



**ASIAN
HEALTH
SERVICES**



Asian Health Services

eCALD™



Waitemata
District Health Board

Best Care for Everyone

Asian Health Week - Seminar

The Health of Asian Populations in New Zealand

For health practitioners; clinical leaders; service providers;
service managers; service planners; and researchers in DHBs;
mental health, primary and community health and the
NGO health and disability sectors

17th – 21st August 2015

Overview of the seminar

The Waitemata DHB Asian Health week showcases the latest research and information on the health status of Asian populations in New Zealand; as well as advances in preparing a Culturally and Linguistically Diverse (CALD) culturally competent workforce nation-wide.

Asian peoples are now 24 % of the Auckland region health population. Asian groups are the second largest ethnic groups in Auckland DHB, Waitemata DHB and across the Auckland region and the third largest groups in Counties Manukau DHB. Chinese peoples are the largest of the Asian groups; Indian groups are the second largest and Korean groups the third largest. One third of all Asian migrants have been in New Zealand fewer than 5 years. There is significant growth in the over 65 years Asian population with increased presentation of older Asian people to Health of Older People services in all Auckland region DHBs.

The healthy migrant effect abates over time as acculturation occurs. Crucially, Asian health needs assessments in the Auckland region and the Asian Health in Aotearoa studies indicate that this is already occurring. CVD mortality rates are rising among Indian groups and the burden of diabetes is increasing in Other Asian communities and among Chinese people in the Auckland region.

With rapid changes in our ethnic demography, our workforce faces many challenges - amongst these communicating across culturally diverse teams



and providing CALD culturally competent care for the many diverse peoples we serve. The presentations will offer training, tools and models of service delivery to support safe, effective, quality care for Asian patients and their families and communities

The week-long seminar will provide an overview of the research that has been conducted in the area of Asian Health in New Zealand by leading academics and clinical leaders. We will provide evidence-based models of care for working with Asian health consumers and their families in a range of settings including as inpatients; mental health; child health; disability and health of older people services. Workforce development will be a key focus over the week including supporting managers; teams and practitioners who work in diverse teams and with diverse populations

Style of seminar: Multi-speaker presentations and panel discussions in conference room setting



Topics covered

The latest research and service development models in the areas of:

- Asian Health Research- trends over the last decade
- CVD/Diabetes in Asian populations
- Lifestyles and Asian populations- smokefree; nutrition and physical activity
- Asian mental health
- The health of older Asian people
- Disability in Asian populations
- Asian refugee population health
- Asian patient support services
- Migrant health rights in New Zealand
- The overseas trained and migrant health workforce
- Workforce development
 - Supporting managers; teams and clinicians
 - CALD cultural competency training for the health workforce

Who should attend?

This seminar is aimed at policy makers, health services and care providers. By the end of this seminar, participants should have

- An understanding of the health status of Asian populations in New Zealand
- Information about health disparities in Asian populations
- Models of best practice in the areas of health promotion; mental health; child and family health; disability; health of older people
- Access to CALD cultural competency tools and training



DAY ONE

17/08/2015 – MONDAY

12pm – 4pm

12pm	Registration
12:35pm	Asian Health in Aotearoa in 2012-2013: Trends since 2006-2007 <i>Professor Robert Scragg, Health of Department in Epidemiology and biostatistics. University of Auckland</i>
1:35pm	The ViDA Study – a major New Zealand trial to determine if vitamin D has beneficial health effects. <i>Professor Robert Scragg, Health of Department in Epidemiology and biostatistics. University of Auckland</i>
2:05pm	Immigration and Superdiversity: Impacts for Health Workforce in Auckland <i>Professor Paul Spoonley, Regional Director - Auckland, College of Humanities and Social Sciences. Massey University</i>
3:05pm	eCALD™ Cultural Competency Courses and Resources <i>Sue Lim, Operations Manager, Asian Health Services. Waitemata DHB & Dr Annette Mortensen, Programme Manager: Asian, Refugee & Migrant Health Action Plan. Northern Regional Alliance Limited</i>
4pm	Finish of the day

DAY TWO

18/08/2015 - TUESDAY

10am – 2pm

10am

Physical Illness, Depression & Suicide Behaviours in Older People: development of a model for assessment
Dr Gary Cheung, Old Age Psychiatrist & Senior Lecturer, Department of Psychological Medicine, University of Auckland Director of Academic Programme. University of Auckland

10:20am

Improved methods lead to significant improvement in Asian consumer participation in service evaluation
Sue Lim, Operations Manager, Asian Health Services. Waitemata DHB & Kelly Feng, Team Leader, Asian Mental Health Service, Asian Health Services. Waitemata DHB

10:40am

Muslim Mental Health Awareness Project
Khalid Shah, Service coordinator, LCS. Waitemata DHB

11am

Community Alcohol and Drugs Services – Asian Counselling Service
Rebecca Zhang, Alcohol and Drug Clinician, Asian Service Co-ordinator. Community Alcohol and Drugs Services.

