

# Te Whatu Ora Waitaha Pānui Health New Zealand Canterbury News

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**Te Whatu Ora**  
**Health New Zealand**  
Waitaha Canterbury



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# Kupu Arataki – Introduction

## Update from our new Chief Executives

*In their most recent People Pānui, Margie and Riana talked about the fact that despite the changes and new ways of working, the core work to improve health outcomes is continuing.*

A [new campaign](#) encouraging people to take part in bowel screening has been launched. The campaign will run until June next year and has a focus on encouraging eligible Māori and Pacific peoples to take part in screening.

They also expressed their thanks to you all for your mahi over the transition period and your dedication during a period of high demand for health services during winter. The People Pānui was sent to all staff via email and previous issues are filed on [Prism on the HNZ page](#).

## Roles of our new organisations and names

Te Whatu Ora – Health New Zealand will lead the day-to-day running of the health system and unites the 20 district health boards, shared services agencies and Te Hīringa Hauora as one national organisation.

It leads and coordinates delivery of health services, including hospital and specialist services, the new National Public Health Service, clinical governance, and community services including primary and community care.

Te Aka Whai Ora – the Māori Health Authority will work in partnership with Manatū Hauora and Te Whatu Ora. It is responsible for ensuring the health system delivers equitable outcomes for Māori and has been established as an independent statutory authority.

Our new names Te Whatu Ora – Health New Zealand and Te Aka Whai Ora – Māori Health Authority were gifted to us by an expert advisory group, headed by pou tikanga Rahui Papa.



Te Whatu Ora is ‘the weaving of wellness’ – signifying the weaving together of people, resources, organisations, and ideas to improve the health of all New Zealanders.

The name Te Aka Whai Ora represents the ancestral world and our vision towards a healthy future for all.

[Click here](#) for a link to a video of Rahui Papa explaining the meaning of our names.

## Waitaha Canterbury is our new District name

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We are now using the term district instead of district health board.

Te Waipounamu is the name of our region.

Te Waipounamu is the Te Reo name for the South Island. Our region comprises five Districts:

- › Nelson Marlborough: Te Whatu Ora – Health New Zealand Nelson Marlborough
- › West Coast: Te Whatu Ora – Health New Zealand Te Tai o Poutini West Coast
- › Canterbury: Te Whatu Ora – Health New Zealand Waitaha Canterbury
- › South Canterbury: Te Whatu Ora – Health New Zealand South Canterbury
- › Southern: Te Whatu Ora – Health New Zealand Southern

### Websites

- › New websites are now live at [TeWhatuOra.govt.nz](https://www.TeWhatuOra.govt.nz) and [TeAkaWhaiOra.govt.nz](https://www.TeAkaWhaiOra.govt.nz)

### Social media channels

- › Follow our new social media channels.

### Health New Zealand – Te Whatu Ora

- › Facebook [Facebook.com/TeWhatuOra](https://www.facebook.com/TeWhatuOra)
- › Twitter [Twitter.com/TeWhatuOra](https://twitter.com/TeWhatuOra)
- › Instagram [Instagram.com/TeWhatuOra](https://www.instagram.com/TeWhatuOra)
- › LinkedIn [Linkedin.com/tewhatuora](https://www.linkedin.com/company/tewhatuora)

### Māori Health Authority – Te Aka Whai Ora

- › Instagram [Instagram.com/TeAkaWhaiOra](https://www.instagram.com/TeAkaWhaiOra)
- › Facebook [Facebook.com/TeAkaWhaiOra](https://www.facebook.com/TeAkaWhaiOra)

## A word from Interim Waitaha Canterbury District Director and Interim Te Waipounamu Regional Director

Kia ora koutou

Congratulations to the new permanent regional directors to the **National Public Health Service** whose appointments were announced last week. These directors will lead our public health services at a regional level and work in partnership with colleagues at Te Whatu Ora and Te Aka Whai Ora, and the Public Health Agency.

**Vince Barry** has been appointed as Regional Public Health Director for Te Waipounamu with **Helen Leahy** as Regional Public Health Director for Central. It's great to see two very familiar names featuring.

**Dr Hayden McRobbie** is the Northern Region Public Health Director and **Dr Natasha White** is Regional Public Health Director for Te Manawa Taki.

# Interim Government Policy Statement (iGPS) on Health

On 1 July, our new health agencies received the iGPS from the Minister of Health. This is a public statement on what Government expects the health sector to deliver so is an important document for all of us.

The iGPS has six priority areas to guide the health system and the delivery of services:

1. Achieving equity in health outcomes
2. Embedding Te Tiriti o Waitangi across the health system
3. Keeping people well in their communities

4. Developing the health work force of the future
5. Ensuring a financially sustainable health system
6. Laying the foundations for the success of the future of the health system.

The iGPS also sets clear parameters for the [interim New Zealand Health Plan](#), which will demonstrate how the different entities that make up the publicly funded health sector will deliver on the Government's priorities.

You can read the iGPS or a quick guide to it, on the Ministry of Health website: [Interim Government Policy Statement on Health 2022-2024](#).

