

# PreScribe

NORTHLAND DISTRICT HEALTH BOARD STAFF MAGAZINE



COVID-19 Contact Tracing Team hard at work



# From the Chief Executive



It's been a helluva few months for Northland and one that's been incredibly challenging for our health system. The last month, in particular, has been hugely demanding on all of us, and we have come to the realisation that if we want a functional health

system, we have to "beat Delta" (or Mu or whatever the latest iteration is). So as our borders open up, lockdowns and level changes are no longer used, and we start living with COVID-19, we've got two options:

Basically, it's either get vaccinated or get COVID-19.

Looking forward can be challenging for all of us - there's the uncertainty of what this new COVID world will look like, as well as the uncertainty of the health reforms. However, as always, there is also plenty to be optimistic about, particularly if we can reset our expectations and accept a level of uncertainty.

We've seen a significant increase in our staff vaccination rates (up to 87 percent) which is fantastic because there will undoubtedly come a time when you can't do the job you trained to do unless you are vaccinated. However, there are still pockets of our organisation and certain roles and professions where vaccination rates are much lower. Just like with our patients, all of you have to make a decision based on the best information available from credible sources. As well as the obvious patient safety arguments, there is the opportunity for us all to show leadership to the rest of our community.

That's because our communities need some help.

Where the bloody hell are you? What are you waiting for?

These travel slogans from across the ditch seem very appropriate as we enter the last three months of our COVID-19 vaccination campaign. Despite literally hundreds of vaccination site offerings, at last, a simple national booking system, walk-in options at all sites, we see our vaccination percentage slow down more rapidly than the rest of NZ. So what is it about Northland that attracts a mix of anti-vaxxers, hesitant's and "waiters"? Much has been written about the former two, but there is also a large number who are still waiting - please stop waiting and just come in or else we'll come to you.

I was listening to Rod Jackson, an epidemiologist who I've known for over 20 years. He is entertaining, humorous, at times irreverent and would never compromise his values or scientific evidence for the "system". He says it as he sees it. I was reflecting on why after listening to someone like him, anyone would still believe that COVID-19 vaccination was some sort of conspiracy. How can anyone believe that a consensus of the world's experts who have spent a lifetime researching could have missed something that was able to be uncovered in seventeen minutes using superior Googling skills? How can anyone believe that decades of medical research by people dedicated to caring for humanity are secretly irredeemably evil; and have been exposed by random people you've never heard of, making claims with no evidence, on sites with dubious credibility.

I encountered one of these people the other day while riding around the loop with my wife and son. We got back to the car park, and a loudspeaker was connected to a pre-recorded message coming from an unoccupied car - the man said that we

had had some deaths from COVID-19 vaccination in Whangārei Hospital and that all of you have been muzzled and not allowed to talk about it. I looked around, and many people were listening - I wanted to find the microphone and yell out that it was a complete pack of lies, but I had to trust that most people would know that this was yet another example of how low the anti-vax movement will stoop.

Of course, although COVID-19 is the world's biggest challenge, it's not our only one, and living in Northland, we know we have more than our share of adversity to deal with. Finally, after a year, State Highway 1 in the Far North has opened again, benefitting our staff and community in that area. Further south, it was not such great news when Waka Kotahi (NZTA) decided that four-laning Ruakaka to Whangārei was a lower priority than a cycle bridge over Auckland's Waitemātā Harbour.

Something that central agencies such as Waka Kotahi don't seem to recognise when deciding on their priorities is that Northland has such a "debt" in infrastructure and service compared to almost anywhere else in NZ, and we need significant investment just to catch up. A few million dollars of Provincial Growth funding are a drop in the bucket compared to 25 years of neglect.

Just as health is starting to do, Waka Kotahi needs to use equity as a major determinant of priority. They currently use numbers of people likely to benefit, which immediately prioritises our major metropolitan areas. If they used equity to determine where they invest, they would realise it is unfair and unjust not to invest in high need regions such as Northland. Our safety is supposed to be a priority determinant already, but it can't be! Over the past five or more years, Northland has had the highest road crash mortality (death) and injury rates in New Zealand. Four-lining would reduce that, particularly along the killing field from Ruakaka north.

Although a Whangārei Hospital redevelopment is the highest priority for major health infrastructure funding in NZ and is likely to be approved and announced by the beginning of 2022, it's not the only solution to our health woes. The Health reforms should be a positive boon for Northland, but only if local voices and local issues can surface and be brought to the fore. Resources need to be allocated based on health needs, growth and demand, not concentrated in our Metropolitan centres. The good thing is that governments will not want the reforms to fail and will invest heavily in their success. This should mean more resources for Northland, as the Health and Disability review was basically written with us in mind. How Northland communities, through their 'localities', can hold the new system to account must be an integral part of the detailed design. Although these reforms have a lot of potential, legislative and national policy change with respect to alcohol and our obesogenic food environment must accompany it. Otherwise, we will continue to be pushing the proverbial uphill. As I said to our Minister, these two areas of policy and legislative change would achieve more health gain than all of the health reforms. We (All DHB Chairs and CEOs) are continuing to advocate strongly for these changes (which cost nothing) to help try and break the vicious cycles created by family violence (alcohol is the main cause) and obesity.

Finally, a lot has been said about the team of 5 million, but I want to acknowledge the Northland health team of 5,000. Each of you! When I start to think how I can do that and not leave anyone out, it's impossible because all your roles are so varied and important. Every one of you, whether you've been part of

our Incident Management Team (IMT), involved in testing or processing tests, vaccinating, or whether you're working in our hospitals or the community, whether you're a doctor or a cleaner, a nurse or one of our finance team, a physio or one of our porters, a healthcare worker or one of our clerical team, an aged care worker or someone working in Mental Health and Addictions, you're vital to keeping the big health machine going. Thanks to all of you - you may not feel you've had a lot of choices. Still, your willingness to adapt, lead, collaborate, use new technology, innovate while keeping yourselves, your colleagues, and your

patients safe makes me very proud to lead this organisation and support the rest of the health and social sector.

Nga Mihi,



Dr Nick Chamberlain  
Chief Executive

## Bay of Islands Hospital Second Stage blessed by Prime Minister on her birthday



The Prime Minister and her Ministers during the welcome, supported by Kaumatua Te Ihi Tito

Prime Minister Jacinda Ardern and Minister of Health Andrew Little officially blessed the commencement of the second stage development at Bay of Islands Hospital on the Prime Minister's birthday on 26 July.

Kaumātua Te Ihi brought the Prime Minister and her party onto the building site and took the opportunity to let the crowd know that it was her birthday. The group subsequently sang happy birthday in te reo Māori and English, much to her delight.