11:20am

A Case of Contagion: Can Psychological Maladjustment of First Generation Korean Migrants be transmitted to Successive Generation?
JungIm Cho - BSW, PGDipTheo, PGDipCouns, Trained Imago Couple Therapist

12:10pm

One is too many: Suicide in Asian communities.
Patrick Au, Nurse Specialist, Asian Mental Health. Auckland DHB & Associate Professor Elsie Ho, director of Population Mental Health in the Section of Social and Community Health, School of Population Health. University of Auckland



12:30pm	LUNCH TIME
1:15pm	Mental health of New Zealand secondary school students <i>Dr Roshini Peiris-John, Research Fellow In: Epidemiology & Biostatistics, Population Health, Faculty of Medical and Health Sciences. University of Auckland</i>
1:35pm	Ethnicity & Response to Psychotropic Medication - Practical Implication <i>Dr Aram Kim, Psychiatry Registrar. Waitemata DHB</i>
2:00pm	Finish of the day



DAY THREE	
19/08/2015 - WEDNESDAY	
10am – 1pm	
10am	<p>Domestic violence: an intervention program and lessons learnt</p> <p><i>Dr Sai Wong, Consultant Psychiatrist & Ms Sue Wong, registered nurse, qualified interpreter and counsellor</i></p>
10:30am	<p>Ageing well in a new country: health, housing and the meaning of home for older Asian migrants.</p> <p><i>Elsie Ho, director of Population Mental Health in the Section of Social and Community Health, School of Population Health. University of Auckland.</i></p>
11am	<p>The Migrant Integration Policy Index (MIPEX) Health Strand</p> <p><i>Dr Grace Wong, Associate Director of the Centre for Migrant and Refugee Research, & lectures on Primary Health Care at the Faculty of Health and Environmental Studies. Auckland University of Technology</i></p>
11:30am	<p>Development of a Clinical Practice Guideline for CALD people with dementia living in residential care</p> <p><i>Dr Kathryn Peri, Senior Lecturer, Nursing, Faculty of Medical and Health Sciences. University of Auckland</i></p>
12:00pm	<p>Waitemata DHB experience of Asian elderly over a 12 month period</p> <p><i>Dr Yogini Ratnasabapathy, Stroke Rehab Lead Physician. Waitemata DHB</i></p>
12:30pm	<p>Harmonisation of the self: narratives of older Chinese about ageing, health and wellbeing</p> <p><i>Dr Siu-Chun Tse - Doctor of Philosophy in Health Psychology. Massey University</i></p>
1pm	Finish of the day



DAY FOUR

20/08/2015 - THURSDAY

10am – 2:30pm

10am

The occupational experiences of Korean immigrants settling in New Zealand

Dr Hagyun Kim, Social Worker, A member of Social Workers Registration Board. Connect Support Recovery

10:20am

Why are pregnancy and a life course approach important for the prevention of diabetes?

Dr Elaine Rush, MNZM PhD Professor of Nutrition Faculty of Health and Environmental Science. Auckland University of Technology

10:40am

Advance Care Planning in Korean Communities, the co-process of engagement, lessons in translating resources

Melanie Colman, National Advance Care Planning Coordinator & Grace Ryu, team leader, Asian Patient Support Services, Asian Health Services. Waitemata DHB

11am

Cardiology in Chinese New Zealanders

Dr Andrew To, Consultant Cardiologist. Waitemata DHB & Director of cardiovascular computed tomography.

11:40am

Stories of Chinese migrant family carers caring for relatives with stroke impairments in Auckland

Cecilia Wing-Chun Wong-Cornall, PhD candidate at the School of Nursing. University of Auckland

12pm

Diabetes research in Asian population

Dr Michelle Choe, Diabetes Specialist, Endocrinologist. Waitemata DHB

12:20pm

LUNCH TIME



1pm	A review of Asian patients in ICU/HDU NSH 2013-2015 <i>Dr Janet Liang, Specialist Intensivist and Anaesthetist. Waitemata DHB</i>
1:20pm	Vitamin D – the hidden deficiency: are some New Zealanders at greater risk? <i>Dr Pamela von Hurst, Senior Lecturer in Human Nutrition Massey Institute of Food Science and Technology. Massey University</i>
1:40pm	“Listen Please” <i>Nicole Song, third year medicine student. University of Auckland</i>
2:30pm	Finish of the day



DAY FIVE

21/08/2015 - FRIDAY

10am – 12:20pm

10am

The CALD Child Disability Service model for Asian Families including case scenarios

Im Soo Kim, Cultural Case Worker Child Development Service. Waitemata DHB

10:20am

Asian Smokefree

Neil Kemp - Service Manager, Mental Health and Addictions. Waitemata PHO

10:40am

Refugee Children – Health Screening and Resettlement in New Zealand

Paul Ripley, Nurse Specialist Refugee Health Screening Service. Auckland Regional Public Health Service

11am

Improving Asian Patient’s Journey – Asian Patient Support Service

Grace Ryu, team leader, Asian Patient Support Services, Asian Health Services. Waitemata DHB

11:20am

Eating and exercising for the brain

Professor Grant Schofield, Professor of Public Health & Director of the Human Potential Centre. Auckland University of Technology

11:40am

The Asian Health Week 2015 concluded by *Dr Annette Mortensen, Programme Manager: Asian, Refugee & Migrant Health Action Plan. Northern Regional Alliance Limited*

12:20pm

Finish of the day

DAY FIVE

21/08/2015 - FRIDAY

12pm – 3pm

Cultural diversity of the nursing workforce and implications

Style: Multi-speaker presentations and panel discussion

Facilitator: Sue Christie – Waitemata DHB - Workforce Development Consultant

Chair: Sue Lim

12pm

Lunch

12:30pm

Presentation: Changing migration trends and our health workforce

Juthika Badkar, independent researcher and evaluator

12:50pm

Presentation: A multi-cultural nursing workforce: views of overseas and New Zealand trained nurses – implications for health care services in Auckland

Léonie Walker, Principal Researcher. Adjunct Professor, Graduate School of Nursing & Midwifery. Victoria University Wellington