## Our Waitaha Canterbury Health System remains under sustained pressure

Demand for health services is extremely high, and our staff are a finite and much depleted resource at present. High levels of staff sickness combined with school holidays mean capacity is reduced in many areas of our health system including pharmacy and primary care, maternity, specialist mental health services and at our hospitals and health centres throughout Waitaha. Please be assured those working are doing everything they can to ensure people who need health care receive safe care.

At our ED and Urgent Care Centres' patients are triaged soon after arrival, to ensure those in the greatest need are seen first. This is why if it's not urgent and you can be safely treated at home you will have to wait to be seen.

If you're not sure how serious a health problem is, you can start by ringing Healthline – there are staff at the end of the phone 24/7 to take your call. Phone 0800 611 116 any time of the day or night. If you need to be seen they can tell you what to do and where to go.

**Choose Well this winter**  
If you're unwell choose the option that's best for you and your whānau

Self Care	Healthline	Pharmacy	Family Doctor	Urgent Care	Hospital
You can treat colds & fevers at home.	Call 0800 611 116 24/7 for FREE health advice.	See your local pharmacy for advice on medication and minor health concerns.	See your family doctor for all non-urgent health concerns.	If it's urgent & needs attention today go to an Urgent Care Clinic.	If it's a life threatening emergency call 111.

HealthInfo is a Canterbury website that has useful information on self-care for a wide range of conditions from long COVID to vomiting and diarrhoea in children. You can [check it out here](#).

## Please do the right thing and wear a mask

Masks provide important protection to you and others.

Wear a mask whenever you're indoors in a public place. Obviously, you can remove it for eating and drinking but covering up helps prevent you spreading and catching viruses such as COVID-19 and influenza.

And if you are coming to hospital for an outpatient appointment or to visit a friend or loved one, please wear a mask. We have spare surgical masks at the entrances to our facilities if you forget yours.

At present we're seeing a significant increase in the number of people aged 65 and over who are catching COVID-19. Unfortunately, we're also seeing a corresponding increase in the number of older people needing to be hospitalised in Canterbury. And our older patients are getting sicker for longer, so wear a mask for mum, for dad, for nana, for aunty, for your koro, gran, tāua or poppa.

Masking up matters and is a simple thing you can do to protect the people you care about.

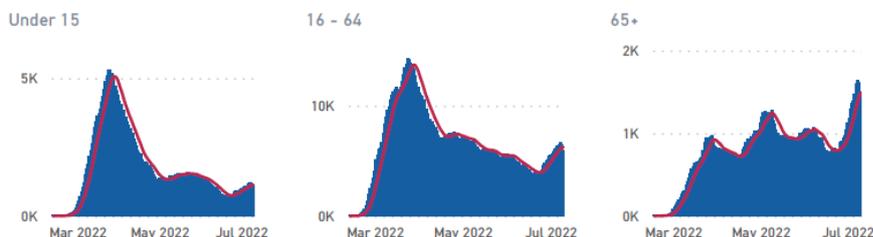


## COVID-19 by the numbers – as at 7am on Monday 11 July 2022

- › **188,482** total number of cases of COVID-19 recorded in Canterbury via MyCovidRecord.
- › **9,558** is the total number of active cases of COVID-19 in Canterbury today
- › **1,231** is the total number of new cases of COVID-19 in Canterbury today
- › **336** people were assessed and treated in Christchurch Hospital ED and Ashburton Hospital in the past 24 hours until midnight Sunday
- › **264** people were assessed and treated at the 24-Hour Surgery in the 24 hours ending midnight last night.
- › **278** Waitaha Canterbury District staff are away with COVID-19, noting there are many more who are sick with other illnesses such as the flu and off caring for dependants who are unwell.
- › Christchurch Hospital is at **108** percent of resourced capacity
- › There are **95** patients in our hospitals with COVID-19, this is the highest number recorded throughout the pandemic.

## Here's the latest breakdown of active cases by age bands

Active cases per Age group



## Remember to register your RAT result

Canterbury is experiencing a high number of COVID-19 cases and we need to ensure that those affected receive the care and support they need.

If you test positive for COVID-19, please don't forget to report your result on the My Covid Record website ([www.mycovidrecord.health.nz](http://www.mycovidrecord.health.nz)) or by calling 0800 222 478. You can report your own result and those of others including your tamariki.

We report our results so:

- > There is an accurate account of cases and resources can be allocated accordingly
- > People with COVID-19 can be provided access to health and welfare support
- > Your general practice team or a Māori or Pacific provider can reach out to help you manage and monitor your symptoms.

## Visitor Policy Reminder

Under our current visitor policy, all visitors to our facilities must wear surgical masks. In some wards, even if you have a mask exemption, you cannot enter without a mask on because patients in these wards are very sick

There is only one visitor allowed at a time and under 12s are not allowed. Please talk to the ward's Charge Nurse to discuss any exceptions to this on compassionate grounds before you come to hospital to visit.

More information on our visitor policy can be found [here](#).



You don't have to manage your COVID-19 recovery alone.

Thanks again for all you are doing and remember to look after yourself and your colleagues. We know you are all incredible at looking after others, please take time to look after yourself as well.

Kia pai tō koutou rā

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

# Te Whatu Ora branded templates and collateral

We are now all working as one large 'team of teams' across our motu, so our Te Whatu Ora 'brand identity' below should be the one we are using in the first instance.

