Visitors from the Isle of Man take a deep dive into our health system

This week we welcomed the Minister of Health and Social Services, Hon. Howard Quayle and Mark Charters, Chief Executive from the Isle of Man Department of Health and Social Care.

They heard about the Canterbury Health System after reading The King’s Fund Report which presents a case study on Canterbury’s quest for integrated health and social care.

They have spent time learning about HealthPathways and the Canterbury Clinical Network whole of system transformation. They are particularly interested in our alliancing approach and how effective this has been as we continue to strengthen our integrated health system.

On Friday they visited Christchurch Hospital, where they met with teams in the emergency department, operating theatres, talked tele-health and saw our Acute Medical Assessment Unit (AMAU) and Surgical Assessment Review Area (SARA) with a particular highlight being spending time in the operations centre where they could see, in real time, a picture of what was happening in our health system. Staff can see this real time information 24/7 on the intranet, in the Seeing our System operations centre portal.

For those of you who have not heard of the Isle of Man, it’s an independent country in the Irish Sea that sits between Ireland and Great Britain. Perhaps more famous for the TT motorbike races and manx cats (with no tails). It has a population of 85,000 and boasts the oldest continuous parliament in the world, known as Tynwald, established by the Vikings over a thousand years ago. The people are known as Manx and the population consists of 40% native Manx who have their own culture and language. It is the eighth richest country in the world according to GDP. Its Government is keen to introduce changes to the way its health and social services are provided to ensure care is integrated, focused on people’s needs and delivers value for money.

In this issue

» Flu vaccine is on the way. Clinics likely to start 20 April...page 2.
» Monday’s facilities fast facts...page 3 & 4.
» CCN update...page 4.
» April Falls kicks off with a competition...page 6.
» Quality Improvement and Innovation awards are back for 2015...page 8.
» Ten year celebration for CWH...page 8.
» HealthOne welcomes a new health partner...page 9.
» New Gout campaign...page 9.
Flu vaccine is on the way. Influenza. Don’t Get It. Don’t Give It.

Psst: Have we got a deal for you!

Here’s one target that we can all work towards. Last year the Canterbury District Health Board vaccinated 75% of its own staff for influenza. This year, our target is 80%. Don’t believe the myths – find out why it’s important that health workers get vaccinated and read our FAQs on the Occupational Health and Safety intranet site.

The Influenza vaccine is likely to arrive close to 20 April and staff clinics are currently being organised for the following weeks to allow all staff the opportunity to receive a free flu vaccination. It’s quick, it’s relatively painless and the benefits are huge. This year’s flu season is predicted to be a tough one – let’s do what we can to prevent the spread.

The slight delay this year is due to the new formulation of the vaccine. In Canterbury, DHB staff will be given a quadrivalent vaccine, which includes protection for four influenza virus strains:

» A/California (H1N1) – like virus
» A/Switzerland (H3N2) – like virus
» B/Phuket – like virus
» B/Brisbane – like virus

NISG (National Influenza Specialist Group) spokesperson and Canterbury DHB virologist, Dr Lance Jennings says the recent bad flu season in the United States, United Kingdom and Europe, was caused by an influenza A/Switzerland (H3N2) strain, which had ‘drifted’ or antigenically changed after the formulation of last year’s Northern Hemisphere flu vaccine.

“We believe the quadrivalent vaccine, currently being formulated for the Southern Hemisphere should offer good protection against the H1N1, H3N2 strain and the B strains likely to circulate in New Zealand this coming winter,” Dr Jennings says.

Mary Gordon, Canterbury DHB Executive Director of Nursing says as healthcare workers our priority is our patients and having our flu vaccination is just another thing we must do to protect them, not to mention ourselves, colleagues and families.

But wait, there’s more! Immunise your selfie – grab a snapshot of yourself either before, during or after you’ve had your shot and post on our Facebook page with a line about why you decided to be vaccinated.

“This is a fun and engaging way to highlight to colleagues the importance of being immunised for flu,” Mary says.

If you act quickly, instead of a set of steak knives, you’ll receive a bright blue wrist band which we’re hoping will be a talking point when you are out and about with patients and members of the public – the message is: “Get immunised: are you flu strong?”

All this and the cost to you is just a few minutes of your time!

As clinic times are finalised they will be posted on the Occupational Health and Safety intranet site.

