2025 goal there for the taking

With World Smokefree Day coming up this Sunday (31 May) I wanted to thank people from across the Canterbury Health System for supporting people to be Smokefree. I'd also like to restate our health system’s support of the Smokefree Aotearoa 2025 goal.

As people working in our health system will know, smoking is a big issue in Canterbury. Our DHB region has more regular smokers than any other DHB region. Over 52,000 Cantabrians — that’s the equivalent of three sell-out crowds at AMI Stadium — are regular smokers.

At least 50 percent of regular smokers will eventually be killed by their addiction. It’s not surprisingly that smokers are more likely to be hospitalised than non-smokers.

The good news is that fewer of us are smoking. Between the 2006 and 2013 censuses, smoking decreased in all age groups, with the total prevalence of regular smoking falling in the CDHB region to 14.5%.

There are many reasons rates of smoking are dropping, including annual price increases, reduced visibility, and the cessation support provided by people working in the health system.

Thanks to the hard work of our staff we’re providing more smokers with support to quit. This work means the Canterbury DHB is now achieving the Government’s target of 95 per cent of eligible hospitalised smokers getting cessation advice and support.

Aukati KaiPaipa is one of the cessation providers who receive referrals from health staff. They provide tailored, ongoing support, and are based at Community and Public Health. As part of World Smokefree Day, this Sunday seven of their clients will be celebrating their Smokefree journey by walking the 10km at the Christchurch Marathon. If you are watching or taking part give them your support – they’ll be wearing Smokefree t-shirts (and flash shoes donated by the Shoe Clinic).

The Government’s goal is to reduce New Zealand’s smoking rate to less than 5% of the population by 2025. While this is only 10 years away it’s important to look back at how far we have come. Fifty years ago some doctors prescribed cigarettes, 25 years ago you could smoke on planes and at the movies, and 10 years ago you could smoke in bars and restaurants.

To show our support the Canterbury DHB has signed the South Island DHBs Smokefree Position Statement which endorses the Smokefree 2025 goal. Last week Canterbury DHB was one of the first signatories to Smokefree Canterbury’s online charter. The online charter is a great way to show your support for Smokefree Aotearoa 2025.

Sign up yourself, your whānau, your club, or your ward at smokefreecanterbury.org.nz/charter2025.

While there’s been a massive societal shift when it comes to the acceptability of smoking, with ten years to go there’s still a lot of work to do. As a health system the Smokefree 2025 goal is something we need to support, and be seen to be supporting.

By working together it’s a goal we can achieve.
Pink Shirt Day asks New Zealanders to speak up, stand together and stop bullying

Pink Shirt Day, an annual international event to encourage people to talk about bullying and take action against it, was held last Friday.

The day was supported by the New Zealand Medical Students Association (NZMSA). In his address to the Association’s AGM, President Branko Sijnja, reminded those present about Pink Shirt Day and spoke about the need to address bullying within the profession and the wider health sector and community.

It’s clear from the 2014 Staff and Family Wellbeing Survey, and my conversations across Canterbury DHB, that some staff are experiencing behaviours that are not okay. Many of us have been through a great deal over the past four years and we’re pretty worn out. However we still have choices about how we treat each other and while we can’t expect to get on well with everyone all the time we can still treat each other with respect. After all, one of the CDHB’s values is ‘care and respect for others’ which isn’t just referring to our patients, it’s referring to how we interact with our colleagues. We need to learn to be more proactive in saying ‘actually that behaviour is not okay. By not speaking up when we could means we are allowing this culture to continue.

Pink Shirt Day is about working together to prevent or stop bullying by celebrating people’s difference and promoting positive relationships.

Wellbeing Workshops feature in Health and Safety awards

I’m pleased to announce that Canterbury DHB is among key business leaders publicly recognised for a commitment to improve staff wellbeing.

We have been named one of three finalists in the ‘Vitae best initiative to improve employee wellness’ category of the New Zealand Workplace Health & Safety Awards 2015.

Our entry showcased our Wellbeing Workshops held for line managers in response to post quake stressors.

