

PEGASUS 2025

Kia atawhai ki te tangata



| *Screening Awareness*



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A MESSAGE FROM OUR CEO

**Ko taku reo taku
ohoooho, ko taku reo
taku mapihi mauria**

*My language is my
awakening, my language
is the window to my soul*



Mālō e lelei, fakatalofa, bula, tēnā koutou.

Mahuru (September) is an important month for our Pasifika languages. We celebrate Te Wiki o te Reo Māori, as well as Tongan and Tuvalu language week this month, while Fijian language week is at the start of October. I encourage you to try greeting others in a new language this month and see if you can include te reo in your every day.

Greetings:

Māori: tēnā koe (a formal greeting to one person)

Tongan: mālō e lelei

Tuvalu: fakatalofa

Fijian: bula

Mahuru is also a time when we raise awareness for a range of health topics. It is Cervical Screening Awareness Month, and Papanui Medical Centre kicked off the month with a Saturday cervical screening clinic to give busy women more options to be able to get this important health screen done.

Health screening refers to the activities undertaken by primary health to make sure we catch any potential health issues early, and make sure we are making good health care choices. This issue, we look at a range of screening from making sure our tamariki are up-to-date with their immunisations, to breast, cervical and bowel screening.

MARK LIDDLE

MANUKURA | CHIEF EXECUTIVE OFFICER



Peter Townsend



Simon Wyn Thomas

ANNOUNCEMENT FROM THE BOARD

The Pegasus Health Membership and Charitable Boards have made several important decisions we would like to communicate to you.

AGM AND VOTING

The Pegasus Membership AGM is to be held on November 23rd. Nominations for one Membership Board vacancy will be open from October 3 to October 14. This year voting for the Membership Board position will be electronic from November 7 to November 18 with the successful candidate to be ratified by a vote at the AGM.

INCOMING CHAIR POSITION

The incoming chair of the Pegasus Health Charitable Board Barry Bragg will take up the position at the AGM in December. Until that time the Board is appointing Barry to a director position so that he can get a feel for the Board ahead of taking up the chair.

SHAREHOLDING FOR INDEPENDENT MEMBERS

The Pegasus Health Charitable Board has decided to give independent members nominal shareholdings while they are on the Board. As shareholders this allows all board members to take part fully in voting on matters such as constitutional changes. It remains the case that significant powers can only be exercised by a special resolution of 75% of shareholders.

SKILLS ASSESSMENT

Candidates nominated for the Membership Board will have the opportunity to undertake an independent skills assessment that will be shared with members ahead of voting. A skills matrix is being used by the Board to look at the strengths required in a successful candidate to contribute to a balanced Board. Candidates will have the opportunity to be assessed against this matrix by an independent assessor. Further details will be provided when nominations open and the candidate assessment will take place between October 17 and November 4.



HEALTH MINISTER VISITS 24 HOUR SURGERY



Hon Andrew Little, Health Minister, visited the Pegasus Health 24 Hour Surgery last month. Andrew was joined by Mark Liddle, Manukura | Chief Executive Officer at Pegasus Health and Jasmine Mackay, Clinical Director, 24 Hour Surgery.

“It was great to be able to showcase the 24 Hour Surgery and acute demand services to the Health Minister and how we have been able to do things differently in Canterbury, such as our well-equipped clinical areas, and the observation unit to name a few,” said Jasmine.

Our place in the system

The 24 Hour Surgery was set up in 1987 by general practitioners to provide after-hours urgent care for people living in Waitaha Canterbury. The need for the 24 Hour Surgery has increased greatly since that time and has scaled up to meet demand. There are now more than 320 GPs in Canterbury who use this facility to care for their patients when they are unavailable. 24 Hour Surgery has been experiencing a high volume of patients. We are responding to the urgent care need in Canterbury, and currently have a campaign running to support this.

How we support the Emergency Department

Christchurch Hospital’s new Emergency Department (ED) was designed to be a crucial part of the system with the 24 Hour Surgery seeing up to 115% of ED numbers daily. It greatly relieves pressure on the ED, providing care for patients who require comprehensive care, and who can safely avoid an ED or hospital admission.

30,000

The number of patients seen each year



6%

The percentage of patients referred directly to hospital departments



5

The number of beds with 2 seats in the observation unit



1%

The percentage of patients referred to ED





SPOTLIGHT ON EDUCATION OPPORTUNISTIC SCREENING FOR CARDIOVASCULAR RISK

Opportunistic screening is that which falls outside national screening programmes. With little formal guidance at a national level, the onus falls on practices to implement opportunistic screening.

General Practice Pharmacist at St Martins Medical Practice, Aynsley Macleod, was inspired last year during the Small Group Education topic on screening which touched on opportunistic screening. She established a notification system for cardiovascular screening among patients at the practice.