Thanks from the Board

At the last Board meeting, a resolution was passed to express thanks from the board members to all staff involved with the recent suspected ebola case which was managed in Canterbury. “Thanks to everyone involved both directly and indirectly – as well as the clinical teams involved, I know a large number of staff worked tirelessly behind the scenes to ensure things went as smoothly as they did. Well done to you all. Your efforts were very much appreciated.” – Murray Cleverley – Board chair.
Monday’s Facilities Fast Facts

Acute Services Building – Christchurch Hospital

» **Cyclists** – If you are using the Rolleston Bridge, *please dismount* before you cross the bridge. Aside from all the trucks using the bridge, the footpath has a lot of pedestrian traffic. For their safety, and yours, please walk across the bridge. Secure cycle parking is available in the area between the watertanks and entry to main reception. Access is via CDHB swipe card. Please ensure you close the door securely.

» **Motorcycle scooter parking** – Space for motorcycle and scooter parking is being marked out in the area in front of the water tanks close to the main entrance. This was previously cycle parking, which has now moved to an area opposite the entrance of ED.

» **Clean dock** – Once the new clean dock opens in mid-April, all deliveries will be made to the rear of Christchurch Women’s Hospital with access via Riccarton Ave. Please help reduce congestion to this area by directing non-urgent deliveries for Christchurch Hospital to the CDHB depot on Blenheim Rd.

» **Wooden hoarding** – If you’re heading into Hagley Park for a walk, have a look at the new All Right? posters that are making a colourful statement on the ASB hoarding. See below.

» **Eye Outpatients** – The entry to Eye Outpatients will move from St Asaph Street to Hagley Ave on 20 April. This will allow work to begin on the construction of a building to house the switch gear that needs to be moved before the blue public car park can be demolished. Entry to Eye Outpatients will be through a new reception area that opens onto the parking area on the Hagley Ave side. Parking will be limited so please respect the 90 minute parking limit on all the bays.

» **Storm water line installation** – This week two new storm water lines will be installed across Hagley Park between the Hospital and the Avon River alongside the existing line. This is being done in consultation with the Christchurch City Council.

» **User Groups** – The Perioperative User Group reviewed a mock-up of the Theatre clean core/set-up area at the design lab this week. We tested flows through the area using theatre trolleys and other kit to determine the impact of an alternative layout option being investigated. The group was happy with the layout which also encouraged good discussion about the new theatre facility.

» Article continues on page 4.
Burwood Health Campus

Burwood High Fidelity Mock Up – As the Burwood High Fidelity Mock-up nears completion, users have been able to finalise the majority of the ceiling track hoist charging positions. A potential clash point with the bed when re-entering the room from the ensuite was also identified. This was worked through and will be minimised by shifting a section of rail slightly.

Above: The group also tested the exact placement of items at the Wash Hand Basin (WHB). These will be fitted in the mock-up as per the group’s recommendations and rechecked prior to installation in the new facilities.

Above: Nicholas Wedde, Architect (in sling), and Wendy Botfield, CDHB Project Manager, ‘hanging out’ at the Design Lab.

Below left and right - Site works – ground work has begun for the new Burwood Boiler House and the ward blocks continue to take shape, looking more and more like the finished product.

Canterbury Clinical Network March update

The Alliance Leadership Team (ALT) met earlier this month and was shown data demonstrating how the Canterbury Health System is making significant progress towards a fully connected system centred around people that doesn’t waste their time.

A standout success has been community-based falls prevention – a fantastic example of system-wide change achieved for a comparatively modest investment of $600k a year since its inception in Feb 2012. This has featured recently in the CEO Update, but in case you missed it:

» 1083 fewer falls present to ED – this number of presentations would have been enough to keep a ward full for an entire year
» 373 fewer expected admissions for fractured Neck of Femur (NOF).

Community engagement is another notable success. Representatives of the Canterbury DHB Consumer Council presented at the meeting to emphasise their value in providing a consumer perspective and ensuring consumer concerns are addressed during the planning phase of initiatives. ALT heard the rationale behind the adage “Nothing about us without us”, discussing the importance of consumers as ‘participants’ (not just representatives) on all CCN groups.

To read the full set of messages from CCN ALT, including the CCN Work Programme 2015-16, click here.
**Bouquets**

**Emergency Department, Christchurch Hospital**
I would like to thank the staff in the casualty department from last Saturday evening where I was a patient with a dislocated/cut finger. Busy as they were the service was simply outstanding. I was not feeling too good but nothing was too much trouble for all concerned to make sure I was ok. The nurses through to two doctors were amazing and I cannot speak highly enough with regard to their professionalism. You are awesome!