The project's second stage includes building an Integrated Family Health Centre to accommodate primary health and outpatient services and form a new entry to the hospital.

Primary health services will be run by the local iwi health provider Ngāti Hine Health Trust (NHHT), who will lease part of the new building from the DHB.

Primary health general practitioner services in the area are currently delivered from several different locations.

The project will allow NHHT to integrate with primary and secondary health services.

The civil works will now prepare the foundations and retaining walls for the building construction programmed to commence in December 2021. The construction is expected to be completed by mid-2023.

The new building will form the entry point to the hospital and primary general practitioner health services, providing the following:

### Outpatients

- Five extra consult clinic rooms
- Audiology booth
- Orthopaedic clinic room
- Ultrasound / Echo / Colposcopy clinic room
- Primary Health
- Twelve consult clinic rooms
- Three treatment rooms
- Renal Services
- Ten chair spaces
- Two treatment rooms
- Consult / treatment room
- Oncology / Haematology
- Five chair spaces
- Consult / negative pressure treatment room.

There are also shared open plan offices, clinical support areas, public spaces including security office and building plant rooms. The helicopter pad will be upgraded and car parking issues across the site addressed.

At the end of the blessing, the Prime Minister joined representatives of the DHB, Ngāti Hine Health Trust and the community to create a handprint artwork.



# Success for Northland Doctors



Zanazir Alexander

Two Northland DHB doctors will begin their journey towards becoming orthopaedic surgeons next year after being selected among just 13 others nationwide to participate in the New Zealand Orthopaedic Training Programme.

To become an orthopaedic surgeon, applicants must have a medical degree and at least two years post-graduate experience. The training takes a minimum of five years, where the trainee is employed as a registrar and rotated through a range of accredited New Zealand hospitals, including Whangārei Hospital. The curriculum is a mixture of practical operating competencies, communication skills and formal theoretical examinations.

Progress is reviewed annually by the New Zealand Orthopaedic Association (NZOA) Education Committee. On successful completion, the applicant can apply for Fellowship with the Royal Australasian College of Surgeons (RACS) and become vocationally registered as an orthopaedic surgeon with the New Zealand Medical Council. The training is completed jointly through the College (RACS) and the NZOA Education Committee.

Zanazir Alexander is one of the successful candidates for this year's application. Zanazir is of Māori descent

and grew up in the Far North in the small farming community of Okaihau. He attended the local school for all his schooling years before moving to Auckland to attend medical school at the University of Auckland. Zanazir was inspired by another former Okaihau College student who had been accepted into medical school a few years earlier.

Before graduating from medical school, Zanazir developed an interest in Orthopaedic Surgery and, by the time he graduated in 2015, had set his sights on pursuing orthopaedics as a career. He worked for five years in Auckland before moving to Whangārei earlier this year to work as part of the Orthopaedic Surgery Department at Northland DHB.

In June this year, following the orthopaedic surgery speciality interviews in Wellington, Zanazir found out he was selected for the Programme.

"Being selected for the training program is a dream come true – sometimes I still pinch myself to check if it's real. I am thankful to those who have supported me to make it to this point."

"It has been a great opportunity to work in Whangārei, and the Orthopaedic Department here are extremely supportive."

Zanazir said Whangārei is a popular hospital choice for trainees because the Orthopaedic Department is so amazing, "The exposure and teaching are second to none and it offers a quality of life not possible in many of the larger centres.

"I have always wanted to come home to work amongst my people and community, so it is nice to be able to do that finally."

Ultimately, Northland is where he would like to work following the completion of his surgical training.

"Northland ticks so many boxes for me – it's a nice place to work, it's where I am from, my family are here, it's home."

Zanazir's former medical school classmate Atua Fuimaono Asafo is the other successful candidate. She also is only just coming to terms with being accepted onto the Programme.

"It's still quite overwhelming. If you had asked me where I would see myself ten years ago, I definitely wouldn't have thought I'd end up in this spot. I'm grateful for the opportunities I've had over the years and fortunate to have had great seniors and mentors who have helped me, got me involved and stimulated my interest."

Atua is Samoan and was born and raised in Australia. When she was 12, she and her family moved to Auckland. She said throughout her life, she has had many positive influences, including her grandfather

and two uncles, who were doctors. Her high school teachers guided her towards medicine, which she said she wouldn't have considered on her own.

Orthopaedic Surgery appealed to Atua because of the amount of variety in the role, "I liked that you do ward rounds, but you also see patients in the ED setting, trauma setting and clinic. Then there are the different parts to operating – acute and elective.

"I also enjoy working with my hands and fixing things. Using the power tools is quite cool and implants. It's all fun."

Atua is also grateful to the Orthopaedic Department at Northland DHB for investing in her and giving her lots of opportunities to learn, including many basic concepts. So she is confident that she will be ready to hit the ground running when she moves to Rotorua in January for her first year.

She noted that others doctors in the Programme could be operating at different levels depending on their exposure during their non-training years. However, other skills cultivated during the earlier years are also essential to becoming a good surgeon.

"These are things your consultants see in you and why they encourage you to apply for training. At the end of the day, like many specialities, surgeons don't do things in isolation. We work with many different people – nurses, physiotherapists and other doctors more senior or junior to you. So being a team player who is approachable and able to communicate effectively is essential. All of the surgeons I've been lucky enough to work with have all shown great leadership."

"So much about Surgery happens outside the operating theatre. And we all have a responsibility to be aware of these things. The most important qualities of being a good doctor are how you work with other people and understand your community's needs - the things I value most."

Atua has enjoyed her experience working in the orthopaedic department and Whangārei Hospital itself and would love to return to Northland for one of her training years.

"There is an ease to working here compared to the larger centres such as Auckland where you can get quite lost. You can get personable with the nursing teams and other doctors, and it's easier to get things done because there's less bureaucracy. I also see significant needs within the Northland community that are similar to those of the Pacific people.

"For now, though, my goal is to end up in Auckland serving and giving back to the Pacific communities. That's why I went into medicine and why I do the work that I do."

Orthopaedic Department clinical director Margy Pohl said the department is pleased to congratulate Zanazir and Atua on their success. She said it meant a lot to all of their team to help committed junior doctors like Atua and Zanazir achieve their goals, and it is very rewarding to be part of their journey.

"Atua has been with us for two years now, and over that time, we've really been able to see her develop confidence, expand her knowledge and gain a wide skill- set which will set her up well for her ongoing training.

