

# 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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# Kupu Arataki – Introduction

## Te Pae Tata (our opportunity) – the interim New Zealand Health Plan

On Friday 28 October, Te Pae Tata | the interim New Zealand Health Plan was released by the Minister of Health, Andrew Little.

Te Pae Tata | interim New Zealand Health Plan sets out the first two years of action for Te Whatu Ora | Health New Zealand and Te Aka Whai Ora | Māori Health Authority as we transform healthcare in Aotearoa New Zealand.

Te Pae Tata outlines the first steps in building the foundations of a sustainable, unified health system that better serves all of Aotearoa's people and communities.

Over the next two years we will be focusing on the following areas:

- › Pae ora – Better health and wellbeing in our communities
- › Kahu taurima – Maternity and the early years
- › Mate pukupuku – People living with cancer
- › Māuiuitanga taumaha – People living with chronic health conditions
- › Oranga hinengaro – People living with mental distress, illness and addictions

Te Pae Tata supports the implementation of the [interim Government Policy Statement \(iGPS\)](#), which sets the Government's expectations for what the

health sector will deliver in the next two years.

As an interim, two-year plan, Te Pae Tata focuses on ensuring the health system continues to provide care to New Zealanders, while we start to implement improvements in the way services are delivered and work toward the first full New Zealand Health Plan.

You can [read the plan here](#).

Our development of the first full plan, for 2024–2027, will begin in early 2023, and will involve comprehensive engagement with partners, communities, government and non-government health entities and stakeholders. This will be in conjunction with Manatu Hauora's strategy development work.

Please see a [link to a video](#) which talks more about the plan and you can [read the media release](#) announcing the launch.

If you have any questions or would like to know more about Te Pae Tata | interim New Zealand Health Plan, please email [healthtapaetata@health.govt.nz](mailto:healthtapaetata@health.govt.nz).

A range of information, including FAQs, additional videos and a powerpoint presentation are available on our intranet home page in the [Te Whatu Ora section](#).

## Transfer of roles to Te Aka Whai Ora

October saw about 100 Te Whatu Ora functions and roles transfer to Te Aka Whai Ora, including Hauora Māori leaders and commissioners as well as mental health, workforce and strategic roles. Te Whatu Ora and Te Aka Whai Ora are considered one whānau working together, with a shared goal to provide the best care for all our people, with two organisations to map, chart and sail our way to the destination.

Because the staff transfers reached across the motu, the mihi whakatau (formal welcome) was managed remotely. A Zoom webinar was held for remote attendees and the event recording will be uploaded to the [Te Aka Whai Ora website](#) when it is ready to share.

# Code of Expectations

On 25 August, the Minister of Health released a code of expectations outlining how Te Whatu Ora and other health entities should work with consumers in the planning, design, delivery, and evaluation of health services.

The 'Code of expectations for health entities' engagement with consumers and whānau' will ensure New Zealanders have a say in how health services are run. This initiative is part of the Pae Ora (Healthy Futures) Act 2022 and was developed with input from the Health Quality & Safety Commission (HQSC). Health entities will report annually on how the code is being followed.

This code will not replace the Code of Health and Disability Services Consumers' Rights (Code of Rights).

It will take time to implement this new code of practice. To assist with this process, the Te Whatu Ora Consumer and Whānau Voice Team will work alongside the Health Quality & Safety Commission (HQSC) and other entities to provide support.

The HQSC has also established a [National Consumer Forum](#), which gives consumers and whānau a voice at every level of the health system.

Other resources:

- › [Implementing the code](#)
- › [Consumer engagement quality and safety marker](#)

For further information, please contact: [consumers@hqsc.govt.nz](mailto:consumers@hqsc.govt.nz).

## It's easier to take care of others when you feel well yourself

As we are still experiencing high demand on our services, a quick reminder to take time each day for things you enjoy.

- › Keep in touch with people you care about
- › De-stress regularly and use wellbeing strategies such as [The Five Ways to Wellbeing](#)
- › With the weather warming, take a walk outside – even better with a friend!
- › Think about what you can do for others
- › Talk to someone you trust or call **1737** (1737 is a free service for New Zealanders feeling down, anxious, a bit overwhelmed or just need to chat to someone. You can call or text for free 24/7).

## Take care of yourself

It is easier to take care of others when you feel well yourself.

Keep in regular contact with friends, family and other people you trust and make time for yourself every day. Focus on activities that make you feel good.



