



NEW ZEALAND
NURSES
ORGANISATION

TŌPŪTANGA
TAPUHI
KAITIAKI O AOTEAROA

Top of the South Regional Council Newsletter December 2021

**NZNO National Office Membership
Support Centre**

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www.nzno.org.nz

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Jacki Nixey
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Te Rūnanga representative: Vacant

NSU representative: Vacant

NSU Te Runanga Taurira representative:

Vacant



**TOP OF THE SOUTH
REGIONAL COUNCIL WISH
ALL MEMBERS
A SAFE AND HAPPY
HOLIDAY SEASON**



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**NZNO Delegate Education 2022
By John Howell, NZNO Educator**

REGISTRATIONS ARE NOW OPEN

**COURSE: LEVEL1 Foundations
(Course Number 472)**

DATE: Wednesday 9,16 or 23 February 2022

<https://bit.ly/333vsYh>

**COURSE: LEVEL 3 Promoting Collectivism
(Course Number 564)**

DATE: Thursday 17 February 2022

<https://forms.gle/Fngu9cbvMAa8cwi47>

NZNO's delegate education programme is part of the organisation's commitment to empowering members to influence their working lives and NZNO.

ALL MEMBERS are welcome to complete our Foundations Course and will receive a certificate. Contact Abby.mcwatt@nzno.org.nz for details.

Grants, Scholarships & Funding

Contact the Regional Administrator, Phone 546 7217 or visit www.nzno.org for more information about how to access funds to attend conferences and/or other training opportunities.



Greetings and Merry Christmas 2021



This is our final newsletter for 2021 and my first as Chair of the Top of the South Regional Council.

It has been an interesting year to say the least and here's to 2022!!!

There have not been any further forums this year due to Covid and staffing. The two forums held earlier this year on Meth/P were really interesting and well attended. Planning is going ahead for 2 forums next year, one in Wairau in February and one in Nelson in June. We are currently looking into subjects for these forums so please feel free to contact us if you have any ideas.

There has been one education funding application received and approved recently. Please contact us if you would like to apply and to discuss this fund.

Discussions have been happening regarding the format of the Regional Conventions for next year.

It is looking likely that they will be electronic rather than face to face due to the planning required if restrictions occur. We would like to think that we can still have face to face however this is yet to be decided. The date for the Top of the South Annual dinner is May 2nd, and the Annual Convention is May 3rd. Note that there may be a change depending on NZNO and Covid as other options are currently being considered. We will keep you updated and, in the meantime, please save these dates! EREL leave is available for the convention and must be applied for early.

The Regional Council has changed recently with Joan ending her role as chairperson, she has been the chairperson for two terms and brings an enormous wealth of knowledge to the council so we are pleased that she has accepted the role of vice-chairperson. The new chair is myself, Carolynn, and there's a bio in this newsletter. Jacki is our new membership committee representative, and a bio is also in this newsletter. We are also pleased to welcome a new student representative to council, Hamish.

We recently had our annual planning day. You can find the 2022 meeting dates etc in this newsletter. The theme for 2022 "Nursing – A voice to lead-Nursing the world back to health"

Carolynn Hannah – TOP RC Chair



Introducing Carolynn Hannah TOP Regional Council Chair

My name is Carolynn Hannah, and I have been nursing for around twenty years, specialising in Neonatal nursing. I am a Registered Nurse in SCBU (Special Care Baby Unit) at Nelson hospital. I also do the odd extra shift around the hospital now and again. I have completed a Postgraduate Certificate in Health Sciences (Perinatal Mental Health), which is an area of interest to me. I am a preceptor within SCBU as well as a Trendcare Champion and a member of the LDC (Local Data Council).

I have been a delegate since mid-2018 and was inspired by the last MECA negotiations to give it a go. I am also a Health and Safety representative (and chairperson) and find that the two roles go well together. I am the NMDHB NZNO delegate Convenor, and I attend CCDM Council meetings, Bipartite meetings etc. I am a member of the Top of the South Regional Council, and until recently held the Vice-Chairperson role.

I am now in the Chairperson role.

In my spare time I am tackling renovating an old bungalow and landscaping/gardening, as well as spending time with family and friends. We also have an elderly Burmese cat and two kittens as well as a couple of mischievous black Labradors!