"For Zana, coming back to Northland meant coming home, and although he now needs to move on, I'm sure we'll be welcoming him back again soon.

"It's fantastic to see homegrown Northlanders succeed nationally like this, particularly those with an ongoing strong commitment to the North and Māori, and I hope we can continue to support them.

"We are sad to lose them both next year but know they will do well in Rotorua and Waikato.

"Mahi tino pai Zana and Atua, Kia mau ki te mahi pai."



Atua Fuimaono Asafo



# Nursing in the UK through COVID-19



Roxane Keynes

When former Northland DHB district nurse Roxane Keynes relocated to the UK with her English husband and their three children in 2016, she didn't realise how important her skills would become fighting a global pandemic just four years later.

Roxane has been working during the pandemic as a nurse practitioner with her community admission avoidance team - Home 1st Rapid Response since returning to the UK. The nurse-led team, comprised of senior nurses, nurse practitioners, advanced nurse practitioners, and two nurse associates, is almost all trained in advanced assessment skills and can use medication under a Patient Group Directive or prescription from prescribers.

They were among the thousands of essential workers worldwide working around the clock to support patients and their whānau afflicted with the often-deadly virus.

We caught up with Roxane to find out first-hand what this experience has been like.

## Can you tell us about your background?

I have Irish/German heritage from my father's side and Māori, Scottish, Swiss on my mother's. I was born in Auckland but brought up in Whangārei, where I did my schooling at Hikurangi Primary and Kamo High School.

I began my nurse training in 1993 at Northland Polytechnic and did the three-year Comprehensive Nursing Diploma, then carried on and graduated with a Bachelor of Health Science (Nursing) degree in 2000. I started working at Whangārei Hospital in acute Orthopaedics and Surgical nursing. Then I had a short period in Oncology and Community Mental Health before heading off on my OE via Australia, where I met my husband, Steve.

I spent the next four years in the UK and started my career in community nursing.

In 2005, we came home to New Zealand, and I worked as a district nurse off and on for the next ten years, between having three children and building a house. Then we returned to the UK to spend time with Steve's family.

## What are the key differences between working in NZ compared to the UK?

There are variations in the implementation and availability of treatment between the two countries. The rural landscape of New Zealand poses challenges for many to access healthcare services.

It is free to see a GP in the UK, but accessing a GP for a routine or same-day appointment can prove challenging, and prescription fees are charged.

## Are there more opportunities, better pay etc., over there or here in your experience?

I think the pay level in New Zealand has been better for me, but the cost of living is more, so perhaps this would balance out? From my experience, I think there are more opportunities in the UK for training and development with access to specialised roles.

After joining Home 1st Rapid Response, I was given the opportunity to complete a semester in advanced assessment at Kings College, which was essential to my job role. Referrals to this team are by clinician only. A triage process is undertaken to check the suitability of referral to ensure safety as there is a two-hour window for the nurse to visit. Most of our work is with the deteriorating patient, support of district nurse tasks out of hours and in addition, end of life support at night as this is a 24 hours service.

## What has changed in your role since COVID-19?

We have needed to protect ourselves and patients from the virus with PPE at all times, including in our office. As nurses, we are responsible for keeping ourselves updated with the changing evidence for treatment and care with COVID-19 patients. The patients we see have more complex needs because many have isolated for a long time and have not seen a GP or attended hospital appointments. At the height of the pandemic, there was much discussion with patient's families and GPs around advanced care planning and admission avoidance with care home residents, the elderly and frail.

### **What was it like juggling working on the front line and family life?**

During the first and second wave of COVID-19, I put my youngest daughter into essential worker school, which I needed to get adequate rest on my days off. My older two kept up with online learning at home.

I suppose I was always worried I might pass the virus to my family members, particularly my mother in law who was having chemotherapy. These were worrying times. I had a strict decontamination process on arrival home via the back door/wash house.

I picked up lots of extra shifts at the peak, but thankfully I was well supported by my husband, who worked from home.

### **What have the most significant struggles been?**

Over this period, the biggest struggle for me was the frequent discussions with families about the deterioration of their loved one due to COVID-19 and putting an end of life care in place because they would not be suitable for hospital admission or likely to survive this.

I contracted COVID-19 in the second wave in January 2021, which was frightening because I didn't know how I'd respond to the virus and worried about my long-term recovery. I passed it on to my three children, who were fine, but I became acutely aware of how easily the virus was transmitted.

I believe about 40 percent of our team have had COVID-19. When testing was slow to roll out in the first wave, some were only picked up on antibody testing mid-year, with a few unaware they had ever had it.

### **How have you dealt with the workload?**

For our team, the workload increased as a lot of face-to-face contact with other clinicians ceased, or many were shielding themselves. Being an admission avoidance team, those who could see patients face to face were expected to. Communication, teamwork and flexibility became a vital part of our daily routine at work to support one another.

I think I was able to get through this period with the support of my husband at home and lots of long walks with a friend on days off work. When the tennis courts were open, I spent a lot of my time there playing tennis.

### **Have you been supported with your wellbeing?**

There have been opportunities at work to support wellbeing during the pandemic for staff, including wellness sessions. For me, I have a flexible working contract which has been helpful - knowing my days off helps me to plan and rest. I found playing tennis was a great outlet for stress.

### **How has the vaccination programme gone over there?**

The vaccine rollout over here has been a success. Today, 89 percent of the population have had their first dose, and 75 percent have had their second, which has allowed the UK to lift restrictions and cautiously get back to some normality.

Since many of the UK population have been vaccinated, have you noticed a change to your workload?

Yes, there was a period where we didn't see any COVID-19 patients. Numbers have started to increase again but not at the rate during the peak. There is less serious illness and pressure on the critical beds in hospitals.

### **Are you returning to BAU or still dealing with COVID-19 cases?**

As a team, we have needed to regroup following this second wave of COVID-19. The patients we see are now more complex. We have had to look at new ways of delivering our service and re-establishing our team back with providers that we have not had a lot of contact with during the pandemic due to COVID-19 restrictions. Although we're not seeing COVID-19 patients, we continue to be vigilant with PPE and swabbing where we think there is a need.

### **How have you felt NZ has dealt with the pandemic?**

New Zealand has been very lucky to mostly keep COVID-19 out of the country and have little change to everyday life. I would encourage New Zealanders to be vaccinated as I have seen the first-hand transmission of COVID-19 from a healthy individual family member to a vulnerable relative, which can have a devastating and lasting impact.

### **What could we learn from the UK's experience of COVID-19?**

Be prepared. Vaccinate your population. With COVID-19, there have been so many unknown variables, and on reflection, sometimes here, it's felt too little, too late. New Zealand is in an advantageous situation where you have done a good job keeping the virus out of the country and have time to keep your people and health service safe.