Screening for cardiovascular illness should begin at 30 years of age for Māori and Pasifika men, and 40 years for Māori and Pasifika women. This is 15 years earlier than required for the rest of the population. Patients are

largely unaware of this and will often not initiate screening for heart disease, so the responsibility is on the practice to ensure screening occurs.

Using GPVu, Aynsley ran a simple report to determine who among their enrolled Māori and Pasifika population were due for cardiovascular screening. She then put a note in their file that they needed a blood pressure check, cholesterol bloods, HbA1c and diabetes screening.

“This was not designed to get people through the door, but rather to take advantage of the patient visiting for other reasons. Once they had been screened for CVD risk initially, we were able to set in place recalls,” she said.

Aynsley stresses the importance of initiating opportunistic conversations, particularly with priority populations.

“Having a korero with patients opens the door to engaging the whole whānau. It improves access to preventative care, and you are able to actually see the benefits for your whole community,” she said.

POTENTIAL EXAMPLES OF OPPORTUNISTIC SCREENING INCLUDE:

- Taking blood pressure (unrelated to visit)
- Cardiovascular disease risk factor screening
- Asking about alcohol and other drug consumption
- HbA1c
- Screening for complications of diabetes (retinal, foot, kidney)
- Prostate cancer screening (PSA/digital rectal exam)
- Screening mammography outside of breast screening programme
- Bowel cancer self-test kits outside of screening programme
- Osteoporosis risk factor screening
- STI screening
- Photographic skin surveillance/other types of skin cancer screening
- Asking about tattoos/screening for Hepatitis C
- Asking about family violence
- Cognitive screening.



IMMUNISING YOUR CHILDREN

Getting your children vaccinated not only protects them, but also protects their friends, whānau and people in the community who are the most vulnerable.

“The more people who are vaccinated, the better chance we have at protecting our most vulnerable,” said Sherryn Edwardson, Immunisation Coordinator at Pegasus Health.

The COVID-19 lockdowns decreased immunisation rates in Waitaha Canterbury as well as lowering immunity within the community.

“Targets set by Manatū Hauora | Ministry of Health is to have 95% of children vaccinated. We currently sit at 92%, but this is lower in Māori and Pasifika children at 83-84%,” said Paula Bruce, Immunisation Coordinator at Pegasus Health.

Māori and Pasifika populations are a high priority due to inequities in access to healthcare, which puts them more at risk of infectious diseases.

Immunising your children can often be frightening for them, depending on the child and their age. Try to talk to them about what is happening at their appointment, so they are not surprised. Make it a positive thing and bring a distraction such as playing a video on a phone.

“I find offering reassurance and being there for them is the best way to make them feel more comfortable,” said Sherryn.

Vaccinations on our national schedule are important to protect against serious diseases. Hepatitis B and HPV immunisations help protect children against cancer.

While there are a group of nationally funded vaccines for children in Aotearoa New Zealand, there are also unfunded vaccines that parents can get to protect their children against other diseases such as meningococcal disease.



A MESSAGE FROM THE CAMBRIDGE CLINIC

We would like to take the opportunity to thank Dr Clare Healy for her services and support of the Cambridge Clinic over the past 25 years. Fortunately, Clare remains a part of the Cambridge Clinic daytime team but has handed the baton of Clinical Director to Jess Tucker.

Jess has been a part of the team at the Cambridge Clinic for 10 years and has recently completed her Master's Degree in Forensic Medicine. She also works as a Family Planning Doctor, and as the Director of the Medical Sexual Assault Clinicians Aotearoa (MEDSAC) board. Jess is passionate about improving the healthcare outcomes for sexual assault patients and expanding the reach of their service.

If you are not aware of their service, they provide medical and when appropriate forensic services to victims of sexual assault, both recent and historic. Patients can access their services with, or without police involvement.

Visit their updated website which has information for patients, and professionals: cambridgeclinic.co.nz

Cambridge Clinic provides a 24/7 on-call service, contact one of our helpful team members for advice or to make a referral: 03 366 0067.

They are also happy to provide educational talks if anyone is interested.

If Jess can be of assistance, please feel free to contact her jess.tucker@cambridgeclinic.co.nz.

CERVICAL SCREENING

Population Health Specialist Anna Thorpe shares her review of Pegasus Health's efforts to improve cervical screening rates among Canterbury women.

A lot has been happening in the cervical screening space this year, as part of a concerted effort to increase cervical screening numbers. Rates have been dropping over the past few years and the equity gap between ethnicity groups has been growing. The Government target for cervical screening is 80% of eligible people being screened every three years. In comparison, as of July 2022 the Pegasus Health rate of cervical screening sat at 66.8%, with Māori at 64%, Pacific at 58.2% and Asian at 63.7%.

To increase cervical screening, several initiatives have been progressed over the past few months.

