

# pulse

ALL ABOUT COVID-19

19 APRIL, 2022

## Woolcombe Street COVID-19 Vaccination Clinic

The South Canterbury DHB Community Vaccination Clinic at Woolcombe Street has gone into hibernation on the 2 April 22, after providing vaccinations to the community for over a year.

The clinic will open again for four days to support further immunisations during the first week of school holidays.

The demand for vaccinations has reduced significantly, as the vast majority of people have either received their eligible vaccinations or had acquired temporary immunity during the recent COVID-19 outbreak.

As of 29 March 2022, 95% of South Canterbury's population have received two doses and over 76% have received their boosters. While COVID-19 cases have been steadily increasing, some people who were due for their vaccination have caught the virus and acquired temporary infection-induced immunity. The current recommendation for people who have had COVID-19, is to wait three months post recovery before they get their vaccination.

SCDHB first started vaccinating essential workers at the Timaru Yacht Club on 2 March 2021 and then moved to Woolcombe House on 15 March 2021. Vaccinating the general population began by prioritising age groups and people with underlying health conditions. Letters were sent out at the beginning of this campaign, to invite the eligible people to get vaccinated.

As well as the Woolcombe Street Vaccination Clinic, staff have been operating mobile clinics at aged residential care facilities and various towns around South Canterbury to ensure everyone within our community has access to vaccinations.

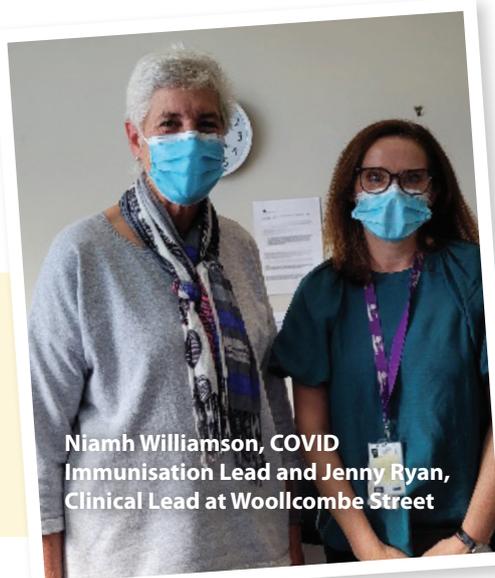
In the beginning, it was quite an undertaking to get enough people trained and confident in their role and to get the clinic running safely and efficiently. Vaccinators have to undertake a training program organised by the Immunisation Advisory Centre, get practically assessed and pass an exam to get certified before starting their work.

Some of the workforce that joined as vaccinators were retired nurses, some were part-time staff, and others were from primary care practices. Leanne Allnutt, for example, worked as a practice nurse at a medical centre and Mandy Morris was a Respiratory Clinical Nurse Specialist (CNS) at the Timaru Hospital before joining the vaccination team.

During the peak period, more than 400 people a day attended the clinic. At times, 5 vaccinators each vaccinated around 100 people a day. And when the alert level changed to level 2, the clinic opened up a second area upstairs so the public could maintain social distancing.

"What the vaccinators have achieved for South Canterbury has been tremendous," said Jenny Ryan.

"This clinic became well known for being a good and safe place to come for vaccinations. People with difficulties and needle-phobia have found it to be very supportive. That is down to the skill and experience of the vaccinators," she added.



Niamh Williamson, COVID Immunisation Lead and Jenny Ryan, Clinical Lead at Woolcombe Street



Leanne Allnutt and Mandy Morris, vaccinators at the clinic

**49,131 total vaccinations**  
were given at Woolcombe Street since  
15 March, 2021 including

**1,265**  
paediatric doses

**9,612**  
boosters



Community Vaccination at Woollcombe Street goes into temporary closure continued...

“What they have done helps protect our community. Now we have moved to a different phase, from protecting to supporting”, said Niamh Williamson, the SCDHB COVID Immunisation Lead and Immunisation Co-ordinator.

“We have been steadily handing over the vaccinations to the pharmacies and primary care,” Jenny added.

