

December 2025



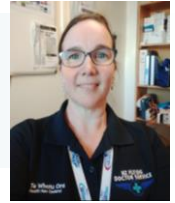
COASTN
Providing Excellence in Transport Nursing
NZNO



Heli Otago COASTN Symposium October 2025

College of Air and Surface Transport Nurses
College of the New Zealand Nurses Organisation

From the Editor – Tania Parr



Kia ora koutou katoa,

Welcome to the December edition of the COASTN emag, and surprise! I am still here! After a small amount of deliberation, I decided to stay on the committee for a little while longer. The connections made through being part of the committee have been invaluable.

This edition we reflect on the Symposium in Dunedin, the winner of the 2025 Transport Nurse of the Year 2025, changes to the committee with two members stepping back, two new committee members joining us, and with Andy becoming our new Chair.

We've had some great stories come in from around the country of what you've all been up to. Thank you to all who contribute, I really appreciate you taking the time out of your busy schedules to write an update or share your knowledge with us all.

With Christmas fast approaching, I hope you can have some time for celebration, good food and good company with loved ones. Wishing you all a Happy Christmas, and a prosperous 2026!

Remember, you are welcome to send me your stories, photos, articles anytime.

Tania.parr@nmdhb.govt.nz – I'd love to hear from you!!!

Nga Mihi

Tania



Did you know that COASTN is on social media?

Find us on Facebook <https://www.facebook.com/groups/250823442046051/?ref=share>
and on Instagram <https://instagram.com/nznocoastn?igshid=YmMyMTA2M2Y=>

Hello from the Waikato!

It's hard to believe we've already reached the December edition and that another year is drawing to a close. I hope you are all continuing to look after yourselves and one another after what felt like a long season of winter illnesses, with many patients requiring transfer by both road and air. As summer arrives and the holiday season begins, I trust everyone will find time to rest and recharge.

Symposium – Dunedin 2025

This year's Symposium in Dunedin was a resounding success. Sam and Lynette did an exceptional job, and the programme featured a range of engaging speakers who shared valuable insights and experiences. We also had the opportunity to visit the hangar, explore their simulator and equipment, and were generously welcomed by their team. Our visit even made the local paper, giving COASTN some wonderful visibility.

While there were many memorable moments, the true success of the event was in bringing together such a diverse group of professionals to share, learn, and collaborate.

Leadership Transitions

The Symposium also marked a farewell to Lynette, our outgoing Chair. Lynette has worked tirelessly on behalf of COASTN members, achieving significant milestones such as developing our new logo and ensuring the committee's voice was heard at a national level. She consistently guided discussions with clarity and purpose, and we wish her every success in her next chapter.

At the same time, we were delighted to welcome Andy as our new Chair. The Wellington service had joked that Andy was to be crowned "queen," so our PNA Annie brought along a crown to add a moment of humour to the occasion. Andy brings exciting plans for the year ahead. The committee will be dedicating substantial effort to updating publications and introducing new initiatives to uphold the highest standards in retrieval and transport nursing across New Zealand. With new roles, returning members, and fresh faces, 2026 is shaping up to be a year of meaningful progress for COASTN.

Website & Social Media

I hope you've had a chance to explore our revamped website. It now has a modern, professional look and is much easier to navigate. A huge thank-you goes to our NZNO web specialist—the expert behind the scenes who made this possible.

Thank you also for your contributions across social media this year. Please continue to share photos from flights, road transfers, study days, and team achievements. It is always inspiring to see the dedication and activity across services around the country. Next year, we plan to use these platforms even more, including offering more behind-the-scenes updates from your committee so you can see how your work is being supported. We also aim to introduce webinars

so all members have access to excellent speakers. If you would like to present, or know someone who might, we would love to hear from you.

Course Development

Helen, our course coordinator, is leading a major project to refresh COASTN's course content. With input from colleagues, friends, and feedback from service managers, she is addressing barriers to attendance and modernising the course material. This is a significant undertaking alongside her other responsibilities, but it is both timely and essential. We will keep you updated on progress and share the 2026 course dates as soon as they are confirmed.

Looking Ahead – Hamilton 2026

Looking forward, the 2026 Symposium will be hosted in Hamilton. Kylie and I will be organising the event and hope to make it just as memorable as this year's gathering. A "save the date" will be shared early in the New Year, so keep an eye on the website and social media pages.

Thank you to each of you for your dedication and contributions throughout the year.

Take care of yourselves, enjoy the holiday season, and best wishes to all—see you in the New Year.

Auryn

Aeromedical Commissioning Programme

Thank you for the opportunity to present to the COASTN conference in Dunedin on 17 October. It was great to hear the positive feedback on the level of engagement the Programme has had with the COASTN Committee and members. It is a practice we intend to continue.