Kia pai tō koutou rā

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



# QUIZ – Human Anatomy 101

*It's time for a little human anatomy 101. Cast your mind back to your early studies and let's see what you know/remember.*

- 1. True or false – the human foot has more bones than the human hand.**
  - a. True
  - b. False
- 2. What is the strongest bone in the human body?**
  - a. The skull
  - b. The tibia
  - c. The femur
  - d. The humerus
- 3. What is the largest organ in the human body?**
  - a. The skin
  - b. The liver
  - c. The lungs
  - d. The pancreas
- 4. Where on the human body would you find the smallest bone?**
  - a. The nose
  - b. The ear
  - c. The ankle
  - d. The spine
- 5. How much blood circulates the average adult human body?**
  - a. Around 4 litres
  - b. Around 5 litres
  - c. Around 6 litres
  - d. Around 7 litres
- 6. The human body has 206 bones. How many (approximately) does a newborn baby have?**
  - a. 206
  - b. 150
  - c. 250
  - d. 300
- 7. The average gestational period for a hippopotamus is 243 days. Is this shorter or longer than a human's?**
  - a. Shorter
  - b. Longer
  - c. The same
- 8. What is the largest muscle in the human body?**
  - a. The heart
  - b. Quadriceps
  - c. Gluteus Maximus
  - d. Latissimus dorsi
- 9. Where in the human body would you find the Wernicke area?**
  - a. The heart
  - b. The uterus
  - c. The brain
  - d. The large intestine
- 10. What is the smallest cell found in the human body?**
  - a. The red blood cell
  - b. The female egg
  - c. Stem cells
  - d. The sperm cell

[Check your answers on page 20.](#)

# Ā mātou tāngata – Our people

## Little test that could save your life!



(L to R) West Coast's National Bowel Screening Programme Manager Megan Tahapeehi, Te Mana Ora – Community and Public Health's Health Promoter Dan Cattermoul and Clinical Nurse Specialist – Endoscopy Deepti Mathew at the Health Hub run as part of Agfest 2022

Running the National Bowel Screening Programme for Te Tai o Poutini is personal for Megan Tahapeehi, after her brother Quentin Pongia died of bowel cancer.

Megan has recently been appointed into the role of Programme Manager and she's passionate that people realise how important it is to talk about issues with your bowels and "poo" problems.

"We have an opportunity on the West Coast to make some significant inroads for our people, given our small population base," she says.

The programme has been in place for just over a year in Te Tai o Poutini and is currently targeted at people aged 60–74. These people will receive a test kit in the mail around the date of their birthday, with half getting the kits during the past year and the rest into next year. Approximately 5756 kits have been sent out to eligible West Coasters so far, 3089 people have completed the non-invasive test and returned it, 163 people have had follow-up consultations and 13 people have been able to receive early cancer treatment through participating in the screening process.

"Early intervention and engagement is the key to having our loved ones with us for longer.

"Unfortunately, Quentin passed away in 2019 back with our whānau and close friends on the West Coast. On reflection, some of that earlier intervention and education may have had a better



Megan Tahapeehi (centre) with her brothers Brendon Pongia (left) and Quentin Pongia (right)

outcome and we would have had more time with Quentin, enjoying one another and our families together. So please, if you are experiencing issues that you think are not right talk to your doctor, and if you are eligible for the test please take time to do it! It could save your life!

Even though the programme has been underway for several months, circumstances to date haven't allowed for a celebration of the programme on the West Coast, so Megan is currently planning that over the next month.

Part of her role is to promote awareness for people and their whānau, with a strong equity focus around Māori/Pacific and rural people.

"I want to make sure for anyone receiving the kit that they understand what it's about. Not everyone is good with instructions, not everyone is signed up with a GP, so they might not have received the test kit, plus there can be language barriers. We need to get out and meet with people over a cuppa, sometimes more than once, so they see taking the test is an opportunity to have them here with us for longer.

"Let's make sure our mums and dads, grandmothers and grandfathers are aware of this important mahi, encourage them to take the test, and trust the health system to support them if anything is found. We are here to support everyone locally on that journey.

"We've got a wonderful team working in this area locally, – Dr Kevin Naidoo who is the lead surgeon and Endoscopy Nurse Deepti Mathew, well supported by the theatre team and central booking staff at Te Nīkau Hospital. They're backed by collaboration across the health system with providers working together."