### **Would you like to return to nursing in NZ?**

I hope to return to New Zealand to nurse one day, working in the area of admission avoidance.



# Haruru Falls Rongoā Practitioners

## Inspired to Build a Space for Healing and Wellbeing

Rongoā Māori practitioners Minni and Ualesi Vaega spent two years building a space for wānanga, healing, and wellbeing.

The couple noticed that tohunga travelling to the area needed a place to rest before continuing their work. Then were inspired by a vision and design for a Rongoā clinic and told if they built it, people would come. Which they did, and it has continued to grow.

The view from the whare looks over the Waitangi River's mouth, which Ualesi said is fitting considering its history.

"The purpose of this whare is for healing and wānanga, and we know that during the early colonial years, this land hosted many wānanga where hapū leaders would gather to share, to learn, and plan."

With wooden beams cut from trees from the land, the bricks handmade from clay, or the carefully considered location of crystals under the floorboards, the whare serves as a calm and healing space for anyone who needs care.

"The word whakarongo means to listen, but within that word is rongo, which means peace. When we slow down and take time to really listen to our bodies, our

environment and our spirits, we can be guided to find peace," affirmed Ualesi, reflecting on the busyness of our lives and the need for spaces that allow us to slow down and listen.

Minni shared that truly and deeply listening is an act of reclaiming the power to heal ourselves.

"We are more than just our physical bodies. We are spiritual beings, and we are energy. Rongoā is not about treating symptoms. It's about a complete way of living."

Minni and Ualesi's Rongoā clinic is open to the community at the Haruru Falls Clinic on Thursdays between 9am-3pm. It is delivered by the Taonga Hauora Trust in collaboration with the Northland DHB funded Rongoā pilot.

"The call to include Rongoā as a treatment avenue came from whānau right across Te Tai Tokerau. This initiative was driven by the people, co-designed with local Rongoā experts, and backed by the Northland DHB. We are thrilled to be supporting the vision whānau have for their health and wellbeing," said Viv Beazley, Northland DHB.

To make a booking, email [minualesi@gmail.com](mailto:minualesi@gmail.com).



Ualesi and Minni Vaega Haruru Rongoa Practitioners



# Taumata Rongoā o Hauora Hokianga

## traditional practices to re-frame hospital as a place of wellbeing and healing



Last year's Puanga and Matariki planting

Hauora Hokianga is planting more native trees to develop their Ara Rongoā Hikoi Whakaora, wellbeing and healing pathway, which will eventually loop around the entire hospital site. Their vision is to reframe the hospital from a place of illness to a place of wellbeing and healing.

Taumata Rongoā o Hauora Hokianga service spokesperson Hone Taimona shared that the traditional practice of Rongoā Māori recognises the reciprocal relationship between people and our environment.

“The land can keep us well, but we have a responsibility to keep the land well,” said Hone

“When we heal the whenua, we heal the people”.

The utilisation of the land around the hospital as an Ara Rongoā will provide a natural and holistic environment that facilitates healing, learning, understanding and connection.

“The Ara Rongoā will envelop the full hospital site as a literal pathway and as a wellbeing pathway. We have just planted more native trees and have the beginning of a Māra kai - food garden. We will be planting fruit trees and establishing gardens with plants we can use in our wellbeing plans,” said Jessie McVeagh, Manutaki or project manager of the Ara Rongoā Hikoi Whakaora.

Volunteer Kairongoā practitioners established the Taumata Rongoā service in 2020. It recently became part of Hauora Hokianga health service after receiving funding and support from the Northland DHB Rongoā Māori pilot programme initiated following the call from whānau for greater access to Rongoā services.

Having the Taumata Rongoā service within Hauora Hokianga enables treatment choice for patients, with conventional medicines now offered alongside traditional healing practices.

“We want to enable Rongoā in all its forms, and that means we’re considering more than just physical health. We want to beautify our spaces, so they become places of connection, healing, peace and refuge,” said Hone.

“The Ara Rongoā Hikoi Whakaora can support all people regardless of where they are in their health journey. From new life through to the end of life, access to Rongoā is available throughout the whole spectrum of human experience,” Hone explained.

Hauora Hokianga partnered with local Rongoā practitioner Amy Bristow and Ringa Atawhai Matauranga training establishment to support the service provision. Ringa Atawhai Matauranga runs wananga Rongoā Level 3 and 4 certificate programmes where more than 25 hospital staff and 70 local community members are learning the art of traditional healing practices.

These partnerships educate the community and staff on the benefits of Rongoā while increasing the number of qualified practitioners, making the service sustainable.

Hauora Hokianga is keen to see the community actively engaged in reclaiming their spaces of health.

“We would love to see our whānau coming in to utilise the gardens, to enjoy the kai grown in the mara, to use the fruit from the trees, and to contribute to its growth by giving of your time to plant and harvest kai, or by bringing cutting of plants or seedlings from home,” said Jessie.

“There are many ways you can contribute to the health and wellbeing of your community. Small contributions can make a big difference.”

If you would like to contribute to the Ara Rongoā Hikoi Whakaora in Hauora Hokianga, please get in touch with Jessie McVeagh.



# New Zealand First Hepatitis C Test and Treat Service in Community Pharmacies



Unichem Orrs Kaikohe Pharmacist Jilly Williams

In a New Zealand first a new free Test and Treat programme for New Zealanders with hepatitis C infection was launched on World Hepatitis Day in community pharmacies across the Northern Region. Testing and treatment will be easier and more accessible than ever before.

This innovative initiative sees selected pharmacies in Northland and Auckland able to provide both a quick finger prick test for hepatitis C virus infection, and also to provide safe and effective treatment for those who test positive. There is no appointment or prescription needed.

Hepatitis C is a common cause of liver disease and can cause liver cancer.

Ed Gane, Hepatologist and Professor of Medicine at the University of Auckland, says, “early detection and treatment of hepatitis C saves lives. I encourage anyone with current or past risk factors for hepatitis C exposure to get tested at his or her general practice or local pharmacy.”

Dr Catherine Jackson, Medical Officer of Health at Northland DHB says, “testing in pharmacy helps people find out easily that they have hepatitis C, and now we have made it even easier to get treated with treatment available both from the pharmacist or from your GP.”

Jilly Williams, award-winning pharmacist from Unichem Orrs Pharmacy Kaikohe added, “overseas research has found that increasing access to testing and treatment through the pharmacist increases the number of people who get treated and therefore cured. We are pleased to be able to help New Zealand and our community get rid of hepatitis C through the Pharmacy Test and Treat programme.”