The Detailed Business Case, developed on the back of the collaborative design process and articulating the investment required, is currently progressing through the levels of approval at both Health NZ and ACC.

We anticipate announcements on decisions will be made by the second quarter next year.

For the last update, please see the October ACP newsletter at [October 2025 \[PDF, 223KB\]](#). And for more information please look out for our next newsletter expected on 18 December.

Ngā mihi

Jon Gaupset

**Team Leader Air Ambulance
Ambulance Team**



COASTN Symposium 2025

Synergy in Motion

The 2025 COASTN Symposium brought together transport nurses, paramedics, and retrieval specialists from across Aotearoa to explore the theme:

“Synergy in Motion – Working Together for Excellence in Patient Care.”

Held in the heart of Dunedin, the event celebrated collaboration, innovation, and leadership in air and surface transport nursing. The elegant **Fable Hotel** provided a warm and professional setting, with Dunedin’s rich medical heritage and coastal charm enhancing the experience.

Keynote Speakers

- **Dr. Alex Psirides** – ICU Director and Medical Lead for Aeromedical Retrieval, shared insights on national critical care expansion and system redesign.
- **Di Fuller** – Starship PICU Nurse Specialist, reflected on two decades of flight nurse leadership and the development of the COASTN Passport.
- **Dr. Matt Read** – Mayo Clinic & USAF Flight Surgeon, presented on ECMO transport and simulation-based training in austere environments.
- **John Lambeth** – St John Paramedic, Te Anau, shared practical wisdom from nearly 30 years in emergency and retrieval care.

Programme Highlights

- **World Wide Mosaic Panel:** Focused on bicultural care and inclusive practices in paediatric and neonatal transport.
- **Clinical Presentations:** Covered neonatal retrievals, workforce wellbeing, technology in transport, and equity in care.
- **Interactive Engagement:** Attendees used the Pigeonhole app for live Q&A and polls. The app added a dynamic layer to the symposium, enhancing real-time interaction.

Key Takeaways

- Collaboration is vital in high-risk transport environments.
- Nursing leadership is shaping national aeromedical policy.
- Cultural competence and equity are essential for future care models.
- Simulation and technology are transforming training and practice.





There were two very strong nominations for the 2025 COASTN Nurse of the Year award, which made for a tricky job for the committee to choose a winner.

Congratulations to Sarah Rodgers who is the 2025 COASTN Nurse of the Year. Read her nomination from the Wellington Aeromedical Retrieval Service (WARS) team below:

Why Sarah you ask, because Sarah is always asking WHY? Never one to rest on her laurels, she is always looking to improve our service. Whether it be clinical excellence, team development and education, service expansion or ensuring patient and staff safety. She will always ask, how can we do this better?



Lynette presenting Sarah with the award

Sarah has worked in a variety of roles relating to transport. Starting as a volunteer for Wellington Free Ambulance, where her passion for ambulances and transport developed. She has been a flight nurse for Wellington Air Retrieval Service (WARS) since August 2012, notching up numerous flights before moving into Flight Coordination. Sarah was instrumental at setting up the coordination team and function that we have today, following a brief but turbulent time following Henny's retirement. Sarah is currently the Clinical Nurse Specialist and nursing lead for the WARS team of approximately 30 nurses. She has been a COASTN member since November 2012.

She had the vision that the Wellington Flight Service would grow exponentially and the people skills to pull us all together to make this happen. She has a fondness for getting out for lunch but even this shows her excellence for team wellbeing. She was instrumental in gathering a small team together in the Pho restaurant opposite Wellington Hospital, to discuss Flight Coordination going forward (aka filling Henny's shoes) in 2016.

The development of the flight coordination role, found Sarah asking how to improve data capture for number of referrals, number of transfers and what locations these were from. From there came the excel spreadsheet that is still in use today; albeit updated several times since then (at Sarah's behest). The spreadsheet is still used to formulate reports, both regarding interregional flow and feedback regarding any issues or delays encountered on jobs.

Sarah excels in her position as the CNS because, as previously mentioned, she is always asking why or how? She is constantly looking to improve our service (which we think is already pretty good) reviewing current literature, reviewing other services and resources both in New Zealand and Australia and surveying opinions on what might work best for us. Sarah liaises closely with our aircraft provider, pilots and senior medical team to ensure that safety of patients, relatives and staff are paramount. She ensures that any new processes regarding aircraft and crewing models are communicated to the team promptly. She is ahead of the game with quality initiatives and strives to ensure our guidelines are maintained with the most current and up to date practices. She is known for frequently updating the paperwork used in transport to ensure it captures the correct information in this ever-evolving environment.