**Emergency Department, Ward 27, Christchurch Hospital**
Our mother was admitted by ambulance and passed away peacefully in Ward 27. We have nothing but praise for the care and support and dignity given to our mother and us, her three daughters. The team of staff are a credit to the medical profession. We thank you so much – also appreciated being able to sleep overnight in Mum’s room while she passed over and the many cups of tea…. all helped make a difficult time a lot easier. Thanking you.

**Ward 20, Christchurch Hospital**
I wish to thank all the staff and nurses for all their help and support during my stay. Thank you so much.

**Emergency Department, Christchurch Hospital**
I am writing on behalf of my wife… and myself to express our sincere gratitude to the staff who attended her earlier this month. Unfortunately we were unable to recall the majority of their names except for a nurse named Ryan. My wife was attended by other nursing staff as well as two doctors during her stay. One doctor visited around 10.30pm and another around 2.30am the following morning. The manner in which… was treated was outstanding right from their initial introductions, the way they spoke to her with sensitivity, care, respect and the provision of information regarding testing procedures etc.

It was obvious to us that there is a very high level of team work practiced in this department which is a credit to all of your staff. Can you please pass on our thanks to the staff involved for treating… in such a wonderful manner? *(The three nurses who cared for this patient were Vicki, Lauren & Ryan, and the Dr was Amogh.)*

**Ward 19 Orthopaedics, Christchurch Hospital**
My daughter … and her boyfriend … were in a serious car accident. They were medivaced to Christchurch Hospital to undergo surgery to address the injuries sustained in the accident… I was in the USA… and until I could arrive…[Hospital staff] were their surrogate parents…. The staff of your hospital were so loving and supportive that I never felt like I was on my own. The care and recovery of …. and … was obviously their upmost concern. I could not have survived my month in New Zealand without the constant care and attention of all the staff of Ward 19. Every time I tell our story, I mention your overwhelming care and concern for me, my daughter and her boyfriend during the most difficult time of my life. I owe you my happiness for their continuing recovery. I owe you my happiness for their continuing recovery. I owe you my happiness for their continuing recovery. You would be very proud of their recovery and progress.

**Emergency Department, Respiratory, Christchurch Hospital**
We would like to compliment Respiratory Register, Phillip Drinnan, on his exceptionally thorough and insightful investigation of my daughter’s ongoing respiratory condition. We appreciated his thoughtful recommendations. Many thanks.

**Ward 28, Christchurch Hospital**
It has been nearly a month since I had a car crash. Actually I remember nothing during the days after the crash because it was too big for me. So I had never thought I could breathe again and go back to Tokyo. But fortunately (of course thanks to the kind people in Ward 28) I am still alive, getting much better and now I can go home to Tokyo with Mum and Dad (vast improvement).

This April I can be a student of 3rd year university in Tokyo. So I’m looking forward to studying a lot of kiwi things in English with international politics. It was the best experience for me to stay at Christchurch Hospital even though it was a sad crash because you are really kind! So I’m thinking I need to come back to the South Island to say big ‘Thank You’ to you! Thank you so much for your dedication. From a Japanese student.

**Emergency Department, Christchurch Hospital**
Nurse Leith, the lady on reception (who liaised with Security about my car parking) and the security man were very nice and helpful. We were in around 11.30 that day and they were both very understanding about me having two children under five.

**Ward 11, Christchurch Hospital**
Amazing service, lovely nurses! Keep it up, thank you very much.

**Ward 14, Christchurch Hospital**
First rate service and help. Good food. Staff all great help.
Preventing falls is a key part of our strategy for achieving zero harm. It is important too that we evaluate our performance using the tools available, so that we can learn from our experiences and help keep our patients and ourselves safe. Safety 1st is a new online tool which collects and records incidents and safety related risks. It is set to replace all paper based incident forms by the end of June this year. For more information, visit the Safety 1st intranet page or contact the Safety 1st team at safety1st@CDHB.health.nz or call extension 68979.

Falls prevention, whether in a hospital setting or at home, remains a key focus for the Canterbury Health System all year round. But during April especially, we will be making that extra effort to get the message that ‘falls affect us all’ across to the people who use or visit our services.