Information about healthy lifestyles and ways to help prevent bowel cancer is available at [timetoscreen.nz](http://timetoscreen.nz).

People of any age with a family history of bowel cancer or with bowel or poo issues should also make a point of talking to their GPs, to make sure their health is being monitored.

To talk to Megan about the programme, email [megan.tahapeehi@wcdhb.health.nz](mailto:megan.tahapeehi@wcdhb.health.nz).

## West Coast rural generalist takes out prestigious award

The Dr James Reid Award for excellence in rural practice was presented to Dr Alan Furniss at the recent National Rural Health Conference held at Te Pae Convention Centre in Christchurch. Alan received the award at a glittering awards ceremony in the presence of peers and his wife Claire.

Awarded to a rural practitioner who has demonstrated excellence or innovation related to education or research in rural health, the award is highly regarded within the field of rural medicine. Named after Dr James Reid who continues to work in Queenstown's Lakes District Hospital and who has been a major force in the development of rural generalist medicine as a specialty in New Zealand, it is presented on behalf of the Division of Rural Hospital Medicine.

Alan has worked in Greymouth as a rural generalist obstetrician since 2019. Prior to that he worked in Torres Strait and Atherton in rural Australia. He also worked briefly as a GP in Westport in the early 90's.

He was clearly humbled at the honour. He received 17 nominations, the most ever, for his work tutoring and honing rural generalist registrars. Moreover, his contribution to developing rural generalist obstetrics on the West Coast was acknowledged. This model has seen the West Coast develop the most stable maternity and midwifery service in the South Island through the COVID-19 pandemic.

On receiving the award, Alan said "I have to say thank you to all those registrars who have spent time with me, you have helped me with my own medicine...teaching keeps you on your toes because otherwise you only go down the rabbit hole. Having young people around you keeps you honest."



Dr Alan Furniss back in the office after accepting the Dr James Reid Award for excellence in rural practice

On the night, retired specialist general practitioner Branko Siinja from Balclutha was announced as the Peter Snow Memorial Award winner and Linda Reynolds' longstanding service to the forerunner of the Hauora Taiwhenua Rural Health Network was celebrated.

Finally, Ruonamakin Rui, a senior medical officer with the Cook Islands Ministry of Health, was awarded the Dr Amjad Hamid Medal as the top student sitting the University of Otago's GENA 728 paper in rural cardiorespiratory medicine. The medal honours the memory of Amjad Hamid, a fellow of the Division of Rural Hospital Medicine, who was tragically killed in March 2019's Christchurch mosque attacks.



# Whānau Ora kaimahi graduate with flying colours

In February 2022, 11 Te Whatu Ora Te Tai o Poutini kaimahi, along with 14 kaimahi from our stakeholder partners – Poutini Waiora, Te Ha o Kawatiri, Whare Manaaki and WestREAP – embarked on a six-month course studying the New Zealand Certificate in Whānau Ora Level 4 with Manaaki Ora ([www.manaakiora.org.nz](http://www.manaakiora.org.nz)).

With Whānau Ora (family health) at its core, the training funded by Health Workforce New Zealand aims to prepare kaimahi with the best skills and knowledge to support whānau in the community to achieve their aspirations.

The certificate is normally delivered in six three-day wānanga over six months, but COVID-19 restrictions meant three of the wānanga were delivered online, so as well as dealing with the challenge of learning new content, tauira (students) had to deal with learning via ZOOM technology workshops.

On Thursday, 14 July in front of whānau and friends, 23 tauira graduated at a ceremony in Hokitika.



Back: (left to right) Clinical Pharmacist Tayla Cadigan, Kaiawhina/Allied Health Assistant Kiri Claridge, Personal Assistant to the General Manager Hauora Māori Melanie Wilson, Homebased Support Naomi Goomes, Homebased Support Service Ruth Dodemaide, Gardiner – Kawatiri Kathryn Kahui, Senior Human Resources Advisor Alya Tranter and Portfolio Manager – Hauora Māori Marion Smith  
Front: (left to right) Nurse Practitioner Jennie Bell and Medical Staffing Coordinator Rochelle Wilson-Dry  
Absent: Kaiawhina/Allied Health Assistant Samantha Selwyn-Ennis



# Top of the class in te reo Māori learning programme

Te Whatu Ora Te Tai o Poutini and Waitaha have won the engagement award for their participation in Education Perfect's interactive "Te Ao Māori for Professionals" programme during July. The award is given each month to the organisation, across businesses and sectors throughout Aotearoa, that demonstrates the highest active engagement.