Sarah has been a driving force behind the expansion of our team which now includes three nurses Monday to Friday, two in the weekend as well as an on-call flight nurse. The coordination role has increased to seven days per week, excluding public holidays. While furthering her reach, she has liaised with other services in the central regions and initiated our regional 0900hrs hui, aiming to minimise empty legs and optimise resource utilisation. She has been the national representative on the Dispatch and Coordination subgroup for the Aeromedical Commissioning Programme and has been very persistent in ensuring that the role of the flight nurse and interhospital transports (by air and by road) has been recognised – both acute and repatriations.

Sarah is a strong advocate for flight nurses, constantly looking to build the next generation and ensure adequate educational opportunities. She ensures that all flight nurses have opportunities for ongoing education, which includes regular simulations in the aircraft simulator with the ICU registrars. Sarah has an ongoing creative mind which helps maintain the element of surprise for some of our more seasoned flight nurses. She supports the coordination team to ensure our regular flight meetings contain an education component and audit of recent challenging cases with our medical leads.

While managing all of the above, Sarah continues to lead by example working her fair share of flight shifts and on call nights. She leads from the front. She's always trying to make someone's last minute request work and moving her shifts around to suit and is always concerned about our wellness. She is always available, approachable and promotes a high standard of flight nursing and professionalism. Sarah is often seen 'jumping on a buddy flight' with some of our nurses a few months out of orientation, or to assist with a more challenging mission. She has the team's best interests at the forefront of her mind and as previously stated – continues to ask WHY?

Regional Updates



Life saving care in the air

Hi everyone,

Over the past few months our teams have been operating at full pace, with our Auckland and Taranaki teams undertaking a steady volume and diverse range of missions throughout the New Zealand and the Pacific. We have welcomed several new team members including 2 new nurses in the NZAAS Taranaki after hours service – Toni and Baptist.

In addition to our operational activity some of our team members travelled to Dunedin for the COASTN symposium where our Mission coordinator Andrea presented a case study. NZAAS was also represented at the 40th ASA conference which was held in Hobart. Aside from the learning opportunities at conferences, we also value the collegial connection and networking which strengthens professional relationships that support our work.

Looking ahead to the coming weeks, we are preparing for the blessing of another B200C aircraft, marking its introduction into the service, and enhancing our capabilities in New Zealand. We're also excited to be hosting the team from BETA in Napier and preview their current model eCTOL aircraft as it tours New Zealand – an opportunity that underscores our commitment to innovation and the future of sustainable aviation.

As the year comes to a close, and the festive season begins, we wish you all a safe and happy holiday season.



Whangarei Flight Team

Kia Ora from the Whangārei ICU Flight Team,

As we approach the end of the year, the Pōhutukawa of Te Tai Tokerau are beginning their annual festive bloom, and the familiar sun-drunk buzz of cicadas is beginning to fill the air once again.

Our fixed-wing service continues to be well utilised as we work to ensure timely access to specialist healthcare for our communities.

Our flight teams have recently benefited from two intensive study days organised by one of our amazing team members, Linelle Tee. These days provided excellent learning opportunities for both our newer team members and senior flight nurses. A highlight of the days were the high-fidelity simulations conducted inside the fixed-wing aircraft – a fantastic opportunity to develop skills in our unique clinical environment.

On the rotor-wing front, the helipad at Whangārei Hospital is currently undergoing renovations. A temporary helipad has been constructed on the hospital campus to enable transfers to continue, with patients transported between the hospital and helipad by ambulance. We hope you all enjoy a safe and relaxing summer with whānau and loved ones.

Ngā Mihi,
Jason Wordsworth
Flight Nurse



Photo credit: "Golden Hour, 2000ft up" - Haeleigh McGee-King

Bay of Plenty – Tauranga Flight Team

The Bay of Plenty Flight Team are proud to operate out of the H145 Helicopter, delivering high level critical / urgent care across our beautiful region. Our main hubs are Whakatane, Waikato and Auckland with Tauranga being the heart of the network where the aircraft and team are based.

The Tauranga Flight Team may not do the highest number of flights – but the view never lets us down. The coastline down to Whakatane is beautiful and we have a commitment to help



transport Whakatane patients as these smaller centres rely on fast professional transfers to get their patients specialized treatment.

As well as the flight team operating daily we have a robust road ambulance service operating 7 days a week out of both Tauranga and Whakatane. We complete thousands of road transfers about the region every year. The road transport team have the frustrations of working with St John and roadworks and the flight team contend with bad weather and availability. How often we want to do an IHT and discover the helicopter has just left on a frontline job. But it is a job we all love and keep coming back for more

Waikato NICU Retrieval Team

As we head into December and reflect on 2025, it has been a year marked by both challenges and significant achievements.