1:10pm

Presentation: Waitemata DHB's workforce demographics

Fiona McCarthy, Director: Human Resources. Waitemata DHB

Presentation: Addressing the cultural diversity of the nursing workforce – a Waitemata DHB perspective

Dr Jocelyn Peach, PhD. Director of Nursing and Midwifery. Waitemata DHB

Sarah McLeod: Workforce Development Consultant. Waitemata DHB (additional panellist)

1:35pm

Panel Discussion - Questions & Answers + discussion

2.35pm

Closing remarks by facilitator

3pm

Finish of the day





Presenter: Professor Robert Scragg

1. Asian Health in Aotearoa in 2012-2013: Trends since 2006-2007

2. The ViDA Study – a major New Zealand trial to determine if vitamin D has beneficial health effects

Professor Scragg is a public health physician and epidemiologist at the School of Population Health, and Head of Epidemiology & Biostatistics, at the University of Auckland. He is a graduate of Adelaide Medical School and trained in epidemiology in the late 1970s at the CSIRO Division of Human Nutrition, where he first became interested in the link between sun light, vitamin D and cardiovascular disease. He is a principal investigator on the Vitamin D Assessment (ViDA) Study, a large clinical trial carried out in Auckland to determine if there are beneficial health effects from vitamin D supplementation. He has also published reports on Asian health in New Zealand using data from previous national surveys, and has been a lead investigator on several large epidemiological studies including the NZ Cot Death Study and the 2002-03 National Children's Nutrition Survey.



Presenter: Professor Paul Spoonley

Title to be confirmed

Distinguished Professor Spoonley is one of New Zealand's leading academics and a Fellow of the Royal Society of New Zealand. He joined the Massey staff in 1979 and was, until becoming Pro Vice-Chancellor in October 2013, the College's Research Director and Auckland Regional Director. He has led numerous externally funded research programmes, including the Ministry of Science and Innovation's \$3.2 million Integration of Immigrants and the \$800,000 Nga Tangata Oho Mairangi. He has written or edited 25 books and is a regular commentator in the news media. In 2010, he was a Fulbright Senior Scholar at the University of California Berkeley and in 2013, a Senior Visiting Fellow at the Max Planck Institute of Religious and Ethnic Diversity in Goettingen. He was awarded the Royal Society of New Zealand Science and Technology medal in 2009 in recognition of his academic scholarship, leadership and public contribution to cultural understanding and in 2011, his contribution to Sociology was acknowledged with the Sociological Association of Aotearoa New Zealand's scholarship for exceptional service to New Zealand sociology. In 2013, he was given the title of Distinguished Professor, Massey University's highest academic title.



Presenter: Sue Lim

1. Co-presentation: eCALD™ Cultural Competency Courses and Resources

2. Improved methods lead to significant improvement in Asian consumer participation in service evaluation

Sue Lim QSM, is the Manager of Asian Health Services in Waitemata DHB. Sue developed a range of Asian culture-specific services as well as a range of eCALD™ resources including CALD Cultural Competency courses and cross-cultural resources. The aim of the resources is to develop CALD competencies for the health workforce, working with culturally and linguistically diverse patients/clients and families, who are migrants and refugees from Asian, Middle Eastern and African backgrounds.



Presenter: Dr Annette Mortensen

Co-presentation: eCALD™ Cultural Competency Courses and Resources

Dr Annette Mortensen has worked to improve the health of newcomers to New Zealand from ethnically diverse backgrounds for the last 15 years. From 2000 to 2007 she worked as the Refugee Health Coordinator for the Auckland Regional Public Health Service. In 2007, Annette was awarded with the Supreme Harmony Award for her contribution to Muslim relations in New Zealand by the Federation of Islamic Associations of New Zealand (FIANZ). In 2008, Annette received a doctorate from Massey University, New Zealand. The subject of her thesis was 'Refugees as 'Others': Social and Cultural Citizenship Rights for Refugees in New Zealand Health Services'. Since 2007 Annette has worked as the Asian, Refugee and Migrant Health Programme Manager for the Northern Regional Alliance on behalf of the Auckland region District Health Boards.

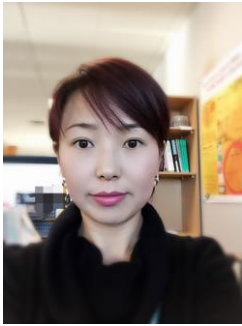


Presenter: Dr Gary Cheung

Physical Illness, Depression & Suicide Behaviours in Older People: development of a model for assessment

Dr Gary Cheung is an Otago Medical School graduate and completed his psychiatry training in Hamilton. He currently holds a joint appointment between Auckland District Health Board as a liaison old age psychiatrist and the University of Auckland as a Senior Lecturer. He is the Director of Academic Programme for the Auckland Regional Psychiatric Training Programme. Gary is currently involved in a global pilot study (including a site in China) investigating how to achieve “meaningful engagement” for older people with dementia of diverse cultural and language backgrounds living in aged residential care

facilities. His other research interests include suicide in older people, translational research on cognitive stimulation therapy for dementia, and physical health in older people with schizophrenia.



Presenter: Kelly Feng

Co-presentation: Improved methods lead to significant improvement in Asian consumer participation in service evaluation

Kelly Feng is the team leader of Asian Mental Health Services in Waitemata DHB. She came to NZ 12 years ago. She was a qualified medical doctor in China and obtained her social work qualification in NZ and became a registered social worker since 2005. She has been working in the health and social sector for the past ten years. Kelly has worked in the NGO sector before she led the pilot project of Asian mental health service development for WDHb in 2007. Over the past eight years she has been involved in many Asian projects including consultations. She has implemented the Asian clinical psychological service in 2013 and led the development of the Chinese and Korean Incredible Year Parenting Training Programme. Kelly was involved with the design of the Asian Mental Health Consumer Survey methodology to increase the uptake of consumer participation in the in 2014. She is passionate about working holistically with mental health service users and their families.



