

Health New Zealand
Te Whatu Ora

TUUHONO HONO *Connect* +

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In this issue

OUR COVER STORY

Betty-Anne Monga, the lead singer from Ardijah, was the face of our campaign to encourage waahine to do their breast screening.

As a devoted musician, this strong wahine is a passionate waka ama paddler and coach who loves getting out on the water and takes her health seriously.

"I wanted to do something to help our beautiful community and encourage others to do their screening."

Read more on page 4.



From Vanessa Kia ora taatou

Kia ora taatou,

No doubt the end of daylight saving and the drop in temperature has reminded all of us that the warm days are drawing to a close and we're all preparing to confront the challenges that Winter always brings to the Counties Manukau whaanau.

One of the ways we can prepare for winter is by getting vaccinated against the flu. I'd encourage everyone in our communities to get their flu shots.

I was delighted to note Dame Valerie Adams was back at Kidz First, to promote our tremendous Jammies in June programme. This year it is aiming to bring warm pyjamas - and other assistance - to more than 15,000 tamariki in our community. This is a vital way the Middlemore Foundation and Kidz First assist children in cold, damp living conditions.

Record numbers of new nurses have joined us - one Charge Nurse Manager in one of our busiest surgical wards expressed delight that having a near full complement of registered nurses is making a huge difference to the way we are handling our patients' journeys.

As our acting chief medical officer Dr Andrew Connolly has observed, we are living in interesting times with a new government - especially given our new Health Minister's comments about devolving some key decision-making back to our people. We await more details!

Can I finally say, it's so incredibly pleasing to hear the consistent reports of what a difference is being made at the grass roots level of care in our Counties services.

I want to particularly mention the success of Rinki Murphy and her team in Te Mana ki Tua - the medical bariatric service and its weight loss achievements, Stephanie Mills and her team in the difference they are making for people with weight-related sleeping problems, and the big strides being made in reducing wait times for tamariki needed audiology treatment at the Manukau Superclinic, to name just a few.

The headlines we read don't always tell the whole story of the great strides being made by dedicated people from the Counties community.

Kia pai too raa!

Dr Vanessa Thornton

Group Director Operations - Hospital and Specialist Services

Connect+

TUUHONO HONO

EDITOR: Nikki Allan
DESIGNED by Sarah Cordtz

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Betty-Anne puts her voice behind Breast Cancer campaign

Betty-Anne Monga, who you may recognise from the band Ardijah, was the face of our campaign to encourage waahine to do their breast screening.

Betty-Anne is of Ngā Puhi, Ngāti Whātua, Ngāti Ranginui, Ngāiterangi, Tainui and Tūwharetoa descent, and last year was honoured as a Member of the New Zealand Order of Merit.

As a devoted musician, this strong wahine is a passionate waka ama paddler and coach who loves getting out on the water and takes her health seriously.

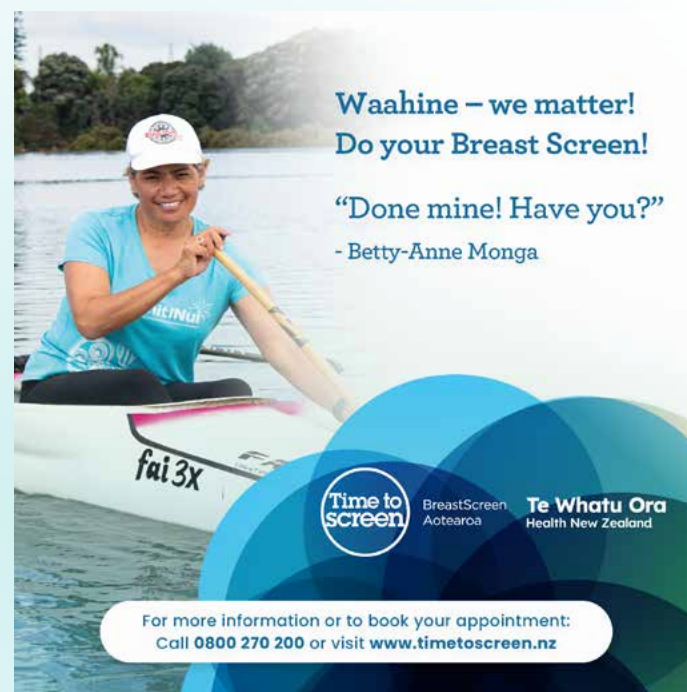
"I wanted to do something to help our beautiful community.