It’s great news to be named a finalist in these awards but it’s important to emphasise the motives behind the DHB’s efforts to improve staff wellness. Following the disruptions from 2010 and 2011 seismic events, it became very clear our staff were understandably struggling. The Wellbeing Workshops are an innovative initiative with a deliberate focus on supporting line managers by providing knowledge and tools to encourage them to actively manage their emotional/mental wellbeing. It was not a programme designed to directly increase productivity, rather it was focused on supporting managers to remain resilient through a period of unprecedented change, and by doing so achieve a ‘trickle down’ effect on the wellbeing of general staff.

Canterbury DHB staff have been through a period of unprecedented change over the last five years since the quakes, which has left the health system facing significant challenges. At work, staff are living through a massive rebuild for Christchurch and Burwood Hospitals and an extensive quake repair programme. Many staff have already changed the location at which they work and are dealing with invasive repair work being undertaken in functioning clinical areas.

The scale of this disruption is unprecedented in the New Zealand health system.

Outside the work environment many staff continue to face multiple ‘secondary stressors’ such as dealing with EQC and insurance companies, badly damaged roads, school closures, damaged homes, anxious and upset children, and the loss of sport/recreation infrastructure.

It’s remarkable our staff have actually managed to get through as well as they have done and it’s important that as employers we continue to support them so they can continue to deliver world class care to the community.”

Winners for all categories, and an overall winner, will be announced at a gala dinner in Auckland on 27 May.

David Meates
CEO Canterbury District Health Board

Community and Public Health staff celebrate Pink Shirt Day.
Monday’s Facilities Fast Facts

**Burwood**
This week’s photo shows a pod workstation for one of the ward blocks (left) coming to life, which some staff may recognise because it was mocked-up at the Design Lab (right) to test functionality and layout before being built.

**Christchurch**
It certainly is “all happening” at the Christchurch campus at the moment – a combination of new-build construction, renovation of existing facilities, and quake repairs. Thanks to all staff and visitors for your ongoing patience and understanding as the works are achieved.

**Closure of Rolleston Avenue Bridge:**
Pedestrians and cyclists wishing to access Christchurch Hospital can no longer use the Rolleston Avenue Bridge. This is because of ongoing safety concerns about use of the bridge with the current pedestrian and cyclist traffic combined with construction traffic.

Pedestrians and cyclists should use the Antigua Boatshed bridge to reach the hospital. From there, cyclists can still access the cycle park near the mortuary. Also from there, pedestrians can still access the side hospital entrance near the Department of Anaesthesia. Wheelchair users are advised to use the main front hospital entrance.

Pedestrian access to and from Hagley Park will be maintained via the right hand side of the Rolleston Avenue Bridge.

**New Clean Dock: (photo below)**
This week the clean dock (for incoming deliveries) was relocated to the rear of Christchurch Women’s Hospital, with a new entry near the Oncology department on the Lower Ground Floor. The Clean Dock will remain here until the Acute Services build is nearing completion.

**Notes on quake repairs**
At the Labs building, repair works to Stair 2 are ongoing, which means that the pedestrian corridor between the blue car-park building and the Labs building will be closed over several weekends to allow a crane on site. The weekends are: 23-24 May, 6-7 June, 13-14 June. Signs will direct people around the building using the public footpath at this time.

One of the largest mobile cranes in the South Island paid us a visit on Thursday 21 May, to lift some large concrete panels off the Food Services building, as part of our earthquake repair programme. It required temporarily moving the dirty dock (refuse collection and dirty linen) to the rear of the Riverside building.
Bouquets

Urology, Hagley Outpatients, Christchurch Hospital
I wish to record my deep appreciation of the sympathetic understanding shown to me today by Dr George Acland (and his nurse). His instructions put me entirely at ease.

Medical Day Care Unit, Christchurch Hospital
Just would like to say how good Dr Tamara and Judy were with me when I had my bone marrow sample taken.

Emergency Department, Christchurch Hospital
Thank you for all your help. The nurses and doctors who helped me were all friendly, genuine and helpful. I was impressed by the level of care (eg special equipment) offered by the OT and the degree of involvement.

Ward 24, Christchurch Hospital
Great, caring staff. Job well done.

Ward 28, Neurosciences, Christchurch Hospital
Our family would like to thank all of you for your care and attention . . . for the last couple of weeks. It has been a tough time for your family, but it could have been much worse without your hospitality and care. We are truly grateful for the level of care you have provided.