Firstly, Pegasus Health has expanded the funding criteria for free cervical screening, removing the Community Services Card requirement that has been present since March 2021.

From 1 September 2022, the following groups can access funding for a cervical screening:

- All eligible Māori, Pasifika and Asian women aged 25–69 years old
- Young Māori, Pasifika, and Asian women under 25 years old who started screening before November 2019 (when the screening age started at 20 years of age) will continue that pathway
- All eligible women 30–69 years old who are overdue for a smear (over five years since having one)
- All eligible women 30–69 years old who have never had a smear.

Secondly, Pegasus Health has recently signed a Memorandum of Understanding with ScreenSouth. This reflects the high value of the partnership with a new targeted practice approach in Waitaha Canterbury.

Ten practices have been selected with lower rates of screening, higher numbers of Māori, Pasifika and Asian women and low rates of claiming for free smears.

They include seven Pegasus Health practices and three practices with Ōtautahi Christchurch and Waitaha Canterbury PHOs. The seven Pegasus Health practices are:

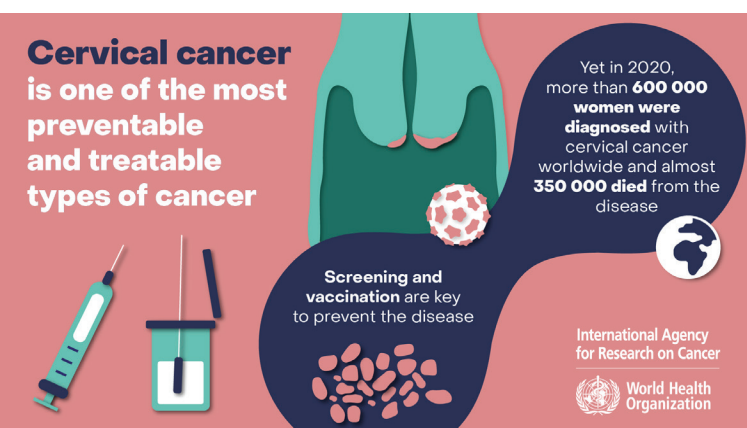
- Cranford Street Medical Practice
- Etu Pasifika
- Linwood Medical Centre
- New Brighton Healthcare
- ProMed Doctors
- Te Aranga Community Health
- Union and Community Health (Piki Te Ora)

A new role based at ScreenSouth is starting to support these practices by contacting eligible women who are due, overdue or unscreened. This is done by assisting with making appointments, arranging transportation, support for screening as necessary. They are also assisting with data matching, referring to alternative screening providers for some and supporting system changes to improve screening rates.

Thirdly, Pegasus Health has recently partnered with the University of Otago to run a pilot research study for HPV screening which will be nationally launched by the National Cervical Screening Programme in July 2023.

Canterbury is the only region in the South Island to be involved with this HPV testing pilot, as part of three regions across the country. Five randomly selected Pegasus Health practices are involved, with the aim of enrolling 1,000 women to participate in the study to trial either the HPV self-test at home, the practice, or to be tested for high-risk HPV through cytology. Findings will help the development of the national HPV testing in 2023.

All initiatives will be monitored and reported on a quarterly basis. This will assist the initiatives to be evidence based and will enable them to be tweaked to increase effectiveness.



HPV IMMUNISATION FOR BOYS AND YOUNG MEN



Kelly Shepherd was committed to ensuring her two sons received the Human papillomavirus (HPV) vaccine. Despite her children's school not offering the vaccine, Kelly made sure to get them both vaccinated through their GP in their early teens.

"Vaccinating my kids has always been a no-brainer for me. When my oldest got his HPV vaccine it was not funded for boys, but for something as important and preventable as cervical cancer, I thought it was worth it," said Kelly.

HPV is a sexually transmitted infection associated with cervical cancer. This vaccine can prevent most cases of cervical cancer if it is given before women are exposed to the virus. Vaccinating boys against HPV helps prevent transmission of the virus.

Kelly's youngest son, Ryan, is now 15-years-old and had a pragmatic opinion on the vaccine.

"I never really questioned the shots I got when I was younger. But with COVID-19 and everything, I get why it is important to get vaccinated and help to keep others safe," said Ryan.

HPV immunisation is funded for everyone aged 9–26 years, including boys and young men.

The vaccine is given as two doses to those aged 14 years and under, and three doses to those aged 15 years and older.

The vaccine is offered to boys and girls through participating schools at around age 12 years. HPV immunisation is also available free through general practices from nine years of age.

SMEAR-TEMBER AT PAPANUI MEDICAL CENTRE



Papanui Medical Centre kicked off Cervical Screening Awareness Month with a clinic on Saturday 3 September that saw 36 women receive a cervical smear. Three nurses performed screening in a female-only environment that was designed to be a safe and welcoming space for women.

