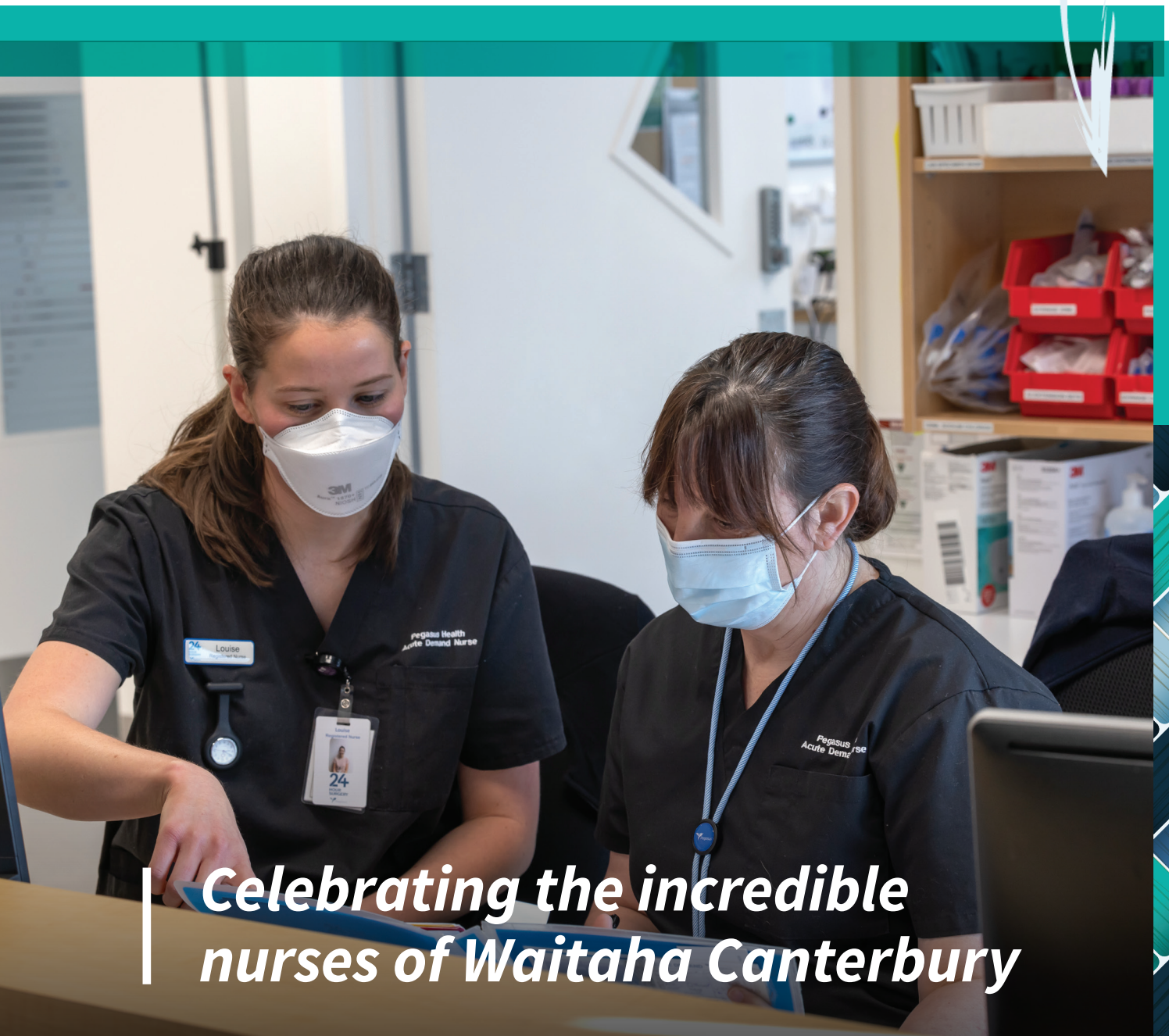


PEGASUS 2025

Kia atawhai ki te tangata



***Celebrating the incredible
nurses of Waitaha Canterbury***



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A MESSAGE FROM OUR CEO

**Mahia i runga i te
rangimārie me te ngākau
māhaki.**

*With a peaceful mind and
respectful heart, we will
always get the best results.*

Tēnā koutou katoa,

This month we take a look at the incredible nursing teams who work in primary care. As it becomes more complex, the role of nurses has seen a considerable change over recent years. Nursing Practitioner numbers continue to rise and we are starting to see more nurse-led initiatives in general practice.

