



**Te Whatu Ora**

Health New Zealand

Te Matau a Māui Hawke's Bay

# CELEBRATING OUR NURSES AND MIDWIVES

In honour of the International Day of the  
Nurse and Midwife 2023.

# CELEBRATING OUR NURSES AND MIDWIVES

As we celebrate our midwives and nurses this year, we reflect on their response to Cyclone Gabrielle.

Once again, our teams supported the health response, our communities and each other, and provided every day care, while managing their own personal impact of the cyclone.

This resilience and adaptability to such a devastating event proves why we should be proud of our professions. This year the theme *"Our Nurses. Our Future"* sets out what the International College of Nurses (ICN) envisages for nursing in the future by addressing global health challenges and improving global health for all. We should learn from the lessons of the pandemic and translate these into actions for the future to ensure nurses are protected, respected and valued.

Through the State of the World's Nursing report, the Global Strategic Directions for Nursing & Midwifery, the Sustain and Retain in 2022 and Beyond and other publications, ICN and other organisations have shown the need for change and called for action and investments in nursing. It's now time to look to the future and show what that will mean for nursing and healthcare. The *Our Nurses. Our Future.* campaign will shine the light on nurses and on a brighter future, taking nurses from invisible to being invaluable to policy makers, the public, and all those who

make delivery and financing decisions in health care.

The Te Matau a Māui midwifery team proudly works in collaboration with its nursing colleagues in the hospital setting and, in the community, to achieve improved and equitable outcomes for all whānau.

The past few years have provided increasing challenges with resurgences of COVID-19, worldwide nursing and midwifery workforce shortages and increasing clinical complexity and socioeconomic determinants that impact our community.

Despite these challenges, our midwives are resolute in their commitment to continual improvement. For this, we are extremely proud.

Te Matau a Māui is in the early recovery stages from the devastating effects of Cyclone Gabrielle. We want to acknowledge the continued hard work and dedication of everyone in the nursing and midwifery team, and the support and aroha received from colleagues and communities that have sustained us at this time.

*Karyn Bousfield - Chief Nursing Officer*

*Catherine Overfield - Acting Midwifery Director*

#IDM2023

## TOGETHER AGAIN: FROM EVIDENCE TO REALITY



**OUR NURSES.  
OUR FUTURE.**

International Council of Nurses  
International Nurses Day  
12 May 2023

**VALUE**  
#INDCHARTER

#IND2023  
@ICNurses



# Sharon Payne

## Emergency Department Nurse Practitioner

Walk past Emergency Department Nurse Practitioner Sharon Payne on any given day and she can often be found making children smile in her Disney animated scrubs.

Her desire to make children comfortable while being treated in ED has seen the highly skilled nurse accumulate more than 30 animated scrubs from Batman and Hot Wheels to The Little Mermaid.

"I do have a special interest in paediatrics and everyone loves the shirts."

Sharon has been part of the ED team since 1991. She came to Hawke's Bay Hospital in 1977 as one of the last group of hospital-trained nurses. She started working on the wards, took on casual supervising shifts while raising a family and only ventured into ED to assist with the Woodford bus crash in 1987 – which was a rapid introduction to the

department. Then one day she was called to the Matron's office.

"If you got called to the Matron's office you were usually in trouble. She asked me to work in ED – and I've been here ever since."

In 2009 Sharon became the first Nurse Practitioner in a regional ED – giving her the autonomy to work independently with consultant support when needed.

"The good days are when you've given good pain relief, managed a patient's injury or illness and they get better and can go home."

Unsurprisingly, Sharon spent a few long days in ED after the cyclone.

"We set up a triage area in the ambulance bay, the sun was shining and everything was calm but we knew just up the road there was complete

devastation. Then the police cars started coming in dropping off wet people who had been on rooves and in trees.

"Some people were just wet, scared and upset. They were offered showers, given a gown, some food and a warm place to sit and we helped them get medication they had lost and listened to their stories."

In the weeks following, Sharon assisted army personnel conducting a "seek and find" to ensure all people had been accounted for in Eskdale.

"We walked about 9km through mud, over landslides and along the railway line. We even had to go through about 200m of total destruction between us and three houses. Fortunately, the houses were empty."

