

Christmas Celebrations



This year we held two staff BBQs for the Talbot Park, Timaru Hospital and Kensington staff to show our appreciation for the amazing work you have all done this year!



Meri Kihimete!



INTERIM DISTRICT DIRECTOR UPDATE

Meri kirihimete

I cannot believe it is Christmas, but again this year has flown by.

I can only again thank you for all your hard mahi this year. 2022 has been another challenging year and I would like to thank each and every one of you for your hard work, dedication and for the incredible care they have shown the people in our community and in our hospital. Working in healthcare no matter what role you have, you often put the welfare of others before yourself. This has never been more so than over the last two years with COVID-19 and the pressure the health system is facing.

Alongside this we are continuing with our refurbishment of the facilities, we are getting through the current projects with most to be completed March next year. Included in this pulse is an updated project plan for our facilities over the next three years as we continue our refurbishment plan of the Clinical Services Block.

It was great to see everyone that could come through for our Christmas BBQ on Friday, thank you to the team that

pull this together, even arranging for the rain to stop just as we needed to start serving, and also to Angie Foster for our entertainment which was outstanding.

I would like to say a massive thank you to all our staff and our Primary and Community teams working through these holidays to ensure our community is well taken care of, we would not be able to run as smoothly as we do during the holiday period without you, I do hope you are all able to take some time to be with whānau and friends over the holidays.

Recently we have seen the start of changes under Te Whatu Ora with the release of the Unify and Simply consultation document, which sees some of our teams reporting line change to either regional or national roles, with this nothing changes from a day to day perspective and they will still be part of our team on the ground. For more information see www.scdhb.health.nz/scdhubstaff. Over the coming months operating models will be released for discussion and these are exciting times for the health system, however uncertainty is difficult until we see



what this means. Please reach out to HR, your line manager or me if you would like to talk about change and the uncertainty this can have on us.

The holiday season can be a lonely time for many people, so please check in on neighbours and those who live alone. A new project has recently been launched in New Zealand called The Hello Project which encourages Kiwis to talk to their vulnerable neighbours and make plans to understand the warning signs that could signal an elderly neighbour might need help. You can read all about it here: <https://thehelloproject.nz/>

Merry Christmas and have a happy new year, thank you again for your mahi and I look forward to working with you all again in 2023!

Ngā mihi,

Jason Power, Interim District Director

FUNDING OFFERED TO HELP BOOST NURSING WORKFORCE

Efforts are being made to encourage nurses who have left the health sector to return to the workforce.

Te Whatu Ora South Canterbury is calling for expressions of interest from nurses who would like to return to work and is offering support to help them regain their annual practice certificate.

South Canterbury's Associate Director of Nursing and Midwifery, Anna Wheeler said a support package could be tailored to the needs of the individual.

"We want our health services to feel supportive. There may be nurses out there who haven't practised for a year, five years or 15 years, and we want them to know that we have options to support their learning needs, to enable them to return to nursing."

The support is funded through the national return-to-work nursing fund, which provides up to \$5000 per nurse. Support could include a competency assessment programme through ARA Institute of Canterbury or a workplace training and orientation programme.

Anna Wheeler said a lack of confidence in their clinical practice could be holding some back and the support was aimed at removing that obstacle.

Returning nurses could even consider working in an area of the health sector new to them, if they wanted a change.

"Inpatient shift work settings, community work, whether it's part-time or full-time, we have many options available," she said.

"We want to remove any barrier to people enquiring," she said.

Further information on eligibility criteria for funding can be found here:

<https://scdhb.careercentre.net.nz/Job/Return-to-Nursing-Support-Fund/Timaru/11890>

To access the expression of interest please follow this link:

<https://scdhb.careercentre.net.nz/Job/Expressions-of-Interest-Return-to-Nursing-Support-Fund/Timaru/11890>

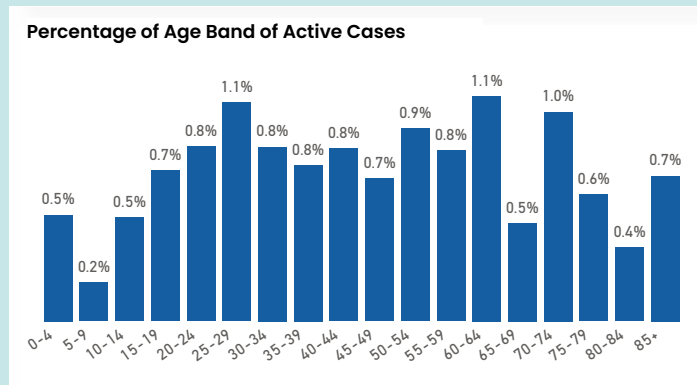
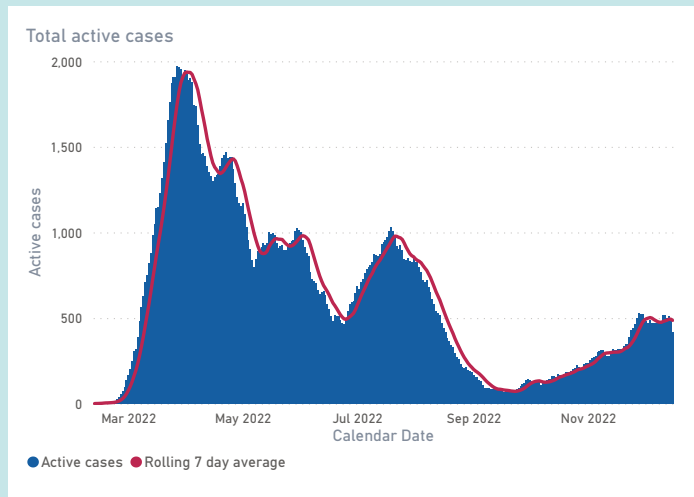
SOUTH CANTERBURY COVID-19 PREVALENCE

