

Pegasus 2025

Kia atawhai ki te tangata



A MESSAGE FROM OUR CEO

Tēnā koutou katoa – Greetings to you all.

COVID-19 Update

Last week, the requirement for health workers to be vaccinated took effect. Given our proximity to healthcare we've made the decision to require all staff and visitors to Pegasus House to be fully vaccinated.

The COVID-19 Protection Framework, or traffic light system, comes into effect at midnight on Thursday 2 December. This is our way forward in managing the pandemic once we have a highly vaccinated population. While there's much to learn about how we operate in the traffic light system, one thing remains the same – Scan. Scan. Scan. Ensuring we continue to scan in wherever we go is key to ensuring our population's health.

New Zealanders can now access My Vaccine Pass. As we move into the traffic light system, My Vaccine Pass will be critical to enabling us to enjoy greater freedoms. You can learn more about [My Vaccine Pass here](#).

Men's Health

In this month's issue, we shine a spotlight on some of our male nurses. Overwhelmingly, the message coming through in all these stories is the importance of male nurses in primary care. This supports a model where patients have the opportunity to identify with the most appropriate health professional to meet their health needs.

We also look at some of the initiatives and programmes in development and underway to support men's health. Aotearoa's men are over-represented in our suicide statistics. Our Q&A with Tim Chainey shares some of our knowledge and experience around male suicide, including how we can focus our prevention initiatives to maximise their effectiveness.

Kāhore taku toa i te toa takitahi, he toa takitini.

We cannot succeed without the support of those around us.

MARK LIDDLE

MANUKURA / ACTING CHIEF
EXECUTIVE OFFICER



IN THIS ISSUE

Scott Chapman on male nursing | 2
Menz Medical nurse, Arnie Scandrett | 2
More men needed in nursing | 3
The Blokes Book | 3
Simione Tagicakibau | 4

Fulfilling primary care career ahead for young nurse | 5
Q&A: Suicide prevention programmes for men | 6
Family Harm mental health support | 7
New initiative to help primary care with Family Harm | 7
New Brighton COVID-19 testing pop-up | 8



SCOTT CHAPMAN ON MALE NURSING

Menz Medical nurse, Scott Chapman, loves his job because he meets lots of people and helps them take better care of themselves.

Scott is an Irish-trained nurse who jumped at working at a male-orientated clinic when a job came up in 2019.

“I’d never seen a men’s health clinic before, nothing like that exists in Ireland. I just fell in love with the place ... and how specialised they are. We’ve got a great group of guys that come in here ... you can have a chat with them ... and you know they appreciate what you do,” he said.

“The best part is there’s an understanding between us guys. There’s no barriers, no fences between us, whether that’s something personal or sexual health. We have great outcomes. Guys who are maybe a little bit hesitant and you get to see them get a lot better in their management of their health care.”



MENZ MEDICAL NURSE, ARNIE SCANDRETT

Nurse Arnie Scandrett loves working in a male-friendly, relaxed environment where patients can access specialist care, and where he and other Menz Medical staff can impart tips to improve health and wellbeing.

“We have to be purposeful in what we are doing. We are here for a reason. We are here to improve health outcomes for men, and if we have the time give education to the individuals to improve their health literacy. We can have some great conversations in amongst all the interventions we are doing.”

Arnie retrained as a nurse more than a decade ago after considering a few career options, including the police and teaching.

“I think I have a caring ability ... it (nursing) seemed to be a nice mix using your heart and being an agent of therapy to help others.”



MORE MEN NEEDED IN NURSING



Michael McIlhone, Pegasus Health Director of Nursing, reflects on males in the profession and how to encourage more.

“I’ve been nursing for 44 years. I vividly remember when I commenced my training being the only male in my nursing class. In those days males predominately went into mental health or tertiary nursing. Not many, if any, went into primary care. That’s gradually changed over the years but we still need to provide more information and access for men to see primary care as an attractive career option.”

Michael said there are about three male nurse practitioners working in general practice in Canterbury and up to 10 male registered nurses working in general practice or primary health care.

One of the ways to increase the number of males in primary care nursing is to make it clear early in their training that it is a varied option with plenty of opportunity. Michael says in Canterbury there are good relationships between health providers and trainers to enable this. Relationships with secondary schools are also developing.