The idea of running the Saturday clinic came from the nursing team with the hope of being able to meet the needs of some of the harder to reach women within their enrolled population.

"We are calling it Smear-tember, and the goal was to open on a Saturday, when we are not normally open, and hopefully enable those women who have kids or jobs to be able to come and get their smear," said Nicola Mason, Nurse Team Leader at Papanui Medical Centre.

Nicola and her team were highly encouraged by the response to the Saturday clinic. Nurses

phoned priority Māori, Pasifika, and Asian women, and those who were very overdue for a smear to invite them to attend the clinic.

"We were not expecting the response we had at all. Many women said they had been meaning to book a smear but had not got around to it. Getting on the end of the phone and saying "let us book you in now" was the best approach," said Nicola.

From July 2023, the primary test for cervical screening will change to a HPV test, with women having the option to self-test. At Papanui Medical Centre, Nicola notes that a number of their patients seem to be delaying getting the current speculum exam in anticipation of the self-test.

"What we are finding is that people are aware that self-screening is coming. But what they do not seem to realise is, that they need to have an up-to-date smear before they can start doing the self-screening," she said.

LIVING WITH YOUNGER ONSET DEMENTIA

In the year and a half since being diagnosed with younger onset dementia, 64-year-old Lois English has been busy. She has written a book on her life and family history, moved closer to her family, planted a garden, and knitted woollen hats for a local school.

"I have always been a pragmatic, busy person. I always have a project going. I am the same person I was before my diagnosis, just more forgetful," said Lois.

That is not to say accepting the diagnosis was easy.

Lois said her dementia journey began just before the first national lockdown in 2020. She was at a mall, shopping for an outfit for her daughter's wedding. She came out of a store and did not know where she was or why she was there.

"It was a very scary moment," she said.

Lois went to the 24 Hour Surgery, then her GP, who referred her for brain scans. In February 2021, after several months of scans and appointments, Lois was diagnosed with younger onset dementia. The term applies to those diagnosed before the age of 65.

"I had a hard time accepting the diagnosis as I thought I had had a stroke, because I kept tripping over things. But I have a degree in English and when I started to forget how things were spelt, I had to face up to the fact that it might be right," said Lois.

Accepting her diagnosis propelled her into action.

"I knew I was not going to get better, so I decided to put things in place for my future," she said.

Lois sold her house and moved into an over 60s unit closer to her Christchurch-based children and where people could keep an eye on her. She worked hard to transform the unit's small outdoor area into a lovely garden.

Following a 'call-out' from her former primary school for warm clothes and bedding for pupils, Lois pulled out her knitting needles and produced woollen hats for over 130 students.

"Knitting keeps me active, and it feels worthwhile to have done something for the kiddies," she said.

After her diagnosis Lois was referred to Dementia Canterbury and became involved in many of the social, physical, and cognitive activities managed by the organisation. She is part of the organisation's Younger Onset Programme.

"I have written a book as part of Dementia Canterbury's Life Story Programme. A group of us have weekly meetings and go on outings. We have a full schedule of activities. It is so great to have such a

wonderful group of people to spend time with, laugh, have fun, and sometimes to get serious. Often it is the only place we feel normal as everyone understands what we are going through," said Lois.

After her diagnosis, she found that many people treated her differently.

"That was hard. I know I am going to deteriorate one day but I still feel like the same person. I just want people to treat me normally and ignore it if I forget things sometimes, and to ask questions to understand what is happening. I know I have measures in place to ensure my safety and want to enjoy my life while I can," said Lois.



DEMENTIA FACTS

- There are more than 100 types of dementia.
- Younger onset dementia is distinct from other types because people's needs are different due to their younger age
- Dementia describes symptoms associated with gradual mental decline and is not a normal part of ageing
- Some symptoms include: difficulty in reasoning, disorientation, language difficulties, poor concentration, reduced motivation, and personality changes
- Alzheimer's disease is the most common form of dementia, accounting for 60 to 80 % of cases in Aotearoa New Zealand
- More than 170,000 New Zealanders will be living with dementia by 2050
- Dementia incidence rates are 30% higher amongst women.

FIVE WAYS TO REDUCE THE RISK OF DEMENTIA:

1. Be physically active
2. Follow a healthy diet
3. Challenge your brain
4. Enjoy social activity
5. Look after your heart as cardiovascular disease damages the brain and increases the risk of developing dementia.

NATIONAL DEMENTIA LEADERSHIP GROUP DELIVERS GREATER SUPPORT

A new national dementia leadership group and action plan should deliver more support for general practice and patients, according to Canterbury Psychiatrist of Old Age, Matthew Croucher.

This, along with a new by-Māori-for-Māori assessment tool, will address some of the growing need for dementia services and support caused by our ageing population and a large cohort of those past retirement age.