On top of her emergency nursing, Sharon works for the Primary Health Organisation, Health Hawke's Bay as a Nurse Advisor to Primary Care Nurse Practitioners and Interns, offering clinical support to other nurses.

She also fits in teaching at the Eastern Institute of Technology and the occasional trauma course.

**"Teaching is my way of giving back to a career that has given me so much."**

## Did you know?

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.

International day of the Midwife is 5 May. This year's theme, 'Together again: from evidence to reality' is a nod to the upcoming 33rd International Confederation of Midwives Triennial Congress, where our global midwife community will come together for the first time in more than five years.



# Kate Te Pou

## Nurse Practitioner

In the days after Cyclone Gabrielle devastated Esk Valley, health professionals came together and stood up an emergency clinic – without power and internet connection – to support their traumatised community.

At the helm, was Te Whatu Ora Nurse Practitioner and recent evacuee Kate Te Pou.

Kate is quick to say that she and her husband Tuiringa (Tu) Te Pou were one of the lucky ones. However, the 14 February will forever be etched in her memory.

Kate woke to the Civil Defence alarm at 5.28am.

"The water was rising rapidly and was cascading from everywhere as we tried to drive to higher ground. The truck was swiftly pushed into the trees and I ended up climbing through the window onto the

roof. Tu disappeared into the darkness to find equipment to rescue me."

"I could no longer see him and the roar of the surrounding water was frightening. I prepared for the worst."

Fortunately, Tu returned with a walking pole and dog lead, which they used as a safety line, to tie themselves together and made their way back to their home in chest-deep raging water.

The water soon started to recede almost as quickly as it had risen, leaving behind mounds of silt.

"We were lucky, our house was spared

while others lost everything. We were later evacuated to the Bayview Hotel by Civil Defence and police ahead of a further heavy rain warning."

"That night we met so many survivors and found comfort in being able to share our experiences with those who understood. There were so many worse off and again we counted our blessings."

The next morning Kate met Carlyle Medical Nurse Ruth Miller and aged care nurse Richelle Villanueva and together they set up a first aid station with support from Te Whatu Ora Security Guard Craig Timmings and two pharmacists.

Word soon spread and other health professionals arrived to offer help. Even friend and colleague Sue Ward turned up with Kate's script pad and Te Whatu Ora headed paper.

Kate developed a plan with colleagues to form a short-term health clinic as transport and connectivity issues had isolated the community.

"Alongside Clinical Pharmacist Facilitator Diane Redding, we created take-home packs of medications and decided on safe and appropriate antibiotic therapy, realising the usual first-line therapy wasn't going to be enough to manage the potential respiratory and skin infections along with diarrhoea and vomiting that could come next from this type of event."

Not only did Kate provide patient care, but managed the day-to-day running of the clinic which was staffed during the day as they were still without power.

"We had no internet and very poor cell coverage, so we relied on our combined

skills and knowledge to ensure safe practice."

Overnight, Kate covered on-call with Registered Nurse Prescriber Lisa Penberthy from Totara Health and a local retired doctor. Te Whatu Ora Security Guard and local resident Bobi Combri kept both the clinic and the pharmacy safe during the power outage when all the alarms were down.

"So many people stepped up to help. We had a physiotherapist, chiropractor, acupuncturist, reflexology and massage therapist working alongside us offering free care as well as the Mental Health team supporting this kaupapa. The hotel publicans Adrienne and Trevor Morrin and volunteers made sure we were well fed in the first few weeks and even my dog Whero helped, becoming a therapy dog of sorts.

"We treated a variety of conditions, from eye irritations to heart attacks, with a true understanding of the pain and trauma people were feeling. We offered them a safe space to take time out from the horror so many had endured.

"We cried, hugged and laughed together and supported our community with manaakitanga at the heart of everything."

Kate said she'd do it all again in a heartbeat – with many learnings taken from setting up an emergency medical response with limited communication.

"I think I can speak for every health professional involved, that it was a privilege to be able to step up and help our local community in this way. We did the best we could, with the resources we had, and people were so thankful for the supported locally."



## Lisa Penberthy

### Registered Nurse Prescriber, Totara Health

Caring for the community drives Lisa Penberthy in her work as a Registered Nurse Prescriber at Totara Health.