"I used to be one of those that didn't want to get it done - too busy, hooha/whakamaa/awkward, but now I take responsibility for me and I really want to encourage other waahine to do their breast screening."

Māori and Pacific women have a higher risk of mortality from breast cancer compared to other ethnic groups and early diagnosis can help to change these outcomes.

We want to thank Betty-Anne for generously lending her voice to the campaign – all she asks is that waahine go and get their breast screen done.

"Let's stop breast cancer taking our waahine. Book your breast screen today!"



Zane's story

Acting Sergeant Zane Wienk dropped into Middlemore Hospital's Emergency Department late last year to offer profound thanks to some people who saved his life.

Zane was struck by a fleeing driver in Counties Manukau over a year ago and suffered near fatal injuries.

First on the scene was Critical Care Hato Hone St John paramedic Tamara Tapiri Makano who made the vital decision to do roadside intervention on him to stop Zane's lungs collapsing.

Emergency Department staff at Middlemore Hospital found Zane also had a shattered pelvis and multiple other injuries, the recovery taking many months.

Zane and Tamara shared a moment in the ambulance bay when he visited, and he thanked the paramedic profusely for her quick thinking and makeshift surgery, which ultimately helped save his life.

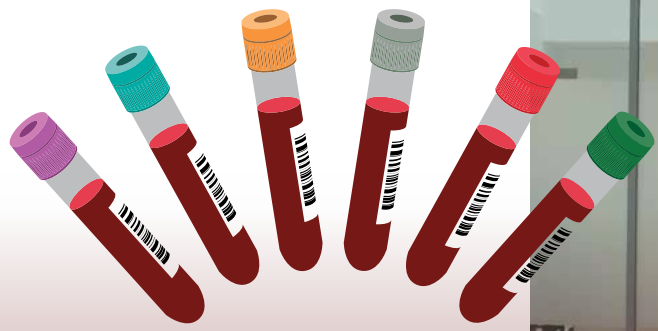
"It was pretty close, and I was just so lucky that the right people were with me all the way," he said.

Zane also visited the Resus Room in the Emergency Department, where the team worked on him, and he took the opportunity to personally thank staff.

"Despite the ordeal and length of time I took to recover, I am back at work and I haven't been put off frontline policing.

"Thanks, St John and Middlemore!"





Phlebotomy Unit

Late last year, Health New Zealand - Counties Manukau Grow Manukau Project reached a milestone with the opening of a new Phlebotomy (Blood Taking) Unit at the Manukau Health Park site.

This step not only signifies the growth of current blood testing services but also sets the stage for a broader healthcare redevelopment underway to cater for future population growth in the area on the ambulatory site.

"While the benefits of the new facility may not be fully realised until the wider Grow Manukau work programme has been completed in 2025, expanding the blood testing service will help us future-proof healthcare in the region by enabling us to increase blood testing and diagnostic capacity over time." Says Stuart Barnard, Clinical Director, Central Clinical Services.

The Blood Taking (Phlebotomy) Unit is part of a broader redevelopment of Manukau Health Park, encompassing a range of new facilities, including radiology, an outpatient Renal Care centre, Breast Care and screening services, a standalone theatre block, and an expansion of Ophthalmology and Women's Health services.

"This facility is not just about Phlebotomy, it represents a holistic approach to community care. The broader redevelopment at Manukau Health Park is a testament to our commitment to improving capacity, accessibility, and the quality of healthcare for the community."

The improved patient and staff capacity resulting from the wider redevelopment is expected to accommodate almost 150,000 additional outpatient appointments each year and facilitate over 3,600 additional surgeries per annum from 2024, showcasing the project's significant impact on community healthcare.

Blood Taking and Testing is often one of the first services required by medical specialists to assess and diagnose patients. This means that improved capabilities and patient capacity has positive flow-on effects to other future specialist services.

"Better access to blood taking and testing is more convenient for our patients and whaanau. More capacity at Manukau Health Park means that they can have their blood taken when they attend their outpatient appointment, without having to make a separate trip to a community collection location. The results will also be available sooner, enabling treating clinicians to make faster decisions about patient care."

Stuart adds "As we mark this achievement, we also look ahead with excitement to the next two years of the Grow Manukau Project. More milestones are on the horizon, solidifying our dedication to meeting the healthcare needs of our diverse community."



No placement like Counties

Earlier this year, we supported 22 nursing students from Whitireia Polytechnic in their four-week clinical placements in Mental Health and Acute Services.

Their first day began with a special mihi whakatau that was held in Nga Whetu Marama (Tiaho Mai).