PS. It was great to have Korean speaking staff to be able to communicate with.

Ward 28, Christchurch Hospital
Tena koutou (everybody) – doctors, nurses and staff of Ward 28. Thank you so much for looking out for me and making me better and healthier. Much, much appreciated. Ka kite ano (see you later).

Emergency Department, Christchurch Hospital
Thank you for taking excellent care of me in my recent visit. The staff were professional and extremely dedicated and I thank you all for saving my life.

Medical Day Unit, Christchurch Hospital
Just a note to compliment Dr Tamara and nurse Rachel for the wonderful treatment they gave me while having a Bone Marrow biopsy. I can’t speak highly enough of them both.

X-ray, Christchurch Hospital
Came in for a chest x-ray – had a first year student, she was lovely, confident and made me feel relaxed and comfortable. Great service, thanks.

Orthodontics, Christchurch
Great service, the receptionist was lovely and I loved the cartoon on the wall. I’d like to suggest putting iPads in the waiting room. I believe this will keep patients entertained and distracted while they nervously wait. Also I biked here and maybe some better bike parking for patients and orthodontists.

Ward 24, Christchurch Hospital
Absolutely no complaints, the nursing service has been excellent, thoughtful, helpful staff. The food service amazing – tasty and well presented every time. My husband and I were on holiday down here and this unexpected health hiccup has been so kindly and efficiently dealt with, I cannot thank everyone involved in my care enough. Excellent information skills – thank you to all.

Radiology, Christchurch Hospital
Excellent!! Pleasant staff, punctual and clean. A+.

PMH Orderlies - Thanks for all your support
I just wanted to say how impressed I am with the Orderlies and Front Receptionist’s work ethics. They consistently have a smile, are always friendly and willing to lend a hand. I particularly have been pestering them lately to let me up to the 5th floor as I have a tendency to forget my swipe card, each time they have always been helpful and happy to do so.

Everywhere you go it is noted how appreciative everyone is for their services, the friendly persona’s and the ‘above and beyond’ service they deliver. I think we as a society spend too much time complaining and we should recognise hard work and exceptional work ethics so I have left a wee treat in the main reception (I tried to find choccie fish but Whittaker’s will have to suffice) for the Orderlies and Receptionist to share and enjoy.

Thanks for everything to all of the Orderlies at PMH.

Christchurch volunteers
Today we had a patient come to us in Radiology for a chest X-ray. Unfortunately he was somehow separated from his wife. Fortunately though, one of the lovely ladies from the Volunteers was willing to look after her and with our help managed to reunite her and her husband.

We were all highly impressed with the way that Chris (volunteer) empathised with the patient and took a lot of time to gain information about who and where the patient’s husband was. She showed great compassion, patience and affection towards this patient and always had the patients arm wrapped around hers. This obviously made her feel extremely secure as she was very anxious about losing her husband. I was later informed that today was Chris’s first day of work which shocked all of us as she seemed so confident and caring for her first day. Truly the perfect person for the job! Many thanks, The lovely ladies in Radiology Reception.
Christchurch Hospital Pharmacist first in the country to complete new accreditation

Christchurch Hospital Senior Pharmacy Technician, Aileen Guerrero, is the first hospital pharmacy technician in New Zealand to successfully complete new accreditation requirements.

Christchurch Hospital Pharmacy was one of 12 demonstration sites for the national Pharmacy Accuracy Checking Technician (PACT) initiative, run by Health Workforce New Zealand.

Senior Technician, Aileen Guerrero successfully completed the accreditation requirements and is now able to work as a PACT, providing final accuracy checks on individual patient dispensing, instead of a pharmacist.

This frees up pharmacists' time, but a pharmacist is still involved in the stage prior to dispensing by conducting a clinical review of the prescription.

Part of the accreditation requirements involved a pharmacist verifying Aileen's checking of 1000 consecutive items without error.

Aileen says the two month accreditation process felt stressful at first, "especially thinking of those 1000 items". However it felt good and rewarding to have passed and know she could be so accurate in her checking.

"I would like to thank my supervisor, Janelle Kennedy, the dispensary team and my manager Paul Barrett for their support," she says.