## Te Whatu Ora Health New Zealand

Only in exceptional circumstances should we be using our district descriptors for Waitaha Canterbury and Te Tai o Poutini West Coast. That should only be used when we need to distinguish or 'tell apart' our district from another, for example for the public when they're accessing our website or social media, so they know it has information about Waitaha Canterbury, not Te Tai o Poutini West Coast. We wouldn't use it on our hospital signage, when it's not necessary to 'tell it apart' at a district level when you're in the district.

## Te Whatu Ora Health New Zealand

Waitaha Canterbury

## Te Whatu Ora Health New Zealand

Te Tai o Poutini West Coast

### Branded templates and collateral

Here is the latest list of branded templates and collateral you and your teams can use:

#### Email signature

Please make sure you do not add any additional branding, imagery or logos to your signature. Use this template only.

#### Te Reo job titles

This is the start of a list of Te Reo job titles that you can use to update your email signature. A more comprehensive list is on its way - we'll let you know when that's available. If your job title isn't on this initial list and you're not sure what it is in Te Reo, please wait to update your signature until you have the more comprehensive list.

#### District Descriptors

Please update your email signature with our new regional name, **Te Waipounamu** and our new district name, **Waitaha Canterbury**.

#### Letterhead

A black and white and 'multi-page letterhead template will be available soon.

#### Memo

#### Logos

Please contact the communications team if you need any other logo formats and follow the guidance above regarding which logo to use when.

Black and white district logos and reversed with no solid background (all versions) will be available soon.

# QUIZ – How much do you know about famous clinicians?

How well do you know the work and achievements of some of the world's most famous clinicians? Test your knowledge with this quiz.

**1. Scottish physician Sir Alexander Fleming is probably most famous for his role in what discovery?**

- a. The polio vaccine
- b. Penicillin
- c. DNA
- d. Insulin

**2. What year did South African surgeon Christiaan Barnard perform the world's first human-to-human heart transplant?**

- a. 1967
- b. 1969
- c. 1972
- d. 1978

**3. William T. G. Morton and John Collins Warren successfully operated using anaesthesia in a world first demonstration on 16 October 1846. What type of surgery did they perform?**

- a. Limb amputation
- b. Appendix removal
- c. The removal of a tumour
- d. A tooth extraction

**4. Virginia Apgar, a surgeon and anaesthetist is actually most famous for developing the 'Apgar test'. What is it?**

- a. The Apgar test checks a person's sight
- b. The Apgar test assesses a newborn's overall health
- c. The Apgar test assesses a person's suitability to donate bone marrow
- d. The Apgar test is an exam required to be taken by all first-year medical students

**5. In 1983, virologists from which country identified HIV, linking the retrovirus as the cause of AIDS?**

- a. Germany
- b. Australia
- c. France
- d. USA

**6. Which of the following famous people also trained as a physician?**

- a. Cuban revolutionary Che Guevara
- b. Comedian and actor Ken Jeong
- c. Creator of Sherlock Holmes Sir Arthur Conan Doyle
- d. All of the above

**7. What did American plastic surgeon Joseph Murray do on 23 December 1954?**

- a. Performed the first successful skin graft on a burn patient
- b. Performed the first successful hand transplant
- c. Performed the first successful human liver transplant
- d. Performed the first successful human kidney transplant

**8. In April 2020, writing for Slate Magazine, who did American reporter Tess Nichol describe as: "an unlikely heartthrob" and "a mild-mannered health care hero"?**

- a. Dr Ashley Bloomfield
- b. Dr Anthony Fauci
- c. Dr Rob Ojala
- d. Dr Shane Reti

**9. British Neurologist Sir Roger Bannister is famous for what sporting achievement?**

- a. Winning an Olympic Gold medal for javelin
- b. Being the first person to run a sub-four-minute mile
- c. Holding the 1500m world record for more than a decade
- d. Swimming the English Channel twice

**10. What was developed by Professors Ian Frazer and Jian Zhou at the University of Queensland in 2006?**

- a. The Gardasil HPV vaccine
- b. The first SARS vaccine
- c. Pre-Exposure Prophylaxis (PrEP) for preventing HIV
- d. An antidote for the poison of the Australian box jellyfish

**Check your answers on page 21.**

# Ā mātou tāngata – Our people

## Making a difference for children and their families

Paediatric Nurse Josie Mill took the day off on 4 July to celebrate – not American independence – but 50 years since she began her nursing training at Christchurch Hospital.

Josie is known for her skill and leadership in the care of unwell children, a field she fell into when she returned from maternity leave in the late 1980s.

“They kept putting me in this new area called the Screening and Holding Unit. It was open 4.30pm to 11pm Monday to Friday and the idea was to stop unnecessary admissions to the paediatric wards,” she says.

“It worked very well and in 1991 it became Children’s Acute Assessment (CAA) with dedicated staff who would assess children admitted acutely and then either admit them to a ward or discharge them after a period of observation.

“This was a new concept and the brainchild of Professor George Abbot. I believe it was one of the first of its kind in New Zealand. We started small, with only two or three admissions per shift. The unit was a success and it wasn’t long before it was operating 24 hours a day, seven days a week,” Josie says.