“Issues associated with the ongoing COVID-19 pandemic, such as staff illness, have meant waiting times for access to specialist services and community support services are longer than previously. But as the peak of the Omicron wave is passing, this bottleneck should ease in coming months,” said Matthew.

Several national initiatives are also likely to improve the situation for general practice and patients in the future.

The Government has acknowledged a need to address the growing number of dementia patients and provide greater access to services. The 2022 Budget contained funding for a national Dementia Leadership Group. A number of suggested actions have already been identified for the group to work on, including more support for general practice.

In Waitaha Canterbury, there is a gerontology nurse specialist available through some practices. In Waitemata a trial has run, linking GPs doing initial assessments with a dementia worker to ease the process for the patient and their family.

A new initiative is an app for Māori patients and their whānau called Mate Wareware, to provide information with an authentic voice.

Another initiative is the Māori Assessment of Neuropsychological Abilities (MANA). This Kaupapa Māori assessment tool for Mate Wareware/dementia is being developed by an Auckland University research group and will soon be available.

BRAINTREE WELLNESS CENTRE

The BrainTree Wellness Centre is an innovative, first-of-its-kind facility in Ōtautahi Christchurch that supports people living with neurological conditions to live well in the community. It opened in July 2022 and is a place where services focused on Parkinson's disease, dementia, stroke, and MS are based.

“It is a welcoming, modern, positive rehab space. There is nothing like it elsewhere in Australasia where all the brain Non-Government Agencies (NGOs) are in the same place and services are available for social and physical needs,” said Te Whatu Ora Waitaha Psychiatrist, Matthew Croucher.



ABC SMOKING SCREENING

Pegasus Health Team Leader of Health Promotion Programmes Sue Aitken calls for a commitment to the ABC pathway from our primary care workforce.

While smoking rates are heading in the right direction, we still have much more work to do.

Smoking kills many people prematurely and is a significant cause of health inequities. Around 4,500 New Zealanders die each year from a smoking-related disease, among whom 350 die from exposure to second hand smoke and the remainder die from the direct effects of smoking.

In 2020, 12% of all New Zealanders smoked tobacco every day, with rates higher for Māori (29%), Pasifika (18%), people with mental health and addictions, and people living in the most socioeconomically deprived areas compared with the population as a whole.

Quitting smoking is one of the best things your patients can do to improve their health. So what do we ask of our primary care workforce?

The New Zealand Guidelines for Helping People to Stop Smoking provide healthcare workers with updated guidance for use during their contacts with people who smoke.

Download these guidelines from the MoH website or ask Pegasus Health's Smokefree team to visit your practice and discuss how the guidelines can be implemented in your practice.

We recommend both opportunistic, screening and a holistic approach, which is to include an offer of cessation support alongside other screening discussions such as smears and diabetes checks.

Clinicians should use the ABC pathway, and this can be included both when patients are seen in the practice or via telehealth.

The ABC pathway is an Aotearoa New Zealand model for all health workers. The aim is to encourage more people to make more stop smoking attempts, supported by evidence-based treatments, more often.

A is for asking about and documenting every person's smoking status.

B is for giving brief advice to stop smoking to every person who smokes.

C is for strongly encouraging cessation support (a combination of behavioural support and smoking cessation medicine works best) for every person who smokes and offering those people help to access it.

All health workers should be competent in delivering the ABC pathway.

Pegasus Health's enrolled patient population currently has a smoking prevalence average of 9.2%; however, for the rest of Aotearoa, it remains significantly higher for Māori (21.%) and Pasifika (15.4%).

Smoking prevalence is also extremely variable across Pegasus Health practices, ranging from 3-42%; meaning some practices have proportionately more work to do in supporting patients to become smokefree and Pegasus Health would like to support practices with this important mahi.

For support with ABC processes, coding and/or recalls, please contact Pegasus Health's Smokefree Lead: sue.aitken@pegasus.health.nz

WORKING WITH COMMUNITY TO SUPPORT MĀORI VACCINATION RATES

Ensuring Māori have options when it comes to health care is the motivation behind community vaccination clinics run by Te Puawaitanga ki Ōtautahi Trust. This winter, with the demand for COVID-19 vaccinations and the influenza vaccination, Te Puawaitanga ki Ōtautahi Trust offered several vaccination clinics in locations accessible and familiar to Māori communities.

Renee Noble is a nurse at Te Puawaitanga ki Ōtautahi Trust and has been a driving force behind the clinics.

“For both Māori and non-Māori, we know that one size does not fit all. The vaccination clinics are trying to pivot services to meet the needs of our community, wherever that may be, including giving them options,” said Renee.

In late July, a free flu and COVID-19 vaccination clinic was held at the Ōtautahi Sports Association, a place that is considered turangawaewae (place of belonging) for many in the local Māori community.