Since October, we have seen a steady increase in COVID-19 cases circulating in the community. The increase in local case numbers in South Canterbury mirrors what is happening round the motu and was expected based on the modelling work.

COVID-19 CASE NUMBERS (AS AT 16/12/22)

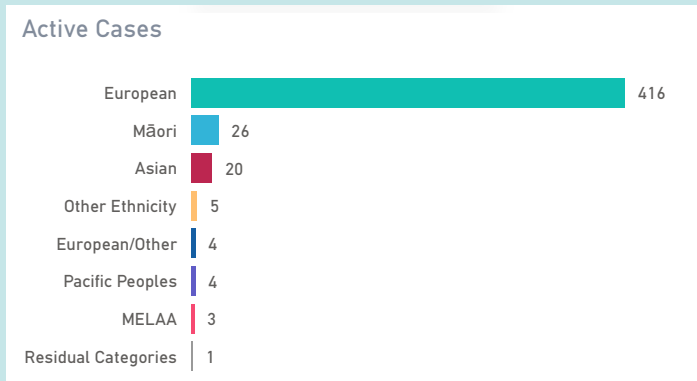
Timaru District	397	Unknown	6
Waimate District	45	Total active cases	479
Mackenzie District	31		

Total cases recovered in 2022: 26,572



It is important that we all continue to follow recommended public health measures that help prevent infection and the spread of COVID-19. Get up to date with your vaccinations, including any boosters before you go on holiday.

To reduce the risk of catching COVID-19 when out in public, we encourage people to wear a mask and practise physical distancing in crowded indoor spaces. Stay at home if you are unwell and please complete a Rapid Antigen Test (RAT). For free COVID-19 health advice, please call 0800 358 54 53, any time, any day, even on Christmas day, or visit the COVID Health Hub: COVID-19 Health Hub (covid19.health.nz).



Enjoy summer this year by being prepared and knowing how to stay safe

- + **When you're travelling**, it's a good idea to take a kit that has RATs, hand sanitiser and masks, as well as your usual medications
- + **Have a plan in place** including how to get home safely to isolate if you or someone you're travelling gets COVID-19 while on holiday
- + **Be sunsmart**; Slip, Slop, Slap and Wrap. Protect your skin and eyes from the sun's damaging rays. Check the sun protection alert time where you are each day here: www.sunsmart.org.nz/resources/sun-protection-alert/

- + **South Canterbury has some stunning swim spots** to cool off during hot summer days, but it's important to be aware of water quality issues and how to stay informed. Before heading to the beach, river or lake to swim, visit the Can I Swim Here? section of the Land and Water Aotearoa (LAWA) website, and look for water quality signs when you're there.

HAVE A
SAFE-AS
SUMMER

CLAB FREE DAYS

Healthcare associated infections, such as Central Line Associated Bacteraemia (CLAB), contribute to poor patient safety outcomes and additional costs to the health sector.

CLAB is serious, resulting in poor patient outcomes and increased healthcare costs. It is preventable. Staff caring for patients with central lines take a lot of care to prevent these blood stream infections.

Similar to "incident free days" that some workplaces adopt, we hope that this CLAB free days section will inspire and inform.

Currently we are 211 DAYS since our last CLAB.
(As at 16/12/22)

How far can we go?

SOUTH CANTERBURY PALLIATIVE MEDICAL SPECIALIST WINS TRANS-TASMAN AWARD

Dr Catherine D'Souza Te Whatu Ora – Health New Zealand Palliative Medical Specialist, for South Canterbury has been recognised by the Australasian Royal College of Physicians.

Catherine is the inaugural recipient of a new award to recognise outstanding contribution to the speciality of palliative medicine. The award was handed out at the college's conference in Canberra.