Kaimahi taking part in the programme were invited to a hui, to kōrero and to receive the award and share kai. A big thank you and much respect to Pou Whirinaki Specialist Mental Health Service (support person) Ruru Harepeka Nako Hona, for his eloquent and educational mihi whakatau.

One of our kaimahi, Registered Nurse Sam Joyce was enthusiastic about the award and wanted to share his thoughts on the value of using te reo in greeting and speaking with patients.

"Simple things like saying 'kia ora' can make people feel more welcome, at ease and respected – and that's particularly important for people who often arrive stressed or anxious about their care," Sam said.

In presenting the award, received by interim Chief People Officer Jo Domigan on behalf of both organisations, Te Rau Winterburn from Education Perfect said this award is not easily won.

"Together, Te Whatu Ora Te Tai o Poutini and Waitaha answered over 143,000 questions and completed 648 learning hours in July.

"That's an amazing achievement and means so much more in a health sector that has simultaneously had to meet so many challenges this winter especially. I'd like to acknowledge you all for your dedication, your commitment and your mahi. Ka pai koutou.

"We are pleased to present you with this beautiful taonga – we are very proud of it and of the kaupapa it represents," Te Rau said.



Interim Chief People Officer Jo Domigan accepts the award on behalf of Te Whatu Ora Te Tai o Poutini and Waitaha



Kaimahi Diana Panapa and Gwen Rolleston proudly hold the taonga



Just some of our te reo stars

Jo was delighted to receive the award and responded in both te reo Māori and English. She spoke of the 'whakamā' (fear or shame) that people sometimes feel in the early days of learning te reo – which makes them reluctant to practice, in case they get things wrong.

"This way of learning allows you to fail quietly, with dignity and in private! More seriously though, thanks to Education Perfect for making it so easy, accessible and enjoyable to learn and to share te ao and te reo Māori – and thank you so much for this tino ātaahua manaia (very beautiful carving)."

Te Rau responded by saying "Don't be afraid to use te reo, we all make mistakes – it's how we learn and grow. Much aroha to you, for your achievement and for the important mahi you do in the health sector."

# One minute with... Kim Hughes, Acting Practice Manager, Reefton Health

## What does your job involve?

I support the team working hard at Reefton Health. It requires a diverse mix of skills in a multitude of areas – daily operations/ planning/compliance/IT/ business support/office admin. It's very much a sleeves up role.

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

Exciting work environment. Great people.

## What do you like about it?

Health Admin support can be very rewarding. Helping our team and contributing work that makes a real difference in improving patient outcomes keeps you striving.

## What are the challenging bits?

Creating calm and reassurance in periods of turbulence and adjusting to industry challenges.

## Who inspires you?

People who overcome adversity.

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

'The Shadow of the Wind' from the tetralogy The cemetery of forgotten books written by Carlos Ruiz Zafon.

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

Milk no sugar (milk in first).

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

Bicycle touring in the sunshine.



Kim Hughes takes a break at Greymouth's Signal Station on the West Coast Wilderness Trail while she was participating in Tour Aotearoa – a 3000km bike ride from Cape Reinga to Bluff in 26 days

## What do you do on a typical Sunday?

Pottering around the house and garden – maybe enjoying nature.

## My favourite meal is...

Something simple and fresh.

## My favourite music is...

Alternative/Indie or classical.



# Photo Board

## Buller Health welcomes new manager

Buller Health's new manager Linzi Birmingham accompanied by her husband Dave Malcolm, was officially welcomed to Buller Health yesterday. Linzi comes to the West Coast from Golden Bay where she held the position of General Manager at Golden Bay Community Health, which is an integrated health facility in Takaka for the past seven years.



(L to R) General Manager Philip Wheble, Dave Malcolm, Manager Buller Health Services Linzi Birmingham, Manager of Integrated Health Services – Northern Deborah Wright and General Manager – Hauora Māori Kylie Parkin

## Te Nīkau Hospital & Health Centre's whare karakia available to everyone

Te Whatu Ora Te Tai o Poutini West Coast was recently gifted an Islamic prayer mat and cap. These items are now available for use in Te Nīkau Hospital & Health Centre's multi-faith whare karakia (chapel) located on the hospital's ground floor.

Clinical Nurse Manager Janet Hogan says, "I was honoured to accept this gift for our chapel which is a well-used multi-faith space. Spiritually is a really important part of health and wellbeing so having access to a chapel in the hospital is fantastic."

