



It's going to take a health system to vaccinate a community

I'm pleased to report that we are on track with our COVID-19 vaccination plans. This has only happened due to the extraordinary efforts of a growing number of people from throughout our health system who really have gone the extra mile to ensure maximum vaccinations given and minimum wastage.

A shout out to everyone who helped ensure all vaccines were used last Friday before the long weekend. A huge thanks to everyone involved, including those in the phone office booking people in 24/7, the administrators checking and recording details in the COVID-19 Immunisation Register, the vaccinators, the pharmacy and occupational health team, supply department, data entry team or in the Emergency Coordination Centre. Everyone's role is important. Primary care has a significant role to play, identifying people with underlying health conditions, and as the rollout ramps up, as vaccinators. There are so many teams working behind the scenes, at pace, to ensure we continue to increase capacity over the coming weeks and months ahead of the public vaccinations in the second half of the year. A big thank you for all that you're doing.

We are still offering vaccinations to household contacts of border workers (Group 1) and all healthcare staff in Group 2. This includes health providers in the community as well as DHB staff. Next week we start our first vaccinations in Aged Residential Care, while planning continues for the rollout to Group 3.

More information on timing for vaccinations in Canterbury can be found on www.vaccinatecanterburywestcoast.nz. Check out the 'When will I be vaccinated?' guide.

If you're a health provider and you haven't been invited to get vaccinated, please ask your staff to book in by calling 0800 CANVAX (0800 226 829) – calls are answered 24/7. Staff will need to provide photo ID. If there are any issues booking in they contact the team at canvax@cdhb.health.nz.

Did you know – Burwood is New Zealand's 7th largest hospital?

It was great to meet so many staff while at Burwood Hospital last week. The facility is another jewel in the Canterbury DHB crown. Set within open green spaces with stunning views of the Southern Alps from some rooms, there's a ton of parking and staff provide a wide range of specialist services, including surgery and inpatient care. Board Chair Sir John Hansen was also taken with the size of the facility and range of services provided. Thanks to Chief of Service and General Manager for Older Persons Health and Rehabilitation Dr Helen Skinner for showing us around.



Dr Helen Skinner, with Board Chair, Sir John Hansen and me meeting staff at Burwood Hospital last week

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Health reforms

After last week's big news about the changes ahead I want to remind you all that the Minister of Health stated everyone will transfer to a new employer next year – Health NZ.

I want to stress that for most of you, the change will be minimal, your employer will have a new name, but the health needs of our community will remain, and we will continue to provide services to improve the health and wellbeing of those in our area.

We will also continue with our responsibilities to provide COVID-19 vaccinations to everyone in our community who wants them – this remains a priority.

Over the next year there may well be changes as interim agencies are set up. As I state in [this week's video](#), one thing that is certain there will be fewer DHB CEOs, for example, but for most of you, whether you're a hands-on carer or someone who supports those providing care, the work will continue to be needed.

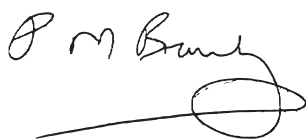
Change can be unsettling

If you're concerned and feeling anxious about the health system changes, please make the most of the free support options available to all Canterbury DHB staff and contractors. The contact details are listed on [page 4](#) and on [max](#).

Sometimes taking time to have a cup of tea or coffee and a chat with your manager, a colleague or friend can help. We're all in this together and I promise we will share any new information about the changes as soon as it's available.

Finally, a shout out to everyone who worked over ANZAC

Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board



You can read more of the detail on the [Department of Prime Minister and Cabinet's website](#), where there's a wide range of information available in different formats.

The goals of the changes are improving access, providing equitable services and improved outcomes for people in our community. I think they are worthy goals we all agree with.



weekend. Thanks for being there for everyone who needed treatment and care, while many of your colleagues enjoyed a long weekend.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).

Around the rohe with our COVID-19 VAX CAM

Canterbury collaboration to the fore in primary care – Barrington COVID Vaccination Hub

The first primary care designated clinic to vaccinate pre-booked health care workers opened last week in Barrington. A joint venture between Barrington's Life Pharmacy and Barrington Medical Centre has brought together staff from both businesses and, judging by the bookings, it's been a popular choice for healthcare workers wanting to get vaccinated closer to where they work and live.