Catherine is also chair of the Aotearoa Committee of the Australian New Zealand Society of Palliative Medicine and has been instrumental in the establishment of the Palliative Care Collaborative Aotearoa. This group is a collaboration of five palliative bodies in New Zealand, including Hospice New Zealand, working together as a single voice lobbying for greater recognition of palliative care.



We are very fortunate to have Catherine as the medical lead for palliative care in South Canterbury and extend our congratulations on this award.

RENOVATIONS UPDATE

With three major construction projects running concurrently it's fair to say the project team has been busy in 2022.

AT&R Unit

This project is progressing well and is currently scheduled to be completed end of March 2023. The project team is now working alongside the AT&R working group to prepare for the move.

Level 2 – CSB

Maternity, Transitional Care Unit, Children's Ward, Women's & Paediatrics clinics. It has been a challenging project for all involved. Any refurbishment project being conducted on a live site has its ups and downs. This project like many things has been impacted by COVID-19, world-wide material shortages, and a challenging economic climate. We are grateful to our main contractor Henderson Building for continuing to be flexible on the delivery of this area. We are now in the final stages of completion for the Children's ward. It's truly a remarkable space, that now is fresh, modern and be better suited for our wonderful staff and importantly our community. The next focus for this level will be the Women's clinic and then we will move to creating a new space for the paediatrics outpatient.

Endoscopy Unit

Farrell Construction are the main contractors for this space. It's really starting to take shape, and the project team are excited to deliver this unit to staff in March 2023.

Future Projects

Level 3 – Surgical Ward

Timeframe	Work to be completed
January 2023	Working group re-engaged
January – September 2023	Detailed Design to commence
September – November 2023	Tender & Consent Phase
November 2023	Construction to commence – approximately 15-months to completion

Level 4 – Theatre + relocation of CSU

Timeframe	Work to be completed
January 2023	Working group re-engaged
January – September 2023	Detailed Design to commence
September – November 2023	Tender & Consent Phase
November 2023	Construction to commence – approximately 15-months to completion

Level 5 – Medical Ward + ICU

Timeframe	Work to be completed
December 2023	Working groups re-engaged
January – September 2024	Detailed Design to commence for both areas
September – November 2024	Tender & Consent Phase
March 2025	Construction to commence – approximately 15-18 months to completion

Further projects beyond 2025 will be the Level 1 outpatient hub concept and extension to Emergency Department.

HAVE A SAFE-AS SUMMER

On the 4 December the team in South Canterbury attended the Rose Festival Market Day.

It was the first time we had a combined Te Whatu Ora – Health New Zealand Health & Wellbeing stand with the following services available for our community:

- **Smokefree**
- **Immunisations**
- **Bowel Screening**
- **Cervical Screening**
- **Mental Health and Wellbeing Services**
- **FREE RATS and Masks to give away**
- **FREE Dental packs to give away to children**
- **Have a Safe-As Summer cookies to promote the new summer campaign messages.**



Left - Jean Tutton, Carol Murphy, Leanne Allnutt, Niamh Williamson, Maree Guerin, Maxine Hutton and Ruth Lockley

SUMMER FOOD SAFETY TIPS

By Angie Foster, Infection Prevention Control Nurse

As the weather is warming up, we will be starting to rev up the barbies, and enjoy picnics and outdoor parties with friends and whanau. Food is a wonderful way to bring each other together, but it's important that we remember about food safety, to keep us from getting sick.

Campylobacter, E.coli and Salmonella like to live in foods that aren't cooked or handled with care, and when we eat foods contaminated with these bugs, we can get food poisoning. This is especially risky for immune compromised people or those that are pregnant.

Avoid food poisoning this year by follow these tips:

- 🍷 Buy safe foods – check the use by date, don't buy foods with damaged packaging
- 🍎 Wash food that you or others have gathered
- 👐 Wash your hands before and after touching raw foods. Clean benchtops and cooking utensils
- 🍏 Rinse all fruit and vege with cold running water
- 🍗 Be careful handling raw chicken – wash and dry hands before and after handling chicken, but don't forget about surfaces, cutting boards, utensils. Avoid cross contamination with other foods
- 🍽️ Keep your cold food cold between 2°C and 4°C
- 🍖 Fully cook meat and seafood. A safe temperature is at least 75°C in the thickest part of the meat
- 🦟 Cover all dishes to prevent flies, ants, and other bugs from getting in there
- 🍲 Store your leftover food carefully (usually within 2 hours after it was cooked)– reheat leftovers until they are steaming hot (over 75°C)
- 🤒 Do not prepare food if you are unwell.

Have a fantastic summer celebrating with the people (and the food) that make you happy!

INTEGRATED PRIMARY MENTAL HEALTH AND ADDICTION (IPMHA) SERVICE

Primary healthcare providers in South Canterbury are describing the addition of mental health and addiction treatment resources as a gamechanger for their practices and their patients.

