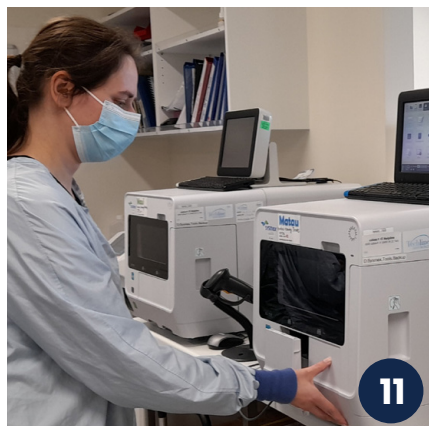


# Te Whatu Ora Te Tai o Poutini Pānui Health New Zealand West Coast News

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**Te Whatu Ora**  
Health New Zealand  
Te Tai o Poutini West Coast



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Cover photo: South Westland's Dr Calvin Davis. [See page 9.](#)



# Kupu Arataki – Introduction

## Te Whatu Ora Health New Zealand

### Who is governing Te Whatu Ora Health New Zealand?

You can read about our Board members, their key decisions and upcoming meetings on the Te Whatu Ora website: [Board meetings and decisions – Te Whatu Ora – Health New Zealand](#)

### Change Hub set up to provide overview and updates on the work underway to design how we work together in the future.

Te Whatu Ora has set up a page on its website called [The Change Hub](#). This page includes information on all the working groups and work streams, the design process and recognises the need to balance the requirements of running today's business while designing tomorrow's.

If you have an opportunity to be involved in any of these groups, you are encouraged to take part and help shape the way we all work together in the future.

Interim Directors have the primary accountability for running today's operations and will also lead the implementation of the Operating Model as developed by the working groups and signed off by the Chief Executives.

Groups	Workstreams	Working group established	Terms of Reference agreed	Current State Analysis	Future state options developed	Impact Assessment	Proposed Operating Model agreed	Implementation plan agreed	Handover to CMO for integration
Clinical Leadership	Medical; Nursing & Midwifery; Allied Health; Primary & Community								
Delivery Leadership	Hospital & Specialist Services								
	Commissioning	(Chair only)							
	National Public Health Service								
	Procurement & Supply Chain								
	Oranga Hinengaro (Mental health and addiction)		(in HSS)						
	Pacific Health								
	Service Improvement & Innovation								
Enabling Leadership	Finance								
	People & Culture								
	Data & Digital								
	Infrastructure & Investment								
	Communications & Engagement								
	Governance Partnership & Risk								
Other	System Intelligence								

## Government initiatives to meet workforce pressures

Recently, the Minister of Health announced a range of initiatives to relieve workforce pressures in the short term by speeding up the supply and retention of our vital healthcare workforce. You can read more about these in the [Minister's announcement](#) and they are also set out in the latest [Senior Leaders Update](#) which is now posted on the intranet.

### The Government's health reform story is now live on Facebook (and other channels)

The Department of the Prime Minister and Cabinet's sponsored public information campaign is underway with videos and messaging on digital channels like Facebook and TikTok in August and September, as well as radio. Campaign posters and handouts will be in places like waiting rooms and reception areas.

Targeting our priority populations, the campaign informs people about the shift to a single national health system while also explaining the intent of the transformation. It also provides context and reassurance that these big changes will happen over time.

Check out the [videos here](#).

### Dates for the next all staff hui with our Chief Executives

Here are the dates for the next all staff hui with our Chief Executives Margie Apa and Riana Manuel. Links will be sent out via the global email closer to the time and there will be an opportunity to ask questions during the Q&A session of the presentation. We will include a link to the Questions and Answers from the previous hui as soon as they are available. All staff are welcome to attend.

Dates for your diary – next hui with the Chief Executives

- > 8 September 3.15–4pm
- > 29 September 3.15–4pm

## A word from Interim Te Tai o Poutini West Coast District Director and Interim Te Waipounamu Regional Director

### COVID-19 – How are we tracking?

**COVID-19 cases as at Monday, 22 August 2022 at 5:00am**

**DISTRICT:** Te Whatu Ora | Te Tai o Poutini West Coast

TLA	New COVID-19 Cases (as at 22/08)	Active Cases (as at 22/08)	Total Recovered Cases (as at 22/08)
Buller	5	35	2,817
Grey	7	113	4,280
Westland	2	39	2,608
Other/ Unknown	0	2	208
<b>Total</b>	<b>14</b>	<b>189</b>	<b>9,913</b>

\*Other/Unknown = Other cases: registered as living in a different DHB region; Unknown cases: normal place of residence has not yet been identified

On Monday 15 August, temporary changes were made to our visitor policy in order to ease the pressure on the West Coast health system and to protect vulnerable and older patients. The following changes apply to all of our facilities.

