



Tena koutou katoa,

We still have whanau isolating with omicron. If whanau are needing some Rapid Antigen Tests (RATs), call into one of our clinics to pick a pack up. Alternatively, you can arrange with our team to get an assessment and a supervised RAT's test done. It remains important that you load your test online, which you can do on the following link

<https://mycovidrecord.health.nz> or call 0800 222 478 press option 3. If you test positive and are unable to load your result call and speak to one of our staff for assistance. While in isolation we have our Community Connectors available to provide manaaki support, again call us on 0800 879 967 if needing help.

We have noticed a decline in people wanting a covid vaccination shot, remember the best protection against the worst effects of covid remains vaccination. Our team are still available to provide 1<sup>st</sup>, 2<sup>nd</sup>, or booster shots. Give one of our clinics a call, if you've had covid there is a waiting period before you can get vaccinated for covid. Our team are also providing flu shots and measles, mumps, and rubella (MMR) shots.

We had anticipated that now our new clinic on Northwood Ave is completed and blessed, and we are now operating out of it.

It was disappointing that one of our sign's regarding meth was graffitied on. Thankfully the graffiti was able to be removed without damage to the sign. Further in our newsletter an explanation is provided on how we chose the iconic image and permission process.

Whanau let's look after and respect our community assets and look after each other, be kind and may God bless and keep you and your whanau.

*Errol Murray*

**Calendar of Public Health events-**

**May**

17 – 23 Road Safety Week.

21<sup>st</sup> – Pink Shirt Day.

31<sup>st</sup> – World Smokefree Day.

**June**

1 – 30 Junkfree June Move your butt.

5<sup>th</sup> World Environment Day.

14 – 21<sup>st</sup> Mens Health Week.

20<sup>th</sup> World Refugee Day.

20-26<sup>th</sup> National Volunteer week.



## Quality Feedback

Whakawhiti Ora Pai welcomes comments and treats all feedback as a means to improve our services. Suggestions, compliments, and complaints are immediately directed to the Complaints Officer. All complaints are forwarded to the General Manager who brings them to the Board's attention each month. Any action required is then given to the General Manager to follow up on if the matter has not already been addressed. Suggestions and compliments depending on whether they require a response are responded to by the Complaints Officer. All suggestions, compliments and complaints are presented at staff meetings as we see these as improving the quality of our services, they are then kept on file.

**Compliments** – (1) Compliment on the Covid workshop vaccination event at Pukenui of Thursday from the Te Hiku Delta Response members that attended. (2) Thanks for the roofing iron – koha of fish dropped off (3) Thanks for the delivery of kai pack

**Complaints** – (1) Unhappy with the kai pack delivered, some items wanted not in there. (2) Unhappy with the way she was spoken to, and message relayed. (3) Concern that old incorrect records had been sent to the hospital – resolved.

**Suggestions** – Suggestions were offered to further enhance the Pink Ribbon breakfast if it is held again next year.

If at any time, you as a whanau or community would like to discuss any issues or concerns you may have with any of our services don't hesitate to contact us, as we are happy to meet with you at a venue that suits you. Contact either Maureen Allan (Complaints Officer) or Errol Murray on (09) 409 7880.

*So, patients, visitors and staff feel safe all our clinics are Smoke, Drugs, Alcohol and Violence Free – Thank you for your support.*



### [NEED TO TALK? TEXT OR CALL 1737!](#)

Need to talk? 1737 is a new phone number, people can use 24/7 to connect with support concerning **Mental Health and Addiction Support**.

By calling or texting the easy to remember four-digit number from any landline or mobile, people who need to talk can access professional help for free.

1 in 5 Kiwis experience mental distress, at some point in their life, there is a chance that you or somebody in your life may need to talk to somebody.

### **Budgeting**

Please make use of our free budgeting service. Whakawhiti Ora Pai has available a trained budgeter who can assist whanau manage and organize their finances. This service is a free confidential service so if you are struggling to make ends meet and want some financial management advice, call 409 7880 and ask for Bella Nathan.

# Te Puarangi

Tena koutou katoa,

It is amazing how fast the year has flown by so far already we are already in June and I ask myself where it has gone. Things have been ticking along slowly as we are about to gear up and start moving around the motu (area). We will be visiting our local schools and hoping to visit workplaces within our other services.

Support Groups are coming back to every clinic this month please keep an eye out on our Facebook page for where we will be!