Summarising her experience running the clinic, Jenny said: “amazing people, a lot of fun, all vaccinators have done a tremendous job.”

After Woollcombe goes into hibernation the staff will be redeployed into the COVID Coordination Centre, testing and mobile vaccination teams. The COVID Coordination Centre (CCC), supports the health and welfare needs of those who have COVID and are isolated at home.

The SCDHB Board and Leadership Teams wishes to express a heartfelt thank you to all of the staff from the Woollcombe Street Vaccination Clinic, for the hard Mahi and fantastic effort of administering 49,131 vaccinations to our community between 15 March 2021, when the clinic first opened until 30 March 2022.

The staff from Woollcombe Street will continue to run our Mobile Vaccination Clinics for our rural communities and aged residential care facilities.

Getting COVID-19 vaccines after testing positive



For first and second doses

For booster doses

For child vaccination doses

**wait 3 months**

after you test positive for COVID-19

Please speak to your GP or healthcare provider for advice specific to your medical circumstances

Te Kāwanatanga o Aotearoa  
New Zealand Government



## Managing the logistics of COVID-19 vaccinations

Last year, we did an article on the management of the cold chain by Hospital Pharmacy during vaccine distribution.

In this issue, we interviewed Olivia Hayman, from the Hospital Pharmacy, on the challenges the pharmacy overcame and also the achievements from the extraordinary year.

It has been a busy year for the Hospital Pharmacy at the Timaru Hospital. The pharmacy has taken on the additional task of managing the logistics of COVID-19 vaccines for all vaccination sites at South Canterbury since the middle of 2021.

While the pharmacies, GPs, and Vaccination Clinics are responsible for administering the vaccines, all vaccines ordered in the region are approved by Olivia Hayman, a pharmacist at Timaru Hospital Pharmacy.

There are 3 types of COVID vaccines available in the region. They are the Pfizer, AstraZeneca and Novavax, Novavax being the latest arrival.

The most commonly administered vaccine is the Pfizer vaccine. Pfizer vaccines are stored at DHL in Christchurch at -70°C and then distributed to either the Vaccination Clinics or the hospital pharmacy for storage before use.

Once it arrives at each clinic, it is stored between 2°C–8°C, with an expiry of 30 days. It's challenging to managing logistics and distribution of the vaccine within the short expiry date. Olivia also has to factor in travel time for the SCDHB-led mobile clinics, as the stability of the vaccine can be compromised if it is 'shaken' too much, which is why there is a set number of hours the vaccine can be on the road once it's delivered to the region. This means careful planning is required for the rural mobile clinics.

Additionally, managing the demand within one designated delivery day per week for each site, has proven to be a challenge.

“Originally, the demand was forecast through bookings. We could see how many people have booked and order accordingly. Once bookings became a less favourable option for people to get vaccinated and people increasingly preferred ‘walking in’, it became more challenging to forecast the demand for vaccines for any given period”, said Olivia.

“And when the government shortened the time period people can receive their boosters from 4 months to 3 months, there was a significant surge in demand”, said Olivia.

“I am proud to say that no site in South Canterbury has ever run out of vaccines” added Olivia.

### Pfizer vs AstraZeneca vs Novavax

The Pfizer vaccine remains the preferred COVID-19 vaccine for use in New Zealand.

The paediatric Pfizer vaccine is a lower dose and smaller volume version compared to the adult formulation. Two paediatric (child) doses of the Pfizer vaccine are given at least eight weeks apart. Children are not eligible for a booster vaccination.

AstraZeneca and Novavax vaccines are the other two vaccines that have been approved in New Zealand. Both the AstraZeneca and Novavax are available for people aged 18 and older who cannot receive the Pfizer vaccine, and for people who would like a different option.

A booster dose of the AstraZeneca vaccine can be given at least three months after the second dose. However, Novavax is not approved as a booster vaccine at this time. And both AstraZeneca and Novavax do not have a paediatric version.