- › Surgical/medical masks must be worn at all times, by all visitors, inside all of our facilities. Masks are provided at the front entrance if people don't have them.
- › Even if you have a mask exemption, you won't be able to come visiting at any Te Whatu Ora facilities without a mask. If you are unable to visit, please call the general ward's Clinical Nurse Manager, and staff will do their best to facilitate a phone or video call as an alternative.

- › One visitor at a time may visit a patient in hospital. Visitors must be aged 16 or over.
- › No eating or drinking while visiting a patient (i.e. you need to keep your mask on at all times when in our hospitals and health centres, except in cafes and areas designated for eating/drinking).
- › Any member of the public with a mask exemption is welcome in all our facilities **when attending to receive health care and \*treatment**. Please show your mask exemption card and appointment letter to staff at the entrance.
- › \*Treatment includes coming into the Emergency Department, outpatient appointments, surgery or a procedure.

The detailed visitor restriction information is available on our [website](#).

You can also read our full media release online – <https://bit.ly/3JukxS8>

## Masks matter

A new campaign was recently launched to remind us how important masks are to protect us all from COVID-19, influenza and other viruses. There has been some debate and the general use of masks in the community has started to slip, right at the time when they are more important than ever. Wearing a mask helps stop you getting and spreading COVID-19 and flu.

- › Medical masks (surgical and N95) are a requirement for all staff and visitors entering our health facilities
- › We also ask our patients (where appropriate) to wear masks
- › We remind everyone to maintain good habits outside the workplace and wear masks in shops, malls and indoor gatherings
- › It's not just about you. It's about protecting your friends, whānau and community too. Be kind and wear a mask.

[How to wear a facemask safely | Unite against COVID-19 \(covid19.govt.nz\)](#)



## Online Burnout Module

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This has proven to be one of the most popular training modules offered by our People and Capability team. It takes about 15 minutes to complete and those who have done so have found it incredibly useful.

Here's the link to the session on [HealthLearn - Burnout and Work Stress](#)

The five ways to wellbeing never go out of fashion – they provide some simple evidence-based strategies to help you live a better life.



### Some simple takeaways from the burnout module include:

- › Use the 5 ways to wellbeing, especially connecting with others
- › Sleep well, move well, eat well
- › Spend time on personal interests/hobbies.

### To support your team members:

- › Check in and listen
- › Offer practical support
- › Show your appreciation and recognition
- › Be an active bystander

If you think you are experiencing burnout, talk to your GP and get support. Remember there's a wide range of [confidential support](#) available through work.



## How to support a healthcare worker during a pandemic

The All Sorts website has all sorts of useful advice and stories for everyone who is feeling a bit over the pandemic. COVID-19 keeps throwing new challenges our way, and there are all sorts of ways of coping. With the support of friends, colleagues, whānau, our community and those we love, we can get through this like we've done before. It has a great article on how to support a healthcare worker during a pandemic.

\*This is a great article to print out and put on your fridge at home.

### Supporting a health care worker during a pandemic

COVID-19 has affected everyone, but one group that has been particularly impacted is our healthcare workers. Working long hours, putting themselves at risk, and dealing with worried and anxious people are just some of the things they've had to deal with for a really long time.

It's important to appreciate the incredible difference our healthcare workers are making, and to do what we can as friends, whānau and patients to support their wellbeing as they put in the hours to look after ours.

Here's what you can do to support a healthcare worker during this tough time.

#### 1. Be kind and appreciative

Remember that healthcare workers are doing their best to care for us, and they've been through a lot. Being empathetic, kind, and telling them how much you appreciate them doesn't sound like much, but it can make a huge difference!

#### 2. Acknowledge their feelings

"We all want to be reassured when we're feeling overwhelmed – we want to be listened to, to be heard and seen.

Don't try to 'fix' their problems or worries, just acknowledge what they're going through and give them reassurance in the best way you can. Help them to focus on the things they can control."

*Teah, partner of a healthcare worker.*



#### 3. Keep up the communication

If you know a healthcare worker, make sure you're checking in with them often. If you can't physically see them, make the effort to call or text regularly. Simple actions like this show you're thinking of them and can really help a person feel supported.

#### 4. Encourage them to reach out for support

Healthcare workers have been through a lot and the ongoing stress and challenges are taking a toll. Try to encourage the healthcare workers you know to practise self-care by doing things like eating well, spending time in nature and getting some rest. However, if you think someone needs further tautoko/support, encouraging them to seek it is important. [Click here](#) for a list of further support and helplines.

Kia pai tō koutou rā

A handwritten signature in black ink, appearing to read 'P M Bramley', with a large circular flourish at the end.

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

# QUIZ – Medical movies and TV shows

Love them or loathe them, TV shows and movies set around hospitals and medicine are very popular. What they may lack in accuracy they make up for with drama, humour and sometimes, a little romance! Test your knowledge of movies and TV with a medical theme.

