical trials

The country's lead health agencies will explore system-level changes to maximise the benefits of clinical trials, based on recommendations from an independent research report.

The report – 'Enhancing Aotearoa New Zealand Clinical Trials' – is the result of 18 months' research by a diverse team of clinical researchers, advisory and consumer groups.

It includes a range of recommendations for increasing access to, and participation in, clinical trials, with a focus on reducing inequities and conducting trials that are relevant to Aotearoa New Zealand. It also proposes a new model for supporting clinical trials, including a national centre for providing leadership, governance, expertise, and high-level coordination of trial activity, as well as four regional coordinating centres to support trials at local level.

The research was funded by Manatū Hauora (Ministry of Health) and the Health Research Council of New Zealand (HRC) with the aim of strengthening the clinical trials environment – a key component of a thriving health research sector and a priority of the New Zealand Health Research Strategy 2017–2027.

As well as emphasising the importance of Māori partnership at every level of development and implementation, the report recommends that all publicly funded clinical trials should include consumer research partners.

In response to the report, Manatū Hauora, Te Whatu Ora (Health New Zealand) and Te Aka Whai Ora (Māori Health Authority) are establishing a senior cross-agency working group to consider how the recommendations can be integrated within the health system, with each agency appointing a lead for the work.

Manatū Hauora's Chief Science Advisor Ian Town says the health sector reforms provide a structural framework to support a smarter, fairer health system and the foundation for improving health outcomes, especially for Māori.



MINISTRY OF HEALTH



"To achieve Pae Ora (Healthy Futures) and deliver equitable, sustainable health services, we need innovative approaches backed by high-quality relevant evidence.

A strong clinical trials environment would increase opportunities for involvement in international, multi-centre trials, enabling some patients to receive new medicines and treatments that are otherwise unavailable. This would also ensure Māori and other New Zealanders have equitable access to clinical trials for new treatments, he says.

HRC Chief Executive Sunny Collings says when high-quality clinical trials are well-supported, and their findings are put into practice, it significantly improves health outcomes and health system performance, leading to economic benefits too.

Te Whatu Ora National Director of Improvement and Innovation Dale Bramley says better coordination of the many clinical trials occurring across Aotearoa would help ensure the benefits were more evenly shared.

"We have a strong culture of innovation within the New Zealand health sector, which includes an amazing amount of clinical trial work happening at any one time. It is important that we rise to the challenge of joining all this work up so that where people live does not prevent them from participating in and benefiting from trials."

Chief Executive of Te Aka Whai Ora says Riana Manuel says:

"I welcome the opportunity to work collaboratively with Mānau Hauora and Te Whatu Ora to ensure our vision of pae ora – good health – for our whanau and our communities is achieved.

More information can be found on the [Ministry of Health website here](#). The full report is [available here](#).

In this newsletter read about:

- › Your Best Healthcare Option Campaign
- › Have you heard about Practice Plus?
- › Special Children's Christmas Party Canterbury
- › A new MRI initiative that greatly reduces wait times
- › Pegasus Workforce Development Scholarship Recipient

[And more here.](#)

TIHEMA | DECEMBER 2022

PUTANGA / ISSUE 7

PEGASUS 2025

Kia atawhai ki te tangata



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 would like to offer year-round discounts to our staff (up to 40 percent off) on a huge range of gear. Show this flyer instore printed out or on your device at the checkout on the [website](#). [Torpedo7 Flyer](#)



Southern Cross Insurance

Southern Cross is offering reduced premiums for you and your immediate family – [see more information here](#).

Accuro Health Insurance

Discounted rates for the following insurance options, [use this link](#) to enquire:

SmartCare – [see more information here](#)

SmartCare+ – [see more information here](#)

Non-resident plan SmartStay – [see more information here](#)

KidsSmart (children can have their own plan) – [see more information here](#)

Day to Day (health cover for everyday services e.g. GPs and prescriptions) – [see more information here](#).



News from the Health Quality & Safety Commission

The latest edition of the Health Quality & Safety Commission's newsletter is out now.

Read about the latest report by the Perinatal and Maternal Mortality Review Committee which paints a stark picture of the persisting inequities that exist within the maternity and neonatal sectors, a new free e-learning module on Human Factors | [Ngā Āhua Tangata in health care and more here](#).

COVID-19 and work: Collaborating to promote safe, sustainable and supportive workplaces

Date: Thursday 23 February 2023

Time: 9:30am – 4:00pm

Venue: Zoom Webinar

We invite you to join us for this online event which brings together a wide range of speakers to share their learnings about how we can promote safe, sustainable and supportive workplaces in a COVID world.

Speakers include:

- › **Jenene Crossan**, long-COVID sufferer and advocate
- › **Hayley Wolters**, advocate for work for people with Long COVID
- › **Dr Mona Jeffreys**, leader of the major Victoria University of Wellington study on the impact of COVID-19 in Aotearoa
- › **Saunoamaali'i Karanina Sumeo**, Equal Employment Opportunities Commissioner, Rights

to Work (Pay Equity) and Business and Human Rights portfolios

- › **Catherine Epps**, General Manager Health and Technical Services and COVID-19 Exec Lead, Worksafe
- › **Cathy Stephenson**, Chief Medical Advisor, Ministry of Social Development

Employers, clinicians, health and safety planners, the general public and people recovering from COVID-19 are all welcome.

We hope you can join us as we share learnings and ideas.

Please register in advance via the event website:
www.events.otago.ac.nz/covidandwork

Ngā mihi nui,

Long COVID & Work Steering Group
universityofotagowellington.events@otago.ac.nz



ALL WELCOME



COVID & Work

AUT

Collaborating to promote safe,
sustainable and supportive workplaces

Thursday 23 February 2023, 9:30am–4pm
Zoom webinar
Register at: events.otago.ac.nz/covidandwork

Enhancing CALD Cultural Competence

Cultural diversity in the New Zealand Population is growing, leading to increasing cross cultural interactions between clinicians and patients and between employees.

In the latest newsletter read about the launch of a new "Cultural Competency Training Programme for the Mental Health and Addiction Workforce Working with Culturally and Linguistically Diverse (CALD) Asian and Refugee Communities". This programme is funded by the Te Whatu Ora Mental Health and Addiction Workforce Commissioning Directorate from their Access and Choice Mental Health and Addictions Workforce Development Budget 19.

Read it [here](#)

QUIZ ANSWERS – Christmas songs and movies

1. a. Paris
2. b. White Christmas written by Irving Berlin and released in 1942
3. c. Portuguese
4. d. Silent Night
5. d. John McClane – the movie is Die Hard
6. c. Geese a-laying
7. b. Max the dog
8. a. In the drunk tank
9. b. Elf
10. Mariah Carey – the song is All I want for Christmas is you (of course!)



Free medicines to treat COVID-19

Ask your doctor or pharmacist if antiviral medicines are right for you.

Visit **COVID19.health.nz** to find out more.

Te Kāwanatanga o Aotearoa
New Zealand Government

Te Whatu Ora
Health New Zealand