After more than two years in planning, our new Transport Rigs came into service in August. In the lead-up to their launch, the Retrieval Team undertook an intensive education period to learn and gain confidence with the new equipment, every single piece was new (unfamiliar). It was a wonderful collective effort, with a number of team members taking on a Champion Role for specific equipment, then teaching and supporting the wider team. Cheat sheets were also created to ensure quick and easy reference during training and practice.

We currently have 12 NICU Retrieval Team members. This year we farewelled two experienced colleagues and welcomed three new trainee members, all of whom bring enthusiasm and excitement to their new roles.

A new Orientation Booklet was developed this year to support our new team members. Alongside this, we created a dedicated Mentor Guide, prior to this mentors were assigned without clear guidance on expectations. New members and their mentors now also receive a one-on-one education day to review and sign off all equipment training, daily checks, rig cleaning procedures and more.

Another new initiative for 2025 was the development of a 'Preferred Mode of Transport' guide. This quick-reference resource supports the Unit ACNM/Coordinator in determining the most appropriate transport mode when arranging retrievals or back transfers.

Lastly, we introduced Wellness Check-Ins for all team members, led by the Retrieval ACNM. These check-ins offer an opportunity to reflect, address concerns, identify further education needs, and share feedback.

Needless to say, 2025 has been a busy year for our team—but a rewarding and fulfilling one. We look forward to building on this momentum in the year ahead.

Kerryn Schaab

NICU Retrieval Team ACNM

Waikato Intensive Care Unit Transport Team

A year in review – Waikato Intensive Care Unit Transport Team

Our transport team has kept steady in 2025 continuing to retrieve critically ill patients from within the Te Manawa Taki and flying to some of the most beautiful parts of the country – Taranaki, Whakatane, Tauranga and Gisborne to name a few. In the year 24/25 we completely approximately 210 patients' retrievals with the support of St. Johns ambulance, Life Flight and the Westpac Helicopters.

Our team consists of 15 nurses all with varying years of experience, unfortunately this year – John our longest serving flight nurse of 20 years retired from our ICU in November this year. John has been a pivotal member of our team, and it has been a privilege working alongside him. We thank him for his outstanding years of service and dedication to our team and wish him well in his retirement. I would also like to say thank you to our wonderful team of flight nurses for the superb job they have done and continue to do.



Each year our ICU transport team supports the Waikato Westpac Helicopter team with their annual fundraiser. We provide education to the community as well as discuss what our job is like in the intensive care unit and up in the air. It is a fantastic opportunity for our team to spend time in the community as well as with our friends from Westpac Helicopters.

We have been fortunate enough to send some of our team to various education opportunities with a focus on aviation retrievals. Hazel was fortunate enough to attend the COASTN aeromedical course, Su and Gina attended the Wellington Retrieval Course and Emma and Aihua were fortunate to attend the COASTN symposium held in Dunedin. These opportunities have been incredible valuable experiences for our flight nurses.

We recently held our annual transport study day – this provided us with plenty of laughs



throughout the day as well as some great team building. With a game of amazing race amongst our team with a focus on transporting a patient, communication, problem solving and decision making it provided plenty of laughs. We also had our serious stuff too with recertifications and sims sessions – but all worth it.

Aihua reflects on the Dunedin symposium

It was such an honour to be there – to listen to incredible speakers from all over New Zealand, each sharing stories that reminded us why we do what we do. I kept wishing all my flight colleagues could have shared those moments with me.

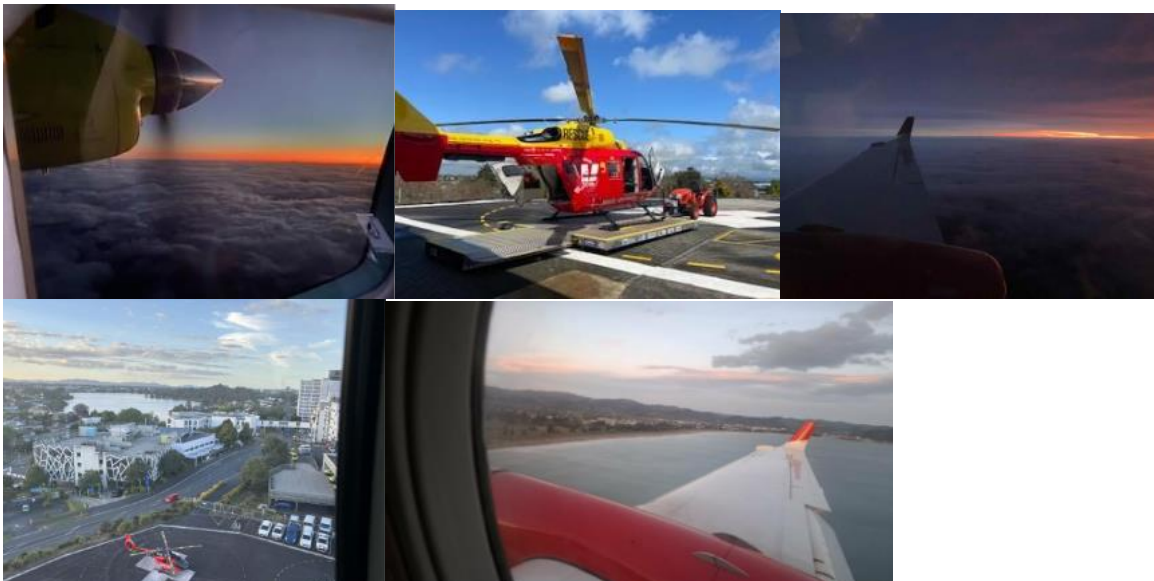
The story that struck me with the deepest was *Survival at the End of the World* by paramedic John Lambeth. His strength, his calmness, and the way his team fought for their lives when everything went terribly wrong shook me to my core. Watching him speak, you'd never guess the horror he lived through when their plane went down in water. All three of them were injured, yet somehow, they found the will to swim to shore and hold on until help arrived.