Presenter: Khalid Shah

Muslim Mental Health Awareness Project

Khalid Shah has academic qualifications in medicine and public health, and has worked widely in both the NGO and DHB mental health sectors. He is particularly passionate about the role of culture in improving mental health outcomes and has worked actively on a number of related initiatives. Between 2010 and 2013, Khalid worked on the joint ADHB and Affinity Services “Muslim Mental Health Awareness Project.” The outcomes from this evidence-based research project were then used to develop a specific service delivery model. Since 2013, Khalid has also offered training in “Muslim Culture and Mental Health” to mental health staff within WDHb and its NGO partners. In addition, Khalid has recently completed a brief Muslim community engagement and mental health promotion project for WDHb. Khalid continues to work as a local service coordinator for Adult Mental Health Services, WDHb.



Presenter: Rebecca Zhang

Community Alcohol and Drugs Services – Asian Counselling Service

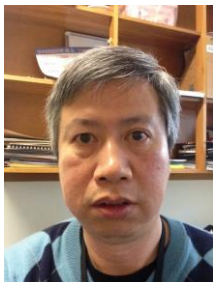
I have been working as an ethnic leader in the health sector in Auckland over a decade. I set up and lead the only Asian focused, community based, alcohol and drug service in New Zealand. Working collaboratively with DHBs, NGOs, PHOs, and community and government Asian services to increase the cultural responsiveness for service providers to meet the needs of Asian communities. I contributed to governance group meetings across DHBs within Auckland region to set up the strategic plans for workforce development to raise the cultural competency for the mainstream workforce. I have worked with Ministry of Health to set up the Blue Print for Asian services in New Zealand and the guidelines of talking therapy for Asian people. I have worked closely with professional groups, tertiary institutes, service managers and team leaders to design, implement and evaluate the appropriate cultural awareness training for staff. Besides that, I utilized various ethnic media to promote health-related information to Asian communities. I experienced in working with clients at all age range and circumstances. I am also a member of Ethnic Woman's Group from Department of Internal Affairs (DIA) to identify the needs of ethnic women and appropriate advice training for DIA to provide to the communities.



Presenter: Jungim Cho

A Case of Contagion: Can Psychological Maladjustment of First Generation Korean Migrants be transmitted to Successive Generation?

BSW, PGDipTheo, PGDipCouns, Trained Imago Couple Therapist (will be certified in September 2015). Private Counselling Born in Korea, and trained in New Zealand. Experienced counsellor expertise with couple, family and addiction. Wellness Recovery Action Plan (WRAP) group facilitator. Special Project in 2015: Middle-aged Couple Group Workshop in August 2015, Cross-cultural Marriage Group Workshop in September 2015, Pre-marriage Couple Workshop in October 2015 and Follow-Up Workshops in November and December 2015. Contact Details: Mobile 027 444 6956, Email: jungimnz@gmail.com



Presenter: Patrick Au

Co presentation: One is too many: Suicide in Asian communities.

Patrick Au is a Registered Psychiatric Nurse. Originally from Hong Kong, Patrick has worked in various mental health settings in New Zealand. He is currently the Team Leader of the Asian Mental Health Team of Auckland District Health Board.



Presenter: Associate Professor Elsie Ho

1. Co presentation: One is too many: Suicide in Asian communities.

2. Ageing well in a new country: health, housing and the meaning of home for older Asian migrants.

Elsie Ho is Associate Professor of Population Mental Health and Director of the Centre for Asian and Ethnic Minority Health Research at the University of Auckland. Originally from Hong Kong, she has 20 years of research experience in the areas of international migration, acculturation and diversity, and has published widely in international journals and books. Her current projects include migration and health trajectories, Asian mental health, care-giving in transnational families, and health and wellbeing of older migrants. She is a recognised leader in Asian communities, and has been involved in a number of government advisory groups. She is currently a member of the Auckland and Waitemata District Health Boards' Community and Public Health Advisory Committee, and Waitemata District Health Board's Asian Mental Health & Addiction Governance Group. In 2007 she was made a Member of the New Zealand Order of Merit (MNZM) for her services to migrant communities



Presenter: Dr Roshini Peiris-John

Mental health of New Zealand secondary school students

Roshini is a Research Fellow at the School of Population Health at the University of Auckland. She qualified in Medicine in Sri Lanka and obtain her PhD in Physiology before moving on to work in Epidemiology. She is particularly interested in research on environmental determinants of health and disease that focusses on minority population groups (i.e. people living with disability, immigrant youth) and is involved in research both in New Zealand and Sri Lanka. She is a member of the Adolescent Health Research Group at the University of Auckland, involved in conducting the national health and wellbeing

survey of secondary school students in New Zealand. Having recently moved to New Zealand she is acutely aware of how the notions of identity, individual expressions, sense of belonging and resilience have transformed her young (aged 17, 14 and 7). She has now prioritised youth health, particularly immigrant youth health as an area to explore in more depth.