The Pharmacy Service now plans to investigate the possibility of accrediting more of its technicians to work in this new way across CDHB’s various sites, freeing up its pharmacists for more clinical involvement.

Pharmacy Manager, Paul Barrett, says he congratulates Aileen and her preceptor, Janelle, for achieving the accreditation so quickly and successfully. He also wishes to acknowledge the work of Technician Supervisor Jo Batcup, herself a UK accredited accuracy checking technician, on the national project steering group for this initiative.

Canterbury Grand Round

Friday 29 May 2015, 12.15-1.15pm, with lunch from 11.50am
Venue: Rolleston Lecture Theatre

Health Research Society of Canterbury Speakers

Speaker: Angus Lindsay, Free radical biochemistry lab, UOC
“Impact-induced muscle damage contributes to oxidative stress in professional rugby union”

Speaker: Jen Desrosiers, Dept. of Population Health, UOC
“Routinely asking about sexual orientation using non-binary measures: implications for physicians and researchers”

Speaker: Kyla Wood, Dept. of Psychology, UOC
“Progression to Dementia in Parkinson's disease over four-years: Risk with alternative MCI criteria”

Speaker: Annika Seddon, Mackenzie Cancer Research Group, UOC
“Circulating and tumour-localised neutrophils are associated with markers of poor prognosis in cutaneous squamous cell carcinoma”

Chair: Assoc. Prof Steven Gieseg, Dept. of Biology, UOC

Video Conference set up in:
» Burwood Meeting Room
» Meeting Room, Level 1 TPMH
» Wakanui Room, Ashburton
» Administration Building, Hillmorton

All staff and students welcome

Next Grand Round is on 5 June 2015.

Convenor: Dr RL Spearing - ruth.spearing@cdhb.health.nz
100 Days Programme

Canterbury
District Health Board
Te Poari Hauora ō Waitaha

Who should attend?
The workshops are designed for:
• clinical directors
• triaging clinicians
• service managers
• booking coordinators
• quality team members

Services will get the most from the workshops if they attend the same workshop as a team (e.g. booking coordinator, service manager and triager all attend the same session)

What will be covered?
The 2015 workshops will provide an interactive opportunity for CDHB staff to better understand optimal elective patient flow and the knowledge to apply the approaches learnt as part of the 100 Days Programme.

The workshops will focus on the following three topics:
I. clinical prioritisation (triage)
II. smart booking processes
III. reporting tools for data driven flow management

Workshop details:
The workshops will be held at the Design Lab on:
• August 12 - 0800-1000
• August 20 - 0800-1000
• August 27 - 0900-1100 & 1200-1400

Additional workshops have been scheduled for Older Persons Health and Child Health. Staff from these services should attend their service specific workshop if possible.

Please RSVP indicating your preferred workshop date & time by May 28, 2015 to Megan Hopper, 100 Days Programme Manager
megan.hopper@cdhb.health.nz
High Voltage Electrical upgrade at Christchurch Hospital

An 11kV electrical upgrade is 50% complete at Christchurch Hospital. This upgrade involves replacing ten 11kV circuit breakers that all of the power for Christchurch Hospital is routed through. This on site high voltage network is larger and more complex than many comparable installations that power many towns in New Zealand.

The current stage of this project, overseen by Project Manager, Dan Wilson, entails replacing five 11,000 volt circuit breakers that all of the power for Riverside and Clinical Services Block is routed/switched through - without any power interruptions and with no loss of operational capacity for the hospital.

The next stage of the project involves replacing the 11,000 volt circuit breakers that supply Food Services and Oncology buildings.

“Due to the fact that we cannot simply turn the power to the site off for a few days this has been a meticulously planned project in conjunction with the Quality team and also the Nursing and Medical staff, and Operations Managers, says Facilities and Engineering Manager, Alan Bavis.

“It’s a real tribute to Dan and the others involved that the majority of people at the hospital are not even aware that this project is going on as there has been little disruption and the power has stayed on without interruption.”

The existing Riverside switchgear has 11,000 volt circuit breakers filled with oil. These and others on site are in the process of being replaced by modern vacuum circuit breakers. These modern units will reduce the risk of an electrical fire and also provide better stability for clearing any faults on the system and therefore a safer environment.