The students are Registered Nurses from the Pacific Islands. Who worked in their home countries of Tonga, Samoa, Fiji, Niue, and Kiribati who now have permanent residency in New Zealand.

The orientation was facilitated by our Nursing Student Coordinator, and led by Pacific Health Development team, Nurse Lead Pacific (Mental Health and Addiction services), and the dedicated Education Units Clinical Liaison Nurses.

Tekaboi, who at age 58, is keen to keep learning, comes from Kiribati and has been living in New Zealand since 2011.

"I heard about the course last year and tried my luck to apply; before this, I was working as a healthcare assistant," says Tekaboi.

She hopes to return to the hospital after her studies.

"The work is a bit different from my previous experiences. It's sometimes challenging like the machines are really different from back home, but the principle of care is the same."

Whitireia Polytechnic's new Graduate Diploma in Nursing Pacific programme gives a pathway for these Pacific-trained nurses to apply to the NCNZ for registration and gain a practising certificate to work in Aotearoa as a nurse.



Te Mana ki Tua delivers great results for

remission of type 2 diabetes and weight loss

Te Mana ki Tua, Counties Manukau’s medical bariatric service for specialist weight management, is already delivering great results.

Eight months since the service began last year the initial results for patients have been very pleasing, with 42% achieving remission of type 2 diabetes at three months.

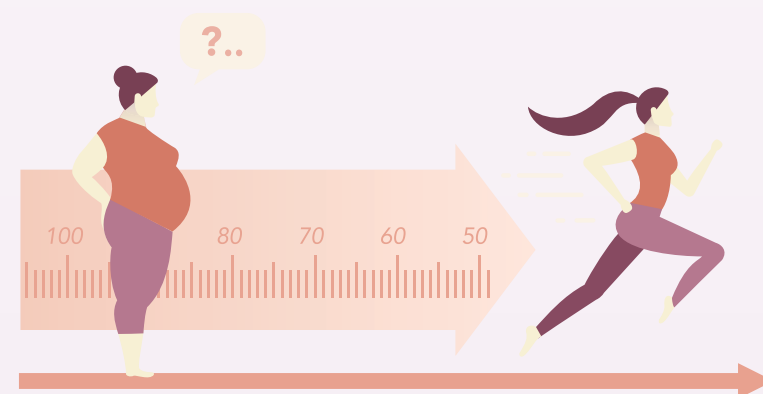
The service helps overweight patients who don’t qualify for bariatric surgery to achieve significant weight reduction using medically-supervised meal replacements with the help of intensive group-based support.

Te Mana ki Tua [meaning ‘The Power is Beyond’] has seen most patients report considerable health gains – with some having lost around 25 kilograms in weight.

Professor Rinki Murphy who heads up the service says the results so far are extremely pleasing and are an important part of achieving more equitable outcomes for patients living with obesity-related medical conditions in South Auckland.

The service provides patients with funded low-calorie meal replacements, medication adjuncts, and support to lose weight with the help of a multi-specialist team that includes health coaches, dietitians, health psychologists, endocrinologists and other kaimahi.

The latest report on the successes at Te Mana ki Tua is part of a positive trend in achieving great results for patients across the board in Aotearoa - as outlined in the recent Health Status Report presented to a Select Committee, where both sides of the house asked Health New Zealand to highlight more great outcomes in our work.



Cheers to chair exercise!

April is ‘Move More Month’ and ‘April Falls Month’ which is all about falls prevention.

Mary Chung, Advanced Clinician, Community Health Physiotherapy, Counties Manukau.

Each year many people fall and injure themselves in their home, which can be a scary thought if you live alone.

As we all know, exercise has health benefits as well, but for many, it’s not that easy to get to the gym.

Luckily, you can still exercise in the comfort of your own home.

Basic exercises like chair yoga, or even on the side of your bed, is a real thing and has its benefits!

If you are an older person or have a health condition that makes it hard to get to the gym, exercises like chair yoga may be a great option for you or your whaanau.

They are also great exercises to do in your chair at the office.