“Our whole kaupapa has been around supporting other people and how we can give back. On the day we provided a hāngī for those who were vaccinated, and it was a fundraiser to their rugby club as well. It meant that not only were we able to keep them safe from illness, but they were able to earn pūtea (money) that they could then put into their community,” said Renee.

Partnerships have been integral to providing these clinics in a collaborative, accessible way. Pegasus Health Hauora Māori Manager Melody Tuliau has been working closely with Te Puawaitanga ki Ōtautahi Trust around its vaccination mahi.

“Mel has been instrumental in making these clinics and this kaupapa a success. We appreciate that Pegasus Health has enabled her to help make this mahi part of a coordinated, system-wide approach,” said Renee.

Te Puawaitanga ki Ōtautahi Trust is preparing to deliver childhood immunisations.

Tamariki Ora has always been a focus of its kaupapa and their nurses work closely with whānau through Whānau Mai programmes, Well Child checks and more.

“In the future, this will be another option that whānau have. Some Māori love the medical centre setting, but what we want to offer is choice. We want to work with our partners in primary care to make sure we are all working towards delivering services in a way that is whānau-centred,” said Renee.





“I THOUGHT
ONLY OLDER
PEOPLE GOT
BOWEL CANCER
AND THAT
I WAS TOO
YOUNG”



Chelsea
Diagnosed at 39

Bowel cancer strikes at any age

Do you have symptoms?

If you have any of these symptoms,
please see your GP straight away:

- Bleeding from the bottom
- A change in bowel habit over several weeks
- Abdominal pain, especially if severe
- Any lumps in your abdomen
- Unexplained weight loss, tiredness or anaemia



Bowel Cancer
NEW ZEALAND

nevertotooyoung.org.nz

GPs ENCOURAGED TO PROVIDE OPPORTUNISTIC SUPPORT AROUND THE NATIONAL BOWEL SCREENING PROGRAMME

The National Bowel Screening Programme is a free programme. It is offered every two years to people aged 60-74 years who are eligible for publicly funded healthcare. Your test kit will arrive in the mail around your birthday. It is easy to complete, and you can do it at home. The test can help to detect bowel cancer before you have any symptoms.

Shelley Jackson, Project Manager for the Bowel Screening programme at Te Whatu Ora Waitaha, encourages you to make sure your contact details are up to date with your GP so that you do not miss out on receiving a kit. "Your GP team is also available to talk you through what

to do and answer any questions you may have," said Shelley.

You will receive your test results within three weeks of completing your kit. If you have a positive test result, your GP will be notified and will contact you. You will then be referred for further investigation and the bowel screening nurse at the hospital will support you and talk you through this process.

If you are aged between 60-74 years and you think you should have received your kit, or if your kit has been lost or expired, please call 0800 924 432 or email info@bowelscreening.health.nz

When you get your kit – just do it, it could save your life.

For more information, please visit timetoscreen.co.nz



Bowel screening is easy

You've got this!

Free - Do it at home

Time to screen National Bowel Screening Programme

THE FUTURE OF HEALTH CHALLENGE 2022

The Future of Health Challenge, held with the support of Pegasus Health and Te Papa Hauora, had students from the Universities of Canterbury, Otago, and Ara Institute of Technology collaborating over the course of a weekend tackle challenges facing the healthcare system.

“The event shows the promise and innovation of our future workforce,” said Director of Nursing and Allied Health, Michael McIlhone.

Teams had two days to develop innovative proposals focused on one of three areas:

- The recruitment, education, and retention of an effective health workforce
- Improving the equity of delivery of health services and equity of outcomes for everyone in Aotearoa New Zealand
- Reducing the strain on our healthcare system by improving well-being and health in the wider community.

Michael was one of the mentors who helped teams hone their ideas. Pegasus Health General Manager Lisa Brennan was a judge, and board member Ben Kepes mentored students.

“This is a great initiative and a very enjoyable programme to be part of. The projects very much have what it takes to influence future decision-making in healthcare,” said Michael.

“Pegasus Health has a long-term commitment to supporting this programme and investing in both the next generation of healthcare professionals, and the development of innovative solutions to meet population needs. The calibre of ideas was so high Pegasus Health doubled the \$2000 first prize money to allow for two winners,” said Michael.

The winners were:

- **Acorn:** A programme to enable nurses educated overseas to identify and fill any gaps in their experience or education so they can quickly and effectively become registered nurses in Aotearoa New Zealand to alleviate chronic shortages in the aged care sector.
- **Hapū Hub:** A maternal health and support hub to recognise the role of community, te ao Māori and close the gap in health outcomes for mothers. The model could also be used for other communities and areas of health.