SAVE THE DATE

Top of the South Regional Convention
Tuesday 3rd May 2022



Introducing Jacki Nixey TOP Regional Council (Membership Committee Representative)

Hi, my name is Jacki Nixey and I trained as a registered Nurse at NMIT and completed a NETP in Ward 10 and ATR at Nelson Hospital in 2005. In 2016 I completed a Post Graduate Diploma with Victoria University Wellington, in the Clinical Nursing Science.

Initially I worked on the Medical unit, and I am currently employed in the ICCU/CCU 0.6fte where I am the NZNO workplace delegate. I also work 0.2fte as a Flight Transfer Nurse.

I originally joined the top of the south regional council to have input into the work NZNO does on behalf of the members locally and I have since joined the National Membership committee to ensure the voices of the NZNO members from the top of the south are heard on a National Level.

Please feel free to contact me via my NMDHB email: jacki.nixey@nmdhb.govt.nz

Representation on Council

Top of the South Regional Council Members:

Carolynn Hannah (Chair), Joan Knight (Vice Chair), Maria Briggs, and Jacki Nixey (Membership Committee Representative).

If you wish to contact your regional council, please phone/email Abby McWatt Regional Administrator 5467217 or Abby.McWatt@nzno.org.nz

MEMBER SUPPORT CENTRE

0800 28 38 48

Remember this is the one-stop shop, so to speak, for any queries about NZNO, professional practice, and industrial advice. Please ensure you also update NZNO when any of your details change, for example your name, your contact details, or your workplace.

NZNO Conference and AGM

A Review



The conference was unable to be held in Wellington face to face this year so was done via computer as was the AGM. This is a summary from some speakers on the day ...

The opening address was by the Hon Andrew Little, Minister of Health. He apologized for nurses being underpaid and spoke about the \$22 billion that has gone into health recently, such as new buildings and new drugs etc. I believe a copy of his address is on-line.

Dr Ruth De Souza spoke about the uncertainty for the future in our pandemic changed world and asked the question – will nursing only be available to the rich? A common theme was building a more just, equitable future. She stated that there is no single answer to a changing future and that there are thousands of nurses and we can thrive with a possible nursing led future if we choose!

Professor Palatasa Havea from Massey University was employed to help Pacific students lift their performance. He said that there's power in being different and seeing what everyone else sees but thinking what no one else thinks. He stated that it's important to provide the right environment for success and asked, "How many seeds are in the apples vs How many apples are in the seed!" – food for thought!

The panel discussion was "Living through a Pandemic" and Kerri Nuku (NZNO Kaiwhakahaere) Stated that nurses needed strong leadership in the pandemic. The NZNO National Student Unit representative, Chantelle Thompson, spoke of the importance of mental health for students during the pandemic.

Clare Buckley, Head of School of Nursing, EIT (Hawkes Bay) discussed the pandemic from an educators' perspective. She stated that it happened so fast that there was no time to prepare. Students were given a study week, so the pressure was off them, also giving the tutors preparation time. It was difficult as students were not allowed out on practicum, but the programs had to keep going- massive challenges. Laptops, modems and hardship funds were sent out to many students to enable them to stay connected.

Associate Professor Siouxie Wiles from The University of Auckland spoke about how the pandemic started for her in mid-January doing interviews and also teaching and moving it online as well as running a research lab (which stopped and lost about 6 months of research). She wanted the public to know why the decisions are being made scientifically and what decisions are based on. Vaccination is an important tool in moving forward. Sadly, she has had harassment since last April, death threats, etc. People in positions of power have been attacking her credibility. Siouxie said that we need to move collectively and get vaccinated so we can stop the lockdowns. Overseas they have lived in isolation/restrictions for 18 months (e.g. the UK) and many people don't fully comprehend what has been happening overseas. We need to pull together, so this does not happen to us. She reiterated that it is important to move collectively, everyone needs to be safe and we need to get to the right place.

Janine Ellison, Waikato DHB, discussed her integrative review on "why senior ward nurses leave the acute setting?".

The study was conducted at the end of 2019 and found the 3 main reasons were:

- Support factors -including- poor manager organization skills; poor management of nurses; manager not being on the side of the nurses: lack of clinical time/support on the ward.
- Workload factors – including -increased acuity; increased workload; chronic short staffing; health as a business and not patient centered.
- Professional factors – including – no career development opportunities; not enough education; senior nurses often miss out on education as needed to fill roster requirements; preceptoring/mentoring new

staff so felt needed to know latest education practices.

There has been no new NZ literature since this study.

Survey monkey was done to NZ Nurses FB groups, 300 completed in July/August 2021 and 88% said they were considering leaving.