Michael says males in primary care often say it fits well with their desire to make a difference and connect with a variety of people. The same applies to males in nursing training: “They don’t see barriers, they see opportunities.”

“Primary care is at the coal face and engaging with people and their needs. If you want to be involved in a holistic area of health and empower the health consumer, it offers that and more.”

Michael says encouraging more males into primary care nursing reflects a model where patients have the opportunity to identify with the most appropriate health professional to meet their health needs.

“Part of achieving equitable access and equitable health outcomes is developing a workforce that reflects the diversity of our patients - men are part of the solution.”

THE BLOKES BOOK

More than 100,000 copies of The Blokes Book have been given out since it was first produced after the Christchurch quakes. There are copies in Pegasus Health practices and service outlets, and Canterbury new fathers are given a copy with their Plunket information. The Christchurch Men’s Centre produced the book to give men information on where they can get help for health and mental health issues. The book is part of the Centre’s efforts, along with services such as Pegasus Health’s mental health programme, to make counselling more accessible for men who may be confused about where to get help, or ashamed about asking for it. For a PDF copy of the book click [here](#) or for free hard copies email blokesbook@canmen.org.nz.



SIMIONE TAGICAKIBAU

- PEGASUS HEALTH PASIFIKA SCHOLARSHIP RECIPIENT

Fijian nursing student, Simione (Simi) Tagicakibau, has worked as a nurse around the South Pacific. After achieving his Diploma of Nursing in Fiji and working in Fiji and the Cook Islands, Simi is now undertaking his bachelor through Ara to be able to practice nursing in Aotearoa. He's currently holding down two casual nursing jobs, at Hillmorton Hospital and Etu Pasifika, on top of his full time, third-year nursing studies.

"I started nursing in 2003, back home in Fiji," Simi explains.

"What led me to be a nurse was looking after my grandmum when I was 13 years old. Seeing nurses caring for the sick made me think that I should do that, too."

Being a male nurse in New Zealand has highlighted some differences between Kiwis and Fijians.

"In New Zealand, you're well recognised as a male nurse. You get respect from patients, from whānau, from colleagues. My experience in Fiji was that there are some people who don't give that same respect.

"But, I can say that I've heard there are more male nurses coming into the profession in Fiji. I think one of the things that's drawing them to do nursing is the pandemic. This is one of the career paths that's still available. I think I'm seeing the same thing here, too. Even at Ara a lot of males are coming into the programme. Surprisingly, there's more Pasifika, too. With the pandemic, even in New Zealand, with the uncertainty in the hospitality industry, they're probably going into nursing for the certainty of a job."

Simi isn't sure where he'll focus his attention after he graduates. His interests include primary health, mental health and district nursing – the latter having similarities to his work in the Cook Islands and Fiji where nursing is more dynamic and sees you undertake a range of different nursing roles.

One thing he does know is that there's a real need for male, Pasifika nurses in mental health.

"To have a male patient able to talk to a male is important. In a way, they understand each other better," Simi explains. And the same holds true with Pasifika patients. "At Hillmorton, there's Pūkenga Atawhai for Māori patients, but no equivalent representative for Pasifika to see the patient and be there during their consultation with the psychiatrist and more.

"From one of my experiences working at Hillmorton, we had a Pasifika patient and once I started working with him, a lot of his behavioral difficulties were reduced. It's probably the language. I developed a good rapport with the patient. Understanding each other the culture, the way of life. Just talking."



FULFILLING PRIMARY CARE CAREER AHEAD FOR YOUNG NURSE

New graduate, Jacob Weston, chose a career in nursing after working with a male nurse on a gap year overseas. He decided to work in primary care because it offered the chance to work with whānau and help them maintain good health and avoid tertiary level care.

Jacob, 23, is part of the Nursing Entry to Practice (NETP) programme. The programme enables nursing graduates to begin their careers well-supported, safe, skilled and confident in their clinical practice, equipped for further learning and professional development.

After finishing high school, Jacob headed to America to do a 'gap year'. He worked with adults with disabilities during his time in the States. "I worked with a male nurse over there. I really enjoyed that line of work and he showed me his roles and responsibilities," he said.

When he returned to New Zealand, Jacob considered his career options, including a trade apprenticeship. He decided on nursing because of the opportunity to help and engage with a wide range of people.