Testing and treatment in the pharmacy is free for New Zealand residents, with test results in just five minutes. The treatment is just a short course of tablets for eight weeks for most people. Treatment is over 98 percent effective in curing hepatitis C.

There will be 13 pharmacies in Northland and 51 pharmacies in the Auckland region offering this service.

## Revised Care Plan

Northland DHB has consistently failed Health and Disability Service Standards auditing for completion rates on nursing patient assessment and care plan documentation. Therefore 18 months ago, a project team made up of members from the Nursing and Midwifery Directorate, the Patient Safety & Quality Improvement Team and the Innovation, Improvement and Excellence Team began working with staff on the wards and other key stakeholders to develop a revised care plan.

The idea was to create a plan that is more patient-focused, user friendly, less repetitive and more cohesive with generic assessments all in one place. After lots of consultation and reaching version 12, they managed to amalgamate six documents into one.

In early August, the team was ecstatic to replace the old forms with a product they feel is more suitable for staff and patients. This version will be trialled for the next six months DHB-wide in the acute care wards, excluding ICU, SCBU, paediatrics, mental health and maternity.

The Project team will monitor completion rates for the revised care plan, and at the end of six months, with an opportunity for each area to feedback with changes made as required.



The Project team happily throw out the old Care Plan's

# New Northland Business Excellence Award Recognises Support for Mental Health & Addictions in the Workplace

Northland DHB is pleased to support the establishment of a new Northland Business Excellence Award, which celebrates Northland businesses who support people with mental health and addictions into employment.

The Workplace Diversity and Inclusion award is designed and sponsored by Far North Trust, Te Mana Oranga. As part of the service they deliver to their communities, Te Mana Oranga know and understand the positive impact meaningful employment can have for individuals and businesses.

“Anyone at any time can be affected by mental health and addictions challenges,” offered Reg Peterson, chief executive at Te Mana Oranga Trust.

“Establishing this award recognises the businesses who are actively working to reduce the stigma attached to mental health and addictions, by providing opportunities for people to join the workforce.”

“These incredible businesses make a significant impact in their communities when they open their doors to people from all walks of life. We want to celebrate and recognise these businesses and acknowledge the increasing need for support for mental health and addictions in the workplace,” said Reg.

Mental Health and Addictions Services are delighted to see businesses committed to ensuring meaningful employment for all people.

“Te Mana Oranga does an incredible job brokering employment opportunities for people in the Mid and Far North,” said Ian McKenzie, general manager, Mental Health and Addiction Services.

“We know that having meaningful employment reduces the impact of poverty and increases the health and wellbeing of employees, which has a ripple effect outward on whānau and the greater community.”

“We stand with Te Mana Oranga in celebrating and recognising the businesses in Northland who champion diversity and inclusion in the workplace,” Ian said.

NorthChamber chief executive, Steve Smith also welcomes this additional category to the Business Excellence Awards.

“Mental health and addiction are very real issues in our workplaces and community. It is important and relevant that we spotlight businesses that show strong social responsibility, we can learn from them, emulate them and build a more vital, connected community to live and do business in.”

Entries close on 15 October – please share with your networks. To apply, visit:

<https://www.northlandbusinessawards.co.nz/workplace-diversity-and-inclusion-award/>

## Water is the Best Drink

A new drinking water fountain has been installed adjacent to the Whangārei i- SITE Visitor Information Centre at Tarewa Park as part of an ongoing health promotion initiative to provide fresh, clean drinking water in public community spaces throughout Whangārei and Northland.

Whangārei District Council installed the fountain and agreed to clean and maintain it. The Northland Branch of the New Zealand Dental Association (NZDA) sponsored it, and Northland DHB provided the oversight and advice required to facilitate the process of purchasing and siting.

When Northland DHB Kaumātua Te Ihi Tito blessed the fountain, he spoke of the importance of water to life and wellbeing. Dr Neil Croucher reminded us of the key health promotion message for this initiative, which is, ‘Water is the best drink’.

Installing drinking water fountains in community and public spaces across Northland will continue as and when resources allow, supporting the Ottawa Charter goal of making healthy choices the easy choices.



Dr Lenoka Rupasinghe, branch president of the NZDA and Dr Neil Croucher, Oral Health Advisor for Northland DHB



# Local artists bring light and hope into inpatient mental health unit, Tumanako



Artists Ana Jakeman and Lenny Murupaenga & the 46-metre-long mural

The entranceway at Tumanako, the inpatient mental health unit at Whangārei Hospital is now more welcoming thanks to a mural created by local Māori artist's Ana Jakeman and Lenny Murupaenga. The pair spent two weeks constructing and shaping the 46-metre-long mural which wraps around the walls of the entranceway.

"The mural is about the light. It is about the light that existed before time. It's about the light that Io Matua Kore provides for us," said Lenny.

"It is about the light that came to us when Ranginui and Papatūānuku were separated. It is about the light that is in each of us. This mural funnels all that light and passes it to anyone who comes through this whare."

The mural covers the walls of one of two entranceways. The front entranceway is open with a reception and waiting room, while the side entranceway is used to bring in people who require urgent care.

The idea to redesign the entranceway came after receiving feedback from people who have been in

the unit and shared that the area needed to be more welcoming.

Northland DHB Mental Health Service Manager Deborah Barrow was moved to tears when she saw the mural. While expressing her gratitude for the artwork created, Deborah reflected on how the art made people feel and the difference that would make to people on their healing journey.

"People requiring intensive care are already in tough situations. The last thing they need is to be brought into a space that is cold and void of the manaaki, and the aroha that this service is about," said Deborah.

"What Ana and Lenny have given us, and given to anyone coming into our care, is the light and the hope that this space has been missing."

Ana, who has experience with mental illness, described the rainbow colours as reflections of hope.

"We wanted to make the space beautiful and welcoming for all. It's now a space for healing. This entrance is the beginning of that journey," said Ana.

# Moana Tane, New General Manager Te Poutokomanawa – Māori Health Directorate



Moana Tane

After settling into the role of General Manager Te Poutokomanawa – Māori Health Directorate we sat down with Moana Tane to find out how she's going and to discuss her future plans.

Moana and her whānau have lived all their lives in the beautiful Kaipara. She was born in Te Kopuru and grew up in Dargaville. Te Tai Tokerau is home for her and she is thrilled to be back and working to ensure better health outcomes for Māori.

"I have been very fortunate in my career to grow, develop and stretch myself across a number of different roles. Each has given me good learning, good experience, and good fun. But I'm glad to be home," said Moana, reflecting on her experience.