The main themes were:

- tired, drained, nothing left to give, burnt out
- bad parent, bad mother, grumpy & exhausted
- feeling unsafe, worried about registration
- this is the worst it's ever been
- abuse from patients and their family has increased since starting many years ago
- understaffed, undervalues and management doesn't care

Recommendations to retain staff were:

- leader visibility and staff appreciation
- safe workloads
- senior ward nurse education

More NZ research on the topic is needed.

Google Scholar has 2 articles

Dr Michal Boyd, UOA – End of Life from a nursing Perspective (post referendum)

An interesting overview of this current topic (came into) law Nov 2021.

Nurses are not obliged to be involved in assisted dying if they have a conscientious objection.

MOH website has more information. The Act is clear –the person must raise it first. You cannot bring it up first.

There appears to be hardly anyone dying less than 65 years of age. The majority of people that die will be old and fragile, and 50% of people aged over 65 will die in residential care. It's also important to realise that not everyone has a 'physical' home and some people's homes may not be conducive to dying at home.

By NZ law must be:

- >18
- NZ citizen
- <6 months to live – grey area as no one really knows
- Irreversible illness
- Unbearable suffering
- Mentally competent (at time of discussion), they cannot be delirious at time of death.

This was a thought provoking, relevant and interesting topic.

Stephen McKernan

Creating a sustainable health care system. The DHB environment has been since 2000. Over last 10 years there's been many reviews and system is under a lot of pressure – variations up and down the country.

2 reports:

- W2575 tribunal report – system not delivering for Maori due to many years of underfunding (especially primary care)
- Heather Simpson report – health and disability review showing a widespread inequity of outcomes and a number of priority populations are underserved with equity gaps between population groups such as Maori, Pacifica and disability.
- The system fails to keep up with consumer preferences, e.g. services shifting closer to home, it's overly complicated and fragmented, and facing financial pressures that impact sustainability.

Sept 2020 – policy process undertaken looking at intended outcomes (e.g. partnership, excellence) need a system that allows services to be available where and when people want them: a system with a highly valued workforce. NZ will move from 20 DHBs to a central system, Not a centralized bureaucracy.

NZ is just a 5 million person country, therefore should only need to do some things once (not 20X) e.g. data, IT, etc, care models.

The health impacts are different at community levels, Localities → districts → regions → national levels. E.g Localities need planning for that particular locality. They will have a key demographic dimension and cover between 20-100 people.

The functions of the existing 20 DHBs will merge into NZ Health to lend day to day running of the system. Functional at regional level for some things and at national level for others.

Day to day things won't change – investments in IT for example will happen nationally. It was really interesting to hear about the new system. Even though it was all on-line the conference was very interesting and I would recommend attending to all members!

Carolynn Hannah – TOP RC Chair

Meetings and Activities

Date	Meeting type (T=Teleconference; F= face-to-face)	Purpose of meeting (RC, Mgt Team, IND etc)	Location	Duration (ie. 1 day, 1 hour)
2022/23				
10/02/22	F + Zoom	Regional Council Meeting	Nelson Training Room	2 hours
10/03/22	F	AGM and Regional Council Meeting	Wairau	2 hours
10/03/22	F	Forum TBC	Wairau	2 hours
14/04/22	F + Zoom	Regional Council Meeting	Nelson Training Room	2 hours
02/05/22	F	Annual Dinner Forum	Nelson	3.5 hours
03/05/22	F or T	Regional Convention	Nelson	7 hours
09/06/22	F+ Zoom	Forum TBC	Nelson Training Room	2 hours
16/06/22	F + Zoom	Regional Council Meeting	Nelson	2 hours
28/07/22	F + Zoom	Regional Council Meeting	Nelson Training Room	2 hours
04/08/22	Zoom	Remit Forum	Zoom	2 hours
08/09/22	F + Zoom	Regional Council Meeting	Nelson Training Room	2 hours
XX/09/22	F/T	NZNO AGM	Wellington	
XX/09/22	F/T	NZNO Conference	Wellington	
13/10/22	F	Regional Council Planning Meeting	Nelson	3 hours
01/12/22	F + Zoom	Regional Council Meeting	Nelson Training Room	2 hours
01/12/22	F	Christmas Dinner	Nelson TBC	
09/02/23	F + Zoom	Regional Council Meeting	Nelson Training Room	2 hours
XX/03/23	F + Zoom	Regional Council Meeting	Nelson Training Room	2 hours