Nurses make up a key part of the 24 Hour Surgery team, and their role in supporting trainee nurses and further education for enrolled nurses and registered nurses plays a vital part in growing and strengthening the nursing community in Ōtautahi Christchurch.

I want to acknowledge the mahi of the primary care nursing workforce and the vital support they provide to their communities.

MARK LIDDLE
MANUKURA | CHIEF EXECUTIVE OFFICER

SPOTLIGHT ON EDUCATION

SMALL GROUP EDUCATION FOR PRACTICE NURSES



Pegasus Health Small Group Education provides education and peer support to general practitioners (GPs), nurse Practitioners (NPs), nurses and community pharmacists. Facilitators within the Clinical Quality and Education (CQE) team contextualise educational content for each of these audiences.

Tanya Tooley leads one of the Small Groups for nurses, bringing an abundance of energy, enthusiasm and humour to her role. Small Group Education came onto her radar when she was still completing her Nursing Entry to Practice Programme (NETP) training. A colleague suggested she apply for a vacant Small Group Leader role because of her demonstrated passion for education.

“I was completely blown away by the resources and the programme. The level of support and the content is amazing,” Tanya said.

“It is important that the community pharmacists, NPs, GPs, and nurses all get the same material. We are all part of the healthcare team and having the same learning is important to retain the teamwork, inclusiveness and respect of that,” she explains.

Being a practice nurse can be an isolating experience. Nurses can find themselves working in a particular way because that is the way their practice has always done things. Small Group Education offers nurses the chance to share their experiences, learn from other nurses and learn best practices and up-to-date advice.

“Small Group Education has given me the confidence and the platform to question why am I doing this and why is it being done this way? With everything that is happening in health at the moment, many of us are just doing what we can to get through. Small Group Education is a safe place to ask if are we actually doing the best for our patients and our communities,” Tanya said.



“DIVERSE PATIENTS REQUIRE A DIVERSE WORKFORCE”

MEET THE LINWOOD MEDICAL CENTRE NURSING TEAM

Linwood Medical Centre serves a diverse community. Many patients come from a country that does not have a general practitioner (GP) based system. This has required a unique approach to breaking down the barriers to accessing healthcare.

The medical centre employs 13 nurses under the leadership of Head Nurse, Yvonne Denny. The nursing team includes men, former refugees, students and prescribing nurses.

“Diverse patients require a diverse workforce. We have made a conscious decision to ensure we meet the needs of our clinic with our nursing team,” Yvonne said.

Yvonne values education and opportunities for her nurses, both formal and informal. While some of the team are pursuing their Master’s

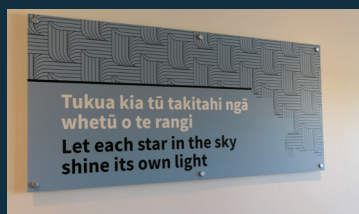
Degrees or training to become prescribers, Yvonne also encourages informal education and sharing within the team.

“We have recently hired a NETP student who is a refugee from Afghanistan. There is learning on both sides as she shares her culture and we share ours.”

Another initiative at Linwood Medical Centre is nurse-led clinics, an approach that has helped the practice manage GP shortages. The nursing team are paid 6% above the requirements of the Nursing Multi-Employer Collective Agreement and are further supported by GPs and the Linwood Medical Centre Board to work at the top of their scope and help ease the load on GPs.

“Our nurses are encouraged to follow their interests within nursing and can become quite specialised. Our nursing team has specialisations across diabetes care, heart failure, end-of-life care, women’s health, newborns, sleep and vulnerable families,” Yvonne said.





NEW TALKING THERAPY FACILITY OPENS IN PAPANUI



A new mental health hub has been established by Pegasus on Cranford Street. The building was blessed on Friday 14 October by Matua Ruru from Te Whatu Ora Waitaha Canterbury with the building officially open to the public on Monday 17 October. The new facility will see up to eight mental health clinicians delivering Rongoā Kōrerorero (talking therapy) to people in need of short-term wellbeing support.

“It was a privilege to have Matua Ruru bless the building,” Karl Belcher, Service Manager of Primary Mental Health said.

“The blessing was a chance for us to cleanse the space and create mana and mauri here. The people who will come here for support are often in a time of distress. By infusing that

mana we hope they can walk out of here with hope and their heads held high,” Karl said.

The building has four distinct spaces for clinicians to see patients. Each room is warm, filled with sun and has a comfortable, inviting feel far removed from a traditional clinical health setting.

“We spent a lot of time looking for a site that fits the community and is vibrant and welcoming. It does not feel clinical, but is a space that is warm, caring, nurturing and reflects the concept of manaakitanga (respect) and whanaungatanga (connection).”