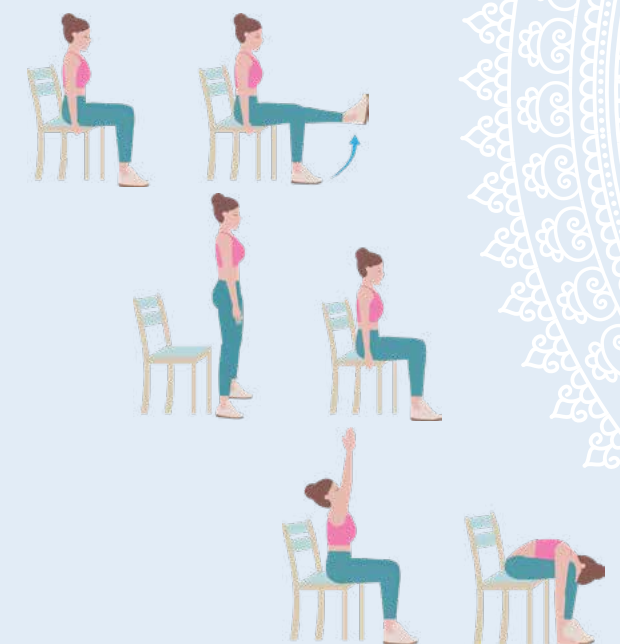
“If you don’t use it you lose it!” says Mary Chung, Advanced Clinician, Community Health Physiotherapy, Counties Manukau.

“Regular exercises will build strength and balance, can help improving balance, leg strength, flexibility, general fitness, mental health, and well-being. And as a result, this will help reduce your risk of falls.”

Mary says that as well as options like the Chair Yoga, she encourages people to utilise the short videos on www.Livestrong.com to guide your physical activity.

“If you are tech savvy you can check out the new Nymbal app which is free to download on your phone or other electronic devices to help you improve your balance. These are great even if you have limited mobility or find exercises hard.

“If you are unsure, please talk to your health professional.” she says.





Flower Power – a blooming great idea!

We are excited to announce we will be piloting a trial designed to assist people with hidden disabilities.

The sunflower is a globally-recognised symbol for non-visible disabilities, also known as hidden disabilities or invisible disabilities.

By simply wearing a Sunflower Lanyard, you can let people know that you have a hidden disability and may need additional assistance or communication.

Not all disabilities are visible or immediately obvious - such as deafness, learning difficulties, mental health conditions, speech impairments, sight loss, learning difficulties, autism and more.

The lanyard approach not only reduces stigma but also increases understanding and accessibility for people with hidden disabilities and helps service providers to better understand and serve their needs.

“The introduction of Sunflower Lanyards is a big move in promoting inclusivity and bringing attention to hidden disabilities across Counties Manukau. We are encouraging our staff to complete the quick training on Ko Awatea, so we have as

many people as possible that understand and can provide support for those that need it.” says Raki Debebe, Disability Strategy Implementation Lead, Counties Manukau.

The sunflower lanyards will be available at our Manukau Health Park, Emergency Department, Kidz First, Middlemore Hospital main reception and with the volunteer way finders.

Visitors, patients, and staff will be able to get a sunflower lanyard at the sites but will also be able to order one in advance.

Keep an eye on social media for more information in the near future.



Self-screening is a gamechanger

The new HPV self-screening is set to be a game changer for increasing the number of women being screened for HPV (human papilloma virus).

Last year, HPV self-testing became a new option.

You will still need a consultation with your nurse or doctor to see which option is best for you.

But rather than booking in for an often ‘dreaded’ smear test - you can simply have a discussion with your nurse, take the swab into the bathroom, do the test and hand it back to your nurse.

The self-test is quick and easy and shouldn’t feel uncomfortable. Your nurse can assist you if needed.

Anyone can get HPV – yes, even males and it can lead to a number of genital and oral cancers.

HPV is a big factor in cervical cancers and screening is an important tool to help prevent these cancers.

“It has been great because many who didn’t screen before because they felt embarrassed or nervous about the cervical screens are now coming in to have the test done,” says Elise Adams, Cervical Screening Nurse, Health New Zealand, Te Whatu Ora, Counties Manukau.

“We recommended to do the swab every five years for most waahine, and if HPV is detected, we would then get you to come in for a cervical smear.”

If you are between the ages of 9-26, you can also get the HPV immunisation which can help protect tamariki against cancers linked to HPV, later in life.

It is provided through most schools in Year 7 or Year 8, and is also available from your doctor, nurse, or healthcare provider.

Talk with your healthcare provider to decide what’s best for you.

Don’t let it linger - catch HPV out!

For vaccination information phone Healthline 0800 611 116

HPV self-testing www.TimeToCervicalScreen.nz



A facelift for the future

Middlemore Station and its surrounds are getting a facelift and you may have seen the construction activity there lately.

As part of KiwiRail’s Wiri to Quay Park project to improve the capacity and resilience of the Auckland Rail Network, Middlemore Station and its immediate surrounds on the western side (our staff parking side) is transforming for the installation of a new third rail line. You will soon see significant improvements taking place on and around the station.

