

West Coast IPE Programme

Te Hōtaka Mātauranga Whatu Ngaio o te Tai Poutini

Vol 2 2023

Student Mix Blocks 3-5

- 2 Dietitian - Auckland University
- 5 Nursing - Te Pūkenga Ara
- 1 Nursing - Otago University
- 1 Occupational Therapy - Te Pūkenga Otago Polytechnic
- 2 Oral Health - Otago University
- 1 Paramedicine - AUT (Auckland University of Technology)
- 1 Pharmacy - Otago University
- 2 Physiotherapy - Otago University
- 1 Speech Language Therapy - Canterbury University

2023 Highlights

The final block for 2023 has come and gone, and now we get the chance to (briefly!) draw breath and reflect on the year before we swing into planning for 2024. The feedback from students has been overwhelmingly positive with shadowing and the chance to informally learn about each others' disciplines at the shared accommodation, continuing to be a highlight. A big shout out to our awesome placement and shadowing supervisors and Ali Grooby at the Alexander Street Lodge!

"Try to make the most of every opportunity the Coast offers! There are so many cool things to do and doing these in a group with other students really helped us bond together."

"Have fun! Make the most of every opportunity. If there's free time during your placement when work is slow, don't just sit around. Pick your supervisors brains because there's a lot to learn from them."

"Embrace every opportunity you get, there is so much to learn from this amazing place and its people. Just be open to putting yourself out there, and definitely explore the region!"

"I had an amazing time on the programme and have learnt so much. I have had many rich experiences that I know I wouldn't have if I didn't come here."



Greymouth Team

- Sue Donaldson (Programme Lead)
- Kerri Miedema (Deputy Programme Lead)
- Juliette Sexton (Programme Coordinator)
- Diana Panapa (Cultural Advisor)

Block 3 2023

Block 3 had 4 students representing 3 disciplines. We were pleased to team up with Te Mana Ora (National Public Health Service) again for the 3rd in a series of projects which is going to feed into a greater body of work in the field of older persons health.

We had a wonderful afternoon with Missy Campbell exploring Rongoa and making some Kawakawa balm, which we've enjoyed making again in the following blocks.

Dr Mike Wells also joined us for a presentation on Rural Hospital Medicine, and we appreciated Maya Piercy presenting on Equity and Rudolf van der Geest giving an introduction to the Violence Intervention Programme (VIP) the latter two speakers in each block.



BONUS!

For seasonal eating check out a recipe in nutrition bites and vegetables.co.nz
Healthy easy and affordable recipes for the whanau

TE WHARE TAPEKA
Strengthen Your Whare

- Taha Tinana the physical
- Taha Wairua the spiritual
- Taha Hinengaro the mental
- Taha Whanau the family

Here are some tools for your keteparaha (tool box) to ensure a strong whare for holistic health this winter

WINTER WELLNESS IN REEFTON AND WESTPORT

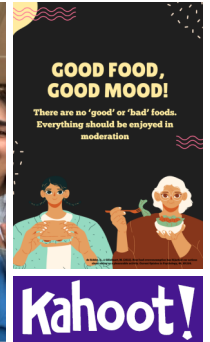
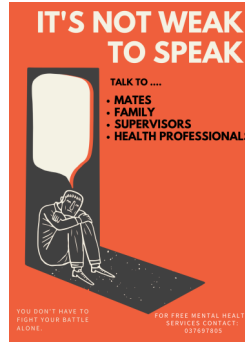
INFORMATION YEAR ROUND

- The Clarian - Local Paper
- Radio station
- Facebook page
- Community Notice Board (Supervalue)
- Citizens Advice Bureau
- Advertisement at the Who Cares House
- Advertisement at the Community Centre



Block 4 2023

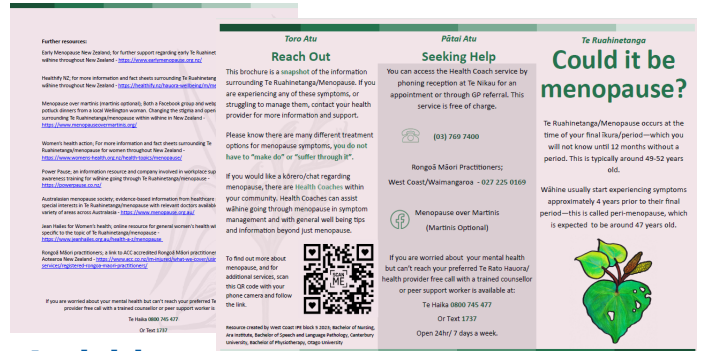
For Block 4 we welcomed 8 students from dietetics, nursing, occupational therapy, oral health, physiotherapy, and paramedicine. Again the students amazed us by coming up with fantastic resources for 2 projects - Mental Health at Westco Lumber (policy document, support and posters) and Body Positivity for the West Coast PHO (classroom plan with posters, video, kahoot! game and homework task).



Block 5 2023

Block 5 had 4 students representing 3 disciplines with the students being wholeheartedly involved in their community project and embracing the West Coast. Whether it was hiking in the weekends or second hand shopping in Reefton this group made the most of every second.

Their project was to develop a resource for Te Mana Ora (National Public Health Service) on Menopause.



Activities

We've been out and about enjoying the Coast both as part of the programme activities and students exploring on weekends.

Wet and muddy fun with On Yer Bike, out with Te Rua & Sons Pounamu Trails, visit with Steve Gwaliasi at Bonz n Stonz, Underworld Adventures train ride in Charleston, Coaltown Museum in Westport, Reefton iSite, Blacks Point Museum and Stamper and a return trip to West Coast TreeTops Walk & Tower Zipline in Hokitika. A big thank you to all who provided activities and also Brent Hollow and Tintin Kelly for sharing their photos with us.



Each block we've been privileged to continue with our Farm visits and Beanie the Kiwi has been breaking hearts with his frequent appearances.



Returning students

We're delighted to welcome back Beth Hines Paramedic who has started her new role with St John in Greymouth and look forward to Sua Oh returning in 2024 to take up a Pharmacy Intern role.