It only takes second for me to type those words but imagining what they endured imagining how close three families came to losing a husband, a father, a brother, a son – its overwhelming. I'm not a religious person, but i truly thank God they survived.

Hearing his story made me think deeply about the work we do as flight nurses and doctors. Every day, we carry critically ill patients between hospitals – by helicopter, fixed wing, or ambulance. Every mission is a leap into the unknown. We prepare for the worst, and sometimes the worst does find us. No two transports are ever the same.

Yet we chose this job, not because it's easy, but because it matters. We love the teamwork, the moments when we can help someone through their darkest hour, the grateful smile from a patient or family members, the endless blue sky and the breathtaking city lights as we land at night. These moments fill us up. They remind us that what we do has meaning. We are proud – so proud – of our work and of each other.

As we reach the end of another year and look forward to next year, our ICU team wishes you a very Merry Christmas and a Happy New Year.



Melissa Evelyn
ACNM/ Flight Nurse
Waikato Intensive Care Unit

Hawkes Bay Flight Team

by Jackie Hardy

I can't believe another year has almost passed, and in just a couple of weeks it will be 2026. Hard to say what the new year will bring—though I was personally hoping it would start with a \$30 million Lotto win. Sadly, the universe had other plans... again.

The team has continued to work incredibly hard this year, tackling some *memorable* transfers. Bariatric cases have definitely kept us on our toes, and a few missions really put staff to the test—like patients deciding to have a cardiac arrest while taxiing, or arriving very different from how they were originally “sold” to us. There have been plenty of surprises, with Murphy's Law showing up uninvited on more than one occasion.

As we all know, every day is a lucky dip. Some days you hit the ground running; other days you're waiting for something—*anything*—to happen. We're still pushing to do multi-load transfers whenever possible to make the most of aircraft utilisation, be financially sensible, and keep shrinking our carbon footprint.

Even with the chaos, we're still on track for around 1,900 patient transfers this year—about five patients a day. Not bad for a team that occasionally runs on caffeine, adrenaline, and sheer stubbornness.

To the Flight Crew that collected
& brought me back to Hawkes
Bay from Auckland City hospital
earlier this year.
your kindness & caring will
Warmest thoughts and best wishes
for a wonderful holiday season!
always be remembered.
Many Thanks &
Wishing you a very Merry
Christmas.



Photo - Wendy Shelley at HBHRT 33rd Birthday

We also attended the HBHRT 33rd birthday celebrations, joined by dignitaries and past patients who shared incredible stories of being here today thanks to the helicopter. It was a great event with plenty of good laughs and heartfelt moments.

On top of that, we have a new B200C coming online this month. It features a different stretcher configuration from what we're used to—because, as they say, change is good!



Photo - Kate Tweedie, Wendy Shelley, Megan Adams, Jackie Hardy

As we wrap up the year, thank you all for your hard work, resilience, and sense of humour—because without it, we'd all be in trouble. Wishing you a safe, relaxing, and thoroughly well-earned break, and a happy, healthy, and hopefully Lotto-winning start to 2026!



Hawkes Bay Flight Nurses – Jenny Merchant, Ange Russell, Wendy Shelley, Karen Thompson at Dunedin for COASTN Conference

Wellington Aeromedical Retrieval Service or WARS!

Greetings from Te Whanganui a Tara!

We jinxed ourselves the last issue – it has been a VERY windy Wellington this last quarter, as the media attested to. Even as I write this morning, Thunder and lightning passed through at 0630. Hopefully the spring equinox turbulence will settle soon to the benefit of all of us!