A former colleague who worked with Josie for many years, Jill Glassford, says all the nursing staff employed in CAA when it first opened had different paediatric backgrounds (medical, surgical and neonatal), but most had only worked in one specialty.

“Josie was one of the most widely experienced paediatric nurses employed in the unit in those early days and was respected for her all-round knowledge.

“Anyone who has worked with Josie and then had the misfortune to have their own child, or grandchild admitted to CAA, breathes a sigh of relief when they walk through the doors and see Josie on duty. They know they will be receiving the best possible care,” Jill says.

Charge Nurse Manager Children’s Emergency Care, Warren Nairn says Josie is an expert paediatric



Paediatric Nurse Josie Mill

nurse who is a leader in the true sense of the word and an excellent role model of professionalism and empathetic nursing care.

“I’d like to emphasise and celebrate that Josie has been a vital part of every stage of the evolution of CAA. To me she represents an amazing ability to adapt and thrive through considerable change throughout her professional career, which I hope is not going to end for some time.

“I also really appreciate how she notices projects that need doing and does them – and she is great at getting others motivated.”

Director of Nursing Lynne Johnson says she would like to congratulate Josie on this achievement.

“I have worked with Josie for about 30 years and had the benefit of learning an immense amount from her. We first worked together in the fledgling CAA when it opened. Josie has been a leader over the whole journey. She is the sort of nurse you want as a role model, a colleague and friend.”

Josie has always focused on advocating for the patient and their whānau, working in a whānau-centred model, making sure their voice is heard. She has mentored many nurses over the years who have all benefited from her clinical expertise and wisdom to support the highly functioning team that she always aims for.

“It’s been a pleasure to have shared much laughter with Josie over the years.”

Josie says she loves the difference she can make for families and it is rewarding being able to pass on her knowledge to other nurses. She has no plans to retire yet.

“I have another project on the go. I will definitely be around for a bit longer.”

# We need to talk about the flu

Before you roll your eyes and say, “Not this again”, please answer this question:

## Have you had your flu vaccination in 2022?

If your honest answer is ‘yes’, then feel free to scroll on and read the next fabulous article. Honestly, you’re free to go.

If, however, your honest answer is ‘no’, then please take a few minutes to read the information below.

### Fast facts:

- › After two years with no flu in New Zealand, it has returned with a vengeance in 2022
- › It is filling our EDs and Urgent Care and emptying our schools
- › It is indiscriminate and brutal
- › Our health system and the people working within it, are struggling to cope.

### You need to know:

People who contract the flu will experience many or even all of the following symptoms, for a period of up to three weeks:

- › Alternating between high fever sweats and freezing chills
- › Having such aching muscles and joints that it hurts to even roll over in bed
- › A painfully sore throat that makes every swallow feel like razor blades going down
- › Vomiting and/or diarrhoea (note, that’s AND/or)
- › A constant throbbing headache which makes reading or screen time impossible
- › Constant coughing, so bad that your neighbour asks if you are keeping a seal in the house
- › By-the-way, the coughing is worse when you lie down so you try to sleep sitting up, but either way, you don’t sleep
- › A dripping nose so red raw from blowing, even aloe vera tissues feel like sandpaper
- › Wheezing and breathlessness that make a trip to the bathroom feel like running a half-marathon
- › Extreme boredom and loneliness because you can’t go anywhere or do anything

### The harsh reality:

- › Influenza is NOT the common cold and can result in hospitalisation and death
- › The very young, the elderly, pregnant māmā and vulnerable people such as those who are immune compromised or have certain pre-existing conditions are most likely to die from the flu
- › Influenza is highly contagious and people who work in healthcare are more likely to contract and spread it than most members of the community, except for....
- › Children. If you have tamariki or school-age rangatahi in your life, they spread flu like butter on hot toast!

### The good news:

There is something you can do to greatly reduce your chances of contracting and spreading influenza. In the unlikely event that you do get the flu, this will make you more likely to experience mild symptoms that last a shorter period of time. You also only need to do it once a year and if you are employed by Te Whatu Ora Waitaha | Canterbury, it is free and available where you work.

### It’s a flu vaccination!

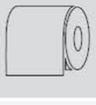
Now you know all of this, if you’re not running out the door to get vaccinated, it’s because you’re wondering...

### Where and how to get your flu vaccine:

- › Information about flu vaccination clinics is available on [Prism](#)
- › Make sure you take your completed [consent form](#) with you
- › Print and complete the consent form and have it ready in case a mobile clinic arrives in your area

With many weeks of cold winter weather still ahead, do the responsible thing and get yourself protected.