What better way to do that than to throw down a challenge to all staff to create the most eye-catching display they can in their work area, and send photos or a short video of their masterpiece to the April Falls team. Send your entries to Anna.White1@cdhb.health.nz Quality Facilitator OPH & R, or mick.odonnell@cdhb.health.nz from the Communications Team.

There will be prizes, yet to be confirmed, for the best displays. More importantly and a reward in itself – if we can prevent just one fall by raising awareness and communicating simple strategies for at risk people to stay safe in our community, then it’ll have been worth it.

Another fun activity to test your knowledge will be the falls prevention quiz, available from 1 April.

Finally for now, we’d like your help in recognising the everyday falls champions among you and will once again be asking for nominations.

If you have a colleague you think is a great falls prevention advocate, why not nominate them using this form.

Please note though, that because they already have a related quality improvement project underway, MedSurg staff may have to meet additional criteria – all the more reason to nominate someone who goes the extra mile.

Look out for more April Falls messages over the coming month. We plan to feature both hospital and community falls messages, as well as sharing the best displays and announcing your nominated falls champions.

100 years on, how will you remember?

In a little less than a month, New Zealanders and Australians will commemorate 100 years since the landings at Gallipoli marked New Zealand’s first active involvement in modern warfare. Over the coming month, a number of stories that relate to the role and sacrifices made by medical personnel during times of war will be featured in the CEO update.

If you would like to share how you will be remembering the sacrifices made by New Zealanders and Australians on 25 April this year, please send your contribution to mick.odonnell@cdhb.health.nz and we’ll feature what we can in the CEO update over the coming weeks. Please keep it brief and if there are any images you can also share (perhaps you or a family member have been to ANZAC Cove in past years for example), all the better.

As our Canterbury Health System never has a day off, many of us will be at work on Saturday 25 April. If you’ll be at work but would like to mark this special occasion, other than stopping for a moment and reflecting, let us know. We’d like to be able to publicise some gathering places for people who would like to pay their respects with the support of their friends and colleagues.
THE THIRD NATIONAL ANNUAL APRIL FALLS QUIZ

- Everyone interested in falls prevention and reducing harm from falls is encouraged to enter the April Falls Quiz — we welcome entries* from people working in hospitals, residential care facilities, primary health care providers or community-based organisations.
- Everyone can win by testing their knowledge about falls.
- All entries qualify for one of three prizes, each to the value of $1000, for a development activity that grows the capability of an individual, team or organisation. The prizes will be awarded to individual entries* selected at random from each of three categories/settings: hospital, residential care and primary/community/other.

The Quiz runs from 1 April to 5pm on 1 May 2015.

- Prize winners will be announced mid-May, and initial comments on findings published at the same time.
- Enter online at www.hqsc.govt.nz (via mobile device or computer) or here, or ask for a pen and paper version to return by freepost.

More information at www.hqsc.govt.nz

*Staff and contractors (and their relatives) of the Commission are not eligible to enter the competition, nor members of the expert advisory group for the ‘Reducing Harm from Falls’ programme. The prizes are intended to build capability in health and related services, preferably related to falls prevention or quality improvement. Winners of the prizes will work with their organisations to propose an activity (which could be personal professional development, or which supports team/service/organisation development) acceptable to the Commission in order to receive the prize. Arrangements for uptake must be completed within a year of announcement of the prizes.
Quality Improvement and Innovation Award Programme 2015

The Canterbury Health System Quality Improvement and Innovation Awards are back! This year, projects/improvement initiatives can be submitted in poster format or the standard written submission. Entrant materials are now available, please visit the awards page.

We are accepting expressions of Interest for written submissions from project teams until 24 April. The contribution of experienced mentors and assessors is essential to the success of the Awards Programme. Please email Amanda.Bielski@cdhb.health.nz to register your interest in being a mentor or assessor this year. See below for details about the key dates for 2015 and last year’s winners for inspiration.

QUALITY IMPROVEMENT AND INNOVATION AWARDS

The Awards recognise, reward and publicly acknowledge the excellent quality improvements and innovations taking place within the Canterbury health system.

Entrants are invited to submit EITHER the full Written Project Submission OR a Poster Submission outlining the quality initiative.