Our H145 helicopter finally made its debut in October. A few of us are a little miffed at still not having been on it! It is 30 years newer than our previous, a lot smoother, more spacious and IFR capable. There will always be a few tweaks to make with any new vehicle but we continue to work with SRSI how to best configure for our service. One thing at a time! For those still to have the 145 enter service, note that the Hamilton ventilators need to have a specific handle type and specific rear pin hole sizes to be compatible with the bridge bracket. Call us if you need to know more about this.

We continue to be quite seasonally busy with three fixed wing aircraft operational in Wellington during the day. According to our Duty Intensivists the coordinators are very good at talking to multiple people all at the same time. Thank you to the other services that have helped us out when we are stretched too thin, particularly after hours when we are all more resource constrained.

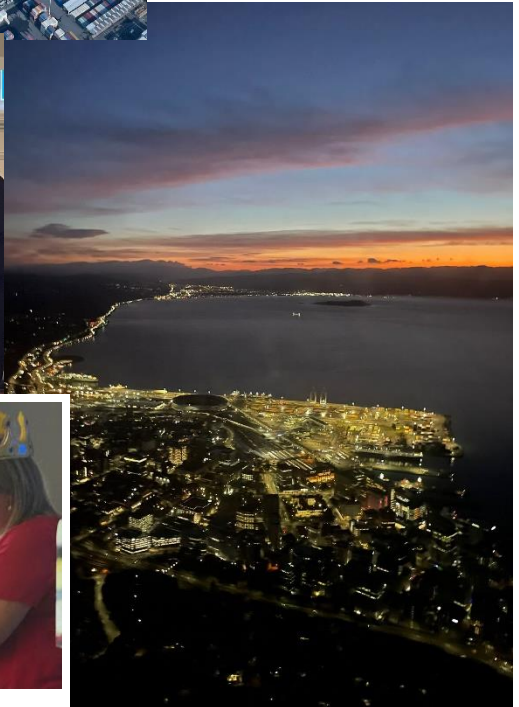
The recent flight conference in Hobart brought together three of our flight nurses who were deeply moved by the extraordinary account of the Franklin River rescue. It required a record number of winches, 24 hours of intensive care, and ultimately led to an amputation, CPR en route, and initiation of ECMO upon hospital arrival. Attendees also heard compelling retrieval stories from Africa and Papua New Guinea, highlighting both the challenges faced abroad and the relative advantages of working in New Zealand. The event showcased teaching, education, simulation, and orientation packages closely aligned with practices in Wellington, while providing a valuable opportunity to connect with peers and enjoy a series of outstanding presentations. There were also some great presentations from colleagues in Northland, Auckland, Christchurch and Dunedin.

The Dunedin Symposium was a hit. Those who went enjoyed being able to check out the Southern hangar and simulator. It was great seeing how other services work. There were lots of fantastic presenters, all thoroughly knowledgeable on their topics. Andy presented bariatric transfers and a long road transfer from Waikato to Wellington we had to do with the complex coordination logistics. We were intrigued by the Auckland Island crash story with John Lambeth presenting in such a relaxed manner about what could have been a life-ending situation. The humour from himself and his colleagues in the aftermath are a testament to their resilience and support of each other. Thank you COASTN for organising a fabulous two days.

We are very proud (can you tell) of our Sarah R winning the Award for Outstanding Achievement in Transport Nursing, Aotearoa. None of us had anything to do with it (Not! –giggle emoji here). Also a big congratulation to Andy as the new chair of COASTN. We do not actually know where she will find the time but she is a master at doing all the things.

Happy flying, Merry Christmas and here's to a holiday period with much more settled weather.

Credit to Becky O & SJ for the pics



New Zealand Flying Doctors Service – Nelson/Whakatū

Kia Ora from Sunny Nelson!

The Nelson Flight Team continues to tick along with some rather hectic days at times, but of late some eerily (not going to use the Q word!!!!) times too. On our usually busy days it really has helped having our wonderful road nurse team in Wairau to help with transfers, and tarmacs at Woodbourne. They make the multiple legs to and from Woodbourne so much easier, and cuts down so much time to our day. (I'm sure some of you have appreciated not needing to make the trek into Wairau from Woodbourne a helpful change when there's a nice straight forward patient transfer!)

We have managed to get most of our flight and road nurses through the PLS days as we look to expand into doing more of the stable paediatric transfers as needed. This has led us to create a paediatric transport bag and develop paediatric standing orders for our nursing team.

We are currently looking at revamping our flight nurse documentation to be more aligned with what other teams use around the country.

As we head into the silly season, we hope you all have some time for fun, family and friends, and stay safe out there!

Lets hope for smooth sky's and a great 2026!

