

# PEGASUS 2025

Kia atawhai ki te tangata



*Looking after  
your health* |





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## A MESSAGE FROM OUR CEO

**Ko ngā tawhiti, whaia  
kia tata. Ko ngā pae tata,  
whakamaua kia tina.**

*The potential for  
tomorrow depends on  
what we do today.*

Tēnā koutou katoa,

While winter may be a few months away, there is still time to do what we can now to mitigate the pressure on the health system through the colder months. One of the simplest ways to do this is to make sure your immunisations are up to date, including MMR, COVID-19, and HPV. We take a closer look at these and more in this issue.

COVID-19 continues to be present in the community and we are starting to see an increase in cases again. Where viable, staying home rather than visiting your family doctor may be the best approach for you. There are anti-virals available for high-risk populations. You can find out more about eligibility in this edition.

As you have probably heard, I have announced my resignation from Pegasus Health and will be finishing up at the end of March. I would like to take this opportunity to thank you all for your support during my time in this role. It has been an absolute privilege. I am taking an extended break travelling overseas with my family before returning to Canterbury to seek fresh challenges.

**MARK LIDDLE**

MANUKURA | CHIEF EXECUTIVE OFFICER





# PROTECT YOU AND YOUR WHĀNAU

Getting immunised is the best way to protect you when the weather turns cold, protecting you, your whānau and community against infectious diseases. Making your health a priority will help reduce the risk of getting sick and allowing your immune system to get stronger against any viruses heading into winter.

During the colder months is when many respiratory viruses including influenza and COVID-19 are most active. Both are highly contagious illnesses, and both show a seasonal pattern with increased transmission during colder months.

“Getting vaccinated helps us to protect our most vulnerable members in the community,” said Sherryn Edwardson, Immunisation Coordinator at Pegasus Health.

“It may seem early (when we consider the warm summer that we have experienced in Waitaha, Canterbury), but our thoughts and planning are focused on the health challenges. It is a good time to consider receiving your influenza vaccination to protect yourself and your whānau. This is particularly important if you work with vulnerable people, have a chronic medical condition, are in the older age group or live with someone who is immunocompromised. Vaccinations tend to be available from late March to early April so now is a great time to start thinking about what will help protect you through the colder winter months,” Michael McIlhone, Director of Nursing at Pegasus Health said.

*If you would like to book a vaccine for you or your whānau make an appointment with your family doctor or check [bookmyvaccine.health.nz](https://bookmyvaccine.health.nz)*

## MEASLES, MUMPS AND RUBELLA (MMR)

- Anyone born on or after 1 January 1969 who has not had two doses should have the MMR vaccine.
- Adults born before January 1969 are considered immune as it was highly infectious before then.
- MMR vaccine is part of the childhood immunisation programme for children at 12 and 15 months old.
- Before planning to get pregnant, check with your doctor for available immunisations.

If you are unsure whether you are immunised contact your local family practice

## HUMAN PAPILLOMAVIRUS (HPV)

- HPV immunisation is free for everyone aged 9 to 26, including non-residents under the age of 18.
- It is recommended to be given at ages 11 - 12 years old.
- Those over 15 years old will need three doses spread out over 6 months.

Children are offered free vaccines at school in years 7 and 8 but is also available at your local family doctor.

## COVID-19

It is important to get vaccinated against COVID-19 before the winter months, to help minimise the spread of the virus.

- People aged 12 and over can receive two doses 3 weeks apart
- People aged 16 and over can receive two doses 3 weeks apart and a booster 6 months later.

Find out where you can get your COVID-19 Vaccine at: [vaccinatecanterburywestcoast.nz](https://vaccinatecanterburywestcoast.nz)

## MENINGOCOCCAL B

- Menactra® or MenQuadfi®, and Bexsero® vaccines are free for people aged 13 to 25 years during their first year of living in boarding school hostel, university hall of residence, military barracks or prison, or 3 months before they move in.
- Bexsero is also funded for people 13 to 25 years of age who are currently living in boarding school hostels, tertiary education halls of residence, military barracks or prisons, from 1 March 2023 until 28 February 2024 as a catch up.
- Bexsero is available for babies in their immunisation programme at ages 3 months, 5 months and 12 months old.