Presenter: Dr Aram Kim

Ethnicity & Response to Psychotropic Medication - Practical Implication

“I am a 1.5 generation Korean-New Zealander. I have received my medical degree at University of Auckland and have worked around New Zealand and Ireland before settling back at WDH B 5 years ago. I am a member of the Royal College of Psychiatrists and is finishing the training under the RANZCP this year. I am also an active member of Korean Community Wellness Society and SaeWoomTor (SWT) which promote mental health awareness, particularly within the Korean community in New Zealand. I have led a number of projects to increase MH awareness in Korean community and also presented at a MH awareness week event last year, organised by CMDHB and SWT, and at cross cultural interest group meetings in the past. I received the Douglas Drysdale Prize (for excellence in clinical presentation) in 2013 and 2015. My special interests include peri-natal psychiatry, cultural psychiatry, spirituality, psychopharmacology and psychotherapy.”



Presenter: Dr Sai Wong

Co-presentation: Domestic violence: an intervention program and lessons learnt

Dr. Sai Wong, ONZM, is a consultant psychiatrist working in both the public and private sectors. In the public service, his experience is in both acute and chronic psychiatry, providing services not only to the general population but also the Chinese on a regional basis. He was the Clinical Director for South Auckland Mental Health Services from 1988 till 1998. His private work is primarily serving the Chinese population. In the past 20 years, Dr Wong has spent much time working among the Chinese population in Auckland, giving lectures both to local community and professional groups on mental health issues. He has frequently advocated for the need of a service for the Chinese. He is one of the founders of the Chinese Life Line service, providing telephone counselling to Chinese in distress.



Presenter: Suet-Yi Wong (Sue) 黃蘇雪兒

Co-presentation: Domestic violence: an intervention program and lessons learnt

Suet-Yi (Sue) migrated from Hong Kong 30 years ago. Sue has nursing background and obtained a Master of Education in counselling with honours at University of Auckland and a Post Graduate Diploma in Cognitive Behavioural Therapy at Massay University. Sue works with a range of mental health issues such as depression, anxiety, OCD, PTSD. She also works with

individuals who have family disharmony issues and domestic violence. She is the facilitator providing program for Asian women who are under protection order from the spouses. She is the Service Co-ordinator in Vagus Centre. She is also a qualified interpreter working mainly in general hospital and mental health settings.



Presenter: Dr Grace Wong

The Migrant Integration Policy Index (MIPEX) Health Strand

Grace is a fourth generation Chinese New Zealander. Her doctoral studies focused on how Asian families protect their children from smoking in the context of migration to New Zealand. She is Associate Director of the Centre for Migrant and Refugee Research, and lectures in Primary Health Care at the Faculty of Health and Environmental Studies at Auckland University of Technology. Grace has a long standing interest in research about tobacco control and Asian peoples. She worked as a policy analyst and researcher at Action on Smoking and

Health and directs Smokefree Nurses Aotearoa/New Zealand. She is married with two daughters.

Presenter: Dr Kathryn Peri,

Development of a Clinical Practice Guideline for CALD people with dementia living in residential care

Dr Kathy Peri is a registered nurse, and holds a joint appointment as a senior lecturer at the School of Nursing, University of Auckland and Clinical Nurse Director of Health of Older People at Counties Manuka District Health Board. Her research interests are centred on improving health outcomes and quality of life and care for older people residing in aged residential care. She is involved in a number of research studies in this area including several projects related to CALD in aged residential care sector.



Presenter: Dr Yogini Ratnasabapathy

WDHB experience of Asian elderly over a 12 month period

Yogini completed her FRACP by December 2001. She has extensive training in General Medicine and the various specialities including Stroke Medicine, Geriatrics, Neurology, Cardiology, Endocrinology, Respiratory Medicine, Renal Medicine, Oncology, Haematology and Psychogeriatrics as a Senior Registrar. She have worked as a the Counties Manukau DHB for three years and been part of the acute medical roster and later worked General and Stroke Physician with Waitemata DHB as a General and Stroke Physician and as a Geriatrician for the Waitemata DHB from 2005 to 2007. Since 2007, She has worked as Stroke Rehab Lead Physician and as a geriatrician to date with Waitemata DHB. She supervised senior registrars since 2000 in Stroke Medicine and Geriatric Medicine. Multiple audit projects have been published since 2003 in stroke medicine and care of the older people. She have had experience to be part of the team in establishing three stroke units the first one at Counties Manukau DHB the very first one in the country and then with Waitemata DHB – North Shore Hospital (2010), and Waitakare Hospital (2012). She has corrected masters thesis and dissertation for University of Auckland post graduates in Public health and nursing. She supervised two nurse specialists with their nursing practicum for a year to enable them to become nurse practitioners. Currently, she continues to work as an honorary senior lecturer for geriatrics and general medicine with the University of Auckland. She has regularly taught the fourth and fifth-year medical students, physician trainees, junior medical officers, post-graduate speech-language therapy students and nurses with University of Auckland and Auckland University of Technology.



Presenter: Dr Siu-Chun Tse

Harmonisation of the self: narratives of older Chinese about ageing, health and wellbeing

Siu-Chun Cannis Tse received her PhD in Health Psychology from Massey University. She also obtained her Master degree in Social work from Hull University in England. Before she immigrated to New Zealand she worked as a registered social worker in a children and family social service setting in Hong Kong for a number of years. Her research interests focus on cultural and everyday practices of health, health promotion, identity construction, and body-mind interaction. She has been involved in different voluntary work in New Zealand and is

currently volunteering in a non-governmental organisation, involving in funding applications and developing services for supporting the parents of children with autistic spectrum disorder.