The whare karakia is accessible 24/7 and everyone is welcome.





## Te Aka Whai Ora Chief Executive Riana Manual visits the West Coast



Te Aka Whai Ora Chief Executive Riana Manual popped into see the COVID Care in the Community Hub team as well as the Poutini Waiora team during her recent visit to the West Coast. Riana also took the opportunity to update our Hauora Māori kaimahi on the reforms and the future.



## Celebrating Te Wiki o te reo Māori

Te Whatu Ora Te Tai o Poutini staff and guest singers took the opportunity to participate in this year's Te Wiki o te reo Māori with daily waiata sessions at Te Nīkau Hospital & Health Centre.





## Takiwā Poutini Partnership Charter signing

Takiwā Poutini was selected in April 2022 by Health New Zealand as one of nine initial localities to develop a health system prototype. This new approach will focus on avoiding people getting sick and helping whānau stay well; give iwi and communities a strong voice in deciding what's needed in their local area; and get different health and wellbeing organisations working together better to improve people's experiences of health care.

Te Whatu Ora Te Tai o Poutini West Coast along with partner agency, Te Aka Whai Ora is working in partnership with Te Rūnanga o Ngāti Waewae and Te Rūnanga o Makaawhio as well as the West Coast Primary Health Organisation, Te Mana Ora Community and Public Health, Te Whatu Ora Waitaha and the Regional Public Service Commissioner to achieve this.



Takiwā Poutini Partnership representatives signing the Takiwā Poutini Partnership Charter at Arahura Marae on Wednesday, 7 September

More information about Localities is available on the Te Whatu Ora website - [www.tewhatauora.govt.nz](http://www.tewhatauora.govt.nz)

## New Buller Health facility from above



Westport's new Buller Health facility is progressing well with migration on schedule for early 2023. These aerial photos were taken by Stephen Head, DroneScene West Limited in September 2022.

# Ā mātou kōrero – Our stories

## Te Whatu Ora Te Tai o Poutini West Coast's COVID-19 vaccination programme winds down with primary care continuing to lead on vaccinations

The first week of November marked a milestone for Te Whatu Ora Te Tai o Poutini West Coast's COVID-19 response as the COVID-19 vaccination programme winds down with primary care continuing to lead on vaccinations.

"From early-November, our COVAX team will no longer be vaccinating from Greymouth's COVID-19 vaccination clinic located on the Te Nīkau Hospital campus as the demand for vaccines has significantly reduced," says West Coast COVID-19 Vaccination Programme Clinical Lead Sophie Carey.

"Over the past few months, we have been working closely with our health system partners to transition the COVID-19 vaccination programme to general practices and pharmacies across the Coast. This process has also included looking at how best to provide vaccinations to our rural communities.

"While we will no longer be running mobile clinics in rural communities like Karamea and South Westland, residents of these communities can now access COVID-19 vaccinations through either the Karamea Health Centre or from the South Westland Area Practice in Franz Josef," says Ms Carey.

"The rollout of the programme across the Coast has been a mammoth task especially when considering the geographical spread of our communities from Karamea to Haast. Our vaccination teams have worked incredibly hard to reach these communities through mobile clinics, drive-through vaccination events and at our static clinics in Westport, Greymouth and Hokitika.

"A big thanks to all our staff and to our primary care partners including our Māori health provider Poutini Waiora, West Coast Primary Health Organisation, general practices and pharmacies, lead maternity carers and midwives, community leaders and community providers who have gone above and beyond to reach our communities, and to the West Coast businesses who supported the vaccination campaign.



(L to R) Greymouth COVID-19 Vaccination Clinic team members Chanel Lynn, Cheryl Creagh and Sophie Carey holding the fort at the last clinic held in the Greymouth COVID-19 vaccination clinic on Friday, 28 October

"I also want to acknowledge our West Coast residents who rolled up their sleeves to get vaccinated. Thank you for doing your bit to protect yourself, your whānau and your wider community," says Ms Carey.

COVID-19 vaccinations are available at GP practices and pharmacies across the West Coast. Please check [www.healthpoint.co.nz/covid-19-vaccination/west-coast/](http://www.healthpoint.co.nz/covid-19-vaccination/west-coast/) or phone 0800 28 29 26 (8am – 8pm, 7 days a week), to find out where to access and how to book COVID-19 vaccinations in your area. Otherwise, please get in contact with your general practice directly.