Remember we have an open-door policy so if you feel like a chat about anything come in and see us or give us a call Ph: 09 409 7880.

Mauri Ora Arby Larsen



Health and Wellbeing Team

# Health Promotion

Tena Koutou Katoa,

Where has the year gone already! Earlier in May we started our 6 Week Fitness Challenges in Te Hapua and Te Kao communities. We've had a good turnout in both communities and have enjoyed seeing participants push themselves outside of their comfort zones and work hard towards our aim 'to get whanau and individuals motivated to be active and follow healthy eating practices which encourage healthier lifestyles'. The challenge will be starting in Ngataki and Pukenui in July, with registrations opening on Monday the 6<sup>th</sup> of June – be in quick there is limited spaces available.

We are glad to be back in the local schools and are looking forward to bringing more health promoting events to our service area for all age groups so keep your eyes out.

Health Promotion Team



WHAKAWHITI ORA PAI  
- HEALTH PROMOTION TEAM -



**NGATAKI & PUKENUI**

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**SIX WEEK FITNESS CHALLENGE 2022**

**JULY 04 - AUGUST 13, 2022**

A SIX WEEK FITNESS CHALLENGE TO GET  
COMMUNITIES MOTIVATED TO BE MORE ACTIVE

**OPEN TO ALL FITNESS LEVELS  
MUST BE 16 YEARS AND OVER  
LIMITED SPOTS**

WANT TO BECOME HEALTHIER AND MORE ACTIVE? YOU CAN SIGN UP  
FROM JUNE 20TH TO THIS CHALLENGE ONLINE VIA THE WHAKAWHITI ORA  
PAI WEBSITE [HTTPS://WOP.CO.NZ/](https://wop.co.nz/)

# Nurse's Corner

## With Maureen Allan Clinical Nurse Manager



This whakatauki is still appropriate and on-going - as COVID continues to be present within our communities.

### **Contact our clinics if:**

- You need a supply of RATS tests these are available free.
- If you have a positive covid test, please register online or contact us to register you so that we can provide medical and wellbeing support.
- Covid vaccinations / boosters are still available for anyone aged 5-11 for child vaccinations and 12 years and over for adult covid vaccination.



### **Covid facts:**

- To have the best protection against the covid virus you need to have 3 covid vaccinations - 1, 2 plus a booster.
- If you have been covid positive you cannot get your booster until 3 months following your 7-day isolation period.
- Continue to wear a mask when amongst lots of people

**Contact Trish or Lucy at Te Kao clinic 09 409 7880 to book your covid vaccination**

## Pay Parity across all Nursing Roles.



Last month has been wage negotiations being worked out between nurses and District health Boards. Just to inform you all that these negotiations are only for **nurses employed under District Health Boards and/or hospital based).**

This does not include all nurses working in primary health e.g., Practice nurses, Aged Care nurses, Plunket nurses, Palliative Care, Hospice nurses, Maori Health providers. Support from our communities for fair pay across all nursing would be greatly appreciated.



### **FLU vaccinations:**

**Contact our clinics for the flu vaccination – 0800 879 967**

To increase your protection over winter I suggest you have your flu vaccination. We can administer Flu and Covid vaccinations at the same time.

### **MMR (Measle, Mumps & Rubella) vaccinations**

**For those aged between 15-30 years of age who have not had their measles vaccinations Contact your clinic for more information.**

# Why you should get immunised against the

# FLU

## Influenza immunisation of pregnant women is recommended by the World Health Organization

Because of the higher risk of influenza infection to mother and baby, the World Health Organization (WHO) recommends that pregnant women should be the highest priority in seasonal influenza vaccination programmes.

**Immunising a pregnant woman offers protection both to the mother, the unborn baby and to the newborn baby. And it is free<sup>†</sup> for you.**

## Influenza immunisation could save you and your pregnancy

If you are pregnant it is important to protect yourself and your unborn baby from influenza.

Experience from previous influenza outbreaks shows that pregnant women, their unborn babies and their new infants are at greater risk from complications associated with influenza.

There are a range of changes that occur during pregnancy that put expectant mothers at greater risk, including changes to lung capacity, the immune system and heart rate response.

Pregnant women with existing medical conditions are at even greater risk of severe influenza-related illness.

## Proven safety record for pregnant women

The influenza vaccine has been used for many years for pregnant women with no safety concerns and can be given during any trimester of pregnancy. There is no increased risk of reactions to the vaccine for pregnant women or their unborn babies.