Winners: Acorn - Left to right: Lisa Brennan, Sophie MacLaren, Kirsten Gunn, Kylie Short, Peter Townsend

MAKING BREAST AND CERVICAL SCREENING A GOOD EXPERIENCE FOR CANTERBURY WOMEN

In Ōtautahi Christchurch's eastern suburbs, nearly 200 women are overdue for both a mammogram and a cervical smear. ScreenSouth is tackling this with local Mana Wahine clinics which offer breast and cervical screening in a comfortable, welcoming environment. The clinics are provided for wahine Māori, Pasifika and other women who have poorer access to screening and higher rates of breast and cervical cancer than non-Māori and non-Pasifika.

ScreenSouth is a non-profit organisation owned by Pegasus Health and Pacific Radiology Group that administers the national breast screening programme and provides regional programme coordination for the national cervical screening programme within Waitaha Canterbury. Launched in 2019, Mana Wahine clinics bring ScreenSouth's mobile breast screening bus to local medical practices and provide a one-stop-shop for these important health screening.

“The aim of the Mana Wahine clinic is to make screening a good experience,” said Jin Cho, ScreenSouth Health Promoter.

“The big barrier to screening is whakamā [embarrassment]. The second barrier is if they have had or heard stories of a bad experience. The third barrier is cost. We make our clinics free, a good experience and a good environment,” she said.

ScreenSouth works closely with Pegasus Health practices and community organisations like He Waka Tapu to provide nurses, transportation and other support for the women attending the clinics. In late July, a Mana Wahine clinic was run in partnership with Etu Pasifika in Ōtautahi Christchurch. On the day, 21 women received a mammogram, with 10 also getting a cervical screening. Mana Wahine clinics are scheduled in Ashburton and Linwood in the coming months.



BREAKING DOWN BARRIERS

ScreenSouth Health Promoter Sharon Malietoa shares her experience of a recent Mana Wahine clinic run in partnership with Etu Pasifika.

On the day of the Mana Wahine clinic, run as a collaboration between the ScreenSouth Health Promotion team and Etu Pasifika, one of the smear takers was fluent in the Tongan language and we were able to come together to support a woman who had not had a health check for over 10 years. The biggest barrier for her was not being able to speak English.

There were other barriers that made her terrified about attending her appointments, yet she knew there was a goal in mind and that was to genuinely care for her health and see how they could make things easy for her.

On the day, the support and warmth the ladies showed at this particular clinic, prevented the wahine turning around, hopping in the car and not attending the appointment at all.

Due to the quick support from the team and in particular the smear taker, whose first language was Tongan, the patient was made to feel at ease and comfortable. Her walls came down and she began to speak and trust the nurse while talking through the barriers that had kept her away for so long.

As a health promoter, she saw first-hand how terrified the woman was on arrival while being supported by her teenage son. Compared to the time she left the clinic, there were two very different women. The first woman who had walked through the door was worried, compared to the woman who walked out smiling with her son after attending two appointments on the day.

This amazing woman left with having both her breast and cervical screening done.

As a Pasifika woman in Canterbury, this is a great reminder of how important the role of a Health Promoter is. It is to help advocate on behalf of all women and to bring understanding of the programmes that are available to them in Aotearoa New Zealand.

This day was a success, and to do it in collaboration with other organisations who share the same vision, values, and authenticity when it comes to helping Pasifika and Māori women cross the line to better health – nothing beats that.

PEGASUS HEALTH WORKFORCE DEVELOPMENT

Scholarship Recipients

DENA MAKARIOUS



University of Canterbury student Dena Makarios moved to Ōtautahi Christchurch from Egypt when she was eight years old. She is currently in her second year of a Postgraduate Diploma in Clinical Psychology.

“From an early age, I knew I wanted to work in a field that enabled me to make a difference in people’s lives,” said Dena.

With this motivation, Dena initially studied in Auckland with a view of going into general practice or another medical field such as optometry. While at university Dena became aware of the mental health struggles many of her fellow students were experiencing under a heavy workload and decided to change direction.

“I could see the empathy and support in place for those with a physical illness that people could see with

their eyes, but I saw how lonely and isolating it was for people struggling with a mental illness and how those struggles were often invalidated and dismissed,” said Dena.

Dena’s Middle Eastern background gives her a unique view of how different cultures experience mental illness.

“Unfortunately, mental health is not well understood within my community. People often find that they do not reach out for support due to multiple barriers such as cost, language, shame, or stigma. Those who do reach out are viewed through western models and lenses that often do not fit. For example, depression can present in more somatic symptoms such as having a sore stomach, feeling weak, having sore muscles, and carrying tension,” said Dena.

“Even when seeing a professional, the idea of sitting and talking with someone is not necessarily seen as something that works for us,” she said.

Dena is passionate about working with youth and children, and people from her community as well as other cultures.

MINIEN CHENG



Recent Bachelor of Nursing graduate Minien Cheng is excited to be able to give back to her adopted country. Minien moved to Aotearoa New Zealand 10 years ago with her husband who was living with Huntington's Disease.