"I thought I'd give it (nursing) a go and have really enjoyed the pathway from there."

He did his degree at Ara and since graduating in September has been working at Ngā Hau E Whā National Marae as a vaccinator and doing COVID-19 testing.

"I became interested in community care through a community placement at a GP clinic. I enjoyed working in the community with whānau... and seeing them and treating and educating them before they need to go to hospital because they are unwell. Giving them advice, tips and that kind of first step of healthcare."

Jacob said he is looking forward to being part of the NetP programme and becoming a 'well-rounded primary care nurse'.

"NetP will give me extra training days throughout the year with skills such as phlebotomy, as well as giving me extra learning around the primary sector."



SUICIDE PREVENTION PROGRAMMES FOR MEN

Tim Chainey is the new team lead for the Suicide Prevention Team. We asked him some questions about the issue of suicide among males.

What is your background?

I have a background in psychology. I have worked in Australian mental health organisations with youth, the LBQT community and in suicide prevention and post-vention. I developed a suicide prevention programme focused on young males that was delivered through sports clubs in Victoria, Australia. I look forward to our Pegasus team exploring more prevention initiatives along with the awesome work they already do.

What do we know about male suicide?

Men, and young Māori men in particular, are over-represented in suicide statistics. Aotearoa's suicide statistics consistently show we lose between 2.5 - 3 times more males than females every year. We know our gender-diverse community are over-represented in rates too. We see a similar pattern in Canterbury. What the evidence told us in the area of Victoria, Australia where I worked, is the majority of young men who died by suicide were part of sports clubs - that's why we delivered education and encouraged young males to check in on their mates in that environment. We also found relationship break-ups, the stigma of men not seeking support, and being isolated emotionally and physically were often part of the picture.

Warning signs can include:

- Isolating themselves from their normal routines, situations, or social networks;
- changes in their eating, sleeping or communication patterns;

Q&A



- changes in mood; and
- talking about suicide.

Some men may not have the words to communicate that they're going through a tough time so they may turn to other coping strategies like drinking or withdrawing themselves.

What can people do to help?

The easiest and most powerful thing people can do is ask 'Are you okay? Is there something I can do?' It can also be good to offer observations with an open-ended question - such as 'I've noticed you haven't been as talkative recently, is there something going on?' Give them the opportunity to talk. GPs are often a good first place to go for help, so suggest your friend visit and offer to go with them. There are also phone services such as 1737 that offer help.



SUPPORT from
SOMEONE
WHO **KNOWS**

Need to talk?

Free call or text 1737 any time for support from a trained counsellor.

Lifeline 0800 543 354 or 09 522 2999 or free text 4357 (HELP)

Suicide Prevention Helpline 0508 828 865 (0508 TAUTOKO)

Youthline 0800 376 633 or free text 234

Samaritans 0800 726 666

FAMILY HARM MENTAL HEALTH SUPPORT

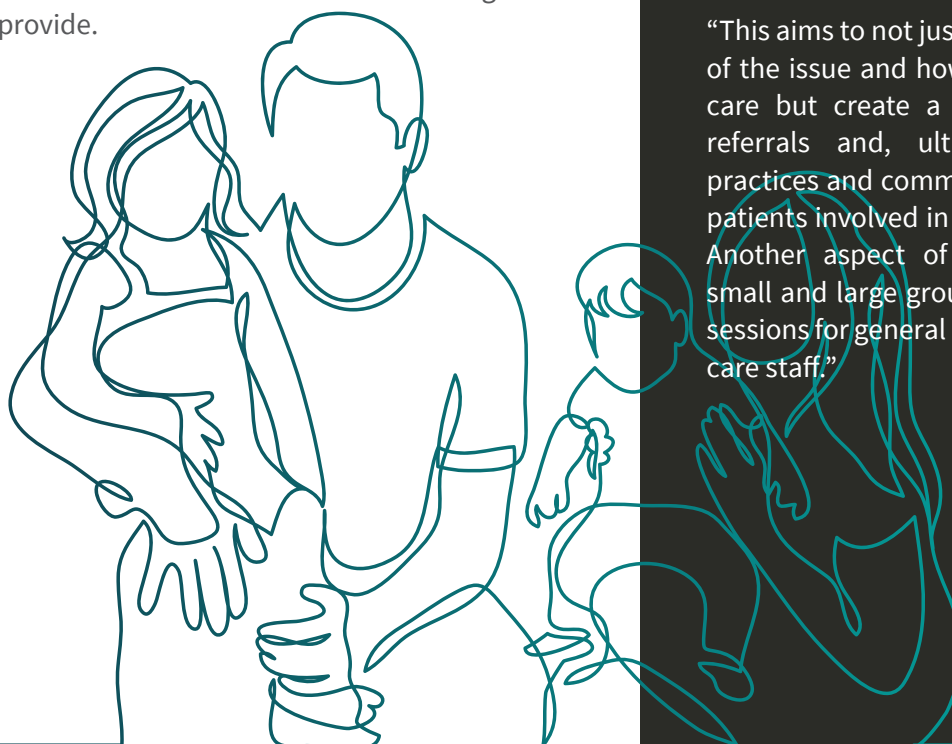
All abuse is damaging to individuals, relationships and family / whānau, irrespective of gender.