# New Zealand is now at Orange

Thanks for the mahi Aotearoa. Because of our collective efforts against COVID-19, it's now safe to move the whole country to Orange.

It's still important to keep each other safe. Here's what you need to know:



**Mask wearing matters**

You must wear masks on flights, public transport, in retail businesses, public facilities and other specified indoor spaces. Masks are encouraged whenever you leave the house.



**Take sickness seriously**

Get tested if you have symptoms. If you test positive, you and your household will still need to isolate for at least 7 days.



**Get boosted for extra protection**

It also lowers your chances of getting really sick if you do catch COVID-19.

It's safer to ease more restrictions



At Orange, there are **no capacity limits** for indoor or outdoor events and gatherings across the entire country.

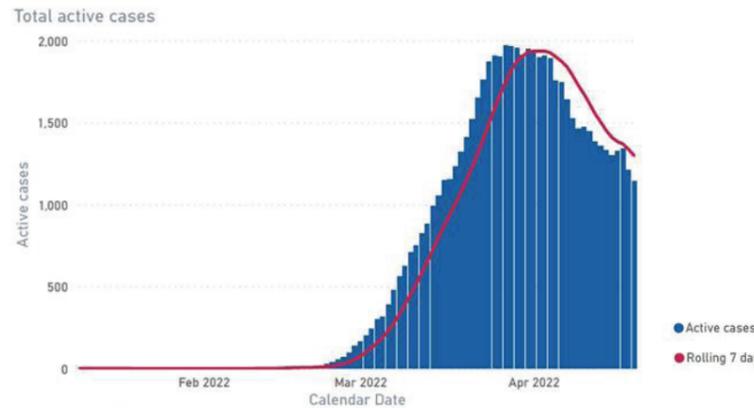
Find out everything you need to know at [Covid19.govt.nz/orange](https://Covid19.govt.nz/orange)

## South Canterbury COVID-19 Prevalence

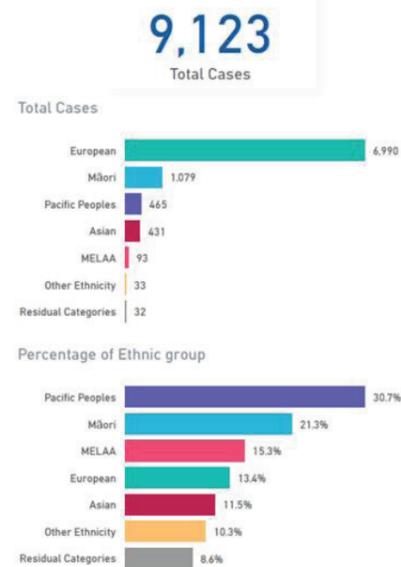
The SCDHB believes the cases in South Canterbury have reached the peak of the current outbreak.

We are currently sitting at the mid point of the bell curve and expect to see a similar number of people that contracted COVID-19 to reach peak to contract COVID-19 coming out of the outbreak. E.g. Around another 7,000 cases as we come down the tail end of the bell curve. Once we reach the tail end of the bell curve, we will have a better picture of what the daily case numbers will sit around as COVID-19 cases will still remain in our community.

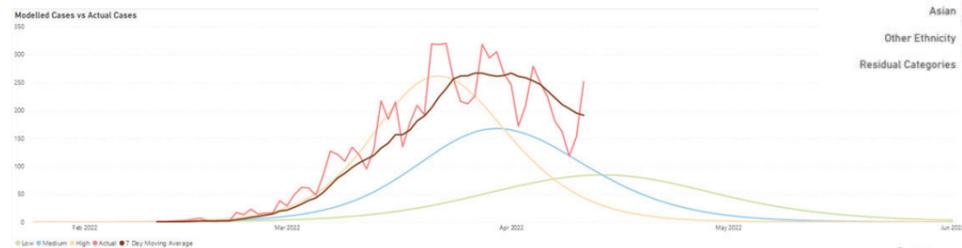
Cumulative active cases as of 19 April 2022



Total cases as of 19 April 2022



South Canterbury Modelled Cases vs Actual Cases



## Additional breakout spaces for SCDHB staff

When the workload is high, it is important for staff to take their breaks to help protect against fatigue.