Currently vaccinating people who are eligible in Groups 1 and 2, they will remain open right through the rollout as it progresses to offer vaccinations to the public later in the year.

Meanwhile at Burwood

Health workers turning up for their vaccinations at Burwood Hospital last week did a double-take as a small T-Rex provided a distraction for those waiting for their vaccination. Thanks for the entertainment Eamonn!



From left, Pharmacist Chris Wilkinson and GP Dr Graham McGeoch



Some of the friendly team at the Barrington Vaccination Hub



Barrington Hub – currently vaccinating healthcare workers



There was plenty to distract those waiting at the Burwood Clinic



It was all hands-on deck in the old CHOC COVID-19 vaccination clinic, as the team provided a late night clinic last week. Pictured centre is Executive Director of Nursing, Becky Hickmott, lending a hand

Free confidential support services available to all Canterbury DHB staff and contractors

If you're feeling anxious, overwhelmed or having trouble sleeping, make the most of the free wellbeing support options available to you. It's all right not to be all right. Everyone reacts differently to difficult times, and some may find this time more challenging than others.

If you're worried about how someone else is feeling, it's okay to talk about it. The best way to start is to ask them if they're all right. Just being there and staying connected can be a big help.

People who work in health are often very good at looking after other people and not always so good at looking after themselves.

Remember you can't pour from an empty cup, so take care of yourself first. Make time to do things that make you happy and spend time with people you care about. Other tips include eating healthy food, getting regular exercise and having a good bedtime routine. Here are some [tips from our sleep experts](#).

Remember the 5 ways to wellbeing – they're proven mood lifters!



Connect with wellbeing support

Text 1737 – free confidential counselling is available 24/7. You can call or text and be put through to a trained counsellor.

Wellbeing support for healthcare workers, phone 0800 437 637 or email hello@frontlinehealthheroes.co.nz. This service is funded by the Ministry of Health and provided by HealthcareNZ and was developed in response to the increased workforce stress due to COVID-19.

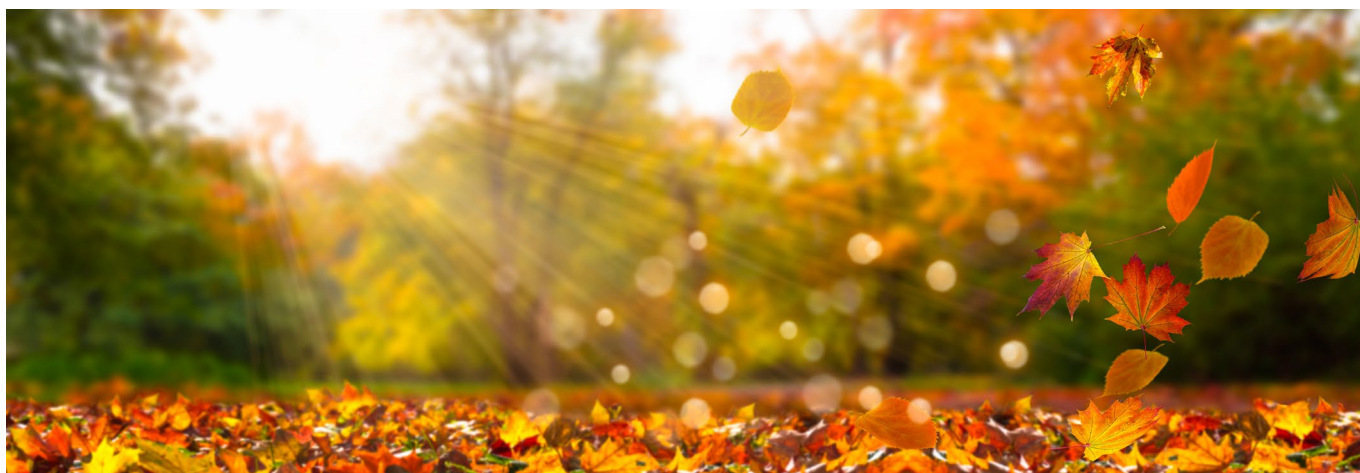
The Employee Assistance Programme (EAP) phone 0800 327 669 to speak with a counsellor or psychologist. You can phone and make an appointment at a time that suits you.

Workplace support phone 0800 443 445. Services include on-site access to independent staff supporters who are trained to listen and enable you to navigate through challenges.

Talk to your manager, or general practice team - who can also refer you on to other services if needed.