“What we (at Pegasus Health mental health services) aim to do is provide people with support so they can look at their behaviours and what’s led to a violent or negative situation and to support them in their recovery. Part of that is helping people manage their behaviours and emotions by giving them new tools or showing them a new perspective to help them understand what’s underneath the situation and what might have led to it.”

Karl Belcher is Pegasus Health’s Primary Mental Health Clinical Team Leader. Karl says it is common for males in a Family Harm situation to express and have to deal with loss and grief during counselling over the end of a relationship. It is also common for men to be unsure about where to get help and finding it difficult to seek help for their mental health, but this is changing, he says.

“There are a lot of options for help out there and we want people to know it is okay to ask for help.”

Mental health is not a one-size-fits-all situation so Pegasus Health has relationships with other organisations in the mental health space – such as He Waka Tapu, the Canterbury Men’s Centre, and relevant government groupings - to refer people to if their needs are different from what Pegasus programmes provide.



NEW INITIATIVE TO HELP PRIMARY CARE WITH FAMILY HARM

An initiative joining up Canterbury’s primary health care organisations is working to better help general practices support patients involved in Family Harm situations.

Karen Meadows-Taurua is project lead on a Family Harm prevention group that involves PHOs across Canterbury. She says Family Harm is one of four strategic priority areas for Pegasus Health, and the cross-PHO project is one part of its work in the area.

A new aspect of the collaborative cross-PHO project involves enhancing a range of patient management systems so there is a consistent way to screen potential Family Harm situations and capture data.

“This aims to not just gather a bigger picture of the issue and how it presents in primary care but create a smoother pathway for referrals and, ultimately, help general practices and community care staff support patients involved in Family Harm situations. Another aspect of the initiative involves small and large group Family Harm training sessions for general practice and community care staff.”



NEW BRIGHTON COVID-19 POP-UP TESTING CLINIC

Murray Seaton works in an open plan office so when he woke with a sore throat decided to make an early visit to the Pegasus Health COVID-19 Pop-up Testing Clinic at New Brighton.

"I started to feel unwell so I decided not to go into the office this morning. I decided to come down to the New Brighton (COVID-19 Pop-up Testing) Clinic just to get the test done and to see that I can actually go back to the office.

"This is just around the corner from my house and I knew it was opening today, and knew it was opening at 10 o'clock, so thought I'd pop down first thing and not have to wait, and thankfully I was straight in and out so it was really good.



Murray Seaton drives through the New Brighton COVID-19 Pop-up Testing Clinic.



Daryll and Barbara Thomson ride to get tested.

Daryll Thomson had cold-like symptoms for a few days and wanted to get a negative COVID-19 test before heading off on a tramping holiday. So he and wife Barbara jumped on their e-bikes and headed off from their Mt Pleasant home to the Pegasus Health COVID-19 Pop-up Testing Clinic in New Brighton.

"We will be tramping with friends soon and I am immune-compromised so wanted to check that I wasn't infected and at risk of infecting other people. I am double vaccinated, as is Barbara, but it's always good to check and this clinic made it very easy to get a test."

Daryll said they saw the clinic advertised in the newspaper and decided to use the opportunity to both get tested and go on an excursion on their e-bikes.



Watch Murray talk about his experience at the testing site.