“Credit must be given to Independent Line Services (the Contractor) for their understanding of the clinical mitigation required and their ability to create work methods that allow the ‘lights to stay on’ during works”, says Project Manager, Dan Wilson.

“However the next stage of works planned for Food Services/Oncology presents us with a more challenging task of determining how it is clinically possible to shut off all non-essential power for upwards of 10 hours due to technical and safety requirements. I am looking forward to working through this with staff involved”.

Some of the work will also enable the new Acute Services Building to be connected into the existing site network in readiness for when it eventually starts to take power.

Maintenance and Engineering would like to thank all staff involved for their understanding and help during this work.

Existing Riverside switchgear.

The old 11,000 volt oil filled circuit breakers.

Know a standout administrative professional?

The search is on for the 2015 Administrative Professional. This national award is sponsored by AAPNZ (Association of Administrative Professionals of New Zealand) and Drake NZ and recognises the professionalism and experience of administrative professionals within the business community in both private sector and government organisations.

Last year two CDHB administrative professionals were amongst the three national finalists and Bronwyn Marshall, Practice Co-ordinator for the Canterbury Regional Cancer and Haematology Service went on to win this prestigious award. If you know or work with a standout administrator please nominate them or encourage them to apply for the 2015 AAPNZ / Drake NZ Administrative Professional Award. For more information and to download an application form please visit aapnz.org.nz/content/administrative-professional-year-award. Applications close Friday 5 June.

Please note that there is a non-refundable application fee.
Christchurch kidney specialist recognised by world’s leading medical journal

The first definitive summary of the best and safest blood pressure treatments for kidney disease and diabetes patients has been compiled by Christchurch doctor and University of Otago, Christchurch researcher Associate Professor Suetonia Palmer.

The international relevance of her work for doctors, patients and those who decide which drugs to fund has been demonstrated by the prestigious Lancet medical journal recently publishing an article on her study.

Associate Professor Palmer works as a kidney specialist with the Canterbury District Health Board and sees first-hand how confusing the wide range of treatment options can be for patients, and those who treat them.

She says diabetes and kidney disease are at epidemic proportions in New Zealand. A common treatment for those with diabetes and kidney disease is blood-pressure-lowering drugs, used to prevent kidney damage and the need for dialysis or organ replacement.

Health professionals and patients with diabetes face a bewildering array of treatment options as there are many drugs available to lower blood pressure, many used in combination. There are also hundreds of international research studies done on the effectiveness of drugs or combinations of drugs.

Associate Professor Palmer and her team used innovative statistical technology to compare hundreds of research studies on the effectiveness of blood-pressure-lowering drugs for patients with kidney disease and diabetes. The result: a one-stop-shop, evidence-based guide on which drugs are safe and effective.

Associate Professor Palmer says it is extremely difficult for people to identify the best available treatments without scientific advances such as this study.

She says her paper is the first to compare all drug options, and combinations of commonly used drugs, against each other. It also shows how research done by the University of Otago’s Christchurch health campus is attracting global attention, and having an impact of health services and patient care.

South Island Alliance May News Update

The May edition of the South Island Alliance News Update is now available.

Key articles include:

- An end of year update from the General Manager Jan Barber
- News on new Dementia Educator roles for the South Island that should improve Dementia diagnosis,
- A new Group which targets Child and Adolescent Diabetes care
- The new South Island Stroke Nurses key contact group
- Lippincott procedures go live across the South Island
- And how Super users are sharing SI PICS solutions

You can view the update here.

Rebuild with Confidence – how to manage your home rebuild

This seminar is valuable for homeowners who have been, or are considering, cash settlement with their insurer and are about to enter the process of rebuilding their home.

Thursday 28 May at 1pm-2pm and at 6pm-7pm at the In the Know Hub, Eastgate Mall.

Presented by William Whewell, Senior Engineering Advisor, Ministry of Business Improvement and Innovation, together with representatives from the building industry. There will be an opportunity for visitors to ask questions following the presentation.

Walk-ins are welcome where space allows but because space is limited we encourage visitors to book a seat in advance by calling 0800 777 482. All Hub seminars are filmed and available for viewing on canterburyresidentialebuild.govt.nz/in-the-know-hub
YAC gets stuck in for 2015

The Youth Advisory Council (YAC) is well underway for the year and has developed priorities to focus on.