## Common symptoms of a Cold, the Flu and COVID-19

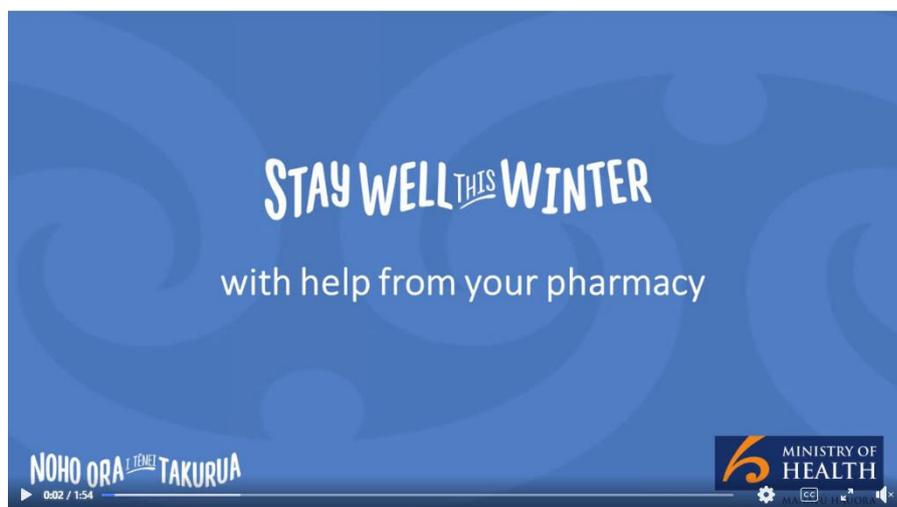
Symptom	Cold	Flu	COVID-19
 Fever and/or chills		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Headache		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Muscle pain or body aches		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Feeling tired or weak		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Sore throat	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Runny or stuffy nose	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Sneezing	<input checked="" type="checkbox"/>		
 Cough	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Shortness of breath or difficulty breathing		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Vomiting and diarrhoea		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Temporary loss of smell or altered sense of taste			<input checked="" type="checkbox"/>

Adapted from The National Institutes of Health (NIH)

If you or a family member becomes very unwell, has difficulty breathing or feels unsafe, immediately call 111.

# Your local pharmacist can help you when you're sick

See more information in this [video here](#).



# What do you do when you're not at work?

Do you have a hobby, sport or activity that is important to you? Something that helps you relax, stay fit or challenges you when you're not at work?

We would love to hear about it!

Paragliders and painters; gardeners and golfers; trampers and triathletes. We want you to tell us all about it.

Maybe you're into sewing, knitting or quilting. Perhaps you're crazy about comics and cos-play. If you're a surfer, skier, diver or a master baker, please email us!

Send a photo and brief description of your hobby, sport or activity and why it is important in your life to us and we will share it in an upcoming Pānui.

- › Please keep submissions to 50 words or less.
- › Please provide high resolution images (1MB + is preferable).
- › Email any submissions to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

By emailing your submission(s) you agree to have them published in the Te Whatu Ora Waitaha | Canterbury Pānui.

# Eating for winter wellness

Winter has a real bite to it this year.

Coupled with the increasing cost of living, there's never been a better time to make good food choices for our health and wellbeing.

As part of our Winter Wellness campaign, we had a chat with Clinical Dietitian Abigail McPhail, who provides advice about diet, food and nutrition to people in need around Canterbury.

Abigail says that while there are few quick tricks to eating well, a balanced diet is the key.

"The best way to support your overall health is to enjoy a wide variety of whole fruits, vegetables, lean proteins, whole grains, and to drink plenty of water.

"A great tip to ensure your meals are balanced is to think about what you have on your plate. A quarter of your meal should contain lean protein (such as fish, legumes, and lean chicken), another quarter should be wholegrain carbohydrate (brown rice, multigrain bread or potatoes with skins on), and the remaining half should be vegetables."

With plenty of us becoming unwell at the moment, Abigail says that while there are no miracle foods that can get rid of a cold, flu or COVID-19, staying hydrated and continuing to eat a balanced diet makes all the difference.

"Most adults need about eight to 10 cups of fluid a day. This isn't easy when we're unwell. Trying warm drinks such as fruit teas can help you to stay hydrated. If eating is difficult, experiment with different textures, temperatures and flavours."

## How can we eat well on a budget?

There are plenty of ways we can achieve a healthy diet without stretching our food budget, such as introducing more beans and legumes into our diet, says Abigail.

"An easy way to build them into our diets is to use them in place of mincemeat. Try lentils instead of beef mince in a bolognese, or kidney beans in a chilli, to really keep costs down. They are also a great source of protein and low in fat."



Abigail McPhail works in the Nutrition and Dietetics team at Burwood Hospital

Eating seasonal fruits and vegetables makes a real difference to the budget too, and frozen vegetables are usually a cheaper alternative to fresh. Despite what you may have heard, frozen vegetables are just as nutritious as the fresh version, they last longer, are cheaper and often are pre-cut, saving valuable time in the kitchen.

While nutrition plays an important role in staying well in winter, general wellness is a real contributor too.

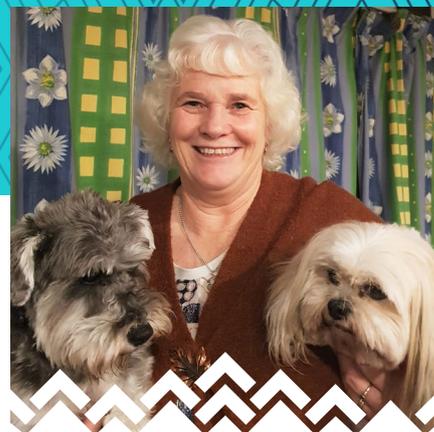
"Keeping active, managing stress, and getting plenty of sleep really helps. Aim for 30 minutes of moderate exercise, such as walking, per day, and let yourself have the sleep you need – for most adults this is seven to nine hours of sleep a night," says Abigail.