The hospital map shows the location of a number of benches and picnic tables, that have been positioned to allow staff to get outside, whilst being relatively close to their areas of work, should they need to return urgently. These will, in time, have staff only signs attached.

Good infection prevention and control practices should be observed at all times. Staff who may be working directly with COVID-19 patients, need not be stigmatised by taking breaks in isolation.

The Chapel is also available for staff who need a quiet space away from the wards, and the Botanical Gardens offers the opportunity to take peaceful, short walks.

- ★ Picnic tables
- ★ Picnic tables (Café / Public)
- ★ Park benches



## Get in touch with Learning Hub

The Learning Hub are supporting COVID-19 staff deployment and are available to work alongside staff to help them feel confident in their deployed settings.

This can include specific skill development and orientation to service areas. Request for support and development can be sent through to their generic email: [learning.hub@scdhb.health.nz](mailto:learning.hub@scdhb.health.nz) and an appropriate Learning Hub advisor can provide individual support.

They are available for workshops for CVAD, venepuncture and cannulation, following staff completion of theory on healthLearn.

The Learning Hub can also arrange other skill development for IT platforms such as medchart and HCS, IV pumps, enteral feeding etc.



Rhannon Fitzgerald  
Midwifery Educator



Megan Stark  
Learning Hub Advisor



Bronwyn Fleming  
Librarian



Anneke Dossert  
Learning Hub Advisor



Anah Aikman  
Learning Hub Advisor MHAS



Sophie Stevenson  
Learning Hub Advisor



Hayley Holden  
Learning Hub Advisor



Meron Bowman  
Learning Hub Coordinator

**Meet the Learning Hub Team**  
Level 4, Gardens Block, North End  
For all enquiries, telephone 8355 or email [learninghub@scdhb.health.nz](mailto:learninghub@scdhb.health.nz)



Nicky Fahey  
Clinical IT Trainer

## Targeted Rural Service of Rapid Antigen Tests (RATs)

The SCDHB would like to make sure everyone within our community have access to Rapid Antigen Tests (RATs), no matter where they live.

The Targeted Rural Service has been established to enable households that are located outside the 20-minute radius from a collection site, to have access to RATs. The intention of the Targeted Rural Service model is to supplement the current approach and provide equal access to RATs in our community.

The Ministry has a national goal for 90% of New Zealanders to have access to a collection site within a 20-minute drive. As at 16 March 2022, 94.8% of the population are within a 20-minute drive to a collection site and 94.2% of Māori are captured by the combined service areas.

Equal access to RATs is a priority under the RAT distribution model. The Ministry has been working with all DHBs to ensure the most vulnerable members of the community are supported and inequities in RAT access is minimised.

This month over 4,000 RAT kits will be distributed to the following areas; Rangitata, Mt Cook/Tekapo, Glenavy and Hakataramea Valley communities.

A special thanks to Shirley Wall, Hazel Turner-Walker, Stef Green, Nathan Tylor, Carol Murphy, Kaye Cameron, Lee Cordell-Smith, Ruth Kibble, Catherine Wilson, Quentin Mao, Jeanette Pateman, Laurel Brough, Sophie Stevenson, Lisa Whiffen and Rohnell Zwegelaar for contributing their time to help pack RATs.