**1. Who took a position at Shortland Street clinic after a stint in Guatemala?**

- a. Dr Hone Ropata
- b. Dr Chris Warner
- c. Dr TK Samuels
- d. Dr Graham Roper

**2. M\*A\*S\*H was a movie and then a hugely popular TV series about a mobile army hospital during which war?**

- a. World War II
- b. Vietnam War
- c. Korean War
- d. Gulf War

**3. What kind of physician is Adam Kay in the current show on TVNZ called 'This is going to hurt'?**

- a. Emergency Department doctor
- b. General surgeon
- c. Obstetrician
- d. Anaesthetist

**4. What TV medical drama gave George Clooney his big break?**

- a. Chicago Hope
- b. ER
- c. House
- d. Dr Quinn Medicine Woman

**5. Which of the following movies was based on a real doctor?**

- a. Patch Adams
- b. Dr Strangelove
- c. The Fugitive
- d. Dr No

**6. Which of the following medical themed shows has been on TV the longest?**

- a. Grey's Anatomy
- b. Shortland Street
- c. Casualty
- d. General Hospital

**7. Which 'Bond girl' was a doctor?**

- a. Tiffany Case
- b. Molly Warmflash
- c. Honey Ryder
- d. Xenia Onatopp

**8. In the medical drama 'House', Dr Gregory House suffers from a physical affliction. What is it?**

- a. Chronic migraines
- b. A stomach ulcer
- c. Chronic pain in his leg
- d. Arthritis

**9. TV's James Herriot was based on what kind of real-life medical professional?**

- a. Veterinary Surgeon
- b. Plastic surgeon
- c. Registered Nurse
- d. General Practitioner

**10. Who was the heartless staff member who made the patients' lives a nightmare in the movie 'One flew over the cuckoo's nest'?**

- a. Dr Spivey
- b. Nurse Ratched
- c. Nurse Pilbow
- d. Mr Turkle, the orderly

[Check your answers on 23.](#)



# Ā mātou tāngata – Our people

## South Westland area practice team welcomes permanent GP

New South Westland area practice GP Dr Calvin Davis might be from overseas, but it's his second time working in the area and he's very interested in staying.

Together with partner Elise Perkins, Calvin recently moved back to New Zealand from the United States, after returning home when the COVID-19 pandemic started.

"We were in New Zealand for a little over a year and a half, but I felt like if my family caught COVID, I would want to be closer. Plus, New Zealand had closed its borders and didn't really have COVID, so I felt like I could probably be of more help back home. Now we're all living with it in our lives, the draw to be home is not quite the way it was, and so we've come back," he says.

Calvin has a permanent contract and is in NZ on a Critical Purpose Visa. He and Elise have applied for resident visas, and Elise is currently waiting on her New Zealand registration papers, so she can work as a nurse.

Originally from Portland, Oregon, Calvin undertook his residency training in Alaska, often working in areas with no road access.

"The systems are different. Here in New Zealand people assume you're doing your best with what you have, that's very rewarding. Back home everybody wants everything available wherever you are. They expect dialysis on an island with 200 people in the middle of nowhere. I think people are more realistic here and appreciate more the care you can provide."

Since returning to NZ, Calvin has undertaken a two-week orientation in Greymouth and is now on his fourth week in South Westland. It has been some time since the South Westland area had a permanent GP.

"There's been locums, and at times a lack of coverage, which has meant delays in care in some instances. So, there's catching up to do in people's primary care. That will take some time, but we'll get it all figured out for them."

He says he finds practising medicine in New Zealand more fulfilling.



Calvin Davis

"I enjoy the broad scope of medicine in a more rural setting."

"Some of the medications might have different names, but in general they're around 90% the same."

"For instance, in the US we use some drugs quite frequently that require a special authority here. However, there are other medication options available here, and at a much more reasonable price than in the US."

He and his partner are finding the West Coast a fun place to be. They recently hiked up to Welcome Flat and were delighted and surprised to discover that they were the only people there.

Now they're just hoping Elise will soon be able to work, and that their residency application might soon be accepted.

# Photo Board

Our Public Health nursing team were recently gifted a Ramsay Coote bed alarm by the Kowhai Trust. In addition, the Hokitika Community Trust also donated an alarm to the Hokitika Health Centre to support children in Westland. These units are the gold standard of alarms used to assist children and youth who live with night time incontinence (bed wetting).

Clinical Nurse Manager Janet Hogan says, “we are delighted to receive these two alarms which will make a significant difference to the lives of young people across the Coast. We currently have a two-year waitlist so having more alarms will go a long way to help reduce this.”

The team supports parents of children aged seven and over to achieve dryness through a structured continence programme using the bed alarm. The alarm is provided to families free of charge for a three-month period.

Public Health Nurse Ann Knipe adds, “seeing the joy on children’s faces when they stop wetting the bed is like being given a million bucks. It means that they can do things like go on sleepovers knowing that bed wetting won’t be an issue.”