Working as a support worker for HealthCare New Zealand and looking after her husband, Philip, Minien engaged with a wide range of healthcare professionals, including GPs, nurses, occupational therapists, clinical coordinators and more.

"I saw everything about how they care for a person and really came to know about person-centred care. I was inspired and thought that this is where I can really do something to give back to the home I really love," said Minien.

When Minien first arrived in Aotearoa New Zealand, a move that enabled her husband to be closer to his family, she was not confident that her English skills were at a level to be able to study and work as a nurse.

"I got my citizenship in July and now it is time to pay it forward. I have my nursing degree now and I am starting the NETP programme in September. My goal is to work in the community. It is where you have contact with people and can really get to know the person," said Minien.

Minien carries a quote from poet and civil rights activist, Maya Angelou, close to her heart.

In the words of Maya Angelou *'be a rainbow in somebody's else's cloud.'*

"When there has been clouds in my skies, I received a lot of rainbows, now it is my turn to be a rainbow," she said.

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They can provide free health advice 24/7. Call from the comfort of your home, and if it's urgent and you do need to be seen, the health professionals at Healthline can tell you where to go and what to do.

IMPROVING COMMUNITY HEALTH FOR PRISON LEAVERS

ORIGINAL STORY FROM TE WHATU ORA WAITAHA

A partnership between Canterbury health providers, social agencies and Ara Poutama Aotearoa has resulted in Te Whatu Ora Waitaha | Health New Zealand funding three free GP visits for all people leaving prison in Waitaha Canterbury.

The programme includes an extended first consult with a GP. It is for people who have been in prison on remand or returning from Australia to Canterbury. The programme, named Te Ara Whakapuāwai, aims to address obstacles of enrolment, cost, discomfort and potential whakamā (embarrassment or shame) which can be barriers to engagement with GP services. Previously available only for people who have served a prison sentence of more than two years and for Australian returnees, the extension of this initiative will support a much larger group of people into community-based healthcare.

“We know that people in our services are among the least health-connected in our community,” said Southern Region Operations Director Health Jill Thomson.

Te Ara Whakapuāwai will encourage and support prison leavers to maintain the health gains they have made in prison and, most importantly, to continue to access their essential medications and further mental and physical health care.

People will be able to access a voucher for the service through their probation officer, case manager, the court team or prison health services. While people do not need a voucher to access the service, the group believe having this will increase people's comfort and reduce any concerns they may have about difficult conversations or unexpected charges in the reception area.

“Most people will have a probation officer and will be provided with information and a voucher at their first meeting,” said Jill.

For people leaving prison without the need for Community Corrections services, a voucher will

be issued at, or just prior, to release by prison staff connecting with our community team.

The Canterbury Clinical Network Co-ordinated Access on Release Group, which is behind the initiative, has been meeting for several years and is made up of representatives of health and social services from across Canterbury.

These include Te Whatu Ora Waitaha | Health New Zealand, Christchurch Primary Health Organisation, Pegasus Health, Waitaha Primary Health, He Waka Tapu, ACC, the Ministry of Social Development, the Laura Fergusson Trust, and other community health organisations.

“The organisations in this group all have a goal to improve health equity and outcomes in the community, and this has led to us exploring a wide range of initiatives including eradicating Hepatitis C in prisons, improving ACC reporting and referrals,” said Jill.

The group recognises that the challenges to health services often begin before reaching a GP.

“Many general practices are full, some people we work with will have challenges accessing GP services or may have burned bridges with their GP through previous behaviour, including bad debts. People having difficulty finding a GP can be helped to enrol through the Partnership Community Workers service,” said Jill.

Acting Chair of the Co-ordinated Access on Release Working Group Laila Cooper said she welcomes the introduction of the revamped Te Ara Whakapuāwai service. She said it has been very encouraging to work with colleagues from other sectors to develop this initiative designed to help address gaps in the health system for this population.

“I have been impressed by the dedication and commitment of the Working Group members to work collaboratively and problem solve, and hope that this will be an ongoing process,” said Laila.



WHAT'S ON IN SEPTEMBER AND OCTOBER



**Cervical Screening
Awareness Month**

**Blue September for
Prostate Cancer Awareness.**
Do something blue to help a mate through.



**PACIFIC
LANGUAGE
WEEKS** **2022**

Pacific Language Weeks

- Tongan Language Week: 4 September – 10 September
- Tuvalu Language Week: 25 September – 1 October
- Fijian Language Week: 2 October – 8 October

Qtopia Get Together
Wednesdays 7pm - 8.30pm



**TE WIKI O
TE REO MĀORI**
2022 12-18 MAHURU 2022 12-18 SEPTEMBER 2022

Te Wiki o te Reo Māori
12-18 September

Mental Health Awareness Week
26 September – 2 October

Mental Health Awareness Week
26 September – 2 October 2022

 **Mental Health Foundation**
mauri tu, mauri ora

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