Over the past six months, Te Whatu Ora's Integrated Primary Mental Health and Addiction (IPMHA) Service has been introduced in six practices in the region and its patient load has grown significantly, from 12 patients in March to now reaching over 350 people a month.

Pleasant Point Health Centre owner and nurse practitioner Tania Kemp said having both a Health Improvement Practitioner and a Health Coach on site meant the practice could offer better support to patients. It had also helped nurse practitioners avoid burnout by allowing them to concentrate on their core role.

"I had a whole day every week where I was just doing mental health appointments, and it was not sustainable, now I've got another avenue that I can refer people and it's working."

"We couldn't get services into one home because it's a complex situation. Our health coach is now going out there weekly, getting the patient moving and doing fantastic things and is now

getting the patient involved in other community services," she said.

The service appealed to patients because it was different to counselling, and there was no obligation for patients to commit to seeing someone regularly, she said.

South Canterbury Clinical Implementation Lead and Advanced Health Improvement Practitioner, Maxine Hutton said I'm seeing mostly low mood, anxiety, relationship problems, pain and substance abuse or misuse, and the age groups I see are female youths 15-24 and 65+ men.

"We look at what's important to the person, by asking lots of questions about their life, what they enjoy. It's not so much about taking away the negative, but trying to focus on bringing in more of the positive," she said.

Joining practice meetings at Pleasant Point had given Maxine Hutton the opportunity to teach strategies to practice staff, discuss cases and share the workload around.

"There is a positive impact on patients and the community if we can catch people before crisis happens."

Practice owner Tania Kemp agrees.

"This has been an absolute gamechanger for Pleasant Point, I can't be without this service now," she said.

The IMPHA service is currently available to all registered people at these practices:

- ➔ Timaru Medical Centre
- ➔ Pleasant Point Health Centre
- ➔ Dee Street Primary Care
- ➔ Waimate Medical Centre
- ➔ Wood Street Surgery Temuka
- ➔ 4Peak Geraldine.



Maxine Hutton, left, Clinical Lead IPMHA with the team from Pleasant Point Medical Centre.

Background information about the IMPHA service:

What is IPMHA?

IPMHA is a team of Health Improvement Practitioners and Health Coaches / Support Workers, who work alongside Primary Care providers to provide free, same day support for people of all ages.

It is a free service funded by the Manatū Hauora – Ministry of Health Access and Choice initiative with the aim to:

- reduce barriers and increase access to healthcare
- increase choice in addressing peoples' holistic concerns
- reduce wait times
- improve population health
- improve equity outcomes.

What do Health Improvement Practitioners (HIPs) and Health Coaches do?

Health Improvement Practitioners

HIPs utilise a variety of talking therapies to support people to reconnect with their values and help them to commit to actions reflective of their health and wellbeing goals.

HIPs teach a wide range of strategies that help people to manage and overcome stress and distress in their lives. Each session is treated as a stand-alone intervention, though people are welcome to return for follow up.

HIPs can help with:

- sleep
- anxiety
- depression
- stress
- fatigue
- grief
- headache
- pain
- socio-economic problems (domestic violence, bereavement, marital problems, etc)
- family violence
- children with behavioural challenges
- problems with substance abuse.

Health Coaches / Support Workers

Health Coaches / Support Workers help people to achieve their health and wellbeing goals. Health Coaches / Support Workers have a wealth of information about community services and organisations and help connect people and navigate their health and wellbeing needs.

Health Coaches / Support Workers help with:

- developing collaborative action plans that support health and wellbeing goals
- better understanding of new and existing health conditions
- support and empowerment to self-manage health and achieve health goals
- graded exposure to certain activities / environments
- advocacy while navigating services eg Work and Income, Kainga Ora etc.
- budgeting / money matters
- paid or voluntary work
- setting an agenda before a GP consult.



KAHANUI WELLBEING PROJECT

The Mental Health and Addiction Service Kahanui Wellbeing project has launched in South Canterbury following engagement with mana whenua Kaumātua and Maata Waaka at Te Aitarakahi multi-cultural centre.

The next step is to go out into the community to seek engagement and feedback on consumers and whānau experiences with any mental health service across the system.

The project team, led by Maree Guerin, has been developing this work for the past 15 months as a co-design project with Māori, tangata whaiora with lived experience, providers and clinicians. Working with the South Canterbury Mental Health Review Implementation team has resulted in a wider range of questions in the feedback survey to enable effective evaluation of the transformational change recommended.



Mareta Anglem (Hauora Maori), Michelle Patrick (Consumer and Whanau Engagement Facilitator), Josie Sararie (Case Manager), Christine Akurangi (Hauora Maori), Maree Guerin (Improvement Facilitator), Joy Sylvia (Consumer Rep) at Te Aitarakahi.

Kahanui Wellbeing Project Survey

Scan the QR Code or enter the link to complete the survey online

www.surveymonkey.com/r/B6ZQBJ9



TIMARU HOSPITAL GOES FULL ELECTRIC

The installation of sustainable heating technology at Timaru Hospital has eliminated the need to burn coal, reducing emissions by more than 4500 tonnes of carbon dioxide equivalent per year.