Because of the significance and sensitivity of the site KiwiRail, Downer, Auckland Transport and Health New Zealand, Te Whatu Ora have agreed to a co-design philosophy.

With construction activity happening very close to a hospital with patients, staff and visitors, extra care is being taken to limit disruption as much as possible.

The organisations are working together on matters such as construction, staging, parking, communications, risk, noise and vibration, and will continue to ensure safe, accessible, and easy navigation continues for all throughout construction.

Engagement with local iwi and both the KiwiRail Mana Whenua group and our Mana Whenua, Tamaki Makaurau Group has been a part of the consultation and design process.

The final designs are still to be confirmed.



Artist’s impression only. Subject to further consultation and design.

Learn how to recognise measles!



Measles (Te mate karawaka) is highly contagious and spreads easily among people who are not immunised.

It can cause serious problems, including brain swelling, chest infections, or death. Symptoms can start seven to 18 days after you are exposed to the virus, usually within 10 days.

This information can help you know what to look out for.

Here’s how to recognise it:

The first few days:

- Fever (temperature above 38°C)
- Runny nose (or blocked nose)
- Cough
- Loss of appetite
- Sore and watery pink eyes
- You may also get white spots inside your mouth.

Three to seven days after the first symptoms:

- The rash starts to develop on your head or face, often at your hairline or behind your ears, and then spreads to your body and then to your arms and legs.
- The rash is red or dark pink. The spots are blotchy and join together. It is not usually itchy and can last for a week or more.
- You usually feel most unwell a day or two after the appearance of the rash.



- The rash will fade after about a week, leaving a slight mark on the skin, but this will not be permanent. You are no longer at risk of passing on measles to others four days after you developed your rash.

If you think you may have measles, stay at home, and call your healthcare provider or **Healthline on 0800 611 116 for more advice.**

The best protection against measles is two doses of the free MMR vaccine – this provides lifelong protection in 99% of people.

Learn more about measles and vaccination on our website: info.health.nz/conditions-treatments/measles/



Security Command Centre

now in operation

In February, our new Security Command Centre was officially opened and blessed.

“We are very excited and happy to showcase the functionality and improvements in safety the centre will make,” says Brett Watene, Head of Security and Organisation Resilience.

The modern facility features security technology that will connect the entire District of Health New Zealand, Te Whatu Ora, Counties Manukau and it speaks volumes to how seriously we take safety.

Our Security Coordinators will monitor surveillance screens 24/7.

Improved coverage will enhance security measures currently in place.

“The centre will help improve systems, coordination of staff, detection, prevention and investigation of incidents but most importantly it will help improve the safety of staff, visitors and patients across the district,” says Kurtis Heketoa, Operations Manager, Security.

Kurtis and the rest of the security team are also excited about the launch saying, “we can see more and respond quickly, bringing additional eyes to our sites and the carpark which will be great.”

“It saved time and they could also see a situation they might not have known about until someone had called. Great work.”

- From a staff member.

Counties Manukau

celebrates long serving staff!

There was quite a celebration at Middlemore Hospital recently as our Non-Clinical Support Services department marked their long service awards.

Four of our staff who have worked for us for 20 years were honoured, six who have served for 30 years, and one remarkable woman who has clocked up more than 50 years at Counties Manukau.

That long-serving woman is Winifred Routley – known to her colleagues as Wini.

Wini has worked her entire career with Counties Manukau in the telephone exchange – she is a voice known to many.

Her supervisor says: “Wini has a very high standard in all that she does. Her passion, dedication and professionalism shows with her attitude towards her co-workers, staff and the public.

“Her patience towards others and how she deals with difficult callers and diffuses some really tense situations embodies the organisation's values and is evident in the way she works.”

The celebration was attended by a big crowd of grateful colleagues and members of Counties' leadership team.

We're delighted to be in the company of such hard-working kaimahi.

Join the team:

[Careers.CountiesManukau.Health.NZ/Working-here](https://careers.countiesmanukau.health.nz/working-here)

Don't let it linger!

CATCH HPV OUT!

Anyone can get HPV (human papillomavirus) which can lead to certain types of cancers.

Protect their future and yours.

HPV self-testing is now available.

Visit www.TimeToCervicalScreen.nz

For ages 9–26, the HPV immunisation is free and helps protect your tamariki against a number of cancers later in life. It is also available from your doctor, nurse, or healthcare provider.



**For vaccination information
phone Healthline: 0800 611 116**