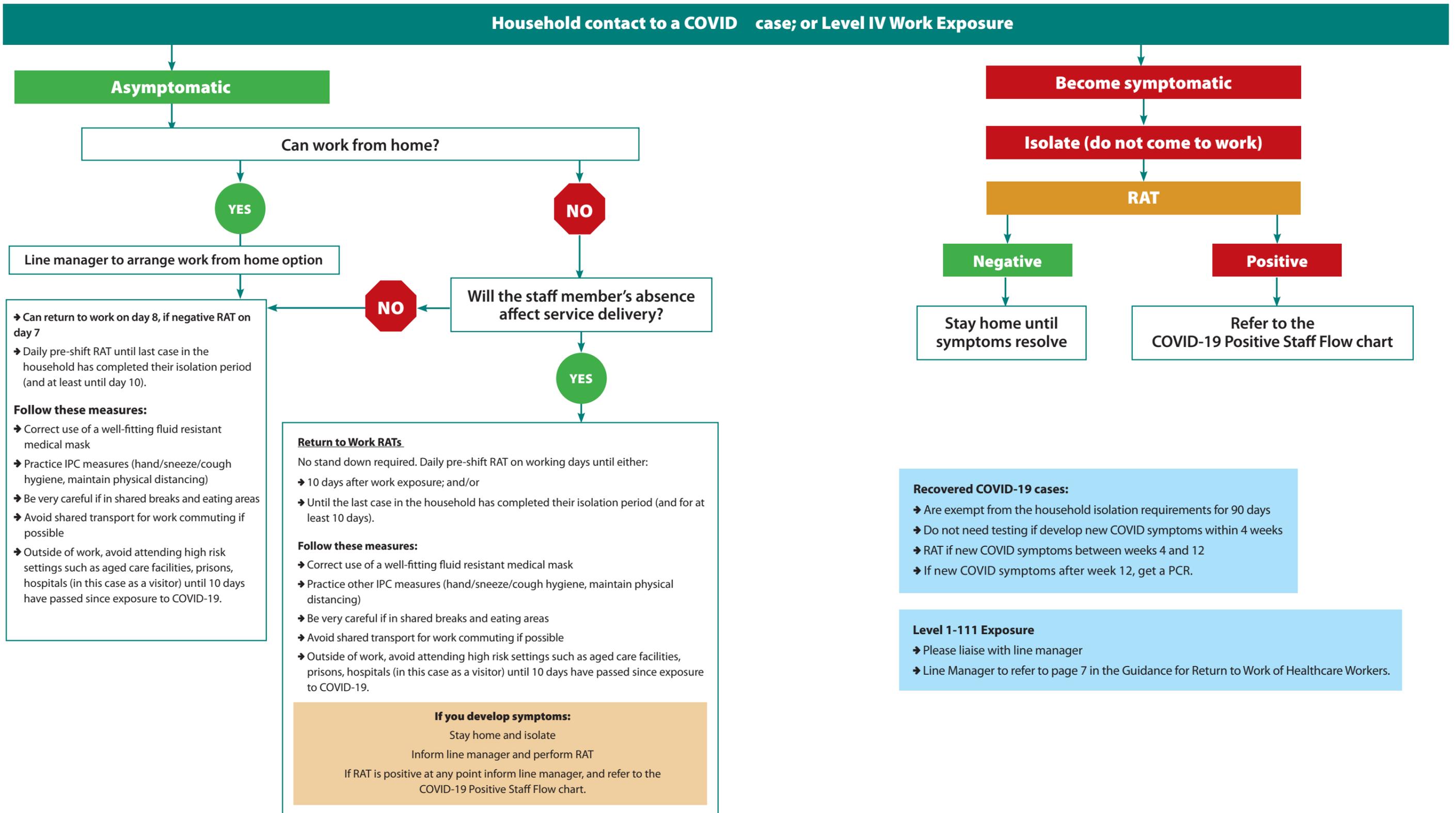
Also, a special thank you to the Supply and Maintenance team, at the SCDHB, for getting them safely on the truck and out to our communities.