YAC is part of the Canterbury Clinical Network on the Child and Youth Workstream.

Nicola Scott, Clinical Nurse Manager, Paediatric Outpatient Department and YAC Canterbury DHB representative says it is an advisory and liaison council to provide a youth perspective in planning, policy and service development within services of the Canterbury DHB.

“It is the formal mechanism for the partnership between families and staff with a focus on service improvement and planning,” Nicola says.

“The committee are incredibly enthusiastic and motivated to make a positive change for adolescents in through all aspects of their health journey.”

Nineteen community groups were approached by phone contact and then by letter to nominate youth between 15 to 24 years old to participate on the committee.

“Members can be either consumers of a health service or siblings of consumers,” Nicola says.

“Each committee member goes through an interview process with questions around personal qualities, teamwork, leadership and advocacy for both youth and their organisation.”

Nine committee members represent Canteen, Autism New Zealand, anxiety disorders, Haemophilia Foundation, Diabetes Youth, At Heart, Kidney Kids, Arthritis New Zealand and the deaf community.

Sarah Collins represents the Family Advisory Council. “We are still actively recruiting and would like to have around 12-15 members.”

In their first year the committee has:

» Participated in Pegasus Adolescent plan by providing feedback on Youth Friendly services, communication, access etc.
» Visited Print Place with Nicola Austin and Richard Hamilton to provide feedback on Youth Friendly Spaces.
» Developed a YAC Facebook page.
» Representatives from YAC on “Youth Voice Canterbury” and on “Youth Workstream CDHB” to provide ongoing collaboration and feedback between the groups.
» Survey constructed and ready for dissemination this year to ascertain where the gaps are in the services we now provide and how YAC can help address these.
» Have had Nicola Austin and Paul Shillito attend a YAC meeting as guest speakers to discuss “Transition” and what YAC can do to help this.

“They have also compiled a list of priorities to concentrate on over the next 12 months.”

Priorities for YAC:

» Fundraise in order to provide “Boredom Busters” for adolescents in hospital
» Look at providing a list of websites that contain up to date and reliable information for adolescents to access for health information
» Use results of the adolescent survey to provide feedback to primary, secondary and tertiary services and to look at further priorities from these results.
» Be involved in the transition project to help facilitate this process
» Continue involvement in Youth Voice Canterbury, Family Advisory Council and CDHB Youth Workstream to provide liaison and feedback between these groups and YAC
Reminder to immunise your selfies

Congratulations to the early birds who have already immunised their selfies against influenza.

For those who haven’t, roll up your sleeves and get to a clinic.

Remember it takes up to two weeks to provide maximum protection, so the sooner you have it, the sooner you, your patients and family are protected.

Staff Wellbeing Programme

Residential Advisory Service (RAS) – free legal advice for EQC/insurance issues at CHCH Campus 28 May

Free Legal Advice to help with EQC/Insurance issues – last clinic
The Residential Advisory Service (RAS) provides free legal advice, technical advice, and facilitated meetings with EQC, insurance companies etc
Final clinic in this series is at CHCH Campus Thursday 28th May 1000-1500hrs (30 minute appointments)
Click here for details about how to make an appointment

Wellbeing Workshops
The first series of 10 Wellbeing Workshops are fully booked. We will be advertising another 10 workshops (running from July to September) in the next couple of weeks. Keep an eye on the CEO Update, global emails and the Staff Wellbeing Programme intranet page for details

Mindfulness – come along to a Mindfulness session and begin to learn a proven technique for managing stress
If you watched a Nigel Latta presentation you’ll recall that Nigel mentioned three key points that are proven to improve our wellbeing: 1. Being more active (click here for onsite yoga/pilates/zumba timetables) 2. Eating well, and 3. being more mindful.
Visit the Staff Wellbeing Programme intranet page for all staff wellbeing information.

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

Join Lisa and Sarah at
Christchurch Campus
(Lounge of the great escape)
Monday (Lisa) 4.45pm - 6pm
Monday and Wednesday (Sarah) 12.30-1.30pm

Only $10
Concession cards available
Please bring a yoga mat, your drink bottle and comfortable clothing.