Remember, if you have had a COVID-19 infection, you need to wait three months once your symptoms have cleared, before you can have another COVID-19 vaccination. If you did not have any symptoms, you need to wait three months from the date of your positive test result.



# Kai Puku Food Hub set up in Hokitika

Poutini Waiora's Kai Puku Food Hub at Hokitika is the first phase of what the organisation hopes will be an extensive food network across the West Coast.

The Hub is currently a food rescue service, taking excess product from supermarkets in Hokitika and Greymouth and making it available for community organisations to distribute to those in need.

"This food would otherwise go to landfill," says Kai Puku Project Lead, Jade Winter. "Food rescue is the beginning, but we are hoping we can expand across the Coast and look at other food security options, such as encouraging vegetable gardening and establishing garden tool banks."

Jade became aware of food insecurity on the West Coast in 2015 when working in the community in a public health role. In 2019 she was given the opportunity to research the issue with Otago University's Dr Christina McKerchar.

"Access to food is a real issue for some on the Coast where our communities are spread so far apart," Winter says.

With funding from the Ministry of Social Development (MSD) and support from others in the NZ Food Network, the Food Hub was officially launched in August this year and a co-ordinator, Christine Barton, was employed.



Christine Barton of Kai Puku

MSD Regional Commissioner, Craig Churchill, said the Ministry was delighted to support the establishment of the Food Hub. "Backed by such robust research, the Hub is clearly meeting a community need and so we're excited to be onboard in this first phase."

If you're on the Coast and head out the door early enough, you might see Christine in the Kai Puku Food Hub van making her rounds.

Check out the social media story: [https://fb.watch/g5AVVCH5v\\_](https://fb.watch/g5AVVCH5v_/)

# Understanding MPX (monkeypox)

Unless you've been living under a rock, you've probably heard of MPX (monkeypox), but how much do you really know about it? How serious is it and what is the risk of catching it?

## What is MPX (monkeypox)?

MPX is an infectious viral disease that can occur in, and be transmitted between, people and some animals.

## What are the symptoms of MPX?

The most common symptoms include:

- › A skin rash or other skin changes such as lesions – lumps or bumps that can turn into pimples, blisters or sores
- › Cold and flu symptoms such as fever, body aches and swollen glands
- › Fatigue and headache.

## How is MPX transmitted?

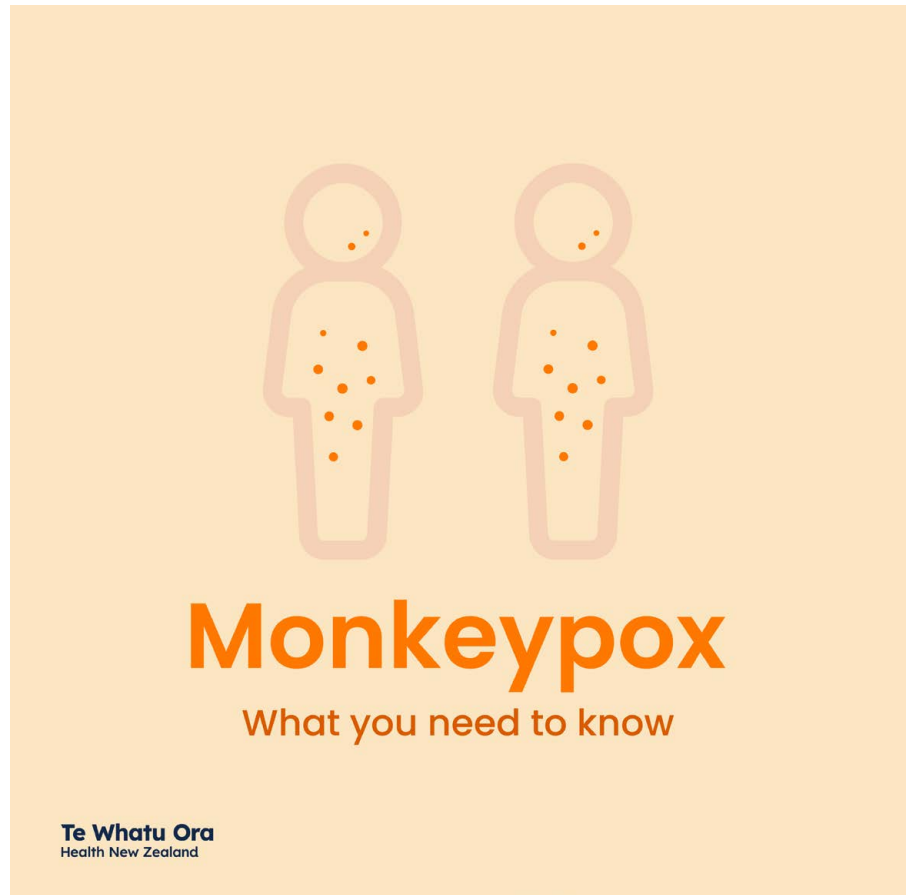
It is not very contagious and spreads through:

- › Close physical (skin on skin) or sexual contact with an infected person. This includes kissing.
- › Direct contact with the skin rashes, lesions, scabs or bodily fluids (e.g. saliva) of someone with MPX.
- › Touching infected bedding, towels, clothes and objects.

A person with MPX is contagious from when they first develop symptoms, up until their lesions or scabs crust, dry and fall off. This will usually take between two and four weeks.

## Is MPX life-threatening?

Rarely. Most people who contract MPX tend to feel uncomfortable and unwell for a week or two. The rash, which often results in lesions and blisters can be itchy and quite painful. In rare cases, people may experience difficulty breathing and extremely high fevers requiring hospitalisation.



## Getting tested

To be tested for MPX you must visit a medical practice, or a sexual health or family planning clinic. You cannot get a test from a COVID-19 testing centre or pharmacy.

Testing involves taking a swab of the lesions or throat and must be administered by a health professional. Results are usually returned within 48 hours.

If you do test positive, a public health official will make contact.

## What is the treatment for MPX?

First and foremost, people with MPX must stay home and self-isolate for a minimum of seven days to reduce the risk of spreading it to others.

Most people can manage the pain and fever with



paracetamol and ibuprofen. A doctor will provide advice and may prescribe an antihistamine for the skin lesions. Gently washing the affected skin with soap and warm water, without rubbing or scratching will aid healing.

You can also get advice from Healthline 24/7 on 0800 611 116. If at any time you experience an emergency or difficulty breathing, call 111.

### How big is the risk of catching MPX?

MPX cases have recently increased globally, but the risk of catching it in New Zealand is very low

The current global outbreak has mostly been transmitted through sexual contact with men who have sex with men, and people who have multiple or anonymous partners disproportionately affected.

### Vaccination

Te Whatu Ora (Health New Zealand) is working with Pharmac to secure a national supply of a smallpox vaccine known as Imvanex or Jynneos. Vaccines designed for smallpox are also considered effective against MPX because the two viruses are similar.

In future targeted vaccinations will form part of New Zealand's response to MPX, alongside existing contact tracing and health promotion. Information about how the vaccine will be made available will be confirmed in due course.

#### For more information

[www.health.govt.nz/monkeypox-mpx](http://www.health.govt.nz/monkeypox-mpx)  
Information about MPX (monkeypox)

#### The Burnett Foundation

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

## Harkness Fellowships

The Commonwealth Fund's Harkness Fellowships in Health Care Policy and Practice provide a unique opportunity for mid-career health services researchers and practitioners from around the world to spend up to 12 months in the United States conducting original research and working with leading U.S. health policy experts.

As a Harkness Fellow you'll have the gift of time: time to reflect on your work, think about how you want to evolve your career, and what it means to be a leader in improving health care delivery.

For further information, please visit <https://sforce.co/3BT7LI0>

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# Introducing the Equally Well SEE US campaign

People who experience mental health and addiction issues are two-to-three times more likely to die prematurely – because they have poorer access to health support and services, and consequently, significantly poorer health outcomes. Many of these deaths are from preventable and treatable physical health problems.