Become a mentor, assessor or enter your project in 2015

Written Project Submission

| Expression of Interest form due | 24 April | Expression of Interest form due | 7 August | Mentor Workshop | 20 April |
| Written Project Submission | 24 July | Written Project Submission | 28 August |
| Assessor Site Visits | 7-18 Sept |

The awards are open to all DHB staff and providers whose services are funded by the DHB. For more information including entrants guides visit the Awards page on http://cdhbINTRANET/Corporate/Quality/SitePages/Home.aspx or email Amanda.Bielski@cdhb.health.nz

QUALITY IMPROVEMENT AND INNOVATION AWARDS 2014 Supreme Award Winners

Reducing surgery time and improving patient outcomes for eye socket fractures

A public health campaign with the goal of maintaining and increasing the wellbeing of Cantabrians in the wake of the 2010 Canterbury earthquake and subsequent aftershocks.

Runner-up: Optimising Education Provision throughout the South Island

Award Winner: A Sharper Phlebotomy Service

Category Winners

Improved Health and Equity for All Populations

Award Winner: All Right?

Runner-up: Better Pressure. CDHB Point Prevalence Pressure Injury Studies

Improved Quality, Safety and Experience of Care

Award Winner: Reducing Surgery Time and Improving Patient Outcomes for Eye Socket Fractures

Runner-up: Community Accredited and Dually Service Group programme

Best Value for Public Health System Resources

Award Winner: A Greener Polioerovac Service

Celebration to mark 10 years since move to Christchurch Hospital campus

Ground floor Christchurch Women’s Hospital (CWH) staff celebrated 10 years since CWH opened on the Christchurch Hospital campus, on 30 March, 2005. It was time to celebrate what had been achieved, says Chaplain Hilary Barlow.

“There was a lot of reminiscing, it was a very special opportunity to remember and tell our stories to new staff.”

Staff talked about how they had come this far and were going to keep on doing what they do best – nurturing others.

The celebratory cake enjoyed by CWH’s ground floor staff.
HealthOne welcomes a new health partner

Back in June last year, the CEO update featured a story about the process for making HealthOne available to other appropriate health providers in Canterbury. We call this process ‘onboarding’ and because of the high demand for access to HealthOne, the team have been working with interested providers on a prioritised basis:

St John Ambulance, St George’s Hospital, Healthcare NZ and LMC Midwives are just some of the more high profile organisations and clinical groups that the HealthOne team has been working with.

However, the organisation chosen to pilot with is Laura Fergusson Trust, a comparatively small organisation with non-complex needs, making them ideal as the pilot local integration partner. Laura Fergusson Trust provides both acquired brain injury and post-acute traumatic brain injury rehabilitation in Canterbury.

The HealthOne team is delighted to be able to confirm that our first local integration partner, Laura Fergusson Trust is now able to instantly access vital patient health information through HealthOne in order to provide better, safer care for their clients. HealthOne is now available for the multidisciplinary clinical team in caring for acute traumatic injury patients.

This pilot tested and proved the efficacy of a local on-boarding toolkit designed and developed over the past 12 months to help support organisations fulfil the technical, security (patient privacy) and business process requirements to becoming a full HealthOne integration partner.

Programme sponsor Dr Nigel Millar says this is a landmark achievement for HealthOne that will ease the way for other larger and perhaps more complex on-boarding partners.

“The HealthOne team says the Laura Fergusson Trust has been fantastic to work with, and while much has been learnt on both sides during the pilot, the on-boarding process has gone without a hitch.

“We look forward to welcoming many more partner organisations to the HealthOne fold over the coming months, and to being able to provide ever safer and better informed patient care.”

The HealthOne team produce a regular newsletter for users and interested health professionals. The latest one is just out and you can read it here.

New campaign offers hope for those with gout

Hope and treatment is available for the more than 10,000 people* in the Canterbury and South Canterbury regions who have gout, a potentially crippling form of arthritis that can strike at any time.

Arthritis New Zealand is launching a campaign this Friday – ‘Don’t get trapped by gout!’ – to raise awareness about gout, and to encourage Kiwis who think they may have the illness to see their GP, so it can be managed and treated. New Zealand has one of the highest prevalences of gout worldwide.

Sandra Kirby from Arthritis New Zealand says gout is the second most common form of arthritis in New Zealand, and one of the most painful.

“It’s caused by too much uric acid in the blood and affects joints, causing sudden attacks of pain, often coming on overnight. It can affect any joint but initially it often affects the big toe or another part of the foot. The skin over the joint may also become red and shiny.”