# HPV VACCINATION

## ENSURING THE BEST FOR YOUR KIDS

Rachael Macklan, Registered Nurse and mother of two, urges parents to make sure their children receive the Human Papillomavirus (HPV) vaccine.

The vaccine is delivered in two doses at least six months apart. It forms part of the 11- and 12-year-old immunisations that also include the Tetanus, Diphtheria and Whooping Cough (Tdap) vaccine. Rachael's youngest son, Felix, 11, is almost due for his second dose, while Cam, 13 has already had the full course.

The HPV vaccine protects against nine strains of human papillomavirus which can cause cervical and other cancers, as well as genital warts.

"If I can protect my kids from all these different cancers, I will," said Rachael.

"I wish it had been available when I was younger because then I could have avoided three abnormal smears. If I can prevent that from happening to my kids then I am going to."

When her interest in the vaccine was sparked, Rachael did some research into both the virus and vaccine. As a nurse, she says that was able to understand the language and think critically about the information she found, but ultimately she made the decision as a parent.

"You want the best for your kids and what I discovered, including the scarcity of adverse reactions, meant I decided to make sure they got it," said Rachael.

Contact your family doctor to ask about the HPV vaccine. Vaccination is free for all young people if started by the age of 26 and children can receive the vaccine at the same time as their Tdap immunisation.



## PEGASUS NURSE WINS NURSING PRIZE



Jeanette Banks has trained many nurses during her 20-year preceptorship, but one in particular, Brooke Jay from East Care Health said she felt incredibly lucky to have Jeanette's guidance, which is why Jeanette won the Nursing Prize for Clinical Preceptorship (NetP/ENSIPP).

Brooke described Jeanette's mentorship as always ensuring a safe environment for growth and opportunities.

"Jeanette has been the best preceptor I could have asked for and I am very lucky to have her guidance. She has taught me the value of providing equitable care to Māori, Pasifika and low-socioeconomic people," Brooke said.

Not only does Jeanette go above and beyond for her patients, she has trained Brooke with invaluable skills that she will take with her for the rest of her career.

The Te Whatu Ora Waitaha Department of Nursing Award for Clinical Teaching or Preceptorship is presented every year to a registered nurse who has precepted another registered nurse in their first year of nursing. It is an extremely important role that includes mentorship, coaching and imparting knowledge around clinical skills.

"I truly valued the nomination from Brooke. Winning this award gave me the affirmation that I do get it right! I work hard at ensuring nurses' learning is a priority and they are not just viewed as an extra pair of hands. I highly value students and new graduates and the learnings they can bring. It's a win-win for both them and my professional practice," Jeanette said.

If you would like to become a preceptor you must meet the following criteria:

- Have a current practising certificate in a Registered Nurse scope of practice
- Be registered with the Nursing Council of New Zealand in 'good standing' (no restrictions that would negatively impact your ability to perform as a clinical preceptor)
- Successfully completed a preceptor training programme
- Have knowledge of the NetP programme learning framework, toolkits and PDRP requirements
- Appropriate experience within the clinical service area where they are providing preceptorship



# Choose your Best Health Option



Find them here  
[yourbestcare.co.nz](https://yourbestcare.co.nz)



# COMMUNITY DENTAL BUS VISITS TE PUNA WAI Ō TUHINAPO

Te Whatu Ora's community dental service visited Te Puna Wai ō Tuhinapo Youth Justice Residence in a pilot visit last month.

Over the three-and-a-half-day visit, the dental team saw 19 rangatahi (young people).

The staff were able to perform several annual dental checks including abscesses, fractured teeth, unfinished dental work and cavities.

"The young people under the care of the tīma (team) at Te Puna Wai reflects our most vulnerable population within the Canterbury health system (and the wider motu). The environments that many of these young people come from often precludes them from accessing healthcare. The dental bus is a huge step forward in our combined efforts to achieve equitable health access and outcomes for our most vulnerable population group," Michael McIlhone, Director of Nursing at Pegasus Health said.