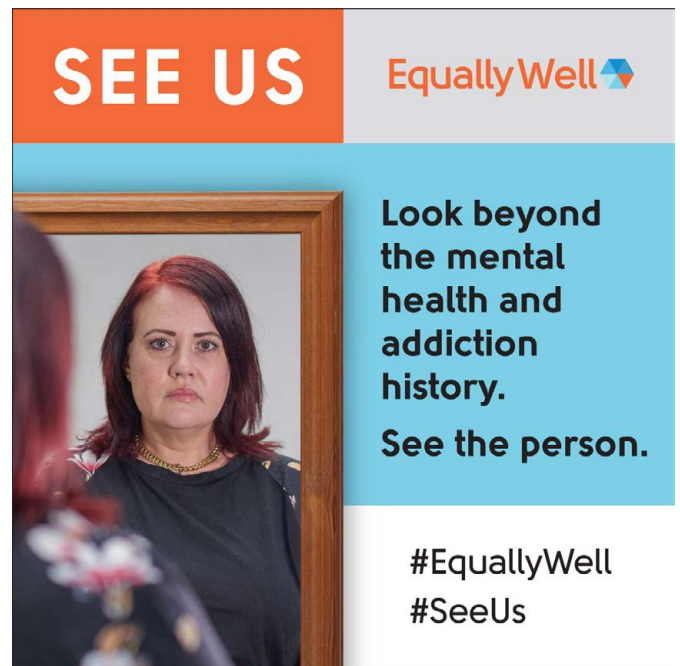
People may not get the care they need, when some health professionals can't see past those mental health issues, assuming that everything that happens in that person's life is related to their mental health history.

This is called “diagnostic overshadowing” and ultimately can put a person off seeking help or care because of a lack of trust, which in turn may result in those poorer health outcomes.

Conceived in Aotearoa New Zealand, the Equally Well Collaborative has launched the SEE US activation campaign nationally and internationally (also in Australia and the UK) to help correct this imbalance. It is designed to help reduce the risk of diagnostic overshadowing through raising awareness of it as an issue.

In short, the SEE US campaign asks us to listen and trust that the person seeking care is telling the truth about the reasons they are there, and to look past the mental health component of their health history and see the person.

The Equally Well SEE US team has produced three short videos, each with a real person telling their own story – these are not made up scenarios, they are people with lived experience of diagnostic overshadowing. In just under a minute, each story illustrates the issue far better than written words ever could. Towards the end of each message, we get to see the person, as well as the issue, more clearly.



Follow these links to watch the videos:

- › [Jess's story](#)
- › [Rika's story](#)
- › [Ross's story](#)

Want to be involved? Then why not play an active part in resetting the balance by listening better, by trusting and by seeing the person.

For more information, visit [Tepou.co.nz](https://tepou.co.nz) – the [equally well SEE US campaign](#)



# Whakamihi – Bouquets



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

I am just so very grateful for the amazing care I received at Te Nīkau Hospital pre and post-surgery. It was professional, caring, hygienic, timely and authentic. Thank you to Matt, Karen, Steph, Elaine, Rose, Tom, Jack, Lynette, Deepti, Cybil, Geoff, Det, Ian, Aneka and others I have forgotten!

## **Buller Health's urgent patient stabilisation and observation services**

My mum had an acute medical event and was cared for by Buller Health's Foote Ward team. The treatment she received was beyond exceptional. Mum was treated with the utmost dignity and kindness and we were kept fully informed about her care.

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

I was recently a patient in Te Nīkau Hospital for just under two weeks. I was first admitted to the Emergency Department where I received such great help before being admitted into the Critical Care Unit and then eventually into the General Ward.

In all the staff, I saw true humanity, caring and absolute dedication to their jobs. I did notice the rapport the nurses had with the General Ward's Clinical Nurse Manager – I'm sure that her manner and compassion is the absolute reason that all the staff follow.

Everyone from the cleaners, tea ladies, nurse aides, nurses (including student nurses) and doctors were all so very caring and helpful. Everyone treated me with such respect. One nurse in particular – Michaela – showed extra caring and professional support to me over the days I was there, and she is an absolute credit to you all.

I came away with such laughter and good memories of your wonderful team – even the meals were amazing. Thank you so very much for looking after me so well.

**Health Quality & Safety Commission  
E-digest Issue #13, 21 October 2022 is  
available online – here**

**eCald 81st News edition, November 2022  
is available online – here**

## **QUIZ ANSWERS – Human anatomy 101**

- |  |  |
|--|--|
| 1. b. False (hand has 27, foot has 26) | 7. a. Shorter – the human gestational period is 280 days                           |
| 2. c. The femur                        | 8. c. Gluteus Maximus  |
| 3. a. The skin                         | 9. c. The brain – it is the area responsible for language comprehension            |
| 4. b. The ear (the stapes)             | 10. d. The sperm cell (note, the female egg is the largest cell in the human body) |
| 5. b. Around 5 litres                  |  |
| 6. d. 300                              |  |



# WHEN AN EARTHQUAKE HAPPENS

**DROP**



**COVER**



**HOLD**



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