## Low-cost nutrition tips for winter wellness:

- › Use beans and legumes in place of meat for a great protein source
- › In season, or frozen, fruit and vegetables are nutritious and cost effective
- › Balance your meals: ¼ lean protein, ¼ whole grain carbs, ½ vegetables
- › Stay hydrated, keep active, and get plenty of sleep

# One minute with...

## Pastor Donna Reid, Chaplain, Christchurch Women's Hospital and Children's Health



Chaplain Donna Reid with her dogs, from left, Lunar and Jonty

### What does your job involve?

Looking after the spiritual needs of patients, whānau and staff, however that may look to the ones we engage with. The role also involves doing room and Theatre blessings, talking and being with people, praying, journeying with families whose loved ones are on the Te Ara Whakapiri pathway, spiritual support of any faith or no faith.

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

Get involved where you can. That maybe volunteering in some of your church's activities, or a volunteer organisation. Get to know people and spend time listening to others' stories. Maybe investigate some of the papers that they offer at Otago University in Chaplaincy. Spend time doing visits, especially to those who are lonely or recently out of hospital.

### Who inspires you and why?

Strong women of faith. Women have not always been seen as having the right to be ministers. When I was younger it was only men who ever entered this field and got the training to do so. This has changed with some denominations over the years with the acknowledgement that both men and women have been called to minister to others. I look at Bible characters such as Deborah, Ruth, Esther and Lydia and see in them the ability to lead and guide people with the love of God in their hearts and the various hills they had to climb. They stood firmly in their belief that God loved them and had called them into the roles they were in.

### 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?

That I approach anyone I am asked to see with the same care and compassion. We all deserve to be treated the same and respected for who we are. I have always been a voice for those who may not

be able to speak for themselves so I spend a lot of time listening. Most people have a story to tell and we as chaplains often get the privilege to listen to those stories. We spend time with those who need someone to listen, or those who are anxious. Some people feel that they do not want to bother the nurse, so don't tell them when they are in pain or need something, but they will tell us, so we encourage them to let their nurse know.

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

Samoa, a place I have wanted to visit for a long time. So here's hoping that sometime in the next year or so I will be able to go for a visit.

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

One of the Marvel female leads, possibly Hayley Atwell who played Maggie Carter in the 'Captain America' movie. I enjoy these movies and would hope that the person would be able to bring out both the strong and soft sides of a personality.

### What are your hobbies/interests outside of work?

I enjoy the Marvel movies and am looking forward to going to see the new Thor movie. I enjoy crafts including quilting and knitting. I have two dogs (Jonty a five-year old Bichon Shih Tzu and Lunar a 17-month old Schnauzer) that I enjoy taking out for walks and teaching tricks. They both have about five different tricks they will do for treats. I attend church when I can which has been a bit different in these COVID-19 times.

If you would like to take part in the column or would like to nominate someone please contact  
[Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz)

# Whakamihi – Bouquets



## **Haematology, Christchurch Hospital**

My treatment with two lots of cancer (ongoing) has been nothing short of brilliant. The doctors and nurses, without exception have been kind, caring and extremely helpful. All other staff I've been in contact with have been equally brilliant. Dr Blake is one of the finest doctors and human beings I have ever met. He is kind, caring and highly skilled and without a trace of ego. Many, many thanks.

## **Delia O'Malley, Coronary Care Unit (CCU), Christchurch Hospital**

I would like to say a special thank you to Nurse Delia for her support and care of my dad while he was in the CCU. My mum and I were kept informed of what was happening with Dad and she treated Dad as an adult and with respect.

## **Ward 18, Christchurch Hospital**

I have recently been both an outpatient and inpatient in the Plastic Surgery department. I was impressed by the friendly kind treatment I received from everyone, administration, nursing and consultant staff. Although the staff, especially nurses, were super busy, they didn't let it affect the way they dealt with us patients and were unfailingly kind, supportive, and helpful - hats off to them!

## **CCU, Christchurch Hospital**

It was such a pleasant stay in this ward as the nurses are so amazing, compassionate and caring. There is no doubt that their team leader guides them so well but the nurses show dedication and commitment to their work. They go beyond their call of duty in care. Everyone who looked after me was a star. Thank you CCU for the care. Well done.

## **Acute Medical Assessment Unit (AMAU) and Ward 24, Christchurch Hospital**

We would like to sincerely thank the wonderful staff of Christchurch Hospital for their recent care of my father. Particularly all of those he was involved with in AMAU - Nurse Melissa, Dr Tamara and any other wonderful caregivers/health providers in this area, and also Ward 24. He is now comfortably at Burwood and working on his rehabilitation. Thank you again.

## *Big Shout Out*

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

Just wanted to thank you all for the past two streams of students. I have sincerely enjoyed working with you all. You have made it all so easy and been extremely helpful and welcoming. Thanks for your support and patience with me, as this was my first time doing the clinical lecturing role, especially 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.

*#carestartshere*  
**From: Jess, Ara Institute of Canterbury**

### **Emergency Department (ED), Radiology and Ward 12, Christchurch Hospital**

I spent a number of hours being assessed and treated in the ED and then several days in Ward 12 of Christchurch Hospital. I received outstanding care and comprehensive investigations to determine what was wrong. Despite the obvious pressure on staff and services, as a patient, at no time did I feel that pressure. The orderlies, nurses, and doctors were all so professional but amazingly relaxed and friendly which made my experience so much better than it could have been. Many thanks.

