



Caring for Our People

Manaakitia ā tātou tāngata

August 2019

As-salāmu ‘alaykum. Peace be with you.

Do Not Resuscitate! (DNR)

With the defibrillators now being received from the St John’s offer, new conundrums are popping up.

- *How do we know if someone doesn’t want to be resuscitated?
If we follow their wishes, what happens if their family complains that we did nothing?*

Use the introduction of a defibrillator as the excuse to “have the conversation”!

Set time aside at parish council, at a Sunday Service and at your next morning tea. The message for these conversations is aimed to create more conversations!

- *If you do not want resuscitation, CPR or a defibrillator, used on you – then you need to tell people.
Tell your family, tell your parish, tell your exercise class.*

Suggestions:

- Family – sit them down and tell them, all of them! Alternately email/write to them all, so that your wishes are perfectly clear.
- Enduring Power of Attorney for personal care and welfare – puts it in writing, but still have the conversation with your family!
- Parishes – have an agreed process or contact person, to help people easily and discretely make their wishes known
- Parish name tags – have a discreet “DNR” placed in the corner of your name tag.
- Exercise classes – should use a registration form which include emergency contact details, and whether or not want resuscitation should be carried out or not.

Resuscitation Training

St John (and other first aid training establishments) can provide resuscitation training, but that training will usually have a cost associated with it.

It is my understanding that the St John defibrillators are being shipped with a CPR practice manikin and instruction DVD.

- Have the conversation with other parishes to share manikin resources. Using one manikin in a class will be a long waiting game for students – the more manikins the quicker the class!
- The DVD that comes with the St John defibrillator is simple and easy to follow.

*If you have effective first aid/resuscitation training ideas,
please let me know so we can share them across the Connexion.*

moko – pattern, design, (e.g. face tattoo), grandchild

puna – pool of water (a mirror)

mokopuna – Grandchild, descendant, reflected design

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Thanks and acknowledgement go to Barbara Peddie for the conversation that we had!





<https://getready.govt.nz/involved/shakeout>

Sign up for New Zealand ShakeOut 2019

Join us for the 2019 New Zealand ShakeOut and Tsunami Hīkoi on Thursday 17 October 2019 at 1.30pm.

If you cannot do the drill at 1.30pm on 17 October 2019, you can choose a time to suit you within two weeks of the drill and still be counted.

[Sign up now](#)

About New Zealand ShakeOut

All of New Zealand is at risk of earthquakes and all of our coastline is at risk of tsunamis. We can't predict when one will happen, but we can protect ourselves and our family.

New Zealand ShakeOut is our national earthquake drill and tsunami hīkoi.

We are encouraging everyone, but particularly all early childhood centres, schools, tertiary organisations and businesses to sign up, hold a Drop, Cover and Hold drill, and plan a tsunami hīkoi if they are in a tsunami zone.

[Find out more!](#)

How to ShakeOut

New Zealand ShakeOut is a self-run earthquake drill.

- DROP down on your hands and knees. This protects you from falling but lets you move if you need to.
- COVER your head and neck (or your entire body if possible) under a sturdy table or desk (if it is within a few steps of you).
- HOLD on to your shelter (or your position to protect your head and neck) until the shaking stops. If the shaking shifts your shelter around, move with it.

While you are doing the drill, imagine that it is real and what might be happening around you. Think about what you might need to do before a real earthquake happens to help protect yourself.

[Find out more for Before, During and After](#)