Moana began her professional career in education after graduating as a teacher. She taught at both Raumanga Primary and Manaia View Schools before taking up a position with her iwi Te Rōroa as a researcher. Following that, Moana was given the opportunity to coordinate the delivery of a regional Smokefree Aotearoa programme, which was her entrance into public health.

"I learnt so much coordinating the Smokefree Cessation programme. I saw first-hand the realities of the ethnic disparities and the impacts that had on the health and wellbeing of indigenous peoples both in Aotearoa and then, Australia. It was this learning that inspired me to do both my master's and PhD studies in this specific area of health," said Moana.

"The goal of my research was to illuminate possibilities for interventions that appropriately engage with indigenous realities. I hope to continue in that vein of illumination in my current role too."

When asked about the future of DHBs, Moana was quick to highlight the opportunities available to support lasting and generational change.

"With change comes opportunity. As Te Poutokomanawa, we will continue to support the aspirations that we all have for better health outcomes for Māori, to reduce the mortality rates, and to increase participation in managing our own health and the health of our whānau," said Moana.

Moana described Te Poutokomanawa, as providing Māori leadership within Northland DHB. The Takawaenga service is engaged daily with whānau Māori across the most acute and urgent needs. Understanding the needs allows the directorate to offer solutions and to work collaboratively with the wider organisation on matters of importance for Māori.

"I am a firm believer that if you get it right for Māori, you get it right for everyone."

Recently Te Poutokomanawa commissioned rongoā services in three locations throughout the region and have received amazing and very positive feedback.

"The recognition of rongoā as a therapeutic approach is important, as it provides connection points to the whenua for healing, utilising traditional practices, which are complementary to a Western model of health. It's not an either or, it's about collaboration and using both models to facilitate the healing journey for whānau," said Moana.

"It is well known that in Te Tai Tokerau, we have a legacy of underinvestment in our people and our region and this has led to increased health disparities. However, we should also celebrate increasing health literacy among Māori in Te Tai Tokerau and as a funder for kaupapa Māori health services in the region, we are doing some things well. We continue to be committed to tracking the things we do well and identifying and addressing the gaps to ensure we continue to progress," Moana assured.



# Rising to the Challenge



Contact Tracers Zoom meeting

As of Wednesday 8 September 2021, additional businesses and locations will be required to take steps to ensure people can easily make a record when they visit. Good record keeping supports faster communication with those who are identified as contacts of a positive COVID-19 case.

During this latest outbreak, the Auckland Regional Public Health Service (ARPHS) has been supported by a team of dedicated Northland DHB staff doing contact tracing. An essential task that is highly detailed and arduous but completely necessary to help beat COVID-19.

Northland DHB Medical Officer of Health, Dr Catherine Jackson and Public Health Nurse Leah Bamford worked together to set up, train and coordinate the team that includes nurses, social workers, health protection officers, and members of the Public Health Intelligence, Māori Health, Violence Prevention, Needs Assessment Service, Dental and Health Promotion teams to help with the response.

Dr Jackson said she is immensely proud of the team that has come together to deliver high-quality work.

“To hear them on the phone, with often very stressed contacts, is an amazing example of the ‘people first’, ‘can do’ attitude of Northland DHB staff. They are great ambassadors for our DHB, making us look good, in addition to embodying our DHB’s values.”

Dr Jackson said the team willingly jumped in with no real idea of how complex and demanding the work is and have risen to the challenge.

For Leah, Level 4 means work, and lots of it. She said whenever there is an outbreak, Public Health is right up there will all the other health sectors setting up a

response to support our community’s needs.

“Our team stood up additional testing centres, changed our vaccination centres to drive through clinics and stood up this team of contact tracers.

“During our surge, we trained 21 daily symptom checkers and 13 nurses to use the National Contact Tracing System (NCTS) and supported them in learning about contact tracing.

Leah said this response was more significant for contact tracing than in any other covid-19 outbreak.

“There were thousands of contacts been added to NCTS every day, with Northland receiving between 100 and 200 new people to contact every day as part of our national surge response plan.”

She said at their peak, symptom checkers were checking on over 650 people daily.

“It has been so amazing to watch the creation and transformation of a team that on the 16 August didn’t even exist.”

She and Dr Jackson said they are very proud to be part of the contact tracing team that stood up to the challenge and continue to work hard, having picked up the Warkworth associated caseload in addition to the other work they are doing.

You can help the team out by turning on Bluetooth and scanning in everywhere you go.

If you receive a COVID app push notification, or have been at a location of interest, make sure you contact Healthline to register for contact tracing.

All of this helps this fantastic team of contact tracers do their job.

# Where Everybody Knows Your Name

For most new parents attending one of Northland DHB's Childbirth Classes is one of the exciting steps towards being parents. Partners are encouraged to participate and meet others.

Because it is such a popular class, people are asked to book early, so they don't miss out.

The Whangārei classes are based at Te Puawai Ora in Commerce Street and cover all different stages of labour, infant care and breastfeeding and the opportunity for the new mothers and their partners to take a tour of the delivery suite. It is a great place to ask questions, share all the excitement and nervousness of what's about to come with other new parents to be.

Te Puawai Ora is also open every weekday for parents to meet with the midwifery team before and after the birth to get advice, resources and lactation support or simply as a place to come and feed and change their babies.

After the birth, this vast new chapter in a parent's life can often be marred by feelings of overwhelm and loneliness, which is why the Monday coffee groups at Te Puawai Ora are such a vital and unique service.

An aroma of freshly baked scones and the hum of the jug bubbling away draw the growing number of parents and their bundles of joy into the warm, welcoming space.

Childbirth educator Natasha Sidford and midwife Monique Williams wait with open arms, ready to answer any questions the women have on their minds.

Several regular members have become good friends and regularly meet up online or for walks outside the

class, and new members who haven't been able to get out of the door in time before are welcomed in by everyone.

The common thread for all these mothers is that there is no judgement once they walk through the door. Here, they are among like-minded people who truly 'get' what each other is going through.

Participants say they come because it's one place they can talk about baby stuff that no one else wants to hear about. And no one is going to ask for a hold of their baby either, but if they need a hand, there are plenty of capable offers.

Natasha and Monique offer regular sessions on breastfeeding, sleeping and settling techniques, the fourth trimester, baby massage and information about resuming cycles and contraceptive options. They also open the floor to the mothers to honestly talk about any issues they have. Knowing the women feel comfortable and safe enough to share with the group is the group's true purpose.