Presenter: Dr Hagyun Kim

The occupational experiences of Korean immigrants settling in New Zealand

Hagyun Kim practices as a social worker with Connect Supporting Recovery in Auckland for the last 8 years. His major interest is in public health. As part of this, Hagyun is passionate to raise awareness of mental health within the Asian communities, having a strong passion in improving cultural responsiveness to Asian populations throughout the health sectors. He recently completed a PhD at Auckland University of Technology in 2015. His thesis was entitled “Regaining Control: A Journey of Valuing Self”. This thesis explained Korean immigrants’ experiences whilst they settle in New Zealand using an occupational science perspective. Currently, Hagyun joins the project of the Centre for Migrant and Refugee Research at AUT, and works on organising the “Refugee Symposium 2015 AUT”.



Presenter: Dr Elaine Rush

Why are pregnancy and a life course approach important for the prevention of diabetes?

Professor Elaine Rush, MNZM, PhD has been involved in health and education for all her working career. In 2014 she was appointed as a Member of the New Zealand Order of Merit for services to health. Her diverse research expertise in programmes and actions that will make a difference to health has led to over 140 publications. Current projects include Energize in preschools and primary schools (60000+) children, the health and growth of children whose mothers’ had gestational diabetes and the Pacific Islands Families birth-cohort which tracks 1000 Pacific children now aged 14 years.

Presenter: Melanie Colman

Advance Care Planning in Korean Communities, the co-process of engagement, lessons in translating resources



Presenter: Grace Ryu

Advance Care Planning in Korean Communities, the co-process of engagement, lessons in translating resources

Grace Ryu is a Kowi (Korean Kiwi) arrived in New Zealand in 1997. She has been working with Asian / Ethnic Community for past 18 years and 10 years work experience at Asian Health (WDHB). She studied at Massey Univ. (MSW-applied, Hon) and became a Registered Social Worker (SWRB). Grace researched on family violence and has been involved in police and NGOs as ethnic advisor. She was a recipient for the Korean NZ

Ambassador's special award in 2012 for supporting the community's Health & Wellbeing. She is currently working as the Team Leader of Waitemata DHB's Asian Patient Support Services and is passionate about improving our Asian patient's journey through the health system. She has also recently been involved in the Advance Care Planning Development of Korean ACP resources co-design project and the project team successfully produced a range of Korean language ACP resources with input from the community.



Presenter: Dr Andrew To

Cardiology in Chinese New Zealanders

Andrew To graduated from Auckland Medical School, and trained as a cardiologist at Green Lane Cardiovascular Service and acquired his subspecialty expertise at the Cleveland Clinic, Ohio, USA, where he worked for two years as the advanced clinical and research fellow in multimodality cardiovascular imaging. His subspecialty expertise includes cardiovascular

computed tomography (CT), CT coronary angiography, cardiovascular magnetic resonance imaging (MRI) and echocardiography. He currently works as a consultant cardiologist at North Shore and Waitakere Hospitals, where he is also Director of cardiovascular CT. He is actively involved in cardiovascular imaging research, especially on CT coronary angiography and other imaging modalities. He is passionate about health promotion in the Chinese community, and founded the Chinese Health Awareness Initiative of New Zealand. He is currently the vice president of the Auckland Chinese Medical Association.



Presenter: Cecilia Wing-Chun Wong-Cornall
Stories of Chinese migrant family carers caring for relatives with stroke impairments in Auckland

Cecilia is a PhD candidate at the School of Nursing, University of Auckland. She was born in Hong Kong and grew up on the North Shore of Auckland as a 1.5 generation migrant. Following the completion of undergraduate studies, she explored various research and professional roles in the area of community

health services and programme evaluation while completing further postgraduate studies. Her personal experiences as an informal family carer for her mother who have suffered a stroke stimulated research interests in the area of informal caregiving experiences and migrant/ethnic minority healthcare services experiences. Cecilia is a staff member of the Centre for Asian and Ethnic Minority Health Research, School of Population Health. Her PhD project is part of an international study funded by the New Zealand Health Research Council on integrated community-based primary healthcare supporting older adults. Cecilia is a member of the Young Carer New Zealand advisory board.



Presenter: Dr Michelle Choe
Diabetes research in Asian population

Originally from Malaysia, Michelle Choe graduated from the University of Adelaide Medical School and came to Auckland in 2000, where she trained in Internal Medicine and Endocrinology. She was the Clinical Diabetes Research Fellow at the Centre for Clinical Research and Effective Practice (CCREP), Counties Manukau DHB in 2006. She has been an Endocrinologist/General Physician at Waitemata DHB since 2007 and is currently involved in the Inpatient Diabetes and

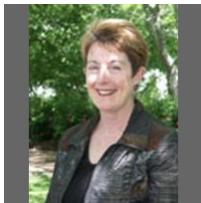
Young Adult Diabetes Services. She has an interest in diabetes in people of Asian ethnicities and has done clinical audits comparing diabetes-related parameters in Asians versus other ethnic groups.



Presenter: Dr Janet Liang

A review of Asian patients in ICU/HDU NSH 2013-2015

Janet Liang is a specialist intensivist and anaesthetist who has been based at the ICU/HDU at North Shore Hospital since 1997; she was the founding clinical director from its opening in 1997 until stepping down in 2012. Janet was born in Hong Kong and immigrated to New Zealand at the age of three. She trained at Auckland Medical School. She is doing a PhD in the potential role of health informatics in junior doctor decision making about deteriorating ward patients. She also won the 2011 Health Informatics NZ Clinicians' Challenge with her proposal for a tablet based translation and communication system for seriously ill patients who could not speak English. Thanks to much support from Sue Lim and Asian and Pacific health services, she was then able to develop into an actual app "Listen Please" which can presently be bought for iPads from the Apple App Store.