Full list of yoga classes

Email: Lisa-ajwwood@clear.net.nz Sarah-yogasavitri@hotmail.com
Please notify instructor before attending a class
Crisis leadership presentation generates interest

World Association for Disaster and Emergency Medicine (WADEM) is a multidisciplinary professional association whose mission is the global improvement of pre hospital and emergency health care, public health, and disaster health and preparedness.

The most anticipated event on the WADEM calendar is the biennial World Congress. This year the 19th World Congress took place in Cape Town, South Africa on 21-24 April. More than 800 delegates, representing 63 countries, participated in the four-day event.

New Zealand was represented by Graeme McColl, the chair of WADEM's Oceania Chapter and two CDHB staff, Julie Zarifeh, Consultant Clinical Psychologist CDHB/University of Otago and Lev Zhuravsky, Project Specialist, Planning and Funding.

Overall, the congress provided important updates on clinical and organisational components of disaster and emergency medicine and showcased best practices in the field. The format included plenaries, breakout and poster sessions.

Presentations covered topics such as hospitals in disaster, clinical leadership and pathways in disaster response, pre hospital care, trends in disaster education; as well as mental health in disasters and tools for building community resilience.

Lev Zhuravsky presented a paper in the Hospitals and Health Systems session: Crisis Leadership in an Acute Clinical Setting: Christchurch Hospital, New Zealand ICU Experience Following February 2011 Earthquake.

Lev was Charge Nurse Manager for Ward 29 at Christchurch Hospital during the February earthquake and used his published research paper for this presentation which generated a lot of interest and attracted numerous positive feedbacks.

The congress also helped to showcase Canterbury DHB achievements and helped to support collaboration between CDHB and other international health care organisations. This was achieved not only through congress proceedings, but also through engagement with delegates at networking events.

Julie and Graeme staffed a stand at appropriate times throughout the Conference, promoting, via brochures, bookmarks, posters, and tailored knowledge the February 2016 People in Disasters Conference to be held here in Christchurch.

This Conference is to be a joint venture between the CDHB and the 'Researching the Health Implications of Seismic Events' (RHISE) group which was established in February 2011 following the Christchurch earthquake. The key focus of this Conference is to showcase the ‘real-life’ stories and research findings of individuals, groups and communities who have experienced or been involved in other ways in a disaster, around the themes of Response, Recovery, and Resilience.

Many international delegates visiting this stand throughout the course of WADEM expressed initial interest in attending this Conference.

WADEM Congress provided a great vehicle for shared learning, collaboration and networking. Attending this Congress in the future would benefit anyone with an interest in disaster medicine, emergency care, adaptive capacity building and resilience.

Our postgraduate programme offers:
- Part-time study to fit around other commitments
- Build on an undergraduate degree in any discipline
- Study in Christchurch
- 21 papers to choose from
- Papers taught in half semester terms
- Postgraduate Certificate, Diploma and Masters

For further information contact:
Rebekah Higgs
Programme Coordinator
64 3 364 3602
Department of Population Health
publichealth.uoc@otago.ac.nz

otago.ac.nz/publichealth
Pink Morning Tea

The SPoE Team (Single Point of Entry to Adult Mental Health Services) hosted a Pink Morning Tea on May 21 to raise funds for Breast Cancer research. The event was well patronised by the staff of the Fergusson Building at Hillmorton Hospital and raised the sum of $400.00 at the time of writing.

If anyone would like to add to that total they are still able to accept donations on their fundraising page “Bosom Buddies” at this link:

http://pinkribbonbreakfast.co.nz/page/bosombuddies

They learned a considerable amount about the issues around breast cancer and had an immense amount of fun as you will see from the photos:
One minute with... Ian Chen, Information Analyst

What does your job involve?
My work involves routine monthly/weekly reporting and keeping the integrity of our data in various systems at Christchurch and Christchurch Women’s hospitals, especially the CareSys patient management system for obstetrics and maternity.

Aside from routine responsibilities, I also spend a significant amount of my time analysing, reporting or extracting data for co-workers so they can perform well and make better informed decisions in their roles in this complex health system.

I also spend some time as a “handy IT guy” at Christchurch Women’s Hospital’s lower ground floor.