Parents can contact the Public Health Nurses either through the school their child attends or ask their general practice team for a referral.



Photo (left to right): Public Health Nurse Ann Knipe, Kowhai Trust Chair Elinor Stratford, Clinical Nurse Manager Population Health Janet Hogan and Public Health Nurse Hilary Ford.

On Monday 8 August, Nikki Marasigan started in the role of Co-ordinator Community Dental Services. Nikki is a registered Dental Therapist, who has connections to the Buller District. For a number of years, she has worked as a Clinical Tutor at University of Otago, teaching across the three-year Bachelor of Oral Health Degree.

Once Nikki has completed her orientation, she will be working some hours per week assessing and treating the most vulnerable infants/students, until we have filled our Oral Health Therapy (OHT)/Dental Therapy vacancies. This appointment opens up the opportunity for graduating dental students to consider working on the West Coast.



Back: left to right: Oral Health Administrator Tanya Dunn, Child Development Service Kaiārahi Diana Panapa, Operations Manager – Central Mary Harrington, Operations Administration Support Bobbee Raihi-Gallagher, Co-ordinator Community Dental Services Nikki Marasigan, Bowel Screening Programme Co-ordinator Megan Tahapehi, Clinical Nurse Manager Population Health Janet Hogan, Equity Lead – COVID Hub Rachael Forsyth, Associate Director of Allied Health Scientific & Technical Vicky Youngman, Dental Therapist Robyn Murray, Dental Assistant Julie Getley.

Front: left to right: Dental Assistant Janine Foster, Community & Public Health Team Leader Jenni Stephenson.



# West Coast trainee tops NZ in Lab exams

Quietly working away in the Te Nīkau Hospital Laboratory (Lab) is a trainee who achieved the highest national score for her qualifications through the New Zealand Institute of Medical Laboratory Science (NZIMLS).

Harriet Hoeve has been working in the lab for the past three years while undertaking her training. Harriet migrated from the Netherlands four and a half years ago and had been working in a local supermarket when her partner saw a casual lab position being advertised and encouraged her to apply.

"I didn't get to the interview stage, so I phoned up and asked why. I was put in contact with Eileen Chappell (Lab Manager) who invited me to the Lab. She showed me around and I learned that the job was still available. I was invited for an interview and this time I was successful," Harriet says.

While she had a Bachelor of Chemistry from studies in the Netherlands, she had to go back to studying to become qualified as a Medical Laboratory Technician (MLT).

"Initially I looked at getting my degree recognised – but it did not have enough bio-chemistry, so I decided to study instead with NZIMLS."

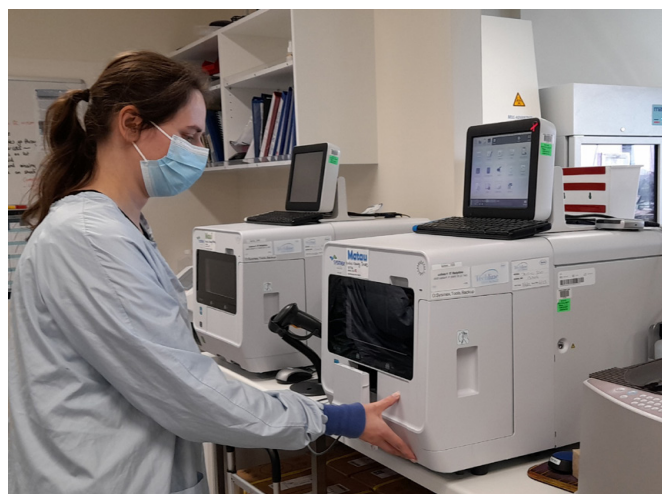
Working in the small West Coast lab allowed Harriet to gain experience in all aspects of laboratory work.

"I was lucky that I work with people who had already sat the exams and who provided me with support. I was really nervous when I sat the exam – but I did think that I would pass."

Turns out Harriet achieved A+ for both exams and received an email from NZIMLS to let her know she had recorded the highest score nationally.

As well as the exams, there are two further requirements needed to become a technician:

- › Work experience
- › Practical assessments in the lab – some areas are easier than others; some more technical.



Harriet Hoeve

Harriet has nearly completed her training, and just needs to finish assignments now. She enjoys the variety involved with lab work.

"I do the ward rounds a few times a week (blood tests – phlebotomy). Where I am working changes each day as to what I do/which department has a gap. Activities include daily/weekly maintenance of the analyser, undertaking quality control and processing patient samples.

"I love microbiology – it's interesting, a more hands-on experience."

If you are interested in a career as a Medical Laboratory Technician, you can get more information on the NZIMLS website:

[www.nzimls.org.nz](http://www.nzimls.org.nz).



# One minute with... Jessie Chapman, West Coast Immunisation Coordinator | Population Health

## What does your job involve?

I support primary care services to promote immunisation and deliver safe immunisation programmes. This involves working with a range of different services and disciplines across the West Coast health system.