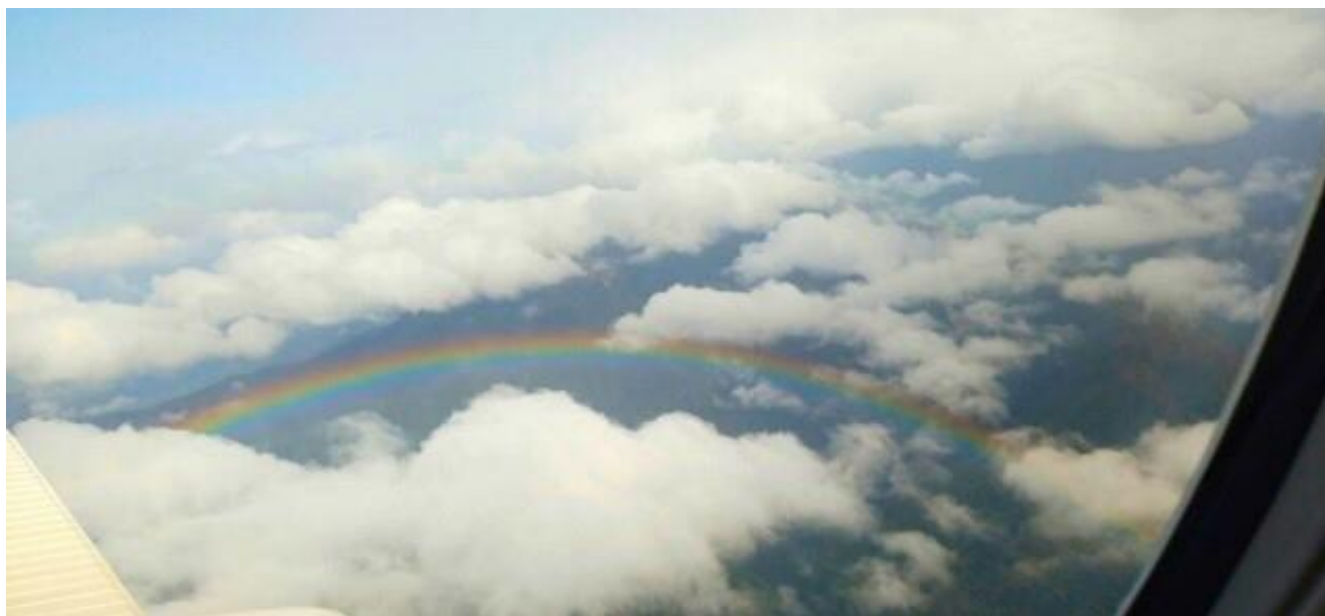


Photo credit to someone in the Nelson Team (Found on the Flight nurse phone!)

New Zealand Flying Doctors Service – Christchurch/ Ōtautahi

As we wrap up another busy period for Christchurch Air Retrieval - we are averaging around 60 jobs per month - our team continues to grow, evolve, and embrace new challenges. I am pleased to announce that I am no longer the newest member of the team, as RN Abbey joins us in November. She steps in to cover for Sam B, who is heading across to the “East Island” for a year of new adventures with his family.

Starting as a new flight nurse has been an incredible experience, challenging but hugely rewarding. Every job brings something different, from maternity transfers to critical care retrievals, and I’ve loved learning how to take my ICU nursing experience and apply it in a small, moving vehicle, often thousands of feet in the sky. Since I started in August, it feels like I’ve been everywhere – from Auckland to Invercargill, and even the Chatham Islands – but there are still so many more places to go, more skills to learn, and more jobs to experience!



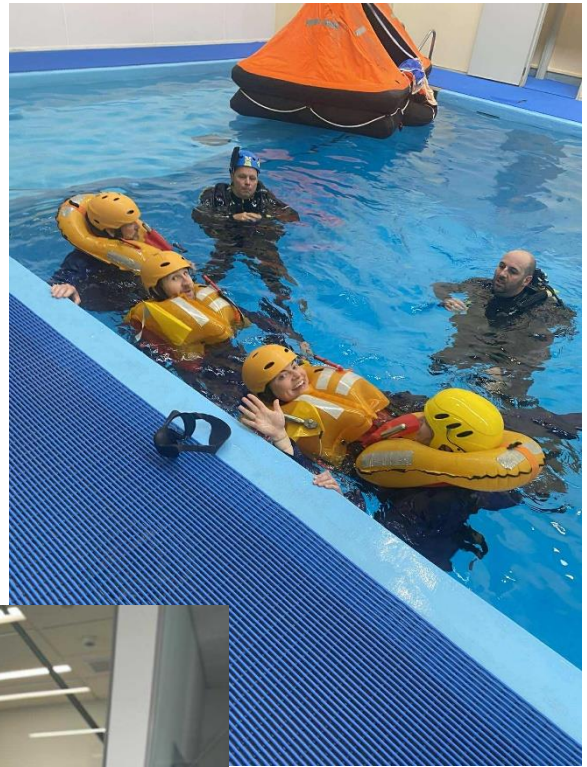
Training has been front and centre this spring. Seven of our team members—six RNs (including all our new recruits) and one SMO—attended HUET in November. The course delivered a mix of challenge, entertainment and humbling water time. In the words of one attendee: *“Some of us were mermaids, but some of us were sea cucumbers.”* Regardless of aquatic identity, everyone returned with increased confidence in their ability to manage water ditching scenarios. A special shout-out goes to Abbey (left),