"I love my job as we have a real focus on community need. We are a low-cost health provider for Hastings and Flaxmere communities and that is at the heart of my healthcare."

Lisa came to nursing later in life having raised a family and worked in sales.

Now with the support of Totara Health, she's on the pathway to becoming a Nurse Practitioner which means she can work more independently.

After Cyclone Gabrielle, Lisa heard that evacuees were being taken to the Bayview Hotel so gathered clothing and blankets and offered to help. She was introduced to Kate Te Pou and Ruth Miller who had set up an emergency clinic and asked to take the afternoon shift.

"We worked into the night by candlelight

until a generator arrived a few days later. It was pretty full-on.

A steady stream of people came for all kinds of reasons but the overwhelming need was community and being supported. Wounds, bruises, stress, and people who just couldn't turn off from the horror they had experienced. We worked closely with the pharmacists to get people the medication they needed and had lost."

The clinic team had many generous offers of help from all walks of health and had security keeping them and the hotel safe. Prime Minister Chris Hipkins also visited to see the mahi going on in the community.

"It was a massive effort and beautiful to see the good in people in time of crisis. I felt really privileged to have worked with people who have the same community spirit as I, and just did what we could to help a community that had been devastated. The tears and emotions of that time will stay with me forever."



## Penny Rhodes

### Nurse Manager, Te Mata Peak Practice

As a young girl Penny Rhodes knew she wanted to be a nurse.

The Nurse Manager at Te Mata Peak Practice has 28 years nursing under her belt, both in secondary and primary care and has passed on her passion to her daughters – who are both training to be nurses too.

"I love caring for people and giving back to the community."

Penny has worked in most departments – from emergency departments and intensive care units to medical, paediatrics and now general practices. The need for a new challenge saw her join Te Mata Peak Practice almost 10 years ago.

"My secondary care experience has contributed to the nursing knowledge I bring to primary care which has a very broad scope."

Penny enjoys working in the community and really getting to know the patients she

cares for.

"We know their families, they know our families and we can really look at the big picture to provide the best care for that individual."

In her role as Nurse Manager, Penny has introduced new initiatives to encourage nurses to work to the top of their scope while at the same time addressing workload pressures.

Nurses at Te Mata Peak Practice have taken over handling the driver's license medical checks and are reviewing non-urgent medical notes and results to reduce some of the workloads on the GPs and Nurse Practitioners.

"Nurses are capable of so much more than they're given credit for and we try to recognise what our team can do with the full support of management.

"We are very fortunate to have a great team – everything is a credit to the team."



# Rebecca Symonds

## Emergency Department & Intensive Care Nurse

It was the Puketapu community spirit that kept Rebecca Symonds going in the aftermath of Cyclone Gabrielle.

The Emergency Department nurse of 17 years found herself at the helm of a community-led medical clinic, dressing wounds and coordinating mental health care for children at the local school.

Rebecca woke on 14 February to a "raging torrent" outside her window where the stopbank had broken.

Rebecca and her husband rushed outside to help an elderly couple out of the water and brought them home to get warm and dry until a rescue boat was flagged down hours later.

"We were lucky that our house was raised which saved it from flooding."

On the third day after the Cyclone, the Symonds' walked down to Puketapu

School where they found a group of parents setting up tables with clothes and toys for those who had lost everything.

Rebecca brought in her first aid kit to tend to people's wounds.

"I raided other people's supplies and used community donations to make basic first aid kits to give out to people, as I realised their wounds could fester into something worse if they weren't looked at."

This soon snowballed into a stand-up medical clinic supported by other local nurses and GPs.

"In the initial stage with all communications down and access to town difficult, the hub at the school became a centre point for the community to get help and support.

We made it easy for people to be seen at the hub instead of going into town.

"There were so many doctors and nurses who turned up to help."

Rebecca said adrenaline kept her going during the two weeks the clinic ran after the cyclone.

"There were times when you would crash but it was such a supportive community environment that we'd help pick each other up."

"It was quite an overwhelming experience which ultimately brought the community spirit out in everyone."

Image of Puketapu bridge collapse  
February 2023.





## Stacey Kaye

### Registered Nurse, Endoscopy

Having a creative outlet in editing and manipulating photography could be the thing that has kept Stacey Kaye's work-life balance on point over her 30-year nursing career.