## Why did you choose to work in this field?

I am passionate about ensuring everyone has access to protection against vaccine-preventable diseases and educating the population about why immunisation is important. I would love to see a future where no one in New Zealand dies of a vaccine-preventable disease.

## What do you like about it?

I get to work with lots of amazing colleagues and learn so much from a range of different services. I have the privilege of being able to link in with multiple different services to coordinate a vaccination programme for our community.

## What are the challenging bits?

Keeping up to date with never ending changes to policy and guidelines!

Having the difficult conversations.

## Who inspires you?

Jacinda Ardern

## What was the last book you read and/or movie you saw?

'A Spark of Light' by Jodi Picoult.

## Something you won't find on my LinkedIn profile?

I hate peas!



Jessie taking in the sights of Milford Sound, Fiordland

## If I could be anywhere in the world right now it would be...

Sitting on a beach on a tropical island.

## What do you do on a typical Sunday?

Spend time with my family and my puppy.

## My favourite meal is...

Cashew nut stir fry from Korath Thai in Hokitika.

## My favourite music is...

Anything by Ed Sheeran, or country music.

# Ā mātou kōrero – Our stories

## Warm homes and healthy Coasters



Community Energy Action (CEA) Charitable Trust has installed insulation in more than 1000 West Coast homes over the last two years, helping to make them warmer and easier to heat.

Most of the installs were done at no cost to the homeowner, and the charitable trust will continue to install free insulation in the homes of eligible homeowners for the foreseeable future.

“Our aim as a charitable trust is warm homes and healthy Coasters, not economic gain,” says Caroline Shone, CEA Chief Executive.

The insulation is part of the government’s Warmer Kiwi Homes programme, which offers subsidies of 80% of the total cost. The additional 20% is being funded by CEA itself, with help from Development West Coast and the West Coast Community Trust. CEA has also formed partnerships with heating contractors, including woodburner and heat pump suppliers across the Coast to help install subsidised heating appliances.

CEA estimates there could be up to 9000 homes across the Coast that may be eligible for subsidised or free insulation, as well as subsidised heating.

“I cannot thank enough all those who have been working with CEA to help us achieve our objectives of assisting us to keep people warm and healthy at home, and helping their own communities,” Ms Shone continues. “This includes our funders Development West Coast and the West Coast Development Trust who have so generously come to the party and were instrumental in ensuring all financial barriers to insulation were removed. It also includes the Mitre 10s in Greymouth, Hokitika and Westport who have helped with the logistics of insulation involved in the process. And finally, the hotels and motels that have housed our assessors and installers who are normally based in Canterbury.”



Despite COVID and other winter illnesses, the Trust's Canterbury-based assessors and insulation installers continue to regularly work on the Coast, assessing and insulating more homes.

"With all the illness around, our staff have been affected too, and we ask people to be patient. Rest assured, we will get to everybody who needs free insulation and is entitled to it. We know and recognise that there is a need, and as a charity we go for as long as the need is there.

"Insulation installed today, will provide benefits to householders for many years to come," Ms Shone says.

Te Whatu Ora Te Tai o Poutini Medical Officer of Health Dr Cheryl Brunton agrees keeping homes warm and dry will benefit a family's health in many ways.

"Benefits include reducing the risk of asthma and spread of respiratory infections. Insulation makes your home easier to heat and more comfortable to live in."

Here's some other tips that'll help keep your place warmer and drier this winter.

- › Dry clothes outside, in the carport or garage and if you do have a drier, vent it outside if you can. Drying clothes inside adds up to five litres of moisture to the air per load. Damp air is more expensive to heat, and it also encourages mould to grow.
- › Wipe down or squeegee condensation from windows every morning.
- › Use extractor fans or open a nearby window when cooking or showering.
- › Ventilate your home for 3–5 minutes a day in winter by opening windows and doors on opposite sides of the house. Aim for the sunniest part of the day but skip this on rainy or foggy days.
- › Oil column, convection, micathermic and panel heaters are good choices for a bedroom. Look for one with a built-in thermostat or timer. Your family should be sleeping at no less than 18°C.
- › Don't use un-flued LPG heaters indoors – they produce large amounts of water vapour making dampness worse and they can also produce toxic fumes.
- › Use draught stoppers under doors and make sure you have snug-fitting, two-layer curtains on windows to keep the heat where you want it.

## Vaccinations still available and helpful against COVID-19

While it's possible up to half of all West Coasters have already caught COVID-19, vaccinations, including COVID-19 boosters, are still available across the region.

West Coast COVID-19 Vaccination Programme Clinical Lead Sophie Carey says the number of people who have had COVID-19 are a bit of an inexact science. Not all people infected with COVID-19 get symptoms, and not all people that have a positive Rapid Antigen Test (RAT) record the result.

Through to Monday 22 August the Coast had recorded 9913 recovered COVID-19 cases, but Sophie thinks the real number is likely to be twice that.





