



**New Zealand College of Primary Healthcare Nurses, NZCPHCN, NZNO and
the College of Nurses Aotearoa, NZ CNA(NZ)**

presents

Caring for Ourselves, Caring for Communities, Caring for Aotearoa
“Te tiaki i a tatou ano, te tiaki i nga hapori, e tiaki ana i a Aotearoa”
A focus on primary & community health care nursing”

Saturday, 11 March 2023
Arawa Park Hotel, 272 Fenton Street, Rotorua

0800 - 0830	Registration – tea and coffee
0830 - 0900	Introduction and Welcome Master of Ceremonies - Tāmami Coffey <i>Labour Member of Parliament, working to effect positive change for whanau in the Waikato region, and based in Rotorua.</i> Opening Mihi/ Waiata Kaumatua, BOP
0900 - 0930	Opening address Kate Weston, MN(Hons,) BA, RN <i>Executive Director, College of Nurses Aotearoa (NZ) Inc &</i> Rhoena Davis <i>Kaitohu Whakatapuhi Director of Nursing (Primary Care), Mahitahi Hauora PHE</i>
0930 - 1030	Keynote Speaker: Caring for Ourselves - Sarah Laurie <i>Founder of Take a Breath</i> <i>Take a Breath is a fascinating, science-backed insight into the human brain - and what happens when it's under pressure. Sarah will discuss how four key mechanisms in your brain impact the way we think and function, when we're under pressure. It then explains how the way we breathe directly relates to this.</i>
1030 - 1045	MORNING TEA
1045 - 1130	Keynote Speaker Caring for our Communities - Carlton Irving <i>Kaitohutohu Māori for SRSI and Equity Advisor for National Ambulance Sector Office (NASO) at Te Whatu Ora.</i> <i>Equity vs inequity – what can we be doing to address health inequities in Aotearoa New Zealand and understanding the impact of providing quality health care.</i>
1130 - 1215	Keynote Speaker Caring for Aotearoa - Michael Brenndorfer <i>NP, Youth Health Nurse Specialist, Executive Board Member, OraTaiao: NZ Climate and Health Council</i> <i>The World Health Organisation calls climate change the greatest threat to human health ever encountered. As nurses it is important that we comprehend the impact climate change will have on our work, but also to understand the impact our work has on climate change. By acting to mitigate climate change, by adapting our health services to reduce their own carbon footprint, and by centring health equity within all these interventions we can ensure both improved planetary health and population health.</i>
1230 - 1325	LUNCH

1330 - 1425 Breakout session 1 (50 mins each - 40 mins presentation & 10 mins Q&A)	<u>Health in a changing climate</u> How the health system contributes to climate change and ways to support sustainable primary health care practice. Jeanette Banks, RN , Practice Nurse Lead, Tamaki Health, Small Group Leader, Pegasus Health Education	<u>Ovarian cancer in Aotearoa</u> - the view through an equity lens Liz Pennington Operational Management Consultant & Leadership Coach Managing Director – Kaihautū Whakahaere	<u>Research</u> – Expected Knowledge and Skills for Urgent Care Nurses Michelle Piercy, RN Nurse Practitioner Intern and Advanced Community Paramedic. Facilitator of the NZCPHCN Urgent Care Nurses Network.
1430 - 1525 Breakout session 2 (50 mins each - 40 mins presentation & 10 mins Q&A)	<u>Supporting you, your patients and the community in practice-</u> Joanna Turner Research & Education Manager Asthma & Respiratory Foundation NZ	<u>Mahi Ngātahi: Culturally Responsive Ways of Working with Whānau Accessing Well Child/Tamariki Ora Services</u> Dr. Zoe Tipa – Whānau Āwhina Plunket Chief Nurse	<u>Workforce Issues – the new reality - Possibilities, Pitfalls and Precautions</u> Cathy Leigh, RN. BA , NZNO Professional Nursing Advisor
1530 - 1545	AFTERNOON TEA		
1545 - 1645	Caring for ourselves workshop - <i>Sarah Laurie</i> – <i>Take a Breath</i> - practical tips to start making changes right away, as well as free access to the Take a Breath app to help you with breathe training.		
1645 - 1700	Closing remarks - <i>Tracey Morgan</i>, Interim Chair, NZCPHCN, NZNO		

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