### **Radiology, Burwood Hospital**

Two friendly, helpful and professional students, impressive service. The pianist afterwards was the icing on the cake!

### **Cardiac Day Unit, Christchurch Hospital**

I would like to thank the staff at the Cardiac Day Unit for the excellent care they were able to give me during my recent surgery, especially Ness, who came into Theatre and supported me during the procedure, even though she didn't have to. They were understaffed and overworked but still smiled and got things done.

### **Ward A3, Christchurch Hospital**

My visit was for an operation and it went well. I thought the staff and the people looking after me were 10 out of 10, excellent, thank you.

**Keep everyone  
safe this winter**

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

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

**STAY WELL  
THIS WINTER**



# Ā mātou kōrero – Our stories

## Nursing Research: recognising how we care for families/whānau

Nurses in New Zealand are invited to take part in an Australasian survey, which asks how we include family care in our varied nursing roles.

Nurse Researcher in the Emergency Department (ED) Sandy Richardson is one of the researchers working on this project and is a member of the International Family Nursing Association (IFNA), Australia New Zealand chapter.

Sandy's role in ED remains unique in New Zealand, originally established as a result of the vision of Emergency Medicine Consultant Mike Ardagh and subsequently adopted by the then Canterbury DHB as a nursing research role, involving autonomous nursing projects and advocacy for nursing issues.

"The project as a chance to demonstrate an element of nursing practice that is not always acknowledged. No matter what type of nursing, we are always involved with families/ whānau, as well as patients."

Nurses contribute to their well-being, offering support and comfort, and act as mediators between the often confusing and increasingly technical world of healthcare.

"We provide a voice to advocate for patients, for their family/ whānau, and recognise that an individual is part of a community, of a world outside the hospital or clinic. We also recognise that families are not just blood relatives – they might be neighbours, friends or even pets.

"Taking part in this study offers a chance to acknowledge that we all engage and impact the experience of families who come into contact with the health system," Sandy says.

As well as offering a professional opportunity, taking part in research such as this has some direct benefit to nurses, particularly in the current environment of limited opportunities for education.

The study involves an online survey expected to take about 20 minutes. It represents involvement in an international, research-based, quality initiative which is useful to include in a Professional Development and Recognition Programme portfolio.



Nurse Researcher in the Emergency Department (ED) Sandy Richardson

"The addition of a short reflection relating to the experience and potential benefit to your practice – for example, did this help you to reflect on your role, on how you might include cultural safety or resolve challenging situations – can further support your education."

The research team is led by Dr Elizabeth Coyne of Griffith University, Australia, and includes New Zealand researchers, Dr Mandie Foster – Auckland University of Technology / Edith Cowan University; Anna Richardson, Ara Institute of Canterbury, Dr Sandy Richardson, University of Canterbury; and Dr Virginia Jones and Dr Henrietta Trip, University of Otago,

Those willing to be involved in the study are invited to follow the [link here](#), or via the QR code below.

The study, *Nurses attitudes toward the importance of families and perceived outcomes of family involvement in nursing care study*, has ethics approval from Griffith University and has received approval from the Te Whatu Ora Waitaha Canterbury Research Office.



# 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.



**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](http://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.

**Te Whatu Ora**  
Health New Zealand

**Te Aka Whai Ora**  
Māori Health Authority

# People Pānui

News and updates for the health workforce.

The latest People Pānui for all Te Whatu Ora | Health New Zealand staff is out now.

Read the latest chief executive update, about the regional launch events, key information for Te Whatu Ora and Te Aka Whai Ora, and much more on the Te Whatu Ora [website here](#).

# CHIC newsletter

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

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH), a division of Canterbury DHB. The newsletter aims to highlight new and revised free resources available from your local CHIC office, such as what to do with colds and flus, 'Stay warm and well this winter', and much more.

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

View a handy resource on what to do about a cold or flu [here](#).

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## Healthcare Innovator Spotlight Series

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.

The second innovator highlighted is: Maggie-Lee Huckabee and her innovations in Swallowing Techniques.

### **Maggie-Lee Huckabee – Swallowing Technologies**

Frustration over a lack of clinical tools for people recovering from a stroke kick-started Maggie-Lee Huckabee's journey from speech pathologist, to academic, to founder of a medical technology start-up. The 'reluctant entrepreneur' talks about making the most of opportunities created by the COVID pandemic, and her gratitude for support from the 'remarkable' Canterbury technology community.

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

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



The banner features a yellow background. On the left is a logo with colorful overlapping circles and the text 'Healthcare Innovator Spotlight Series' and 'Our people behind healthcare innovation in Canterbury'. On the right is a circular portrait of Maggie-Lee Huckabee. Below the portrait is the text 'Prof. Maggie-Lee Huckabee' and 'SWALLOWING TECHNOLOGIES LTD Founder'. At the bottom right is a blue circle icon. At the bottom center is the text 'on Innovative Swallowing Technologies'.