The Te Puna Wai Nursing Team, Oranga Tamariki and Te Whatu Ora are at credit for making this happen through planning and partnership.

Rangatahi having access to the dental bus has saved time, no longer needing to travel off-site, reducing anxiety for the young people as they are in a familiar environment.

The pilot is now going through evaluations.





# SHOULD I CONTACT MY DOCTOR IF I HAVE COVID-19?



Three years on from the initial outbreak, COVID-19 is on its way to becoming as routine as the flu. This has seen the Ministry of Health updating who is eligible for free COVID-19 care, enabling funding to be directed to those most in need.

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**1** *Are you of Māori or Pacific ethnicity?*  
**You're eligible for free care.**

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**2** *Do you have a disability or underlying high-risk health condition?*  
**You may be eligible for free care, talk to your local health provider.**

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**3** *Are you over the age of 65?*  
**You're eligible for free care.**

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If you're experiencing mild symptoms similar to standard flu symptoms, such as sneezing and runny nose, sore throat, body aches, fever, cough, feeling tired, headache or nausea and vomiting, your best advice is to stay at home and self-care.

To best look after yourself:

- Stay hydrated by drinking plenty of fluids
- Get plenty of rest
- Avoid running, strenuous or high-impact activities and exercise until you are well
- Eat when you feel able to

If your symptoms get worse and you need advice, contact your doctor or call Healthline on 0800 358 5453 anytime.

In an emergency call 111.

For more information on your best healthcare options, visit [www.yourbestcare.co.nz](http://www.yourbestcare.co.nz)

## Can I get antiviral medicine?

COVID-19 antivirals are medicines used to treat COVID-19 infection. They reduce the amount of virus in your body and may help you become less sick and stay out of the hospital.

To be eligible for antiviral medication, you must have a positive COVID-19 test result, and your symptoms must have started in the last 5 days.

You must also meet the following eligibility criteria.

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**1** *Are you Māori or Pasifika aged 50 or older?*  
**You're eligible for antivirals.**

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**2** *Are you aged 50 years and over and have had fewer than two COVID-19 vaccinations?*  
**You're eligible for antivirals.**

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**3** *Are you over the age of 65?*  
**You're eligible for antivirals.**

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**4** *Do you have a severely weakened immune system, Down Syndrome, sickle cell anaemia or a combination of high-risk medical conditions?*

**You may be eligible for antivirals, talk to your GP, nurse, hauora provider or pharmacist.**

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If you are eligible, your pharmacy may be able to dispense antivirals without a prescription. Contact your pharmacist direct or ask your doctor or nurse practitioner for a prescription.



## CREATING ACCESSIBILITY FOR PRIORITY GROUPS

With an increase in numbers of disabled people in our community, Pegasus Health wants to ensure that there is accessible information throughout the Canterbury Health System.

Pegasus aims to create an inclusive and positive healthcare experience for those with disabilities, with it being identified as a priority population to reach and support.

“Accessible health information is crucial for people with disabilities. It enables better access to health services which can be very difficult otherwise. Accessible information helps people understand diagnosis, treatment options, medical instructions

and improve health outcomes. We have a responsibility to provide accessible health information for all of our people, including those with disabilities,” Anna Thorpe, Population Health Specialist at Pegasus Health said.

Two new consumer representatives with lived and professional experience with disability have been appointed to the Clinical Quality Advisory Board, and Population Health Advisory Board. With other planning underway for disability workshops and guidelines.



# ST MARTINS MEDICAL PRACTICE ENGAGE MEN IN WELLBEING EVENT

After noticing that only two to three men sought wellbeing support for every seven to eight women, Health Improvement Practitioner (HIP) Jo Crump created the St Martins Medical Practice Bloke's Bash in late February.

Male patients aged over 18 years old and enrolled with St Martins Medical Practice were invited to an afternoon that showcased the diverse team of health clinicians that operate out of the Wilsons Road practice. As well as general practitioners and a team of nurses, men could chat with an occupational therapist, physiotherapist, dietitian, HIP and health coach.