<sup>†</sup> usually early March to 31 July each year.

## Immunisation during pregnancy also protects babies after they are born

Newborns and young infants have higher rates of influenza and hospitalisation than other children but are too young to respond effectively to influenza immunisation. However, if you have been immunised in pregnancy you are likely to pass on some protection to your newborn baby (in part by passing antibodies across the placenta).

**The protection from immunisation during pregnancy is also passed on to your baby so they are born with some protection against influenza for the first few months of life.**

Studies have shown that babies born to mothers who received the influenza vaccine while pregnant are significantly less likely to be hospitalised with influenza than babies whose mothers did not receive the vaccine.\*

## The influenza vaccine will not harm your baby

The influenza vaccine does not actually cross the placenta into your baby. The vaccine simply stimulates your own immune system to make antibodies that can fight off the virus. Research has shown that the immunisation of pregnant women reduces the risk of influenza not only in the mother but also in their newborn baby.

## Vaccination and breastfeeding

The influenza vaccine can be given to a breastfeeding woman. Protecting the mother can help prevent her becoming infected and transmitting influenza to her baby. Breastfeeding may offer some protection against influenza.

**Maternal influenza immunisation protects two high-risk groups with one vaccine dose – pregnant mothers and their babies.**



**Pregnant women with influenza are nearly 5 times more likely to be admitted to hospital than women who are not pregnant.**



**Influenza.**  
Don't get it.  
Don't give it.

## Questions and Answers

### When is the best time to immunise?

The influenza vaccine can be given at any time during pregnancy. It is preferable to give the vaccine as soon as the vaccine is available (usually from early March) well before the start of the influenza season. The funded vaccine is available through to 31 July.

### How many doses do I need?

Just one dose of influenza vaccine is required each year.

### I've had a history of miscarriage. Is it OK to receive the vaccine?

Yes. The influenza vaccine does not increase the risk of miscarriage. However, catching influenza can increase the risk.

### I am pregnant and want the influenza vaccine but I have a cold, should I still get it?

If you don't have a high fever and are only experiencing a cold, runny nose or sniffles, it's okay to receive the vaccine. However, if you're very unwell, wait until you are better. If in doubt, check with your Lead Maternity Carer, GP or Practice Nurse.

### I have just had my baby, can I have the influenza vaccine and will it protect my baby if I am breastfeeding?

Yes, it is safe for you to have the influenza vaccine. Breastfeeding may also offer some initial protection to your baby. However your baby will have more protection if you are vaccinated in pregnancy.

### Is the influenza vaccine a live vaccine?

No. The seasonal influenza vaccine does not contain any live virus; it is completely inactivated and cannot give you influenza.

### Is there thiomersal (mercury) preservative in the influenza vaccine?

No. Vaccines used in New Zealand are preservative free.

### I had the influenza vaccine last year, why do I need it this year?

Yearly immunisation is recommended for two reasons: first, because protection lessens over time; and second, because each year influenza can be caused by different influenza viruses. The strains in the vaccine are frequently changed to respond to the changing virus pattern.

### I am pregnant and work with children, should I have the influenza vaccine?

Yes. Influenza infection rates are generally highest in children, and they are a major source of the spread of influenza. The influenza virus may be found in respiratory secretions (breathing, coughing and sneezing) for two weeks or longer in children. In particular, young infants are at high risk of influenza so it is important to immunise those around them to stop the spread of influenza to them.

\* Benowitz I. et al, Influenza Vaccine for Mothers Protects Infants, CID 2010;51, 1355-1361.

The influenza vaccine is a prescription medicine. Talk to your doctor or nurse about the benefits and possible risks. TAPS CH4221. IMAC1513.

FOR MORE INFORMATION:  
**FIGHTFLU.CO.NZ**  
**0800 466 863**





# COVID vaccine (Comirnaty) boosters for adolescents

## Best practice advice for health professionals

Boosters for all **16-17 year olds** are approved by Medsafe at 6 months after they have had their primary course. Groups considered higher priority are those with high risk medical conditions, Māori and Pacific adolescents and those living in households with others who are very high risk

Clinicians who are concerned that a very high risk patient may need a booster sooner than 6 months can consider giving it 'off label' from 3 months post the primary course.

Currently there is no approval for a booster for **12-15 year olds** but if clinicians are concerned that a high risk patient may need a booster they can consider giving it 'off label'.

This fact sheet provides guidance for clinicians making decisions about 'off label' use.