They want it to be a supportive environment that allows everyone to share their feelings without judgement. Whether they feel completely exhausted or frustrated or even if everything is going perfectly, having a platform to share with a group of like-minded people who encourage each other to let down their guards and be open is what it is all about.

Here, everyone learns together and from each other and Natasha and Monique want all parents in Northland to feel welcome to come along and join in, recharge and connect.



Midwife Monique Williams and members of the Coffee Group



# Northland Waste Kaitaia support mental health and wellbeing in the workplace



Northland Waste Kaitaia supporting people into work.

Northland Waste is working together with the Ministry of Social Development, Northland DHB and Te Mana Oranga to support people with mental health challenges into work.

Two newly employed staff, James Frith and Scott Foster, are eight weeks into their new roles with Northland Waste.

Northland Waste Manager, Darryn Shanks, said that while this was a new initiative for the team, James and Scott are fantastic additions to the team and a pleasure to have on site.

“In the first instance it was important for us to make a commitment to giving them a shot. That was the first step. The second was to follow the process and find people who were going to be a good fit for the site and the workplace,” said Darryn.

Both James and Scott were previously unemployed before engaging with Far North employment support service, Te Mana Oranga. Through Te Mana Oranga, James and Scott were connected with Northland Waste who interviewed them, before extending the invitation to work on a fixed-term basis.

James shared that although the work might be a bit smelly; it was good work for him.

“It’s great to be in work, have a bit of extra money, and to contribute to the community,” James said.

Both James and Scott have set themselves goals for continued employment, and will be working closely with employers Northland Waste and Te Mana Oranga to support their career aspirations.

“We are certainly keen to continue our relationship with Te Mana Oranga to provide opportunities for people to work,” offered Darryn.

“Shortly we will be sitting down with James and Scott to understand what they want to do, and how we can support them. We will be guided by them.”

Te Mana Oranga knows the impact that meaningful employment can have on a person who has experienced mental health challenges.

“Having a mental illness does not make you ineligible for work. These fine young men are a great example of how when businesses step up and provide opportunities in a safe environment, people with mental illness will rise to the challenge,” said Te Mana Oranga CE, Reg Peterson.

“Northland Waste Kaitaia have done a wonderful job of making James and Scott safe and welcomed in the workplace. We are thrilled to see local businesses providing opportunities for our community,” said Reg.

Darryn shared that as James and Scott have established their rhythm and routine in Northland Waste, they have grown in confidence and their work is now speaking for themselves.

“Staff notice what they do, and they see their work before they see their illness,” said Darryn.

It’s not just the staff who are noticing the difference. Regulatory inspections have also recognised the impact of having James and Scott on site.

“Every month we have checks from the local Council, and we have always been given feedback around keeping the site clean and tidy. Since having James and Scott here, it has never looked better. They even asked us what we were doing differently,” shared Darryn.

“It’s fair to say, they are making us look good and definitely adding value.”



# Out & About





RNZCGP principal quality advisor Heidi Bubendorfer (left foreground) presents Rust Avenue Medical Centre practice manager Nadine Whitton (right foreground) with her Cornerstone Accreditation certificate. Rust Avenue Medical and Mahitahi Hauora staff look on in the background.

A Whangārei general practice is leading the country in its commitment to more equitable health outcomes for its patients after becoming the first in New Zealand to achieve Cornerstone Equity accreditation.

Rust Avenue Medical Centre was awarded its Royal New Zealand College of General Practitioners (RNZCGP) Cornerstone Equity accreditation in August this year, after beginning its quality improvement journey with the renewal of its Foundation standards in 2019.

Every general practice in New Zealand must achieve RNZCGP Foundation accreditation every three years as a mandatory quality standard. From there, the next step up in the College's quality framework is Cornerstone. Practices that choose to progress to Cornerstone level can currently complete an Equity module and a Continuous Quality Improvement module. A teaching module is currently under review.

Equity is particularly important to health care in Northland because there are significant disparities in health outcomes between different groups in the community. The region has a high Māori population, as well as a diverse range of other groups who have specific health needs or poorer health outcomes compared with the general population.

Practice manager Nadine Whitton says completing the Equity module has "definitely benefited the practice".

"Equity is really important. We're more open and aware of it now. We've improved our target boards to include a wider range of ethnicities," she said.

"Another thing we've done that I'm really pleased about is campaign to get better ethnicity data. I asked Predict Enigma to put ethnicity data in some of their reports, and just last week I went into the reports and it had been done!"

Reports from Predict Enigma go to Rust Avenue Medical's clinical team to identify patients with diabetes who need their annual diabetic review. Adding ethnicity

data means the team can now quickly and easily prioritise target groups to help achieve more equitable outcomes.

"Next, I'm working on getting our practice management system to provide ethnicity data for the patient portal uptake, so we can see if we've got equitable uptake of the portal. That sort of thing benefits other practices too," Ms Whitton said.

Mahitahi Hauora chief executive Jensen Webber congratulated Ms Whitton and the Rust Avenue Medical Centre on their achievement.

"It's great to see Rust Avenue Medical Centre's commitment to achieving more equitable health outcomes for whānau and communities. Equity is central to the Mahitahi Hauora kaupapa. It's about getting the same outcomes for everyone, and it's not easy to achieve that – everyone has different needs, so our mahi for different groups in our community needs to be responsive. We encourage and recognise the mahi our practices do in this space, and our improvement partners and Whānau Engagement team are always here to provide support."

The Cornerstone Equity module aims to set practices up to deliver sustainable health equity outcomes. It focuses on four areas, where practices need to develop pro-equity elements: the practice team; organisation and leadership; service development and delivery; and workforce.

"It looked monumental. The College asked me to try it and give them feedback," Ms Whitton said. "They said it was about making a commitment to start and I didn't have to finish it all. But we did everything!"

The Rust Avenue team changed its approach to human resources to reflect an equity focus – updating policy, including equity questions and an equity champion in recruitment interviews, and analysing candidates' answers to ensure they would fit into a pro-equity practice. They also changed job descriptions, person specifications and contracts to reflect an equity focus, added equity to staff performance reviews, and carried out a gap analysis to ensure their team reflected the ethnic makeup of their community.

Practice owners Pam and Conlin Locke showed their commitment by releasing time for Ms Whitton and her staff to work on equity.

"I wrote a training module for our staff using the excellent equity resources the College provided, and we all completed training in racism, bias and discrimination. Then we looked at all our services to improve equity, and wrote an equity plan," Ms Whitton said.

Ms Whitton said she was "tickled pink" when Heidi Bubendorfer, principal quality advisor at RNZCGP, contacted her to say Rust Avenue Medical Centre was the first practice in the country to achieve the Equity module.