All services are free and confidential.

There is a range of free online self-help tools – find something that suits you [here](#).



Bouquets

Intensive Care Unit (ICU), Cardiology, Christchurch Hospital

Excerpt from a letter to the editor, published in The Press

We would like to express our heartfelt thanks to the doctors, nurses, and Allied Health staff at Christchurch Hospital who have cared for our son over the last six weeks. We have been super-impressed with the wonderful care that he has received, which has enabled him to experience a miraculous recovery. Our son recently suffered a sudden cardiac arrest during cricket training. His teammates gave him CPR on the field until the ambulance staff arrived, who managed to get his heart restarted. An immense thank you to his teammates and to the first responders who saved his life. He spent the next 21 days in the Intensive Care Unit. The care he received was awesome and enabled him to regain consciousness and begin his road to recovery. After that, two more weeks in the Cardiology ward and surgery to implant a defibrillator. Thanks to the excellent ICU and Cardiology doctors and nurses and the modern technology available, he has walked out of the hospital five weeks later. Incredible. He's now been transferred to the Brain Injury Rehabilitation Unit at Burwood Hospital, so he has more hard work to achieve a full recovery, but we are confident that with the excellent care from Canterbury DHB staff that is achievable. The people of Canterbury should know that they have an excellent health system.

Wards 5 and 11, Christchurch Hospital

How fortunate we are in Christchurch to offer to the community a public hospital where the operational duties performed by the nurses, doctors, anaesthetists, surgeons and supplementary staff are of the highest standard combined with a professionalism which can only be described as outstanding. These comments are made having witnessed at first hand during two recent short stays in Wards 5 and 11 at Christchurch Hospital.

Oncology Ward B5, Christchurch Hospital

My sister was a patient in your Oncology Ward B5 off and on. She died after a battle with lung cancer. Our family are absolutely in awe of the marvellous care and attention she received. Waipapa is an absolutely marvellous building, clean, well organised, and I love the separate lifts for staff and visitors. From the wonderful people who greet family, to the hospital staff, the specialists, WellFood staff, cleaners, the social worker, everyone was marvellous and kind. I hope I have not left anyone out. The ward was kept so clean and it's the atmosphere that impressed me as a former nurse who worked in this field back in the '80s.

Big Shout Out

From Chief Executive Peter Bramley to the Canterbury Health Labs team

Recognising the work of our labs team who have processed more than 230,000 COVID-19 tests since the pandemic started. Nationwide a milestone was reached last week when two million tests were completed.

I'm proud of the efforts of our team completing tests for people living in Canterbury and throughout New Zealand, when we provided testing for other DHBs during the height of the pandemic.

Our service standards remain amongst the best in the world – well done team!

#carestartshere

ED, Christchurch Hospital

I wish to compliment the ED nurse, I think her name was Anne or Anna, who was very kind and proactive in providing care and pain relief to my daughter. I took my daughter to ED in severe pain in the early hours of the morning. The nurse acted swiftly and advocated for intravenous analgesia followed by the subcutaneous dose as this route would be faster and more effective. We both appreciated the professional, courteous, high standard of care and empathy she showed to us.

Ward 11, MRI, Christchurch Hospital

I have only compliments to make. This has been my first ever stay in Christchurch Hospital. The nurses have been kind, caring and helpful and have gone out of their way to look after me. I was dreading my MRI, but Oliver was amazing, reassuring and positive with lots of practical advice. The warmed sheets were exactly what I needed when I was cold or shivery. The meals were enjoyable to eat. The orderlies were considerate and efficient.

Urology Ward, Christchurch Hospital

Excellent and very efficient care from all the staff, doctors, nurses, cleaners and WellFood. The food was very tasty, I really enjoyed the carrot and coriander soup and the lasagne. Very helpful and friendly staff.

Ward B3, Christchurch Hospital

Thank you so much for the fantastic service, compassion and care you provided to my wife. I appreciate that it is a team thing, everyone from the lovely cleaner to the nurses and doctors were wonderful. Thank you so much.

Ward B8, Christchurch Hospital

Fantastic staff, doctors, and WellFood staff. Excellent service. We're so blessed with the compassion shown by everyone.

Burwood Hospital

Excellent service. The doctor was very forthcoming with all information. Good efficient service.

Wendy, Ultrasound, Christchurch Hospital

Wendy was the best sonographer we have ever, ever met. Keep being awesome.