Ms Kirby says there are a number of myths and misunderstandings about gout, including that it is an ‘old man’s disease’, mainly affects the wealthy and can’t be treated.

“In fact, while gout is more likely to occur in males and in Māori and Pacific people, it can strike at any time.”

She says the good news is gout can be managed, and while there is no cure, there is treatment to ease pain and other symptoms.

“This campaign has a simple message – if you think you have gout, go and see your GP, or contact Arthritis New Zealand – www.goutnz.org.nz or 0800 663 463.”

Former All Black and Hurricanes prop Neemia Tialata knows first-hand how painful and debilitating gout can be, having been diagnosed at the age 20 after a rugby game.

For more details go to http://goutnz.org.nz/
One minute with…

Angela Bustin, Volunteer Co-ordinator, The Princess Margaret Hospital

What does your job involve?
My job as Volunteer Coordinator at Older Person Health involves establishing and maintaining a co-ordinated volunteer service which provides an effective resource of trained and motivated volunteers who work closely with paid staff to meet the needs of patients.

Why did you choose to work in this field?
I started in 1983 with CDHB mainly in administration/secretarial roles. After a few years I decided to become a ward clerk to have more contact with patients and the hospital environment. I worked mainly in the acute areas, cardiothoracic and The Bone Marrow Unit for many years. I was Volunteer Coordinator at Christchurch Hospital for a couple of years then I took up the role at TPMH in March 2007. I decided to become a Volunteer Coordinator at Christchurch Hospital because I thought it would be a fantastic challenge as it was completely different to my previous roles.

What do you like about it?
I really enjoy working with the volunteers. They are a wonderful group of dedicated and motivated people from all walks of life who give me tremendous support in my role.

What are the challenging bits?
Making sure I choose the suitable person for the voluntary role and they enjoy the role designated to them. This is where I utilise my experience of working on the wards.

Who do you admire in a professional capacity at work and why?
The volunteers who give their time, energy and compassion to patients at Older Persons Health.

The last book I read was…
I choose to live, by Sabine Dardenne – a true story of courage and survival of a 12 year old kidnapped girl.

If I could be anywhere in the world right now it would be…
In a quaint country pub in Wales having a good time with family and friends.

My ultimate Sunday would involve…
A nice brunch and a comfy chair in the garden with a good book.

One food I really dislike is…
Tripe

My favourite music is…
Sixties, 70s and the Welsh choirs – now I have shown my age!

If you would like to take part in this column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz.

Quality & Patient Safety Presentation

Topic: Quality Improvement in Healthcare
IHI collaborated with Dr. Mike Evans, Associate Professor of Family Medicine and Public Health at the University of Toronto, to create a dynamic, animated whiteboard video that introduces the concepts of quality improvement in health care. Dr. Evans has become well-known in health care circles for his fast-paced videos that have attracted millions of views on YouTube.

In the video, Evans starts with a simple question: Why should you care about quality improvement? He presents a brief history of QI (including a “Mount Rushmore” of improvers), then touches on system design, the Model for Improvement, and the familiar challenge, “What can you do by next Tuesday?” — all in less than nine minutes!

Topic: Dealing with Moments of Truth in the hotel industry and customer-focused culture (video presentation)
Protea has twice been voted Africas Best Hotel Group at the World Travel Awards. The company has also won three South Africans Top Hotel Brand in the South African Sunday Times/Markinor Top Brands Survey and two Coolest Hotel Group awards in the Sunday times Generation Next Awards.

Venue: Oncology Lecture Theatre
Date: 2 April 2015
Time: 1pm to 2pm
An attendance record sheet will be provided. Please contact Shona.MacMillan@cdhb.health.nz, Quality Manager.
**Staff Wellbeing Programme**

Free 30 minute appointments with a lawyer from the Residential Advisory Service (RAS)

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### Free Legal Advice to help with EQC/Insurance issues

The Residential Advisory Service (RAS) provides free legal advice, technical advice, and facilitated meetings with EQC, insurance companies etc.

Next clinics at Hillmorton Hospital (Thursday 23 April) and TPMH (Thursday 30 April) 1000-1500hrs (30 minute appointments).

[Click here for details about how to make an appointment.](#)

### Free Financial/Retirement planning and Housing Advice

Westpac are running free 30 minute appointments at main hospital sites with an Authorised Financial Advisor or Home Loan Expert.