*"Thank you for our free RATs we just got in the mail. For those of us in rural areas this is brilliant, thank you!"* Thank you message received from Jane Kate



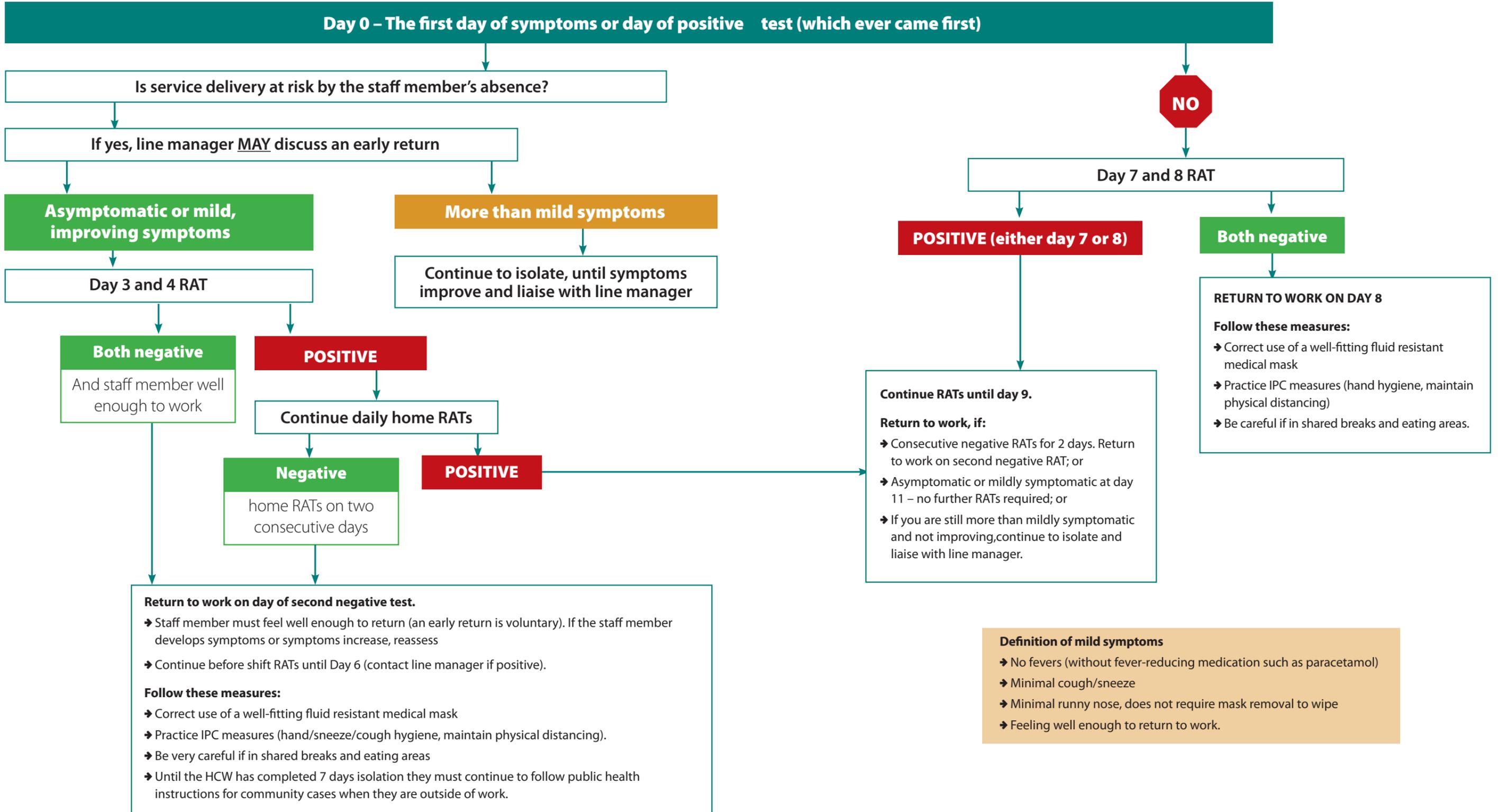
## Test to return process for Staff who are Household Contacts or Level IV Work Exposures





## SCDHB COVID-19 Positive Staff

Please note, staff members are not be compelled to return early





## Managing fatigue if you are COVID-19 positive

Some people with COVID-19 experience fatigue while they are recovering. Tasks that used to seem easy might now be a challenge. Knowing how to manage tiredness can help in your COVID-19 recovery.