Christchurch Hospital

Amanda and Coco, amazing service and caring staff. Patient care top notch.

Ward 27, Christchurch Hospital

Lovely ward to be nursed in. Staff friendly and helpful. Thank you so much for making my stay pleasant.

Carolyne, Respiratory Department, Christchurch Hospital

Wonderful help and support from Physiotherapist Carolyne in Respiratory.

Ward 27, Christchurch Hospital

Thank you to the staff for listening to family and taking good care of our family member. You do a great job.

Tatum, Willow Lane, Christchurch Hospital

Willow Lane staff member Tatum is so happy and helpful. Good work.

ED and Ward B3, Christchurch Hospital

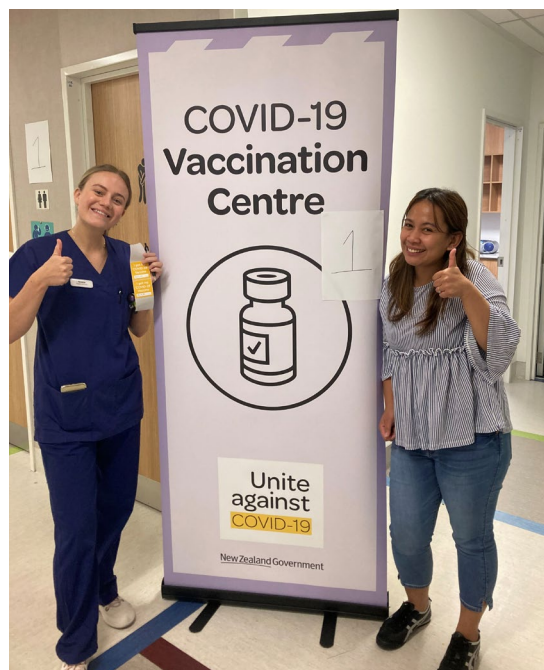
Excellent service. Well looked after by nurses and doctors. Thanks.

Big Shout Out

To: all the Managed Isolation & Quarantine Facilities (MIQF) Nursing and Admin staff

A Big Shout Out to all the MIQF Nursing and Admin staff who have downed gowns and masks and picked up vaccination tools in the last week. Your willingness to help out your colleagues and be a part of the vaccination programme establishment in Canterbury is a great reflection of your can-do approach!

From: Megan Gibbs, Manager, Managed Isolation & Quarantine



#carestartshere

Ronald McDonald Family Room opens in Waipapa

This month marks the opening of the Ronald McDonald Family Room in the new Waipapa facility at Christchurch Hospital.

The Ronald McDonald Family Room is a three-bedroom facility located within the new child health wards and includes three sleeping rooms with ensuite, a laundry room and communal kitchen, lounge and dining spaces as well as computer and printing facilities.

The new facility comes as need for such accommodation hits a peak. To the end of December 2020, 943 families from all over New Zealand have stayed at Ronald McDonald House South Island.

Chief Executive of Ronald McDonald House South Island (RMHSI) Mandy Kennedy says, "The Ronald McDonald Family Room will provide a wonderful facility for families with a child receiving medical treatment in Waipapa. As well as being a place to rest and to grab a snack or a coffee, the Ronald McDonald Family Room will also provide a much-needed space away from the Hospital wards and overnight stays for families in greatest need.

"Thanks to the support of the Māia Health Foundation, Canterbury DHB, and very generous donors, we can extend our services within the South Island to give even more families what they need during a challenging time – each other."

Canterbury DHB Chief Executive Peter Bramley says the existing Ronald McDonald House in Christchurch provides much-needed support to families travelling to receive treatment in our region, and it's great this support will be extended further within the DHB's new Waipapa facility.

"The new Ronald McDonald Family Room in Waipapa will help families forget they're in hospital and offer them a space to relax at what is often a stressful time, while their child completes their treatment journey," says Dr Bramley.

The Ronald McDonald Family Room is part of the \$3.2 million worth of enhancements made to the new Waipapa facility at Christchurch Hospital, thanks to Māia Health Foundation. Māia Chief Executive Michael Flatman says when a child is ill the entire family is impacted, and it's the need to support the wider whānau that has been a driving force for Māia.