Presenter: Dr Pamela Von Hurst

Vitamin D – the hidden deficiency: are some New Zealanders at greater risk?

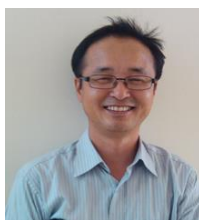
Dr Pamela von Hurst is a Senior Lecturer in Human Nutrition and Director of the Vitamin D Research Centre at Massey University. She has a strong research track record in the effect of vitamin D deficiency on health and wellness, and has investigated vitamin D status in a number of ethnic groups including South Asian and Chinese women. Dr von Hurst has served on advisory panels for the Ministry of Health, Cancer Society and Food Standards Australia and New Zealand on vitamin D in the population and the New Zealand food supply.

The Surya Study which investigated the vitamin D status of over 230 South Asian women living in Auckland demonstrated increased risk of both metabolic and bone disease in women with very low vitamin D status. More recent studies have included a nation-wide survey of vitamin D status of pre-school children funded by the Health Research Council, and two trials measuring the effectiveness of vitamin D supplementation in various populations.



Presenter: Nicole Song
“Listen Please”

I am a third year student studying medicine at the University of Auckland. As a bilingual medical student and a daughter of immigrants from South Korea, I have experienced first-hand, the lingual barriers to health care. As part of my course-work, I have also had the privilege to sit in on GP consultations, and some reminded me again that sometimes non-verbal cues and body language would not suffice where there is any sort of language difficulty. These experiences inspired me to take on a Summer Research Scholarship at the university, examining the attitudes and concerns of doctors and nurses about using a language interpretation app on an iPad, ‘Listen Please,’ in brief interactions with patients who do not speak English fluently.



Presenter: Im Soo Kim
The CALD Child Disability Service model for Asian Families including case scenarios

Since graduation of Master of Social Work (applied) in Massey University in 2010, I have been working as a cultural caseworker in the Child Development Service with Waitemata District Health Board. I am providing community and hospital based cultural support services to special needs/disabled children and their families from CALD (Culturally and Linguistically Diverse) backgrounds; these include engagement with children and families in order to support them to meet their own needs; educating parents about NZ health system and NZ perspectives of disability; advocacy as needed to ensure the allocation of support services for children of CALD background. In the community work, I have supported my clients independently navigate the New Zealand disability system through the parents seminars, and workshops and focus groups.

- Child Health Video Resource development
- Asian Parents Support Group
- Disability awareness workshops in the ethnic communities



Presenter: Neil Kemp

Asian Smokefree

Neil is currently Service Manager, Mental Health and Addictions at Waitemata PHO in Albany. One of the Services he manages is an Asian Stop Smoking Service, employing Chinese, Korean and Indian language speakers. Neil's primary focus in all work situations is to target improved organizational effectiveness through professional and highly motivated teams. He believes that his function is to motivate and facilitate people to give of their best in service provision. Neil has more than 20 years experience in Senior Management roles in the Health Sector, within DHB, NGO and PHO settings. Neil leads organizational change, growth and resilience to improve the capacity to succeed, despite limitations on resources. Neil brings a practical perspective and a depth of experience and insight during times of change and organizational restructure. Neil is committed to effective communication, highlighting and resolving problems and achieving professional and personal trust. His expertise and passion have developed specifically around the development of effective organizational performance management systems, which link organizational goals and strategy, through business planning and team objectives, down to individual staff performance objectives. Individual performance monitoring, coaching and supervision, create the interlinked system and feedback loop, through every level of organizational responsibility to ensure organizational, team and individual success.



Presenter: Paul Ripley

Refugee Children – Health Screening and Resettlement in New Zealand

I am a Registered Nurse with over 20 years of experience in a variety of roles including, Child and Family Health, Public Health and Emergency Medicine. I have a Master of Nursing Degree and currently work as a nurse specialist with the Refugee Health Screening Service at the Mangere Refugee Resettlement Centre, Auckland. Overseas experience includes working as a health delegate with the NZ Red Cross where I was deployed to Pakistan in 2005 for 3 months as part of a post-earthquake disaster relief team. I have also worked in Canada and the Pacific Islands. I am married to Catherine, a GP, and we have 3 teenage children. My current position as a nurse specialist involves healthcare of quota refugee children who stay at the Refugee Centre. This includes health screening, immunisation and mantoux testing (for Tuberculosis) for all children. My interests lie in child health and promoting healthy living in children and their families. I will talk about health screening of quota refugee children resettled in NZ from the

Asian regions.



Presenter: Professor Grant Schofield
“Eating and exercising for the brain”

Grant Schofield, Professor of Public Health (Auckland University of Technology) and Director of the university’s Human Potential Centre (HPC) is located at the AUT Millennium Campus in Auckland. Grant’s research and teaching interests are in wellbeing and chronic disease prevention especially reducing the risk and eventual mortality and morbidity from obesity, cardiovascular disease, and diabetes. He lives by the motto “be the best you can be” and he has a strong commitment to peak performance in which he does consulting work. Grant wants to know how we can be the best we can be. This crosses disciplines such as biology, medicine, public health, and productivity management. The cornerstones are nutrition, exercise, sleep, neuroscience, psychology and wellbeing. Grant and his team are currently undertaking research projects in the Low Carb High Fat (LCHF) arena.



Presenter & Panelist: Juthika Badkar
Changing Migration Trends and our health workforce

Juthika Badkar is an independent researcher and evaluator, and has a Masters degree in Public Health from the University of Otago. Her areas of interest are gendered migration, changes to our health workforce demographics, and understanding the source of aged-care workers in response to our rapidly ageing population.