Why did you choose to work in this field?
An opportunity opened up for me in my last year of study in operation’s research (OR) to come and work in the health sector. It was not a field that I knew but it had a lot of people with an OR background and I thought it would be a good place to start.

What do you like about it?
I like problem solving and the satisfaction that comes after producing a solution and people utilising what I’ve come up with. I like that my days aren’t always the same. One day I might be doing standard reports and another day I could be working with a nurse to capture the data she or he needs to improve the efficiency of their day to day tasks. Then later I analyse the data to give them useful feedback.

It’s great that sometimes my work highlights areas where there can be more improvements and leads to actions down the line that help improve the quality of our service.

What are the challenging bits?
Times where more technical knowledge is needed in trying to construct a solution is both a challenge and an opportunity for me to learn. Sometimes, the data needed to complete a piece of work just doesn’t exist or the time it would take to compile outweighs the value that comes out of it. Communicating that to co-workers isn’t always so simple.

Who do you admire in a professional capacity at work and why?
Chris Hoar, the Operations Manager, for his operations knowledge in healthcare and understanding how valuable data is in improving and maintaining quality in a complex area like the health sector.

The last book I read was...
A textbook; Operations Research: Applications and Algorithms by Wayne L. Winston. I read it to get my degree, so my answer would be I don’t read that much.

If I could be anywhere in the world right now it would be...
Standing in a barley field in Umbria, Italy, or enjoying the scenery in Belgium and raving with the crowd at Tomorrowland; the world’s largest annual electronic music dance festival.

My ultimate Sunday would involve...
Road trip with mates in the morning to Hanmer Springs or Akaroa, returning home in the afternoon and having a hot pot meal together then maybe a movie or gaming session to finish off.

One food I really dislike is...
Durian, considered a delicacy and known as the ‘king of fruits’. Even though it originally comes from Asia, as I do, I just can’t stand the smell, but for the sake of working in a hospital, I’d just like to mention that it’s very, very, good for your health!

My favourite music is...
Electronic Dance Music (EDM), Rock, and whatever is pleasing to my ears. DJs like Andrew Rayel, Steve Aoki, and Zedd or rock bands like AC/DC and Guns and Roses. If I’m in a more mellow state I’d listen to some House or Jazz.

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

Annual Artist Doctors & Friends Concert - 5 September 2015

We are calling for performers to take part in this year’s variety concert. Singers, dancers, comedians, groups, instrumentalists. Get your act together!

Website: http://www.artistdoctors.org.nz
Email: enquiries@artistdoctors.org.nz
Event Organiser Ros McCarthy, 364 1104 or 027 353 2639

ALCOHOL & CANCER

Conference
Te Papa, Wellington
Wednesday 17th June 2015
9.30am-4.30pm

- Alcohol Action NZ and the Cancer Society of New Zealand are hosting this first New Zealand meeting on alcohol and cancer.
- The World Health Organization lists alcohol (ethyl alcohol) as a Group 1 carcinogen, alongside asbestos and tobacco. Although the link between alcohol and cancer has been known for a long time, most people, including many health professionals and policy makers, remain unaware of the association.
- The conference will address epidemiological, biological and clinical aspects of the link between alcohol and cancer, as well as prevention implications of the relationship between the two.
- Keynote speakers will include national and international experts culminating with a speaker panel chaired by Nigel Latta.
- Morning tea, lunch and afternoon tea provided.
- Registration fee $160.

For further information, including a programme and registration form, visit the Alcohol Action NZ website http://www.alcoholaction.co.nz/?p=433.
Or contact Lindsay Atkins, Secretariat: lindsay.atkins@otago.ac.nz – phone 03 364 0480.

FILL THOSE EMPTY SEATS FOR KIWI CARPOOL WEEK 8–14 JUNE 2015

Find and share rides with great people going your way. Sign up at letscarpool.govt.nz

IMMUNISE your SELFIE

# FLUHQ TO WIN!

Snap a selfie either before, during or after your flu vaccination.

Post your selfie on CDHB’s Facebook page with hashtag #FLUHQ and a line about why you chose to be vaccinated. Remember to link it to your own page.
Or forward to communications@cdhb.health.nz and we’ll post it for you.
The most liked selfie will win a prize each month.
More information on the staff intranet.