The Endoscopy Registered Nurse describes herself as an active relaxer, always busy and never one to sit still.

"Editing photos to create something unique is my quiet time to switch off after a busy day at work."

She is entirely self-taught, picking up Photoshop techniques from tutorials and hours of practice.

"I especially enjoy doing images for kids. It's great when a parent has something in mind and I can bring it to life for them. I have recently started doing some commission pieces too."

A single piece can take anywhere from 8 to 40 hours to create and really takes her mind off work.

At just 16 years old, Stacey was one of the youngest students to start nursing training at EIT, and knew early on it would be a career that fitted with her values.

"I grew up on a farm in Hawke's Bay and always enjoyed looking after people and animals."

Stacey started out in the Paediatrics ward at Napier Hospital in 1993 before moving to Hawke's Bay Hospital where she worked in post anaesthetic recovery and then Endoscopy.

"Endoscopy is a really cool speciality with lots of options for your nursing career. Bowel cancer is one of the most treatable cancers if caught early so that makes our work all the more important."

Stacey says a good day at work is when the whole team pull together and you know the patient has received the best care possible.

You can check out Stacey's work on her Instagram @staceykaye\_imagery



## Locum midwives

### Providing much-needed support

Being able to give their time and experience spurred three Te Whatu Ora – Health New Zealand midwives to come to work at Hawke's Bay Hospital following Cyclone Gabrielle.

Mary-Rose Jenkins flew in from Queenstown, Nina Narain from Whanganui and Helen Bakker from Whakatane to help their midwifery colleagues during the national disaster.

Nina, who is currently on maternity leave, said the stories that were coming out of Hawke's Bay were so moving that she felt compelled to come and assist.

"I thought of the midwives who would be doing their best to look after women in their care while they had so much going on in their own lives.

When Mary-Rose got the email seeking workforce assistance she emailed straight back.

"I thought, well that's something I can do and a way I can really help."

She flew from Queenstown, transferring flights in Christchurch, where she met a group from the College of Midwives who had an additional suitcase to provide sustenance to the maternity workforce in Hawke's Bay.

"I had packed some treats in my own suitcase and then with the additional suitcase I think I took up 52kg of cookies and chocolate for staff."

And the treats were gratefully received by staff – a number of whom had been directly impacted by flooding.

Catherine Overfield, Acting Director of Midwifery in Hawke's Bay said the team couldn't thank the locums enough – and their Te Whatu Ora teams that released them to come and assist.

"The tautoko (support) and aroha from our national colleagues was amazing and helped us continue to provide a high level of care for our māmā and pēpi in a very stressful situation."



# Rowan Plater

## Nurse Manager, City Medical Napier

City Medical Nurse Manager Rowan Plater was instrumental in coordinating the medical hub for Napier residents cut off from the region's hospital after Cyclone Gabrielle.

He's been leading the nursing team providing urgent care at the facility since 2019 and has 24 years of Emergency Department (ED) Nursing experience in the United Kingdom, Tauranga and Hawke's Bay.

Having been involved in disaster planning and had exposure to major events such as the Buncefield blast in the UK, Rowan had a relevant skill set for the situation on 14th February. On that morning, he made his way to work and started redesignating areas.

"Triage was the key - we didn't know how things would pan out so putting our most senior nurses right at the front of

house was essential, especially as other services set up in the health centre and made themselves available for warm handover from our staff and for walk-ins."

Space was redesignated to make room for an ED, outpatient clinics were transformed into a ward and intensive Care, and even the cafe area was set aside for wet, cold and well people.

A large number of Napier-based Te Whatu Ora- Health New Zealand staff and general practice clinicians who were trapped in Napier arrived to offer assistance and a roster was quickly established which fed into a rapidly evolving model of care for the "Napier ED" over the following days.

Rowan said the range of skills and specialties, representing all disciplines enabled quick decision making.

"We saw a fairly typical volume of patients for City Medical, but the acuity of the conditions was higher. Minor ailments were re-directed to the Munroe St practice where they were treated by our usual GPs. Some of our staff trapped in Hastings also contributed to the rosters at Hastings Health Centre and in ED."