[Click here for information on dates/times and how to make an appointment.](#)

### ESCs – Earthquake Support Coordinators – drop in sessions. To help case manage your EQC/insurance issues

<table>
<thead>
<tr>
<th>CHCH Campus – Great Escape Café</th>
<th>Burwood Hospital – admin area</th>
<th>Hillmorton Hospital – café</th>
<th>TPMH – café</th>
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[Click here for more information including a contact number.](#)

### Nigel Latta presentations – [click here to register](#)

Note: limited places remaining for 11am and 4pm sessions. The 7pm session is fully booked.

[Visit the Staff Wellbeing Programme intranet page for all staff wellbeing information](#)

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Andy Hearn, Staff Wellbeing Coordinator, Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924

andy.hearn@cdhb.health.nz

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### Health in All Policies Keynote speakers announced

Professor Sir Peter Gluckman has been announced as one of the keynote speakers for New Zealand's inaugural Health in All Policies (HiAP) conference. Professor Sir Peter Gluckman is the Prime Minister’s Chief Science Advisor and the Co-chair of the World Health Organisation Commission on Ending Childhood Obesity.

The conference is being organised by Community and Public Health's Health in All Policies team, and confirmed keynote speakers include:

- Henare Ngaera O'Keefe
- Ana Apatu
- Professor Paul Dalziel
- Associate Professor Susan Morton

Registrations are now open for the Conference, which is being held on Friday 1st May 2015 in Christchurch.

Want to know more? Check out the [Conference webpage](#).
In brief

Registrations for Nigel Latta sessions
Canterbury DHB is bringing Nigel Latta to Christchurch to talk to staff about wellbeing, and looking after No.1 so we can look after others.
His one hour talk will cover work-life balance, coping with change and leadership. Three free sessions will be held at the Addington Events Centre on Monday 13 April.
Limited places remain for the 11am and 4pm sessions. The 7pm session is fully booked.
Register here.

Pilates is a safe and effective workout for people of all ages and physical conditions
$10 per class

Contact: Lisa Hansen lisa.hansen design@gmail.com
Please provide your own mat

The role that health professionals play in disasters will be highlighted in the inaugural People in Disasters Conference, hosted by CDHB, which will be held over three days 24-26 February 2016 at the Air Force Museum of New Zealand at Wigram.
This conference includes speakers on a number of recent international disasters which have occurred throughout the Asia-Pacific region and will focus on the impact on people through the response and recovery phases. It will also examine the topic of resilience.
Early bird registrations close 26 June – check it out now.
For more details download this brochure.
In brief

Mind Body Balance Strength Control Awareness

PILATES AT
TPMH

Every TUESDAY 12.15 - 1.15 pm
THE CHAPEL
RESTARTS 3rd March 2015

Pilates is a safe and effective workout for people of all ages and physical conditions

$10 per class

Contact: Perla Bucknell perlabucknell@gmail.com
Please provide your own mat

Health Informatics Seminar -
Thursday 25 June,
CDHB Design Lab

This seminar is designed for clinicians and health managers who wish to gain confidence interacting with technology related projects in their workplace. Come along to learn about health informatics, hear how it is reshaping health care globally, find out what is happening locally and how you can contribute. The expert local and international presenters include:

- Graeme Osborne (Director of National Health IT Board)
- Dr Anne Postulka (MD and Director of Medical for Cepheid in Europe)
- Dr Karen Day (Senior Lecturer, Health Informatics, University of Auckland)
- Sheree East (Director of Nursing, Nurse Maude Association)
- Gabe Rijma (Senior Director for health & social services, Microsoft Asia)
- Liz Schoff (HiNZ board chair)

Only $89 for a full day catered event with an excellent speaker line up. This seminar is excellent value! Don't delay - earlybird rate closes 30 April. REGISTER NOW Download flyer here. Questions? Email Irma on admin@hinz.org.nz

Health Leaders 2015 Conference

Leadership in Disruptive Times
Christchurch 3 - 5 August 2015

Health Leaders 2015 Conference (3-5 August, Christchurch)

This two day programme is designed for Health/Emergency & Aged Care Managers and Clinical Leaders – two streams will be offered, one focused on updating our Health Leaders on all of the latest information from within the Health Sector and the second aimed at capturing the journey, lessons learnt and developments since the CHCH Earthquake.

More details at www.nzihm.org.nz