# Dedicated mental health and wellbeing support in your GP clinic



Dedicated support for mental health and wellbeing is now available in GP clinics throughout Te Tai Tokerau.

The newly implemented roles of Health Improvement Practitioner (HIP) and Health Coach (HC) are working as part of general practice teams to deliver a new model of primary mental health and addiction care.

Following a piloted rollout, the innovative mental health model Te Tumu Waiora has been expanded to include 18 GP clinics around the Northland region with more practices expected to be able to provide services in the coming months. In line with other Ministry of Health investments, Te Tumu Waiora aims to increase choice and access to mental health support.

HIPs are registered mental health practitioners who work as members of the general practice team. Health Improvement Practitioners (HIP) are trained and qualified to help people from all walks of life.

They provide free brief interventions, and are well connected with local organisations to ensure that people can access the support needed to address challenges, maintain behaviour change and increase their wellbeing.

Health Coaches work alongside the HIP and general practice team to act as a partner, encouraging people to identify their own priorities for change and supporting them to find the resources, tools, and supports to meet their goals.

The Health Coach can often be out in the community facilitating walking groups, advocating for health needs, meeting with whānau or connecting people to other services. Health Improvement Practitioners and Health coaches work together to support the behavioural health needs of the general practice and the communities they serve.

“What Te Tumu Waiora allows us to do is to provide easy access to high-quality care. If you are registered with the general practice, this service is free and supports you to improve your overall health and wellbeing,” said Ian McKenzie, general manager of Mental Health and Addiction Services at Northland DHB.

Te Tumu Waiora has already seen many positive encounters where people have been supported by the HIP and Health Coach with behavioural and wellbeing needs.

One patient, a young teen, came to the doctor presenting with symptoms of vomiting and panic. After meeting the HIP, it was identified that the teen was feeling a lot of emotion in relation to her mother’s recent cancer diagnosis. Together with the HIP, they developed a set of strategies for her feelings and thoughts and guides around how she would respond to these.

After two sessions with the HIP, the mother noticed a significant change in her daughter’s mood. She was re-engaged with school, talking openly about her feelings,

and had grown in “leaps and bounds” from where she had been.

Another patient, an older woman in her 80s, was referred to the Health Coach by her GP. She was thinking about downsizing and moving into a care home, but didn’t know where to start.

The Health Coach sat down with the patient to get a good understanding of her needs. The next day, the Health Coach visited the patient in her home and brought with her information from Work & Income to help her understand her entitlements. The Health Coach even accompanied her to site visits to get a good feel for the facilities. The older woman was supported to understand her options, and felt more confident making decisions for her future.

In a collaborative effort to ensure the successful rollout of the service, Northland DHB has brought together primary health entity Mahitahi Hauora and a collection of regional NGOs to support both the HIP and HC roles.

Mahitahi Hauora Mental Health & Addiction Team Leader Maureen Betts said Te Tumu Waiora had benefited patients and staff alike at the practices that have got on board.

“It works for patients because it’s behaviour-based, non-judgemental and non-diagnostic, and because it’s quick and easy to access the service. People can usually see the HIP the same day they visit their practice – often within 10-15 minutes. And it works for practices, because it gives them more options to provide quality care while making a positive impact on GP workloads,” she said.

“Wellbeing belongs at the heart of every health service, and we are really proud to be partnering with our wonderful general practices, Mahitahi Hauora, and our excellent local NGOs to deliver the support our communities need,” said Ian.



HIP Victoria with patient Broadway Kaikohe



# Come On, Northland, let's be protected against COVID-19

To be fully vaccinated by Christmas, you need to have your first dose by the end of October

Let's have a COVID-19 Free Christmas/New Year

## COVID-19 Vaccination

Anyone 12 years and older should be vaccinated against COVID-19.

Vaccinations are completely free and are one of the most powerful tools against COVID-19.

Two doses of the Pfizer vaccine are how we protect each other, our whānau, and our community, including against the delta variant of the virus.

Bookings are not required. However, you can book if preferred via [BookMyvaccine.nz](https://www.bookmyvaccine.nz) or call the **Covid Vaccination Healthline 0800 28 29 26**.

Several pharmacies and general practices in Northland also offer COVID-19 vaccinations – for more information, visit [www.healthpoint.co.nz](https://www.healthpoint.co.nz) or [www.karawhiua.nz](https://www.karawhiua.nz)

## MĀORI HEALTH PROVIDERS – COVID-19 Vaccination Clinics

Māori Health Providers are hosting COVID-19 vaccination clinics for Māori aged 12 years and older.

For more information about making a booking or local walk-in clinics contact a provider on the number below.

Māori Health Provider	Contact Number
• Whakawhiti Ora Pai .....	09 409 7880
• Te Hiku Hauroa .....	0800 808 4024
• Kāeo COVID-19 Vaccination Centre .....	0800 465 236
• Ngāti Hine Health Trust .....	0800 272 4842
• Hokianga Health Trust .....	09 405 7709 ext. 709
• Te Hau Ora O Ngāpuhi .....	0800 484 006 Option 1
• Te Ha Oranga .....	09 439 3013 Option 1
• Ki A Ora Ngātiwai .....	09 435-4586
• Te Hau Āwhiowhio ō Otangarei Trust .....	0800 120 916

## Me whakapapa te ora

**Hoki ki ngā tūāpapa** - Connecting to practices that nurture wellbeing



Immunisation is one way to protect whakapapa. Being immunised helps our bodies build strong defences if we get sick



If you have COVID-19 symptoms, contact Healthline on **0800 358 5453**



Stay home if you are sick, stop the spread of illnesses and take care of your whānau



Wet your hands under clean running water. Use warm water if available. Put soap on your hands and wash for 20 seconds. Liquid soap is best



Keep track of where you have been with the NZ COVID Tracer app. If you can't use the app keep a calendar or diary or take photos so you can recall where you've been.



Coughing and sneezing into your elbow is one way to prevent spreading illnesses

**These are simple ways we can protect ourselves from COVID-19** - Kia pūmau te ora - to maintain wellbeing

# MAKE SUMMER UNSTOPPABLE



## Good places to get information are:

[www.northlanddhub.org.nz](https://www.northlanddhub.org.nz)  
[www.covid19.govt.nz](https://www.covid19.govt.nz)  
[www.immune.org.nz](https://www.immune.org.nz)  
[www.karawhiua.nz](https://www.karawhiua.nz)  
[www.health.govt.nz](https://www.health.govt.nz)