Rowan said it was of enormous value to have Napier-based Te Whatu Ora senior management coordinating the wider Napier response through the emergency operations centre which he fed into.

"In the circumstances, City Medical did well to work with Te Whatu Ora and primary care staff to stand up an ED in Napier on no notice

without external comms and limited resources".

Rowan believes the emergency health response was a success in Napier because it was a true team effort.







# Annemarie Taiapa

## Te Kaihaukura, Māori Midwife Lead

Tuatahi, ka tika me mihi ki tō tātou rangatira a JB. Ko ia tērā i kaha tiaki, i akiaki, i manaaki i te tangata ahakoa ko wai. Nāna ahau i whakahoki mai ki a Ngāti Kahungunu. Nāna taku whānau i tautoko i roto i ngā tau. Nō reira e te tōtara haemata o Takapau, kia au tō moe.

Annemarie Taiapa has returned home to Te Matau a Māui, Ngāti Kahungunu, to take up the newly established Māori midwife lead role, Te Kaihaukura, after being encouraged by the late Rangatira JB Heperi-Smith to apply for the role.

As Te Kaihaukura, Annemarie will prioritise the implementation of the recommendations of Hau Te Kura – Nurturing our Treasures cultural responsiveness review of the then Hawke's Bay District Health Board's maternity services for whānau Māori, released last year.

The role has been established in response to the review's recommendations to increase Māori leadership in maternity services.

Annemarie says she is just one of a team at Te Whatu Ora and Te Aka Whai Ora working to make meaningful changes to ensure health equity for Māori.

"This is culturally led, clinically partnered mahi and whānaungatanga is the priority by reconnecting with whānau and teams who work directly with hapū whānau Māori and pēpi hou. I'm building relationships, strengthening existing mahi and identifying and bridging gaps internally and externally to this organisation.

"This is done by kanohi ki te kanohi (face-to-face) and developing regular wānanga. Wānanga provides a safe space for kaimahi voice and brings in

collective mātauranga (knowledge), that shapes (mōhiotanga) understanding and develops collective kaupapa. Ultimately, we all strive for improved outcomes for whānau Māori, and we achieve this better collectively."

Annemarie is passionate about Māori maternity health. She started working as a midwife at Wairoa Maternity in 2010 then relocated to Hawke's Bay Maternity in 2016. An opportunity arose to manage a Māori midwifery team focussing on prioritising equity improvement for hapū whānau Māori at Te Whatu Ora Te Toka Tumai, Auckland Hospital.

But the opportunity to make a difference is what has brought her home.

"I think when you're asked to come home, there's a sense of obligation to iwi and hapū to undertake the mahi that ensures whānau voice is heard and being actioned."

## Pepeha

Ko Whakapunake te maunga e marumaru nei e au

Ko Te Wairoa Hōpupu Hōnengenenge Mātangirau te awa e ora nei tōku wairua

Ko Ruataniwha te marae

Ko Ngai Te Kapua Matatoru te hapū

Ko Ngāti Kahungunu ki te Wairoa te wāhi e whangai nei e au

He uri ahau nō Ngāti Pōrou me Ngāti Awa

Ko Annmarie Taiapa tōku ingoa.



# Ani Tomoana

## Nurse Educator & Nurse Practitioner Intern

Between juggling her Nurse Practitioner training, two jobs, mentoring Māori nurses and being a mum, Ani Tomoana is the first to say she doesn't have much down time.

"My whole year this year is about study and work, it's very intense," says Ani, Totara Health Flaxmere Registered Nurse Prescriber.

Having completed her Master of Nursing in 2021, the Hawke's Bay born-and-bred nurse is in the midst of Victoria University's Nurse Practitioner Training Programme, a highly competitive programme that accepts 50 candidates each year.

"Really it's to increase access to timely and appropriate healthcare services for the community," Ani says.

At Totara Health, Ani splits her time

between seeing patients in the acute respiratory clinic, and seeing those with long-term conditions such as diabetes, gout, high blood pressure and heart disease, many with a combination of two or more conditions.

As a Registered Nurse Prescriber, Ani can already prescribe limited medications for common ailments and issues but nurse practitioners have the authority to prescribe from a longer list of medicines.

"I think it's a natural progression," she says of becoming a nurse practitioner.

Also Nurse Educator Primary Healthcare at local primary health organisation Health Hawke's Bay, Ani is passionate about encouraging new nurse graduates to work in the community and in primary healthcare.

"Because we know that's where the need is."

She has helped develop programmes for new graduates held at Hawke's Bay Hospital Clinical Skills Laboratory, where nurses can do various case scenarios to practice their clinical assessment skills.

"We run through acute conditions that we will see in primary healthcare such as sore throats, skin infections and urinary tract infections; it's more scenario based, role play exercises," she says.

She also works with Eastern Institute of Technology, providing support for student placements.

Providing mentorship for Māori nursing colleagues, to help them navigate the education pathway, is a passion for Ani outside her paid roles. This has been inspired by her gratitude to her clinical and academic peers for the mentorship they have provided to her.

"They have supported me throughout all of my pathway, and seeing them being able to make a difference has been an inspiration."

However, Ani's decision to become a nurse was ultimately due to her admiration of her grandmother, a nurse, and her aunty, a midwife:

"They were the ones that encouraged me to pursue a career in health."

Once she completes her NPTP, booking some much-needed downtime in the form of travel with whānau, is top of Ani's to-do list.

"We travel any chance we can get out - we really love Asia so will probably head back there."

## “ Quick quotes

What inspired you to do midwifery?

"My Lead Maternity Carers inspired me to do it. I have four kids aged 10, nine, seven and five, and I had incredible care throughout all of my pregnancies. Three of my kids I had here in Hawke's Bay and one in Auckland."

Hawke's Bay Lead Maternity Carer and new graduate Libby Jackson - a full time mum, and former beauty therapist and nanny.



# Orda Hui & Victoria Nofoaiga

## Hawke's Bay Hospital Registered Nurses and midwifery undergraduate students

Improving cultural safety for Pacific and Asian whānau is a core driver for two Hawke's Bay Hospital registered nurses' decisions to study midwifery.

Balancing their Hawke's Bay Hospital's postnatal ward nursing roles with full-time Bachelor of Midwifery degrees is a fine art, but knowing it's helping meet an important need makes it worth the effort for Orda Hui and Victoria Nofoaiga.

"We have more and more Asian families living in Hawke's Bay, and there's not many Asian nurses or midwives here in Hawke's Bay," says Orda, who was born in China.

Victoria, a New Zealand-born Samoan

agrees, saying we have a national shortage of Pacific midwives despite the fast-growing Pacific population here.

"Knowing there are no Pacific midwives in Hawke's Bay inspired me to explore this career and help meet the needs of the Pacific community."

The pair became "close mates" during their nursing studies at Eastern Institute of Technology. Both secured work at Hawke's Bay Hospital after graduating, Orda in the postnatal ward, and Victoria first in the cardiology ward, then in the Pacific Health team. After enrolling in midwifery, Victoria applied to work in the postnatal ward. "They were very welcoming."

Te Whatu Ora is now funding them both to study the Bachelor of Midwifery at Te Pūkenga Wintec in Hamilton.

Orda and Victoria both believe it's important for patients to see a familiar face and someone who can speak the same language.

"We can understand the medical words and provide more explanations," Orda says.

Orda first studied nursing in Taiwan then worked for a year in China before moving here to achieve a greater work-life balance.

She adds having a midwife who understands cultural nuances is also important for patients.

"For example, a lot of midwives here will tell you to have a shower straight away but in Chinese medicine, women believe when a woman has just had a birth that's the weakest time," Orda says. "They have to keep themselves warm so they don't get sick so they don't like to have a shower straight away."

Victoria says her partner encouraged her to study midwifery but Orda gave her the final nudge: "Someone had dropped out so Orda texted me, 'Come on!' so I enrolled."

She also acknowledges the support of her parents.

"My parents came here from Samoa for a better future, and they instilled in us kids the importance of education.

"I hope my decision to do midwifery will encourage Pacific people to confidently seek maternal care and to think about this as a career."

## “ Quick quotes

What do you like best about midwifery?

"The support here is great. We were able to do all our placements in the Hawke's Bay. Our preceptor midwives often asked what our goals were and then did their best to accommodate this in the clinical setting."

Hawke's Bay Lead Maternity Carer and new graduate Libby Jackson.



# Jo Ward

## Registered Nurse Team Leader

Jo Ward has two words to sum up her initial switch from hospital nursing in England to rural nursing in Central Hawke's Bay: "Absolutely terrifying".

But 11 years on, the Registered Nurse Team Leader at Takapau Health Centre wouldn't have it any other way.

Born in the UK, Jo previously nursed at Dorset County Hospital in South England county Dorset, but an opportunity for her Kiwi husband to be part of the family Kintail Honey business lured them to rural Hawke's Bay.

"I really love being in the community," says Jo, who is about to start the governance role as primary nurse representative for the Te Matau a Māui Health Trust.

"You get to know people in a way that you wouldn't otherwise and you

look after the whole whānau, which is fantastic."

Jo says bravery, and the ability to work autonomously, are both essential traits to her role.

"At Takapau Health Centre, anyone can walk through the door, from someone having a heart attack, or with a finger cut off, or a child having an asthma attack," she says.

"When I first started work here it absolutely terrified me.

"You are on your own – you are an hour away from a hospital so you have to be brave to work there but it makes for really interesting nursing."

Recently graduating from the Registered Nurse Prescriber in Community Health programme, Jo says her ability to prescribe from a limited list of

medications is making a huge difference for the low decile, high-need community.

"There are lots of barriers to people being able to access health - people don't have transport or employment so to make the 20-minute trip to the doctor is quite a big deal," Jo says.

"This really helps ensure they can get quick, easy access healthcare when they need it."

She says the support of her mentor and supervisor, the once-weekly visiting GP, made it possible.

**"He has been a real supporter of nurses working at the top of their scope."**

While the benefits of nursing in a small community are infinite, Jo caveats it's not a nine-to-five job.

"When my children were at the local primary school, I would be picking them up after work and I would have people running up to me saying: 'Oh, can you just look at Johnny's wound?' or ringing me up during the weekend," she says.

"People know you are the local nurse and they just want some reassurance and some advice sometimes, so that's a big part of the job as well."

Ensuring health equity for people who live rurally is what gets Jo out of bed each day.

"My passion is to make sure our rural communities get the health opportunities that people in cities do."

## Quick quotes

What do you like best about midwifery?

"Building a trusting partnership with women and sharing in their journey from conception to when the baby is six weeks old."

Hawke's Bay Lead Maternity Carer Libby Jackson, pictured right. Also pictured is Hawke's Bay Hospital Core Midwife Paige Morgan.





# Victoria Zeyfert

## Nurse Practitioner, Te Mata Peak Practice

As a Russian-speaking immigrant, Victoria Zeyfert knows the difficulties that immigrants face settling in a new country.

Which is why the Nurse Practitioner at Te Mata Peak Practice, has gone out of her way to provide health care to Ukrainian refugees.

Victoria is from south Urals in Russia and came to New Zealand in 2011 to seek a better future for her family in a safer country.

She had recently completed a medical degree and was starting her post-graduate studies when she fell pregnant which prompted her to start learning English and prepare to move to New Zealand to study nursing.

Completing a Bachelor of Nursing at the Eastern Institute of Technology improved

Victoria's English and gave her a good understanding of the New Zealand health system.

Student nursing placements at Te Mata Peak Practice influenced her career pathway and she was excited to be offered a position at the practice following her graduation – where she graduated as the top nursing student for that cohort.

Victoria says she likes the continuity of primary healthcare and that no day is the same.

"Ten years working in the same place, people get to know you. It's a life journey and it's precious that people trust us to be there for them."

In 2021 Victoria graduated as a Nurse Practitioner – taking the next step in her nursing career.

"I wanted to use what I'd learned in my medical degree in Russia and enrich my nursing."

It's also given her more opportunities to help the family of Ukrainian friends in Hawke's Bay.

Victoria is well-connected in the Russian-speaking community and has been encouraging immigrants to engage with a primary healthcare provider – especially as Ukrainian refugees can access funded care.

"As an immigrant, I understand how hard it is to transition to a new country. Some of these people do not have the language or know the culture and often it's easier to keep quiet about problems rather than burden families.

"I want these people to know that they can come and see me, as a Nurse Practitioner I can enrol them as my patients and speak to them in their own language."

"I feel I'm in a privileged position so I can help. Often you feel helpless and don't know what you can do but I'm pleased I can contribute and help some people."

## Quick quotes

What do you like best about midwifery?

"Someone said I heard you need to do IV lines this week, let's go and do it. The midwives here made us feel really welcome, just like another staff member."

Hawke's Bay Hospital Core Midwife and new graduate Paige Morgan.



# Julie Kinloch

## Lead Maternity Carer

Napier midwife Julie Kinloch stuck a pen and paper to her front door to communicate with hāpu māmā after Cyclone Gabrielle wiped out communications in the region.

As a Lead Maternity Carer (LMC), so much of her job relies on good communication with the women within her care.

Julie knows the Napier community well, having worked as a midwife for at least 35 years.

"I've birthed thousands of babies and I'm now caring for the second generation, working with women and men whom I attended 20 or 30 years ago."

An article she read as a teenager in the Women's Weekly sparked her interest in midwifery.

"It was about a Christchurch midwife and

I thought that sounds like me. I came from a family of four girls and was always interested in women and babies. I was required to train as a nurse first but when I got to my placement in maternity it was just the right fit."

Julie works out of the Midwifery Centre in Kennedy Road which was established in the nineties to give Napier women and midwives a local clinical space.

On 14 February Napier residents woke to no power, no communication and the news that the bridges were unusable, cutting the city off to the region's hospital and maternity services.

Julie drove to work to grab her home-birthing bag and Cardiotocography (CTG) machine to take down to Napier Health Centre where she was given a small room to use as a birthing space if needed.

"I popped out to source more medical supplies and woollies and set up a room so if somebody turned up, we could care for them, and I stayed there for 20 hours."

Te Whatu Ora – Health New Zealand flew in supplies from Hastings and more local midwifery support arrived allowing the LMCs and hospital midwives trapped in Napier to draw up a roster.

Julie visited clients due over the next month and gave them her home address telling them to leave a note on a piece of paper stuck to her door if she wasn't in. It worked well as two women left messages asking for consultations.

The make-shift maternity suite was used for check-ups and consultations for anyone dropping by and just a handful of women were transported to Hawke's Bay Hospital for ongoing care.

The temporary maternity suite was disestablished a week later once the roads were assessable.

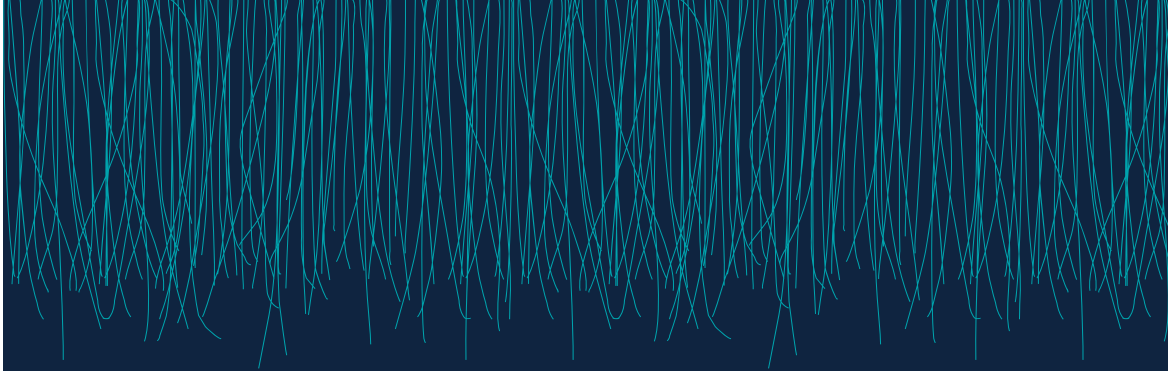
Julie said her actions were just a small part in the bigger picture of health professionals coming together to support each other and the community.

## “ Quick quotes

What do you like best about midwifery?

"In the hospital, you don't have time to build long term relationships like Lead Maternity Carers, so the main thing is making people feel at ease. Women are usually coming here for secondary care so we are making them as comfortable as we can. The staff and support here are great."

Hawke's Bay Hospital Core Midwife and new graduate Paige Morgan.



**Te Whatu Ora**  
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Te Matau a Māui Hawke's Bay