### What is fatigue?

Fatigue is a feeling of exhaustion that does not get better with sleep. It can be physical or mental/cognitive fatigue. Fatigue can change at different times and isn't the same for everyone. Tasks that used to seem easy to you might now be a challenge, and this can change throughout the day or week by week. You might even feel low in motivation. Remember, it is ok if you can't achieve everything that you wanted to in that day.

**Physical fatigue:** Feeling low in energy, your body may feel heavy and you may feel like you have lost a lot of strength. Even small tasks, like walking to the bathroom, might take up a lot of energy.

**Mental/cognitive fatigue:** Your brain might feel foggy or cloudy, with even simple tasks exhausting or difficult. You might find it hard to concentrate and focus on work tasks.

### COVID-19 and fatigue

Fatigue is a symptom that may be experienced by some people with the COVID-19 infection. While you are recovering, it can continue for some time, even after acute symptoms have cleared.

There is no clear reason why some people feel more fatigued or tired than others. Various things can contribute to tiredness and this can cause fatigue to last longer. For example, a disturbed daily routine, poor sleep patterns, carer responsibilities, low mood, anxiety and stress can all compound fatigue.

### Helpful tips to manage your tiredness

While there is no-one solution to fit everyone's needs, here are some general tips that you can use to manage fatigue.

#### 1. Pace yourself and plan your activities

Pacing is an important strategy to help you to work within the limits of your fatigue. Overwork can make you feel more exhausted. You should develop an activity plan that is flexible, depending on how you are feeling that day. Stay within your current ability, and increase your activity levels as you feel able to do so.

Try to think about when you feel most fatigued, this might be in the afternoon or in the morning. Plan your tasks around your tiredness, and break up tasks throughout the week. For example, instead of cleaning the house in one day, do one room or part of that room each day. Allow yourself rest periods, as you need, throughout the day to recharge. If you are too tired to continue, that's ok. Take a rest and try again.

#### 2. Prioritise your activities

Think about what activities are important to you. Focus on doing these, and consider asking somebody for help, or doing other tasks at a different time of the day.

#### 3. Let others help you

It's OK to ask for help and receive help. Things like caring for children, shopping, preparing meals, or driving may be a challenge. Accept offers of support and let people know what they can help you with. Services that can help with activities, such as shopping or cooking, may also be useful while you are still recovering.

#### 4. Make a sensible return to exercise

When you have been unwell with COVID-19 and have not been exercising, or even moving around much, your muscles can get weak. When you start exercising again your symptoms may get worse, or you can become tired even after a small amount of activity. This is known as post-exertional malaise, or PEM, and it is an important part of recovery after COVID-19.

- PEM can happen hours or days after physical or mental exertion

- Recovery usually takes 24 hours
- If you experience PEM, initially consider avoiding exercise and activities that cause fatigue or symptoms and conserve your energy
- If you don't experience PEM, you can gradually increase your level of activity or exercise. Always start from easy and gentle ones like breathing exercise, walking, and light housework and then move to moderate-intensity activities like running and swimming
- No exercise should be painful. If you are experiencing chest pain and shortness of breath and feeling faint, dizzy and nausea, do not exercise (or stop exercising if you have already started), and contact your healthcare provider.

Finally, it is so important to maintain a positive attitude throughout your recovery, but remember that if you find things appear to be getting too much for you to handle and you need to talk, please do seek support from your GP or call 1737 any time, for free support from a trained counsellor.



## Celebrating Community Connectors

Community Connectors are service providers contracted by the Ministry of Social Development (MSD) to support the welfare needs of individuals and whānau to keep them safe while isolating.



They help navigate and connect individuals and whānau to various services available during and in transition from self-isolation. The services take an active approach to ensuring people needing help are able to access information, support and services across multiple government agencies and service providers.

In South Canterbury, the Community Connectors are Arowhenua Whanau Services (AWS), Te Aitarakahi Trust, and Inc Multicultural Aoraki.

Today, Pulse talks to Katy Houstoun, General Manager of Multicultural Aoraki, on how they are helping the community and contributing to our region's COVID response.