### Off label use

Off label use (unapproved use) occurs when a prescriber considers that for an individual the expected benefit of a medicine outweighs the risks of side effects, although the medicine is not approved for use in that individual. To do this, a prescription is required as well as full informed consent– with [documentation in writing](#) recommended (consent form linked).

### High risk groups

The COVID-19 Vaccine Technical Advisory Group provided guidance around those aged 12 – 17 years who are at higher risk of severe COVID-19 infection. Clinicians may consider offering a single booster dose earlier than 6 months for 16-17 year olds with prescription, or offer it to 12-15 year olds with prescription, as off label use. The high-risk groups are:

Those 16-17 year olds:

- of Māori or Pacific ethnicity, due to the greater risk of severe disease and hospitalisation, and/or
- who are household contacts of individuals who are severely immunocompromised (ie of those who are eligible for a third primary dose of mRNA-CV).

Those 12-17 year olds:

- with underlying health conditions or immunocompromise including:
  - Down Syndrome, obesity, poorly controlled asthma and chronic respiratory conditions, diabetes, neurodevelopmental disorders, immunodeficiencies, haematological malignancy, complex congenital anomalies, and prior to or receiving immunosuppressive therapy.

See <https://starship.org.nz/guidelines/covid-19-disease-in-children/> for a list of underlying health conditions; or the [Immunisation Handbook](#) (s5.5.9) for those eligible for a third primary dose due to immunocompromise; that increases the risk for severe COVID-19. These lists are not exhaustive, clinicians may use their judgement for conditions that are not listed.



## Bowel Screening:

The National Bowel Screening Programme is **free for people aged 60 to 74 years**. It aims to save lives by finding bowel cancer at an early stage when it can often be successfully treated. We estimate that in the first year of screening in Northland, with an eligible population of about 36,000 people:

The earlier bowel cancer is diagnosed, the higher the chance of survival. People who are diagnosed with bowel cancer and receive treatment when it is at an early stage, have a 90 percent chance of long-term survival.

People from the ages of 60-74 years old will receive their first invitation in the mail.

Please read the directions carefully, If you need support contact the nurse at your clinic.

The National Bowel Screening Programme has started in Tai Tokerau, please follow this link:

<https://smex12-5-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.dropbox.com%2fsh%2f20glnh2iep2b00j%2fAAD7IsPhJiKSbNcMGd4OXVfSa%3fdl%3d0%26preview%3dBowel%2bComp.mp4&umid=d6c07b19-5205-4547-b3ca-25c0bcec549d&auth=4208f9d292d4bb72367c9cdb6e8d9affc9f9dfab-c56d3d6a5885b90ba04d17fe885b80457b5f302e>



### **Marilyn will be at the clinics on the following days:**

Wednesday 8<sup>th</sup> June – Te Hapua Clinic.

Friday 17<sup>th</sup> June – Te Kao Clinic.

Thursday 23<sup>rd</sup> June – Pukenui Clinic.

Wednesday 29<sup>th</sup> June – Te Hapua Clinic.

Thursday the 30<sup>th</sup> June – Te Kao Clinic.

**Contact Trish or Lucy at Te Kao clinic 09 409 7880 to make an appointment.**



At the end of June Registered Nurse Raina Kitchen will be retiring.

Raina has been with Whakawhiti Ora Pai for 15 years. Four days a week she has travelled from Whatuwhiwhi to work amongst us.

Raina's nursing experience has bridged 50 years, she trained at Kaitaia hospital as an enrolled nurse in the late 60's and continued to work at the hospital.

In 90's she did her Registered Nursing Training at NorthTec. Raina and Toss moved to Whangarei where she worked in Ward 2 Pediatric ward and as an Out -Reach Pediatric Specialist nurse.

Raina and Toss returned to Kaitaia where Raina worked with Te Hiku Hauora as Tamariki Ora Nurse while in this role, she obtained her Postgraduate Degree in Nursing.

In 2007 Raina came to Whakawhiti Ora Pai working across all clinics and across all age groups specifically tamariki and kaumatua Kuia.

Raina's work ethic, dependability and thoughtfulness will be missed by her colleagues and our communities.

The following whakatauki reminds me of Raina's professionalism

Nau te raurau  
Maku te raurau  
With your basket  
And my basket  
All will be well

We wish you all the best for the future Raina, enjoy your retirement at **Te Ngaere** and Whatuwhiwhi  
Nga mihi nui kia koe te whaea.