Two coal boilers from the 1970s, which have been responsible for hot water and heating in the hospital and for the past 60 years, have been switched off and replaced by a new system at a cost of \$5m. Six heat pump units now provided the hot water reticulated in the radiator system heating the air of the Te Whatu Ora South Canterbury's Clinical Services Building (CSB), and another six, installed on the roof of the building, take care of hot water.

"They've worked really well through winter."

The coal boilers provided all of the heating for the hospital during their lifespan, burning more than 2000 tonnes of coal per year. An extensive review of the hospital's needs, in conjunction with energy consultants DETA ,

found a decentralised system was a better fit for their replacement.

"We worked out that what actually requires steam is only 75 kilowatts instead of 4 megawatts," said Simon Johnston.

Offices and staff rooms are heated by smaller heat pumps and hot water is supplied by domestic-sized hot water cylinders.

As well as cutting greenhouse gas emissions, the new system was expected to reduce overall operating costs, although by how much would not be known until winter 2023.

In time, the coal boilers will be dismantled and the building housing them will be repurposed.



"Heat pumps heating water are newish technology and now can cope heating water to the 60 degree temperature required," said facilities manager Simon Johnston.

HEALTH WORKERS GO ABOVE AND BEYOND FOR ORGAN DONATION

The actions of a South Canterbury ICU nurse and a Christchurch-based pathologist helped give a potential organ donation the best possible chance of success.

During the organ donation surgery at Timaru Hospital, the donor was found to have a mass on their ovary which the surgeons knew nothing about. The donor's kidneys and liver were due to be sent to Auckland for transplant, but there was only a short window for testing a sample of the mass before the liver would no longer be viable.

As a smaller secondary hospital, Timaru Hospital does not have access to on-call histopathology services. Doctors spoke with Christchurch-based Canterbury pathologist Dr Mathew Drake, who immediately agreed to provide his services in the middle of the night across regional boundaries.

With limited transport options for the sample available, Registered Nurse Bronwyn Miller drove to Christchurch to deliver the sample for testing.

The mass was found to be malignant and as such the organs could not be donated. But South Canterbury's consultant anaesthetist Dr Russell Rarity said without the actions of the nurse, pathologist and their colleagues there would have been no chance of success.

Also speaking on behalf of Organ Donation New Zealand, and for the family of the person whose final gift depended on this service, he thanked the health workers for their extraordinary efforts.



MĀORI STUDENTS GO BEHIND-THE-SCENES AT TIMARU HOSPITAL

A potential new generation of health workers has had a taste of what it is like to work in different parts of the hospital environment.

The exposure day for twenty Year 9 and 10 Māori students in South Canterbury, run by Kia Ora Hauora, began with a mihi whakatau. Students were then guided through workshops in services such as physiotherapy, dental, nursing, radiology and occupational therapy.

“The students were shy at first, but they were really engaged and asked some really great questions as the day went on,” said Kia Ora Hauora Te Waipounamu co-ordinator Trudy Thomson.

“We want to give students a backstage pass into a living, breathing hospital. And they loved the hands-on activities.”

Te Whatu Ora South Canterbury Director of Māori Health, Joseph Tyro saw the exposure day as a means to help grow the region’s Māori health workforce. He said Kia Ora Hauora’s workshops were effective in targeting the beginning of the pipeline, and until now most of their work had been concentrated in the main centres.

“They engage with our kids at a really early age and help them understand what the professions do, whether it’s a nurse, a midwife or a doctor,” he said.

“What the data tells us is our kids don’t pass school with those important STEM (science, technology, engineering and maths) subjects, which means they can’t access health profession training.”