Rongoā Kōrerorero, Talking Therapy, is a service provided by Pegasus’s Mental health Team to patients enrolled with Pegasus General Practices. It is an opportunity for people in need to access support in refocusing on their values and what they need at a particular time in their lives. In the past 12 months, 14,202 Rongoā Kōrerorero sessions have been delivered across Waitaha Canterbury.



RANGIORA GRADUATE NURSE WINS EXCELLENCE AWARD

Nursing graduate, Mariapaola (Paola) Mastroviti, was recently awarded the Excellence in Professional Nursing Practice Award at her Nurses Entry to Practice (NETP) graduation ceremony.

“It was unexpected and took me by surprise. It has given me a big boost of confidence and it made me feel I am on the right track,” Paola said.

She was nominated for the award by her Nursing Team Leader at Medical Corner Doctors in Rangiora, Alicia Cowie. Paola is one of the first NETP students ever recruited by Medical Corner Doctors, but it is a direction Alicia is passionate about.

“I believe in the future of all our nurses. These are our colleagues of the future and if we do not give

them quality education and support, we will lose them,” Alicia said.

Paola moved to New Zealand from her homeland, Italy, in 2013. After working as a Healthcare Assistant in aged care and seeing the work nurses do, she was inspired to start her nursing training. Paola has a passion for education and is an advocate for equity.

“I enjoy learning new things and adding to my skill set, especially in a general practice setting where you are dealing with anything and anybody,” Paola said.

“I grew up following the work of organisations like Doctors without Borders and Italian NGO Emergency who are doing amazing work in war-torn countries. It is inspiring but there is work to do in our own backyard, too. I feel like nursing is a way to advocate for people and a way to strive for better health outcomes for all,” she said.



*Alicia Cowie (left) with
Nursing Award winner,
Mariapaola Mastroviti*

NURSE PRACTITIONER IN GENERAL PRACTICE



Nurse Practitioners (NP) offer greater access to care at a time when a general practitioner (GP) may not be available. Holding a clinical master's degree, they provide a wide range of assessment and treatment interventions, ordering and interpreting diagnostic and laboratory tests, prescribing medicines within their area of competence, admitting and discharging from the hospital and other healthcare services/settings.

NPs can have an enrolled population in primary healthcare, like their GP counterparts.

Being able to help shoulder the load for GP's, means more access for patients to have timely and experienced care.

Rosie Shakespeare, Nurse Prescriber, at Beckford Medical Centre is currently undertaking her master's degree towards becoming an NP.

"I started my journey firstly by wanting to do a paper to extend my assessment skills in practice. Under the guidance and support of an amazing Nurse Practitioner who I worked with (Jo Talarico), this morphed into me becoming a Nurse Prescriber. The desire to take this further to become an NP happened, so I am now part way through my master's for this", Rosie said.

To start your Master's Degree in Nursing, you need to hold a current practising certificate and have three years of full-time experience in a practice. The study takes four years part-time once this is complete you stand before the Nursing Council for a final assessment.

"Nursing has changed a lot over the years, and it is wonderful to have options to extend your role if that is something you desire. There are more and more Nurse Prescribers and Nurse Practitioners appearing which is good!" Rosie said.

If you would like to know more about either of these roles, Rosie is happy to have a chat.

Rosie Shakespeare

Rosie.Shakespeare@beckfordhealth.co.nz

SARAH'S STORY

Being able to get an appointment within the hour with a Nurse Prescriber saved Sarah Saxton from a lot of pain.

Sarah had injured her back playing tennis before it started to flare up while at the osteopath. Knowing she needed to see a health professional, she jumped on the Beckford Medical Centre's app to see what was available.

"I Know how hard it is to see a GP at the drop of a hat, so when I saw Rosie Shakespeare, Nurse Prescriber, was available in the next 20 minutes I quickly took it," Sarah said.

Sarah described her experience as amazing.

"Rosie created a treatment plan with the prescribed medications I needed and additional advice for ACC. It was awesome."



IMPROVING HEALTH THROUGH NUTRITION

At the age of 40 Jeanette Banks a nurse for East Care Medical Centre realised she needed more knowledge about nutrition to support patients, prompting her to create a healthy eating programme.

“When I turned 40 I decided to get serious about my health. I was a nurse but was not looking after myself as well as I was looking after my patients. I also wanted to gain more skills to support patients to improve their health through nutrition,” Jeanette said.