Multicultural Aoraki (formerly Aoraki Migrant Centre) is a not-for-profit community organisation based in Timaru. The organisation has been providing support for migrants, former refugees, and multicultural communities for 18 years.

It uses a holistic, collaborative and strength-based approach towards community support. It values the opportunity to walk alongside those we help, in partnership with other service systems, building capability, confidence, and independence and fostering empowerment, resilience, respect, diversity and inclusion.

The service delivery framework successfully supports the settlement journeys and social service needs of our Ethnic and Pacifica communities in South Canterbury

From the beginning of the pandemic to the first week of April, Multicultural Aoraki has supported 236 families, with food parcels. More than 500 families have received information and support with regards to COVID regulations e.g how to do a RAT and how to report the result.

### How has COVID changed how Multicultural Aoraki works?

Katy: In the last two years, we have gone from a team of one to a team of six. This has largely been brought about through the needs of our community. Throughout the first few lockdowns, we very quickly saw that in large, 0800 numbers and online services were ineffective for people who spoke English as a second language. It was trusted relationships that mattered and helped get information across to these communities. We have worked very closely with 12 leaders from different cultural groups throughout South Canterbury, the Heartlands Centres in Waimate, Fairlie, Tekapo and Twizel plus many local agencies and businesses to collaboratively support our Multicultural Communities.

Over the past three months, we have had a huge uptake of people needing support due to them having to isolate as a result of being COVID positive or being a household contact of a positive case. Many of the people we work with do not have family or others that can go and pick up food for them so we have dropped off needed essentials

to help them get through this period. This has also been an extremely hard time for many having lost loved ones or having family members struggling overseas and not being able to go and be with them. We have worked hard to try and maintain communication for those we know need a bit of extra support.

### How are you working with the Covid Coordination Centre (CCC) and MSD to help those isolating at home?

Katy: The MSD have been amazing at offering support through funding for extra resource. We have managed to recruit two extra people to help our Community Connector due to the increased need. We have worked closely with our other two Connector agencies, to make sure everyone who needs support has access to it.

On average we would speak to the COVID Coordination Centre (CCC) daily, making sure urgent client needs are met. They have been a great resource for us as we have felt we can pick up the phone, at any time, and have questions answered.

We have a weekly meeting with the CCC, MSD, the Connector agencies, Family Works, Rural Support and the Heartlands Centres to make sure any problems are ironed out, to see how everyone is getting on and what support can be offered.



A food parcel prepared by the staff at Multicultural Aoraki.

## *What were the last few months like for you?*

Katy: We were flat out at the end of February and through March, when COVID started hitting South Canterbury through delivering food parcels, RATs and other essential items. It has quietened down over the last two weeks, as people have adjusted. We have worked really hard to try and prepare families for when COVID does hit and the effect of this is being shown now with the decrease in numbers requiring food support. We are still busy helping people with their day to day needs and are forward planning to try and bring people back together, through activities and events, once we start moving down the levels, as isolation can be a huge issue for many people new to our district. We already have a plan for our International Food Festival which was postponed in March – this will help to reconnect many people in our district.

We would like to thank our amazing community which has been supporting us in the last few months. Timaru Suburban Lions Club and Venture Timaru have been doing food deliveries for us, and we have had lots of fantastic volunteers who contributed their time. South Canterbury Toyota has given us the use of one of their vehicles for two months for deliveries. We feel immensely thankful for all of the community's contribution.

*From left: Mandy Willis, Tracey Miron, Kary Houstoun and Matty Siaoasi loading food parcels into the delivery car*

## Multicultural Aoraki contact details

Multicultural Aoraki is located in the centre of Timaru. Although it's based Timaru, it also provides support services to those living in the wider Aoraki Region. This includes the MacKenzie District, Aoraki/Mt. Cook and Waimate.

**Phone:** +64 03 687 7332

**Office Location:** 27 Sophia Street, Timaru 7910.

(Our previous address was 3 Sophia Street)

**Email us:** [info@multiculturalaoraki.org.nz](mailto:info@multiculturalaoraki.org.nz)