People can get COVID more than once (because of the new variants and waning immunity) and the evidence is that each subsequent infection increases the risk of complications, hospitalisation and Long COVID.

She says some people assume that if they have had the virus, they no longer need to get vaccinated.

"Plus, there's vaccination fatigue – people have other priorities in their lives at the moment. Our community is definitely feeling less urgent to come and have the second booster dose," Sophie says.

"We have a tool that's the best we've got in terms of protecting individuals, particularly the most vulnerable, to help keep them out of hospital. It's never too late to be vaccinated, people can change their minds and we have to be open and be available for that."

"The science supports getting boosted six months after the previous vaccination, which makes sense because we know that immunity wanes over time. And we're suggesting for people that have had COVID-19 that they give their bodies three months to recover fully before getting any COVID-19 vaccination."

The percentage of people on the Coast who have had a first dose sits at 92.3%, and 91% for the second dose. The first booster coverage is currently 72.6%, and 2603 second booster doses have been given on the Coast to date. In cases where Whole Genome Sequencing has been carried out on the Coast, the majority of the results have been the Omicron BA.5 subvariant. The vaccination programme saw a

peak about three weeks after the second boosters were made available, and since then, clinic staffing numbers have been reduced to match a reduction in demand.

"We're now looking at moving COVID vaccinations from an emergency workforce into primary healthcare. You can get your COVID-19 vaccinations at Buller Medical and Coast Medical in Westport, at our Te Nīkau Hospital campus Community Services building and Olsens in Greymouth, and at the Westland Medical Centre and Westland Pharmacy in Hokitika."

The number of vaccinated school children aged five to 11 are still on the low side – 45.2% have received the first vaccine and 23.2% are fully vaccinated. Most West Coast schools have had cases of the virus, and some are now experiencing a second wave of infections.

"The COVID-19 vaccination is not a silver bullet. But we know that it can prevent those most at risk of becoming seriously unwell, being hospitalised from the virus. New Zealand's successful lockdown/elimination strategy, which gave us time to get most of the country vaccinated, has meant we didn't experience a wave of mortality that happened in other parts of the world, and our health systems were not immediately overwhelmed. On the whole, I think the West Coast has done pretty well, and there are still opportunities to look after the more vulnerable people in our community by getting vaccinated."

## RATs and masks

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A reminder to everyone that you can now pick up supplies of free RATs from community collection points. There is no criteria. You don't need to be unwell or have symptoms to get free RATs.

Wherever possible please order online at <https://requestrats.covid19.health.nz/> or by calling 0800 222 478 between 8am – 8pm (7 days).

Free face masks are also available from RAT collections sites (subject to availability). P2/N95 masks are available for people that are at higher risk of hospitalisation if they get COVID-19.

You can find your nearest [community collection point here](#).

# A winter warmer – curried kumara soup

Here's the first of some quick and easy recipes to warm up your winter. This one is really simple but super tasty.

## Curried Kumara Soup

- › 75g butter
- › 2 cloves of garlic (crushed)
- › 3/4 tablespoon of curry powder
- › 500g kumara (white or orange) peeled and chopped into 1cm cubes
- › 1 ½ cups of water
- › 2 teaspoons chicken (or vegetable) stock powder
- › About 3 cups milk
- › 1/3 cup cream (optional)
- › Salt and pepper to taste (optional)



Place the butter, garlic and curry powder in a large saucepan over moderate heat. Add the kumara, stir and cook, without browning, for 2-3 minutes before adding the water.

Cover and simmer for about 10 minutes until the kumara is cooked through and tender.

Stir through the stock then puree, (a hand-held blender works best) and thin with the gradually added milk. You can also add the cream now (if using) and reheat, without boiling.

Serve topped with a dollop of cream and some chopped chives (optional) and a side of crusty bread or toast.

### NOTES:

- › This will keep for a couple of days in the fridge and can be frozen
- › If it thickens up, just thin with more milk
- › The water and powdered stock can be substituted with liquid stock
- › Taste it before you add salt as the stock may have seasoned it enough
- › Vegans can substitute the butter with olive oil and use coconut or another vegan milk
- › You can substitute the kumara with parsnip – also yummy

The logo features a yellow circle with a stylized hand inside, pointing upwards with the index finger. To the left of the circle is a dark purple rectangle containing the text 'Stick it to hep C.' in white, lowercase letters. The background of the entire banner is a solid blue color.

**Stick it  
to hep C.**



## Stick it to Hep C!

On World Hepatitis Day (28 July), Te Whatu Ora launched the 'Stick it to Hep C / Werohia te Atekakā C' campaign to raise awareness of hepatitis C and encourage at-risk people to get tested.

Hepatitis C is a blood-borne virus that causes inflammation of the liver and can lead to serious damage over time, including liver cancer.