Jeanette completed the Pegasus Appetite for Life programme as a participant and then trained to become a facilitator. She has been helping people gain lifestyle skills ever since.

More than a decade later, Jeanette is now healthier than ever and is a facilitator for Pegasus’s Puāwai-Kai programme.

In 2022 Pegasus reviewed its healthy eating service and created a programme called Puāwai-Kai. The free eight-week lifestyle and cooking programme shows participants how to make small lifestyle changes that can make a big difference in their health and wellbeing. They also developed an education and free resource programme for GPs and practice nurses so they can better assist patients called Ka Puāwai te kakano.

Jeanette loves facilitating courses and seeing how much participants gain from completing it.

“You do not have to change everything to make a difference. The course teaches you little things you can change and then you have other ideas to take on board when you are ready.”

To learn more about this programme and to get involved contact Puāwai Healthy Lifestyles Service on **0800 333 405** or visit **puawai.org.nz** for course details.

24 HOUR SURGERY NURSE PRACTITIONER INTERNSHIP

Pegasus's 24 Hour Surgery provides supernumerary internships for an entire year, giving nurses the ability to focus on learning their craft.

Sheena McLeod, Nurse Practitioner (NP), recently finished her internship at Pegasus 24 Hour Surgery and Akaroa Health Centre. She is now continuing to work in both places as a registered NP.

"Being supernumerary to the team removed the time pressures of a busy shift so I could focus on my learning. This gave me time to access learning materials to read as I came across unfamiliar clinical conditions," Sheena said.

"The team are welcoming of our role as interns and are willing to spend the time teaching and coaching us throughout our shifts."

Internships at 24 Hour Surgery are highly sought after by prospective applicants due to the supportive environment which includes several established NPs.

Sarah Bothamley, Lead Nurse Practitioner, 24 Hour Surgery, said applications open around August for a January start.

"The reason we do it so early is the interns need to apply for funding," she said.

There are two funding streams, Nurse Practitioner Training Programme (NPTP) and Health Workforce New Zealand (HWNZ).

"We are very fortunate Pegasus tops up the funding we receive to provide our interns with a fully supernumerary year, so they can focus on learning their craft."



24
HOUR
SURGERY

PEGASUS WORKFORCE DEVELOPMENT

Scholarship Recipient

LEON HAIU

Third-year nursing student, Leon Haiu, has spent his years working to support the community. In 2017, he was awarded the Minister's Excellence Award by Corrections Minister Louise Upton when he graduated as a Corrections Officer. His decision to become a nurse is something ingrained within him.

"Caring is part of our indigenous DNA because our strength is in the collective," Leon explained.

"Service for our whānau is something that we value highly, I feel nursing is a formalised expression of what we do naturally," he said.

Leon is the only Pasifika male in his

180-strong nursing cohort at Ara-Te Pukenga. This fuels his drive to complete his study and start working.

"We need a workforce that looks like and is representative of our actual community."

He notes that the Pasifika community in Aotearoa is small, but there is strength to be found in that. He has found support from Pasifika working in health, including Maria Pasene, Pasifika Health Manager at Pegasus, and Allamanda Faatoese from the University of Canterbury.

"Because the Pasifika community is smaller, it is really connected. This connection can be quite impactful, but also means we can be agile to the needs of Pasifika people. When one succeeds, we all succeed," Leon said.



PEGASUS 2025

NETP BROOKE JAY FOLLOW UP

This year has been the largest Nursing Entry to Practice (NETP) intake into local primary care, with 15 new graduate Registered Nurses (RNs) employed in the programme across Waitaha Canterbury.

Brooke Jay has been in her NETP year for nine months and is due to finish in February 2023.

She joined the Toloa initiative choosing to be placed at Tangata Atumotu Trust, Pasifika NGO, and Eastcare Health which has a higher enrolled population of Pasifika people.

“My dad’s side of the family are from the Cook Islands, so being able to work alongside this community creates meaning to my work. I am grateful to Pegasus for allowing me to choose here,” Brooke said.

Brooke’s placements have opened new opportunities, where she recently began smear taking and administering vaccinations, helping create further pathways for future employment.

“Networking with medical colleagues, nurses, and non-clinical staff has exposed me to sectors I would never have thought to pursue, inspiring me for my future,” Brooke said.

NETP is a programme offered by Pegasus, designed to support their first year in general practice and Non-Government Organisation (NGO) providers.

“I have enjoyed the long-term relationships I have built through my NETP time with clients in both general practice and in the community. Being able to help remove the barriers to healthcare for people with typically poorer health outcomes is such a huge privilege that I take a lot of pride in.”



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