Juthika has worked on a range of research and evaluation projects while working at the former Department of Labour. This includes leading research on:

- The Future Demand for Paid caregivers in a Rapidly Ageing Society
- The Asian workforce: A critical part of New Zealand’s current and future labour market
- Patterns of Gendered Skilled and Temporary Migration into New Zealand.

As a Visiting Research Fellow at the Institute of Policy Studies during 2008-2009, she led a research project examining the growing reliance on migrant caregivers for the elderly, and the changing demographics of the nursing workforce in New Zealand. This was funded through the Emerging Issues Programme on Low-skill migration.

Prior to this Juthika led the development and was the key author of the Asian Health Chart book (2006). This report was the first to systematically examine inequalities between Asian ethnic groups and between migrant and established Asian

communities in New Zealand.



Presenter: Léonie Walker

A multi-cultural nursing workforce: views of overseas and New Zealand trained nurses – implications for health care services in Auckland

A UK Biology degree, an MSc in Immunology and applied an Immunology PhD were followed by an academic university research career, and then a Principle Scientific Officer post in applied Immunology in a hospital setting, providing cellular Immunology laboratory services. A career change led to NHS health research management and direct project work on public health topics ranging from HIV to obesity and diabetes. A final post in the UK saw the establishment of the North East England Diabetes Research Network, based within the Clinical Research Facility at the University of Newcastle, and a management role overseeing the specialist diabetes research nursing team. Early 2008 saw a move to New Zealand to take up the position of researcher with the New Zealand Organisation of nurses. Appointed in 2012 to an adjunct position at the graduate school of nursing and midwifery Victoria with many publications related to the NZ nursing workforce.



Fiona McCarthy

Waitemata DHB's workforce demographics



Dr Jocelyn Peach

Addressing the cultural diversity of the nursing workforce – a Waitemata DHB perspective

Highlights of Asian Health Services and Achievements between 2000-now

Asian Health Services have been:

- Developing models of best practice: Asian patient support service, Asian mental health service; Asian smokefree service development; Asian breast screening enrolment service; interpreting services; iCare health information line
- Providing a range of online CALD cultural competency training and resources via a unique website www.ecald.com for the national health workforce in New Zealand working with culturally diverse populations. Since April 2010, 12,000 health practitioners in the Auckland region have completed a face-to-face or online CALD training course, leading to a national demand for access
- Improving access to healthcare services for Asian consumers and families
- Increasing Asian patient experience and capturing Asian patient stories
- Improving access to primary and secondary health care through the provision of quality interpreting service
- Reducing DNAs and improved client engagement with service providers
- Developing a responsiveness mental health and addiction service model for Asian people
- Ongoing up to date research and evaluation studies to inform managers; clinical leaders; planners and strategies of trends in Asian health; the effectiveness of health/mental health interventions and the health services provided
- Developing strong partnerships with Asian/MELAA communities and providers; stakeholder organisations including academic researchers
- Developing culturally appropriate and quality services and approaches and winning numerous health excellence awards since 2000 to now:

- 2015: A Responsiveness Mental Health and Addiction Service Model for Asian People: Waitemata Health Excellence Awards 2015: Overall Winner - Poster Presentation
- 2015: A Responsiveness Mental Health and Addiction Service Model for Asian People: Waitemata Health Excellence Awards 2015: Integrated Care Category Winner - Poster Presentation
- 2011: A Successful Collaborative Approach to Ensure Increased Breast Screening uptake by Asian women on the North Shore: Waitemata Health Excellence Awards 2011: Highly Commendable Oral Presentation
- 2010: CALD Culture and Cultural Competency Online Training Programme - Waitemata Health Excellence Awards 2010: Overall Winner Oral Presentation
- 2010: CALD Culture and Cultural Competency Online Training Programme - Waitemata Health Excellence Awards 2010: Highly Commendable Workforce Category Winner Oral Presentation
- 2006: Asian Smoke Free Community (ASC) Service Development: Waitemata DHB Awards 2006: 1st Prize Oral Presentation
- 2006: Asian Smoke Free Community (ASC) Service Development: Health Innovations Awards 2006: Highly Commendable Health Innovations Award
- 2006: Regional Mental Health Training for Interpreters - Waitemata DHB Clinical Awards 2006: Highly Commendable Winner Poster Presentation
- 2003: Asian health service development projects - Waitemata DHB Clinical Awards 2003: 2nd Place Winner Oral Presentation
- 2000: Asian Health Survey Project - Waitemata DHB Clinical Awards 2000: 3rd Place Winner Oral Presentation

Waiata (song in Maori)

He Honore (Lord's Prayer, sung)

He hōnore
He korōria
Maungarongo ki te whenua
Whakaaro pai e
Ki ngā tangata katoa
Ake ake, ake ake
A..... mine
Te Atua
Te Piringa
Tōku oranga

(repeat verse)

Tōku oranga

Amine

Honour (English)

Glory (to God)
Peace of Earth
Goodwill
To all people
Forever and ever
Amen
Lord God
My pillar
My sustenance

Amen

Free seminar

The Asian Health Awareness seminar is free to attend

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eCALD™ www.ecald.com

Asian Patient Support Service www.asianhealthservices.co.nz

Asian Mental Health Service www.amhcs.org.nz

WATIS Interpreting Service www.watis.org.nz

PHI Primary Health Interpreting Service

Asian Health Breastscreen & iCare Line

www.waitematadhb.govt.nz



Waitemata
District Health Board

Best Care for Everyone

www.asianhealthservices.co.nz

Classification number:

Review date:

