

on the  
**move**

**mobile  
health**

## Mobile Health Newsletter - On the Move - December 2023

Kia ora koutou,

In this newsletter, we will touch on all areas of our services, but I want to make special mention of equity. The common thread of our services is helping specialised healthcare and hauora services be accessible everywhere in Aotearoa New Zealand. No matter where people live, we believe people should be able to access the medical care they need. We look forward to working with Te Whatu Ora - Health New Zealand and other partners to meet this challenge by expanding and extending the services we offer.

As we approach the holiday season, I would also like to recognise the challenges faced by our health workforce. I extend my heartfelt gratitude to all those on the frontline who have contributed to or supported our services this year. My appreciation also extends to those working behind the scenes. Ka pai, and thank you to you all.

We wish you all a safe and relaxing Christmas and New Year.

Ngā mihi,

**Mark Eager, Chief Executive**

**Mobile Health**



### Mobile Imaging update

In our last newsletter we mentioned that Mobile Imaging has formed a partnership with New Zealand Radiology Group to purchase a mobile PET-CT scanner. The unit can conduct traditional CT scans, but patients who receive a small amount of radioactive tracer can have a more advanced PET-CT scan (Positron Emission Tomography). Scans can identify active cancer cells.

The Mobile Imaging unit is currently en route from the manufacturer in Holland – it will arrive in the country in early January at which time it will have the final fit-out completed before undergoing commissioning and certification. We expect to see the unit commence service in March 2024.

This is an exciting project for the organisation. We look forward to sharing this new journey with you in the coming months.

*(Pictured right: A sneak peek of the inside of the Mobile Imaging unit)*



## End of an era for Edith

The time has come to say goodbye to the 20-year-old Freightliner Argosy tractor unit fondly named Edith. Named after the British nurse Edith Cavell, who left a mark on history through her dedication to caring for wounded soldiers during World War I. Edith was collected by one of our drivers, Gavin 23 years ago, back in 2000. “She was no ordinary tractor unit as it was fitted with a 70kv generator and had computer controls for rear steering on the trailer, and the front was altered to make it look different from any other ‘sheep truck’ on the road” Gavin says. In May 2020, we introduced a new Mercedes which will hopefully bring another 20 years of faithful service. Edith is now in the caring hands of a new owner, and we hope new adventures await her.



*(Pictured right: The Freightliner Argosy tractor unit fondly named Edith)*

## Mobile Health and Hauora Taiwhenua Scholarship 2023 update

Mobile Health partnered with Hauora Taiwhenua Rural Health Network to offer rural youth financial support in pursuit of their health studies by way of scholarships. We received 64 applications in total, and as always, we are impressed by the calibre of applicants detailing their interests in rural health and the activities undertaken to show their commitment. It was incredibly difficult to narrow down the applicants to just four, but the chosen recipients are now going through the final stages of the scholarship process. We look forward to announcing the winners in the New Year. Thank you to everyone who applied – it is encouraging to see the volume and standard of applications, as well as the dedication to improving the future of rural health in Aotearoa New Zealand.

We would also like to provide an update on the winners of last year's scholarship. Below is what they had to say about their first year of studies. You can read their full story by clicking on the 'Read the full story' button.

[Read the full story](#)

## Emma Billings

Emma Billings is studying Bachelor of Midwifery at Waikato Institute of Technology in Hamilton. "I have had an amazing year with my studies, and I know midwifery is where I want to be. My overall highlight would definitely be the 125-hour placement I completed in semester two. I was placed with an LMC midwife and was welcomed by so many women and whānau to follow them along their journey of pregnancy, birth and postpartum. It was so awesome to use the skills I had learnt in class and bring these into a clinical space," Emma says.

*(Pictured right: Emma Billings, left, with her university friend Ashley Brumby)*



## Lexi McQuaig

Lexi McQuaig is studying a Bachelor of Science at Massey University and says working alongside like-minded peers who share her enthusiasm and building strong relationships has been rewarding. "I've enjoyed the hands-on learning experiences in laboratory classes. These challenges have not only expanded my knowledge but also deepened my understanding of these subjects," Lexi says. Adding that even though her workload has increased hugely "...it is never a chore if you are self-motivated and passionate about what you study."

*(Pictured left L-R: Abby Hayward, Lexi McQuaig, Aimee Lawson and Olivia Treble in the Watson Science Lab at Massey University Albany campus during her biochemistry class).*



## Seba Metzler

Seba Metzler is studying Health Sciences at University of Otago. "This first step in my journey towards a career in the health sciences has been everything I had hoped for and more. The Health Sciences First Year course at the University of Otago has been an excellent introduction to the various facets of the health sciences and has been both inspiring and motivating. The course has only furthered my desire to work within the medical field while also demonstrating the things I have to look forward to in the coming years," Seba says.



*(Pictured right: Seba Metzler (left) with a friend at the Wine and Cheese event at Arana College)*



## Ella St John

Through her placement at Dunedin Hospital, Ella St John has broadened her perspective of the nursing field, and discovered a passion for making a positive impact in someone's day, one patient at a time. Her enthusiasm for nursing grew, and she eagerly anticipates the day when she can proudly wear the title of registered nurse, knowing that she will continue to make a difference in the lives of those she cares for. "I've particularly enjoyed the hands-on experiences, from learning clinical skills to immersing myself in real-world scenarios during clinical placement on Ward 3 Surgical C pod in Dunedin Hospital. The 40 hours of placement went incredibly fast, and I absolutely loved every aspect of it. I found it so enjoyable chatting with patients, forming a therapeutic trusting relationship, and feeling as though your support can help change someone's day," Ella says.

*(Pictured left: Ella St John on her first shift of placement at Dunedin Hospital)*



## Doctors and nurses in rural Otago benefit from in-person Rural Emergency Skills training

The Faculty of Emergency Medicine were in sunny Otago recently bringing their skills, expertise and equipment to Wānaka for a one-day Rural Emergency Skills course. Doctors and nurses came from the local area and Te Anau to attend this hands-on, skills and scenarios workshop held in situ in the medical centre. After liaising with the local practice, the content of the day was tailored to include topics most useful for the populations they serve and the emergencies they present with. The course was very much appreciated by all. Below are some of the feedback we have received.

*'Gradual progression through stations and info then applied to scenarios. Relaxed approach. Great how you tailored it to the resources we have but also suggested simple things we could add to practice - like push pressors. Great highlighting simple back to basics approach.'*

*'A great group of presenters with excellent resources and topics. Thank you so much. One of the best days I've attended.'*

Get in touch with Chris Moore, rural education manager, if you're keen for us to bring this course to your local area. Email [chris@mobilehealth.co.nz](mailto:chris@mobilehealth.co.nz)

***(Pictured top right: Airway management. Pictured right bottom: Difficult IV access - guided ultrasound)***



## Caring for our future

Some of our Christchurch team recently volunteered in the 'red zone' in Christchurch to do some 'maintenance' of natives that were planted – this involves removing the long grass around new plants and adding mulch, which allows each plant to access the sunlight and water they need to thrive and grow. The Ōtākaro Avon River Corridor Christchurch project will eventually form a 11km city to sea pathway of native plantings.

The event was a great opportunity for team building, allowing individuals to collaborate outside the usual work environment, strengthening bonds and fostering a sense of environmental responsibility among our team.

Additionally, we maintain our support for Trees for Canterbury, an organisation committed to native tree and plant cultivation, as well as the restoration of natural habitats in the region, through sponsorship contributions.

*(Pictured top right: Group photo of the Mobile Health staff and family members. L-R: Kate Hubbard, Mark Eager, Andrew Panckhurst, Adam Panckhurst, Deb Panckhurst, Richard MacDonald and Rosanna Carleton*

*Pictured bottom right: Pam Gove and Kate Hubbard*

*Pictured below L-R: Andrew Panckhurst and Rosanna Carleton weeding around plants, and Mark Eager carrying bark to place around plants)*









## Supporting rural organisations in Aotearoa New Zealand

Online education offers a gateway for health professionals living and working rurally to expand their knowledge, acquire new skills and stay abreast of the latest developments in healthcare. This access not only benefits the professionals themselves but also improves the quality of healthcare services delivered into their rural communities. By gaining expertise through online education, professionals can address local health concerns more effectively and implement new practices, ultimately fostering healthier and more resilient communities.

Chris Moore is our rural education manager for My Health Hub and recently visited rural sites on a trip to the Mighty East Coast, these are the very rural communities who work mostly in isolation, so our mātauranga/education sessions are really important for those supporting the health needs in these communities. Chris visited Gisborne to meet with Kiri Bird, the new clinical director of



Ngāti Porou Oranga, to discuss how we can provide an education program for their staff joining remotely from Gisborne (Puhi Kaiti), Uawa, Tokomaru Bay, Te Puia Springs Hospital, Ruatoria and Matakaoa Clinic in Te Araroa at the tip of the East Cape.

We continue to deliver valuable education initiatives to support individuals and organisations. If you are interested in learning more about My Health Hub, visit [myhealthhub.co.nz](http://myhealthhub.co.nz). If you are a health organisation and would like to know how you can set up an education program for your team, please email:

[chris@mobilehealth.co.nz](mailto:chris@mobilehealth.co.nz)

*(Pictured right: Kiri Bird (left), clinical director, Ngāti Porou Oranga with Chris Moore (right), rural education manager, My Health Hub)*

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## Coming up

With the new Government being formed, we are planning to hold a mobile health display at Parliament in Wellington next year to showcase our range of mobile health units (Mobile Surgical Unit - Te Waka Hauora, mobile lithotripsy unit, and the new mobile PET-CT unit), as well as other health vehicles from local organisations. The purpose is to create awareness of mobile health units to MPs and key ministry figures, and the impact they are having to increase health accessibility for New Zealanders. We look forward to updating you on this event in the New Year.

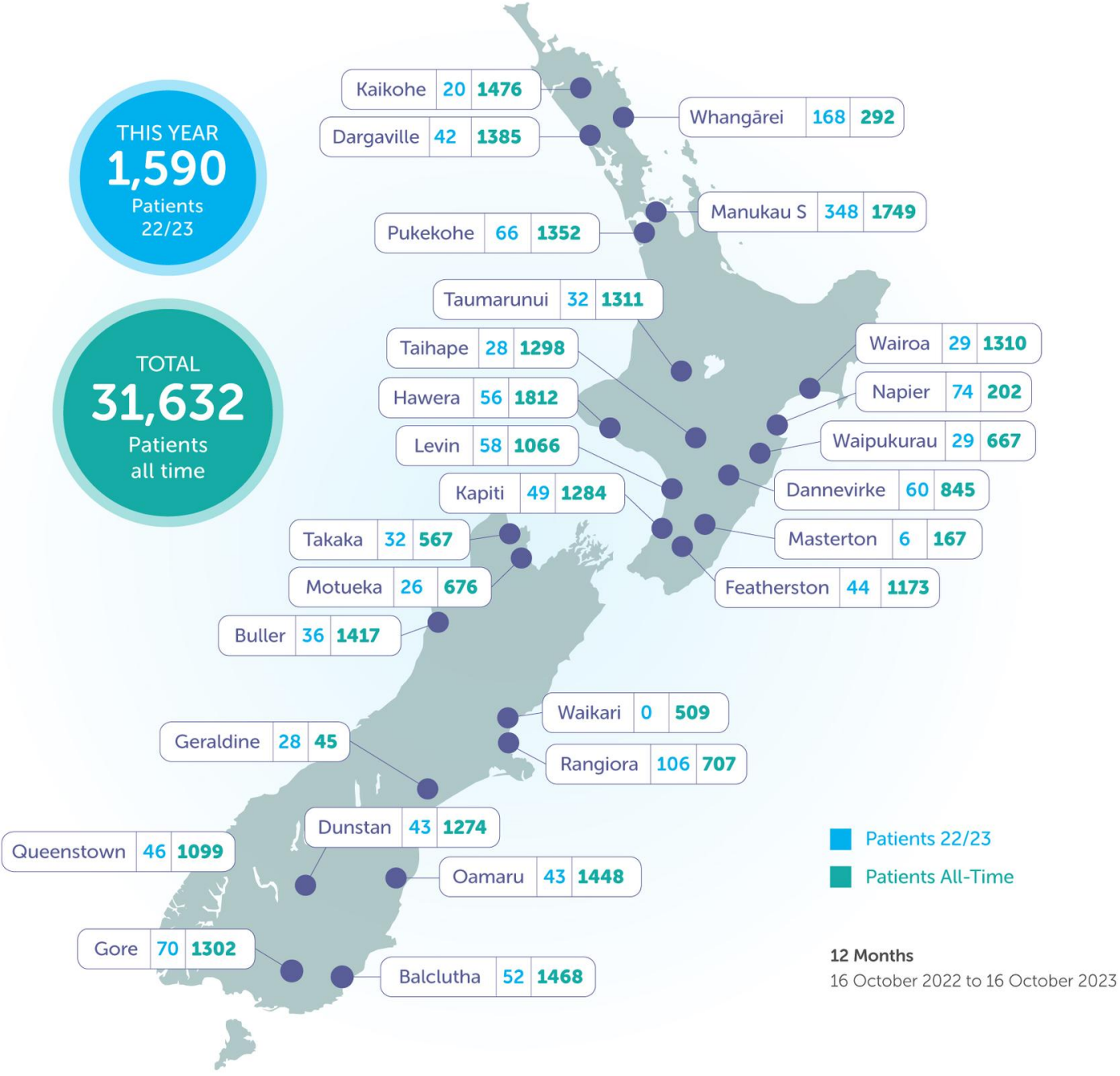
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## Where we go

We operate throughout New Zealand at 25 different rural locations, spending three weeks in the North Island and two weeks in the South Island. Below shows the key locations [where we operate](#). It also indicates the number of patients who have been treated, both in the last 12 months, and in total since we first visited that location.

THIS YEAR  
**1,590**  
Patients  
22/23

TOTAL  
**31,632**  
Patients  
all time



■ Patients 22/23  
■ Patients All-Time

12 Months  
16 October 2022 to 16 October 2023

Take a self-guided virtual walk through the surgical unit, where you can explore the theatre room, recovery room, staff kitchen and waiting room. Click on the interactive map to instantly move across spaces.

[View virtual tour](#)

## My Health Hub

There is an appetite for online learning and our education programme continues to grow to meet this demand. We continue to expand the number of partners we are working with. Recent additions to our partner network include:

- [Canterbury Clinical Network \(CCN\)](#)
- [Fire Emergency New Zealand \(FENZ\)](#)
- [New Zealand Anaesthetic Technicians' Society \(NZATS\)](#)

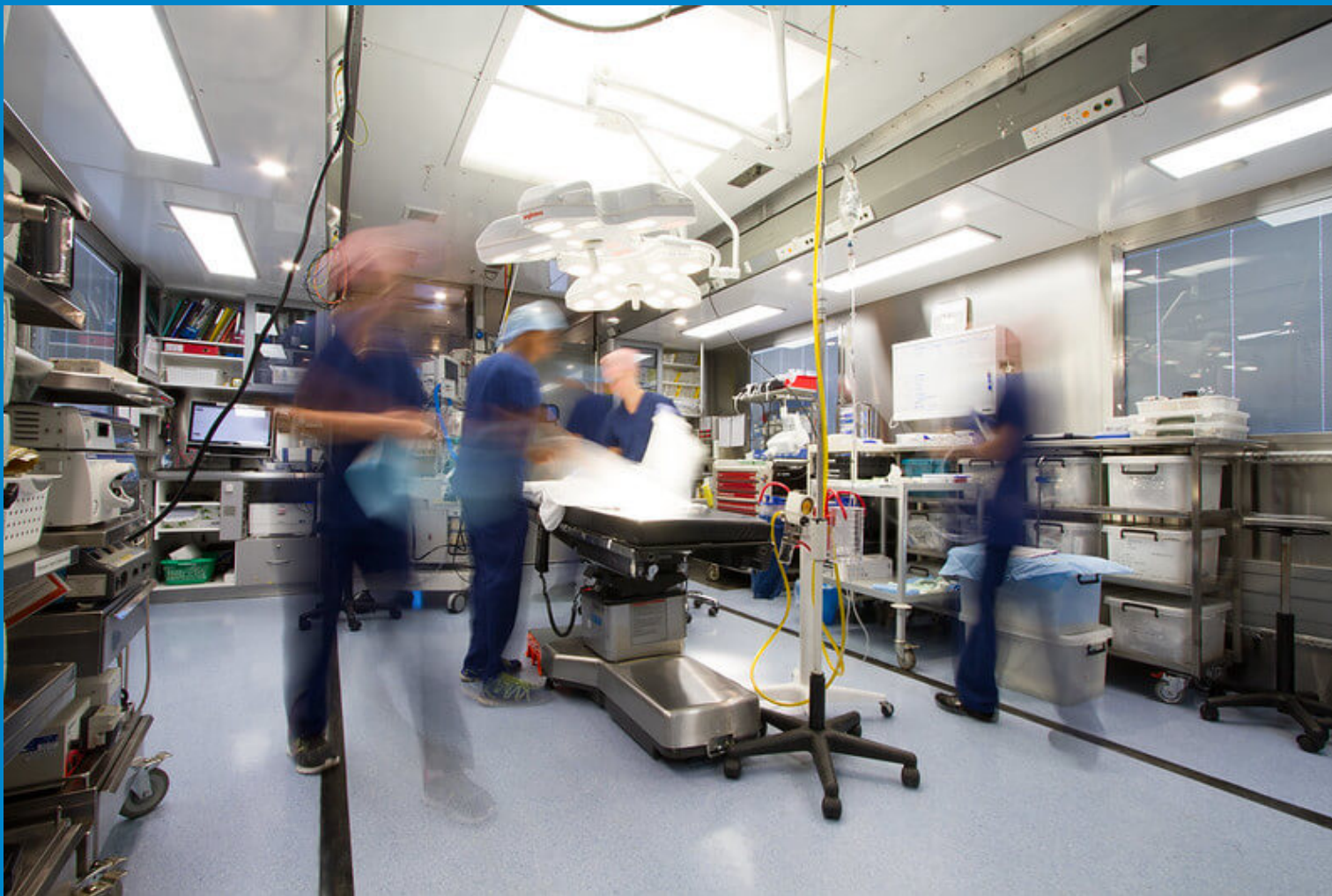
If you represent a health organisation and want to partner with us, please contact our rural education manager, [Chris Moore](#).

Follow our [Facebook](#) page and [LinkedIn](#) pages so you stay up-to-date with all education news and webinars.

[View upcoming webinars](#)







## Crave an opportunity to expand your impact in healthcare

Are you seeking an exciting change of pace? Do you want to remain flexible with your current work commitments? From time to time, we offer unique job opportunities to work on our Mobile Surgical Unit – Te Waka Hauora as a clinical nurse leader or anaesthetic technician. These roles are best suited to someone who want to balance their existing work commitments with a dynamic role that offers a window into rural healthcare. If the idea of working on a state-of-the-art mobile surgical unit alongside a passionate team who go above and beyond for patients, and each other, this may be the opportunity you've been searching for.

If you would like more information, get in touch with Mark Eager, chief executive, Mobile Health Group by emailing [mark@mobilehealth.co.nz](mailto:mark@mobilehealth.co.nz). You can also visit our [website](#) to learn more about our organisation.





[VIRTUAL TOUR](#)



[MY HEALTH HUB](#)



[PHOTO ALBUM](#)



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