whose job interview just days earlier ended with the questions, *“Can you swim?”* and *“What are you doing on Monday?”* – perfect examples of the adaptability, willingness to take on a challenge, and quick thinking that flight nursing demands.

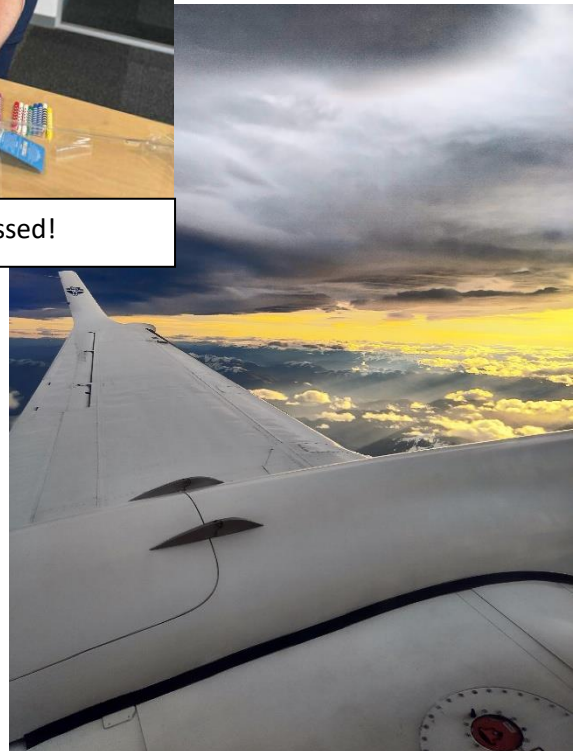
A late October snow dump made for some beautiful flying, but we are now sweltering in the sunshine and looking forward to the long summer days. Somehow, time has flown faster than any of our aircraft, and Christmas is nearly upon us. The big question is: who will be joining Santa and me as we take to the skies on Christmas Eve?

From all of us from the Christchurch Air Retrieval Service, season’s greetings — stay safe, stay curious, and may your next HUET session bring out your inner mermaid!

Katie, Flight RN



See you later Sam – you'll be missed!



Aeromedical Retrieval Course Update

Kia Ora!

Many of you may be wondering when the next course will be held next year. After the survey that was circulated to all flight coordinators, the general consensus has led the committee to have a revamp of the course and what is offered. There is an update on the COASTN website with more information. [Aeromedical Retrieval Course](#)

Take a look and watch out for notifications for when applications open. All COASTN members will receive an email with these updates. Currently I am planning to run the course in October 2026, aiming to not clash with school holidays etc. Can't wait to see your applications coming through! Happy flying fabulous FN's and have a very merry Christmas :)

Helen

Aeromedical Flight Course Coordinator

Education



EPICCNZ is the first interactive eLearning resource accessible to staff new to critical care working within Health New Zealand Te Whatu Ora. EPICCNZ has a range of modules including core knowledge needed to work in the speciality, body system modules to help manage and care for those with critical illness and speciality modules where needs of specific populations are covered.

The IHT module has been developed with the expert input from many IHT teams across the motu. This module is intended to be undertaken alongside practical education and competency development so that every person new to IHT, can access the same high-level induction.

The IHT module is accessible across all three LMS platforms, located within the EPICCNZ homepage. It will take approximately 1-2 hours to complete.

Connect Me - [EPICCNZ Programme](#)

Ko Awatea - [EPICCNZ Programme](#)

HealthLearn - [EPICCNZ Programme NAEC100](#)

For more information please contact:

Tracy Klap tracy.klap@ccdhb.org.nz or Maureen Coombs Maureen.coombs@ccdhb.org.nz

COASTN Committee 2025



Patrice Rosengrave, Avryl Way, Andy Gibbs, Tania Parr, Jacki Hardy, Sam Collis and Lynette Will.
Not pictured Annie Bradley-Ingle, and our new committee members Kylie Stevens and Rose Bond

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