It is estimated that up to 45,000 New Zealanders are infected with hepatitis C – many of who won't know it because there may not be any obvious symptoms until the advanced stages of the disease.

The good news is that hepatitis C is easily treated. All it takes to find out whether you've been exposed is a simple finger-prick test, and most people with hepatitis C can be cured by a simple oral treatment that is free with a prescription.

The national awareness campaign has been developed by Te Whatu Ora in partnership with health sector representatives, peer workers, Māori subject matter experts, and people with lived experience of hepatitis C.

The campaign will use a wide range of channels over the next three months. Key audiences include people who have injected drugs and anyone who has received an unsterile tattoo or piercing. The goal is to raise awareness, encourage testing and reduce stigma.

The home of the campaign is a brand-new website – [www.stickittohepc.co.nz](http://www.stickittohepc.co.nz) – which is available both in English and Te Reo. The website makes it easy for people to find out if they are at risk of hepatitis C and choose where they'd like to get tested.

Other channels for the campaign include television, online video and radio advertising, social media, out-of-home advertising such as bus shelters, digital banners, and posters/t-shirts/shelf wobblers. Most content is available both in English and Te Reo.

Television, online video and radio advertising activities will commenced in early August.

To find out more about hepatitis C, [visit www.stickittohepc.co.nz](http://www.stickittohepc.co.nz).



# South Island links into national image exchange solution

Four South Island districts have gone live with PACSLink, providing staff with easier access to radiology images and reports from around the country.

More than 30 radiology providers nationwide are now using the service, which means staff can pull radiology images and reports from other services automatically.

Canterbury, West Coast, South Canterbury and Nelson Marlborough districts of Te Whatu Ora (previously DHBs) went live with the system in February 2022.

These four districts already share a regional Picture Archiving and Communication System (PACS).

SI regional radiology systems manager Hayley Stewart says that previously, staff would have to spend time sending emails and placing phone calls to other DHBs or providers to request images or reports be transferred.

This process was hugely time consuming, taking up to 10 minutes per request and some patients might need images for up to 10 studies and/or reports to be transferred.

"Radiology images are sent around the country, all day, every day," she says.

"This enables us to securely retrieve image studies and reports from other radiology PACS and we don't have to email or phone them, we just log into PACSLink. There's an audit trail showing what users have pulled which studies and when, which is really important for ensuring patient privacy is protected."

The whole process now takes less than a minute.

"The staff members love it and now have a lot more time to do other important tasks: it saves them hours."

In one case, a doctor requested a radiology image study while in the operating theatre and it was available within the PACS before they got off the phone, something that would previously have been impossible.



"Another benefit is that the reports are now presented alongside the images in the PACS viewer, rather than separately in the Radiology Information System, which clinicians find really useful," Hayley says.

PACSLink was launched in March 2018 with a number of radiology providers in Auckland and was initially only able to access radiology images. In June 2020, access was provided to the radiology reports as well.

In March 2018, PACSLink conducted approximately 6500 searches and moved 1700 studies from one PACS system to another. Four years later, that number has increased to more than 1.3 million searches and moving nearly 80,000 studies between PACS systems.

PACSLink founder Michael Stanger says it was created out of a need to have easier access to patient images and reports.

"Prior to PACSLink, your only option to access images was to log into other private providers PACS systems and search each PACS system individually for relevant patient images and reports.

"We did not have the ability to search DHB PACS systems so would either have to email or phone through requests. Tracking down prior images and reports was hugely time consuming and cumbersome."

A monthly calculation of time saved at the four Southern districts (formerly DHBs) showed more than 1000 hours of staff time saved every month using the system.

He says the PACSLink API also means providers can send a list of patients booked for the following day and the system automatically requests relevant prior studies to be sent back to the requestors PACS, automating the entire process.

*Story by eHealthNews.nz editor Rebecca McBeth*

# How to get Big Password Energy

The Big Password Energy campaign has been set up by the Government-funded CERT NZ – an agency working to support businesses, organisations and individuals that are affected (or may be affected) by cyber security incidents.

Unfortunately, cyber attackers use sophisticated tools and CERT NZ is seeing how these baddies are breaking into accounts to take money, scam our loved ones, or use private information against us. In some cases, the damage they can do can take years to recover from.

CERT NZ has initiated a campaign to encourage people to use a passphrase made up of four or more random words to keep your valuable information secure.

A weak password like 'mittens123' can be cracked in minutes, and this means if you use weak passwords, everything you do online can be at risk. So much of our lives is stored in our online accounts – finances, personal information, private conversations – and are guarded by a password.

**GetBigPasswordEnergy**

- › Use a passphrase made up of four or more random words
- › Avoid using personal information (like your pet's name)
- › Make sure you use a different password for each online account (start with bank, email and social media)

A passphrase is a string of four or more random words. They make the best passwords as they are easy to remember and just as strong as (and usually stronger than) a 10-character password that uses a mix of numbers, letters, and symbols.