# 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.

## eCALD® 76th News Edition July 2022

This edition brings you the following news

### Webinar

- › eCALD® Cross-Cultural Interest Group 16th August 2022 Webinar | “An update on the Caring for People with Dementia Together project”

### News

- › The final list of refugee settlement service providers for the thirteen refugee settlement locations | Immigration New Zealand

### Resources

- › Demography of Asian communities living in the rohe of the Northern Region District Health Boards, 2022

Read it [here](#).

## QUIZ ANSWERS – How much do you know about famous clinicians?

1. b - Penicillin
2. a - 1967
3. c - The removal of a tumour
4. b - The Apgar test assesses a newborn’s overall health
5. c - France
6. d - All of the above
7. d - Performed the first successful human kidney transplant
8. a - Dr Ashley Bloomfield
9. b - Being the first person to run a sub-four-minute mile
10. a - The Gardasil HPV vaccine



# WINTER RESEARCH SERIES

## Seminar 2 – 27th July Improving health in Māori and Pasifika

Come and hear some of the latest research findings, and meet our researchers over tea and coffee. Held every three weeks at Manawa, Wednesday 4-5pm.

For more info: [healthprecinct.org.nz](http://healthprecinct.org.nz)



Brought to you by Te Papa Hauora and its partners



# Winter Research Series – brought to you by Te Papa Hauora and its partners

Te Papa Hauora’s partners are coming together to co-host a series of research seminars.

Researchers from across the partnership will be presenting their research in five seminars, taking place every three weeks on Wednesdays between 4 and 5pm in Manawa.

The next seminar ‘Improving health for Māori and Pasifika’ is taking place Wednesday 27 July in Room HP108 Manawa.

The seminars are open to those interested in research and meeting our local researchers.

- > For more information, please visit [www.healthprecinct.org.nz/events](http://www.healthprecinct.org.nz/events)
- > To register attendance, please email [admin@healthprecinct.org.nz](mailto:admin@healthprecinct.org.nz)

## STAYING WELL THIS WINTER

Monday 11<sup>th</sup> of July  
6.00 to 8.00 pm

[Click here to join the meeting](#) or email [Tawera.Ataria-Ashby@pegasus.org.nz](mailto:Tawera.Ataria-Ashby@pegasus.org.nz) to receive a link by email.

Join us to hear up to date information and health advice for you and your family from Canterbury clinicians.

We will answer your questions about winter illnesses and vaccination.

We will speak and answer questions in English, Mandarin, Hindi, Gujarati, Hokkien, Foochow and Bahasa Malaysia.



**Dr Eng Toh**  
Public Health Registrar  
Te Mana Ora | Community and Public Health



**Vibhuti Patel**  
Pharmacist  
Canterbury CALD Health Advisory Group Chair



**Dr Matthew Reid**  
Medical Officer of Health  
Te Mana Ora | Community and Public Health



Millie  
Ara graduate



# GET READY

to enhance your career

If you're looking to upskill or to expand your nursing expertise, our Graduate Certificate in Nursing offers a variety of career-enhancing course options. These include cancer nursing, wound care, diabetes management, post anaesthetic care, child health assessment, emergency nursing, ECG analysis, infection prevention and control, mental health and more.

Courses start throughout the year.  
Explore the options **here**.



# BRAIN HEALTH MATTERS

1 in FIVE New Zealanders live with a neurological condition.

Come and join us to hear the latest research on the brain - from experts here in Canterbury.



Registration essential.



Proudly presented by:



**New Zealand  
Brain Research  
Institute**



**TE PAPA  
HAUORA**  
The future of health

In association with:

**Canterbury District Health Board  
University of Canterbury,  
and the University of Otago.**

**When: Wednesday 13<sup>th</sup> July**

**Time: 5.30pm - 7.00pm**

**Refreshments from 5pm, talks start at 5.30pm**

**Where: Manawa Foyer, 276 Antigua St**

**Registration Essential**

**Register at [nzbri.org/event](https://nzbri.org/event)**



### Evolving concepts in young onset dementia

**Dr Campbell Le Heron** will discuss dementia, focusing on challenges associated with Young Onset Dementia and our evolving understanding of what causes these brain disorders.

### Assessing Parkinson's through an artificial lens

PhD Candidate **Ethan Marshall** will discuss the current gold standard for Parkinson's assessment, and how we can build upon it using new artificial intelligence motion capture techniques.



### Parkinson's by numbers

**Dr Toni Pitcher** will discuss what we know about Parkinson's epidemiology in New Zealand and introduce our project aimed at establishing the causes of Parkinson's in New Zealand.

### Swallowing - something to chew on

**Dr Sarah Perry** will talk about how swallowing changes with ageing as well as following brain disease, and why coughing is not always a bad thing.



### Functional Brain Imaging

**Dr Reza Shoorangiz** will discuss what we can obtain from functional brain imaging and how this is used at the New Zealand Brain Research Institute to investigate Parkinson's disease.

### Multiple sclerosis – How do we measure success

**Dr Deborah Mason** will speak about epidemiological studies done recently in NZ and how they allow us to measure health outcomes for people with MS.



### Can we prevent Alzheimer's dementia?

**Professor Tim Anderson** will outline a new world-wide drug trial available to people in Canterbury aged 60 to 80 years of age with normal memory and thinking but at risk of future Alzheimer's dementia.