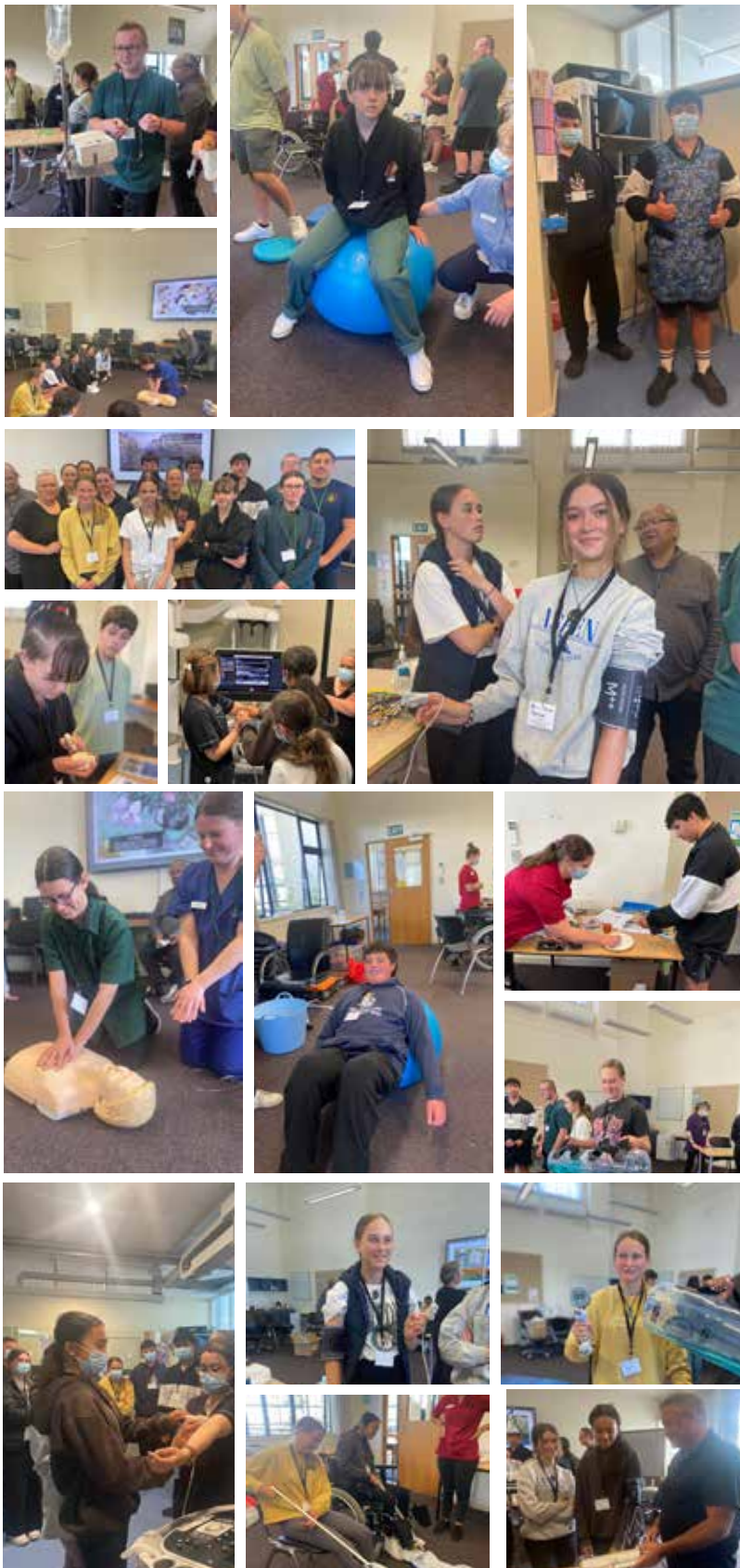
Also in attendance at the workshops supporting rangitahi and the hospital was Tewera King, Upoko, Te Runanga O Arowhenua.

Trudy Thomson said as well as inspiring students and guiding them in school subject choices, the exposure day was aimed at helping shift perceptions of the health system among Māori .

“We hope they’d take that message home and say to their koro actually I know someone who works at the hospital and they were really great,” she said.

“We want them to have a positive experience.”

A three-day event for Year 12 and 13 students, also run by Kia Ora Hauora, is planned for 2023.



SOUTH CANTERBURY PLAYS HOST TO NEW ZEALAND ORTHOPAEDIC ASSOCIATION MOCK EXAMS

A group of orthopaedic registrars have been put through their paces as they work to complete their final year of training.

Each year a different region is tasked with setting the New Zealand Orthopaedic Association practice assessment for registrars, and November was the first time in six years South Canterbury has played host. Fourteen candidates from across New Zealand were up for assessment.

Orthopaedic surgeon Sean van Heerden said the testing was rigorous and involved a set of multiple choice questions and 12 essay questions, ahead of clinical exams.

“They saw all the clinical patients on the Friday and then on the Saturday they had all the computer-based cases, clinical scenarios, how to manage them, how to investigate them, clinical approaches.”

Sean van Heerden said the results were given to the candidates straight away and help them to prepare for their final NZOA exams next year. Most candidates performed at a high standard.



BREAST CANCER STUDY DAY HELPS EDUCATE WIDER HEALTH COMMUNITY

GPs, physiotherapists, outpatient nurses and surgeons were among the wide range of health professionals in attendance at South Canterbury's Breast Cancer Study Day.

It's the first time such an event has been held in the region, and it was intended to help bring health professionals up to date with current best practice for breast cancer treatment.

General surgeon Dr Magda Sakowska said clinicians and health workers often only saw their part of the process of treating a breast cancer patient. She said the day was aimed at helping them understand treatment start to finish and gain an appreciation of what the experience is like for a patient.

Around 45 people heard from expert speakers covering recent changes like chemotherapy treatment coming before surgery and who is eligible for what types of treatments. Guests also learned about plastics and changes to radiation treatment practices for women.

The day was considered a success in helping to foster relationships between health professionals treating women with breast cancer in South Canterbury.



Left - Lynley Nile, Clinical Nurse Specialist and Magda Sakowska, General Surgeon



PRIMARY CARE NURSES EVENING AT TALBOT PARK

45 Practice Nurses, District Nurses and Arowhenua Whānau Services Nurses joined together for an evening of education led by the District Nursing team (Wound care) and Laura Ferguson Trust (Traumatic Brain injury and Concussion).

A great night of conversations and learning.



PRIMARY CARE CME

A wonderful collegial evening to mark the return of the Primary Care Education sessions was held with 60 participants from across Primary Care (including pharmacy and AWS), Midwifery, Mental Health and Addiction Services gathered at Ponderosa.

The focus for the evening was Mental Health and feedback from both presenters and attendees has been positive and a good platform to build on moving forward with the new format of delivery.



Dr Sires Bharathan



Dr Nurrul Johari

GP MRI TRAINING

Te Whatu Ora South Canterbury with Pegasus Health has recently formed a partnership with the Accident Compensation Corporation (ACC) and Pacific Radiology to pilot direct referral from General Practitioners to MRI for knee, cervical and lumbar spine injuries.

The pilot aims to: reduce patient wait times; improve the quality of referrals; improve equity of access to treatment; and reduce travel time, particularly for rural ACC patients.

A recent training session at the Talbot Park Hub on the 15 September saw 19 attendees with the majority of practices represented. Feedback on the training session from attending general practitioners was very positive.

The system has now gone 'live' with referrals being submitted to the assessment panel at Pegasus.



Welcome to our new staff who started in August, September and October



Lynette Collinson
Midwife



Louise Cody
Psychologist



Rochelle Charles
Administration Support



Kathryn Campbell
Telephonist/Emergency
Receptionist



Stacey Ross-Morrell
Medical Imaging
Technologist (MIT)



Rubilyn Sedo
Csu Technician



Emma Bubbert
Kaiawhina (Hca)



Makkedah Itula
Kaiawhina (Hca)



Patricia Evans
Medical Imaging
Technologist (MIT) Casual



Rachel Savage
Kaiawhina (Hca)



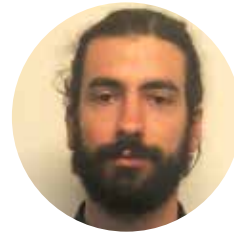
Mitchell Kee
Anaesthetist



Taumua Siaosi-Ena
Kaiawhina (Hca)



Jahaana Katene
Kaiawhina (Hca)



Samuel Solt
Resident Medical Officer
(RMO)



Lauren Davies
Resident Medical Officer
(RMO)



Alec Phillips
Resident Medical Officer
(RMO)



Bethan Humpleby
Registered Nurse



Jemina Hernandez
Registered Nurse



Kate Trimble
Registered Nurse



Jacinda Halligan
Enrolled Nurse



Hayley Meiklejohn
Health Coach



Shar Downes
Health Coach



James Cousins
Health Coach



Blaize Lawrence
Dental Assistant



Naomi Gibson
Audiologist



Eileen Ebsworth
Support Worker



Liza Lloyd-Lewis
Immunisation Coordinator



Kate Haugh
Registered Nurse



Lydia Dockrill
Physiotherapist



Michelle Amos
Smokefree Team Leader



Fathima Mohamed Thahir
Kaiawhina (HCA)



Ella Cooper
Registered Nurse



Lydia McLaughlin
Kaiawhina (HCA) Casual



Georgia Hunt
Medical Imaging Technologist (MIT)



Isabella Parish
Administration Support



Edward O'Connor
Registered Nurse



Shaista Buksh
Administration Support



Emma Allan
Administration Support



Parth Dalwadi
IT Support Technician



Margaret Eggleton
Clinical Secretary Casual



Kaitlyn Vaughan
Registered Nurse



Ian Harrington
Resident Medical Officer (RMO)



Bethan Chadwick
Resident Medical Officer (RMO)



Emer-Son Reyes
IT Support Technician



Tetsuya Yamada
Enrolled Nurse



Carys Trotter
Registered Nurse



Harmanjit Kaur Gill
Administration Support



Vivien Nazarro
NASC MH Care Co-Ordinator (Nurse)

HEALTH WORKERS TAKE A BREAK FOR MENTAL HEALTH AWARENESS

A lunch break walk not only offered South Canterbury health staff a chance to decompress but it was also an opportunity to raise funds for dementia awareness.

Learning Hub Advisor Megan Stark organised the walk for dementia and invited local health and wellbeing coach Alicia Mabey, of Motivating Me, to lead the event.

Alicia Mabey said about 70,000 New Zealanders have dementia and within the next three years that number is expected to triple.

She said it affects not just the patient but the whole community and raising funds locally could help provide much-needed support.