"It is really important that men are supported to make choices that are in line with their values and what matters to them. Choices that enable them to be the person they want to be," Jo said.

"An event like the Bloke's Bash creates an opportunity to showcase what a practice can offer, and to deliver healthcare a bit differently," she said.

Jo who has a background as an Emergency Department nurse and has been in the HIP role for 15 months, shares that she has always been interested in the low number of males presenting suggesting it would be beneficial to try and improve the engagement that men of all ages have with their practice.

"People do not know what they do not know and an event like this helps to make services more widely known and creates an opportunity to engage men and chat about what is possible," Jo said.

Ex-Canterbury Crusader, Adam Whitelock, gave a thoughtful and inspiring talk, sharing some of the practical tips he employs to make sure that his wellbeing is looked after. As well as limiting device time and making time for himself, separate from his family and work demands, Adam shared that his goal is to wake up with purpose and go to bed with satisfaction.

"When the pressure is on, have a plan and focus on what you can control," Adam said.



## PEGASUS WORKFORCE DEVELOPMENT

### *Scholarship Recipient*

#### **MARJORIE CARRAN, NGĀTI HAUA BACHELOR OF SOCIAL WORK**



Having just completed her Bachelor of Social Work at Ara Te Pūkenga, Marge is excited to be working at Purapura Whetu, a Kaupapa Māori health service.

Her experience receiving judgement-free support from a Social Worker has led her to want to be that safe space for others.

“I like working grassroots with people, especially those who have several things stacked against them,” Marge said.

“It is not about doing things for people, it is about walking alongside them because it is their journey.”

One of her extra roles is assisting a doctor at Linwood Medical to recruit wāhine Māori research participants and encourage them to see a doctor about sexual health.

“I am passionate about ensuring that all people in our health system are presented with all the options and able to make their own decisions. And that someone will hear what they have to say,” Marge said.

#### **NASYA THOMPSON, NGĀTI RAUKAWA FINAL YEAR BACHELOR OF MEDICINE**



Nasya feels strongly that Aotearoa needs a workforce that represents the community. Figures from 2022 showed that only 4.4% of doctors in Aotearoa identify as Māori and there are only 14 Māori surgeons currently practising.

Which is why Nasya wanted to get into the medical field. She is currently in her final year of a Bachelor of Medicine degree and interning at Christchurch Hospital where she experiences a range of medical disciplines, although she is set her sights on becoming a surgeon.

Nasya has a background as a Health Care Assistant and completed her Bachelor of Science before taking the leap into medicine.

“I have always been into the sciences, and I wanted a role with purpose. I have always wanted to work with people and by studying medicine it also means I will be able to advance Māori health outcomes,” Nasya said.

“We need a workforce that represents the community. I am looking forward to getting out there and being a voice for Māori. It is about helping our whānau and addressing health inequities,” she said.





## PEGASUS WORKFORCE DEVELOPMENT SCHOLARSHIPS 2023

# APPLICATIONS NOW OPEN

**We are delighted to invite students who identify as Māori, Pacific or from Culturally and Linguistically Diverse (CALD) communities, studying medicine, nursing or allied health to apply for the Pegasus Health Workforce Development Scholarships 2023.**

Pegasus Health has, for many years, recognised that developing our workforce

is vital to improving the health status of the populations in the communities in which we serve. Since 2001 when these scholarships were first established, numerous aspiring recipients have been assisted, many of whom have gone on to outstanding careers in primary health care.

## ALLOCATION OF SCHOLARSHIPS

Scholarships are available to assist with fees for students undertaking:

- Year 4 or 5 medicine
- Year 2 or 3 nursing
- Year 2, 3 or 4 training in an allied health profession

## APPLICANTS MUST:

- Identify as Māori, Pacific or from refugee and migrant background communities
- Be a domestic student
- Be a resident of Waitaha Canterbury
- Be enrolled in a Waitaha Canterbury tertiary institution, or a distance learning student living in Waitaha Canterbury

# APPLICATIONS CLOSE

5PM, FRIDAY 14 APRIL 2023

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