<https://www.cert.govt.nz/individuals/guides/bigpasswordenergy/>

## Installation of new CT scanner underway

Installation of the brand new state-of-the-art Computed Tomography Scanner in Te Nīkau Hospital's Radiology Department started on Monday, 22 August.

More commonly known as a CT Scanner, the new \$1.4 million piece of equipment will replace the current scanner which is seven years old and has reached the 'end of its life'.

Site preparation and installation of the new machine will take three weeks. During this time, patients needing urgent CT scans will need to travel to Christchurch for this service. All non-urgent scans will be scheduled from Monday, 12 September when the new scanner is expected to be up and running.

CT scanners are a vital diagnostic tool for hospital and health care teams, taking 'multi-sectional' images of what's going on inside of our bodies.



This new scanner comes with several key improvements including more consistent, clearer imaging and faster turnaround of scans. It's also quieter and allows for more interaction with health teams while people are getting scanned, helping to support patients who might be nervous.

# Whakamihi – Bouquets



## **Buller Health**

My recent admission to Buller Health's Foote Ward has left me in awe of how fortunate Buller residents are to have such welcoming, friendly and diligent staff operating our health care service.

Interactions between all nursing staff were engaging, clear and concise and it appeared quite obvious that the staff on each shift worked consistently as a team. Communication with me was reassuring, sincere and empathetic to my needs at all times and I felt safe and glad to be in their care.

I cannot find enough words of praise to convey my exceptional experience. I have heard so many other previous patients share my views about the high caliber of patient care that it was really encouraging to experience just how lucky we are to be in such good hands.

## **Reefton Health**

Reefton Health staff are wonderful! We are so thankful that we still have our Medical Centre. Hopefully, they can get nurses and staff so that Ziman House can reopen again.

## **Te Nīkau Hospital & Health Centre**

- › I have had reason to go to Te Nīkau Hospital quite a few times in the past year and each time I have found the overall level of cleanliness to be excellent.
- › The health providers I have seen are diligent and have read up on my case prior to my appointments.
- › The Radiology staff have been polite and considerate.
- › My weekend experience with the "walk in" doctor was excellent with medications being made available immediately afterwards from the hospital, as the chemist in town would have been closed by the time I got there.
- › We have lived on the Coast for 30 years and I am really impressed with the health care I recently received at Te Nīkau.



# Pānui – Notices

## Who deserves an extra big thank you?

Thanks for being here, thanks for caring, and thanks for being you!

You have until Sunday 28 August to join our Te Tai o Poutini and Waitaha Canterbury Thank-a-Thon and nominate someone you think is wonderful, or who has done something great and deserves an extra big thank you.

Winners will be chosen to receive one of two \$100 vouchers every day.

Just fill in this simple [nomination](#) form.

For anyone who can't access a computer – team leaders please print out forms for staff, scan nominations, and send them to [thanks@cdhb.health.nz](mailto:thanks@cdhb.health.nz)



## Something For You

Something For You is the Te Whatu Ora – Te Tai o Poutini | West Coast employee benefits programme. The deals offered are from the West Coast business community to say thank you for all that you do.

We also have lots of other great deals from businesses located further afield, [check them out here!](#)



## Max. has a new app

Now Mobile replaces the older 'ServiceNow Classic' app giving improved features as well as a slicker look and feel.



If you have the "ServiceNow Classic" app on your phone/tablet you need to uninstall it and then install the "Now Mobile" app

Enter your Te Whatu Ora network login details to start enjoying the new max app.



You can find more information [here](#) or to [download the app click here.](#)

# Health Quality & Safety Commission

## E-digest Issue #10, 19 August 2022

[Issue #10 | news from the Health Quality & Safety Commission: Health Quality & Safety Commission](#)

### QUIZ ANSWERS – Medical movies and TV shows

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- |                      |                               |
|----------------------|-------------------------------|
| 1. a. Dr Hone Ropata | 6. d. General Hospital        |
| 2. c. Korean War     | 7. b. Molly Warmflash         |
| 3. c. Obstetrician   | 8. c. Chronic pain in his leg |
| 4. b. ER             | 9. a. Veterinary Surgeon      |
| 5. a. Patch Adams    | 10. b. Nurse Ratched          |

# PROTECT AGAINST MEASLES

Are your tamariki under 5 **vaccinated against measles?**  
It's a serious disease that's highly contagious.



Many children missed their **FREE** measles vaccinations due to the COVID-19 pandemic. Your tamariki needs two doses of the measles vaccine to be fully protected.

**Talk to your doctor or visit your local pharmacy.**

**Te Kāwanatanga  
o Aotearoa**  
New Zealand Government

Visit [health.govt.nz/children-measles](https://health.govt.nz/children-measles)  
or call Healthline on **0800 611 116**

**Te Whatu Ora**  
Health New Zealand

HPB1199 | Measles under 5 - A3 POSTER | 20 July 2022