As a result of the initiative, some Te Whatu Ora staff had committed to meeting regularly for walks to ensure they supported each other to take a break from their busy schedules.

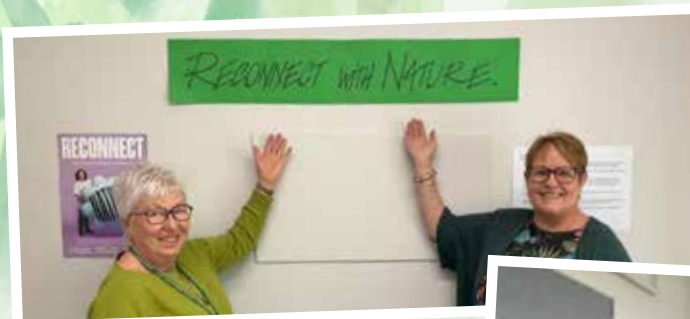


L-R: Maree Guerin (Improvement Facilitator), Kathryn Robinson (Mental Health and Addiction Manager), Joseph Tyro (Director Māori Health) and Dianne Black (Consumer Advisor)

NATIONAL KPI PROGRAMME MENTAL HEALTH AND ADDICTION CONFERENCE

Kathryn and Maree presented our story of the improvements and challenges for our 7 day post discharge follow up for the Mental Health & Addiction Service and Joseph was a keynote speaker on Equity and Data at the national conference at the Pipitea marae in Wellington.

MENTAL HEALTH AWARENESS WEEK (MHAW)



Above, Lynette Wilson (NIR Admin) Jude Vermeulen (Mental Health brief intervention service) staff from Talbot Park wearing green to celebrate "reconnect to nature"

Below, Anna Wheeler, Megan Stark and Maree Guerin wearing green to celebrate "reconnect to nature"



A lunch time weaving class was held during MHAW staff to connect.



Staff giveaway bags



Farewell Trish!

Trish Hollands retirement lunch, to mark her 27 years of care for the Kensington Centre and its occupants. A lovely lunch with laughter, waiata, fitting tributes and kai to farewell her.



CHRISTMAS BAKE OFF

1st – Leighton Brehaut
(Emergency Management Coordinator) Gingerbread Cake

2nd – Zoe Matchett (Acute Pain CNS/Surgical RN)
Banana Reindeer cake

3rd – Katie Lane (RN Recovery)
Chocolate Raspberry: Santa's Garden

4th – Julia Payne (RN Surgical)
Snowy Lemon Cake



Christmas Bus Trip to Christchurch – a massive shout out to Zoe Matchett from Surgical for organising a great day out!

Highly commended – Eileen Gilder (CNS Wound/Acute Pain) Gingerbread men

Guest Judge Millie Rose and prizes kindly donated by Columbus Coffee Timaru.

TE WHATU ORA SOUTH CANTERBURY POST GRADUATE CELEBRATIONS

Thank you to all of the staff members who have completed Post Graduate papers in 2022. It has been a busy year and adding on the extra work and commitment that goes with completing the study is massive – we celebrate and congratulate you all.

Congratulations to the following staff who have completed qualifications:

Post Graduate Certificate in Health Sciences

- Tori Watson
- Christine Kerr
- Rochelle Wilson
- Nicola Riley
- Katie Lane

Post Graduate Diploma in Health Science

- Bronnie Mackenzie
- Brenda Morton
- Anneke Dossett
- Fiona Sinclair

Post Graduate Diploma in Health Sciences with RN Prescriber

- Diane Reid

We have 34x staff members studying in 2023 which is awesome.
As a district we are leading the way!

TE WHATU ORA SOUTH CANTERBURY: PDRP

Thank you to all staff who have completed Professional Development Recognition Portfolios (PDRP) in 2022.

We are currently sitting at a 40% completion rate for the region.

If you are thinking of completing a PDRP in 2023 please contact your resource champion or the Learning Hub. Let's get to 60% by the end of 2023!

Merry Christmas and Happy New Year.

TE WHATU ORA SOUTH CANTERBURY: NEW GRADUATES

In 2022 we have had a new graduate cohort of 21 Enrolled and Registered Nurses in ENSIPP, NETP and NESP programmes.

On Friday we celebrated the end of the year for a group of Registered Nurses completing their last day of the programme.

Thank you to all of the preceptors, managers, allied teams and support personnel who have supported the new graduates and the programme over the past year. We couldn't do it without you!

Bring on 2023 – please welcome all of our new graduates starting December 2022 when you see them around the departments.



Thomas Kissell (Surgical) Georgia Dobbs (Paediatrics) Alicia Mitchell (Surgical) Zoe Liu (Medical) Olivia Shelley (Surgical) Anneke Dossett (Learning Hub Advisor) Ella Plimmer (Emergency Department) Lisa Blackler (Director Patient Nursing and Midwifery)