"We're delighted to be partnering with Ronald McDonald House South Island, supporting the incredible work they



RMHSI Trustee Bruce Davis cuts the cake at the opening



Māia Health Foundation CEO Michael Flatman, Director of Nursing Lynne Johnson, Chief of Child Health Clare Doocey in the Family Room

do to keep families close during the most trying times. For Māia, our vision is to take our health system from good to great and the Ronald McDonald Family Room certainly achieves that," says Michael.

The Ronald McDonald Family Room is available for any family with a child receiving medical treatment in the child health wards. The facility will create a home-away-from-home experience for families at a time when they need a place to rest and recharge, just minutes away from their child. The three bedrooms will enable even more families to stay together at a time when they need each other the most.

Crusaders brighten up the day in the children's ward

Our Children's Haematology and Oncology Centre (CHOC) patients had some very special visitors last week, when some of the Crusaders stopped by for an impromptu visit on Tuesday.

The team spent some time chatting to families on the ward and handed out some cool gifts, including signed Crusaders flags and caps!

CHOC Acting Charge Nurse Manager Jo Kirrane says, "It was wonderful the Crusaders took time out of their busy schedule to visit our young patients in CHOC. They showed a genuine interest in the kids and their whānau, chatting and sharing their passion for sport."



Innovative new role at Hepatitis C Community Clinic

People most at risk of having undiagnosed Hepatitis C can be the hardest to reach for testing and treatment.

They may not have a phone, may be living on the streets, transient, on drugs, or have other barriers to seeking care or being contacted by health providers. That is where Christchurch's Hepatitis C Community Clinic's newest recruit, Patchz, comes in.

Patchz, whose real name is Tauaiti Mackinnon, has been taken on in a pilot project to fund a Hepatitis C Outreach and Peer Support worker. His contacts and sharing his personal story are proving invaluable in reaching the unreached for Hepatitis C point-of-care testing.

"My experience sparks a lot of people's interest," he says. "I have a colourful history. I wasn't always the man I am now."

At 15 years old Patchz was on alcohol and drugs and removed from the family home. In his 20s he was in and out of prison and says his future was "in the courts".

Patchz was diagnosed with Hepatitis C in his mid-20s, when he was in prison, but decided to ignore that he had a 'silent disease' that doesn't show symptoms until it is advanced. Years later, he was sitting on a footpath in central Christchurch in the early hours of the morning drawing images to sell to fund his drug habit when he decided to get help.

He went to the City Mission and there began his journey to turn his life around.

"Lots of people know me. I have a history of homelessness. I have experienced stigma, I've been carrying stuff around all my life, feeling ashamed," Patchz says.

"But now I share these things, and when I am speaking I can see people having flashbacks to instances in their lives, of similar stories, and realising they should get tested for Hepatitis C.

"If I have a selfish angle, it's the joy-joy feeling I get from helping people."

Patchz's connections and his story are powerful, says Hepatitis C Nurse Jennifer Irvine, one of the nurse-led team at the clinic.

"He is able to relate to people on numerous levels and is well respected within his community."



The fact that he has been successfully treated reassures people about the highly effective treatment, Maviret, which has replaced the problematic Interferon.

The treatment changes people's lives and treating someone who is particularly hard to reach is an "absolute highlight", Jennifer says.

"When a client has a blood test and the result shows they have been cured, it is a special moment. They are so thankful, some can't believe it, they don't have the words," she says.

Patchz says for him, being off drugs, helping others and healed of Hepatitis C, he is now able to enjoy the simple pleasure of sitting on his own backdoor step watching the sun go down.

"When I was homeless and living that life, I hadn't considered it. There's now magic watching a sunrise or sunset. There wasn't before. It's unreal."

Hepatitis C is a blood-borne virus that attacks the liver and can lead to cancer. It affects approximately 50,000 New Zealanders. It is estimated that more than 20,000 people do not know they have hepatitis C, with about 1,000 new cases each year. Untreated, up to 20–25 percent will develop cirrhosis. Without successful treatment, 2–5 percent of those with cirrhosis will progress to life-threatening liver cancer or liver failure every year.

Who could you reach out to today?

You might have noticed on your travels to and from work that the latest Getting Through Together campaign, Awhi Mai, Awhi Atu, has hit the streets.

Getting Through Together – *Whāia E Tātou Te Pae Tawhiti* – is a national mental health and wellbeing campaign delivered by Community and Public Health (a division of Canterbury DHB) and the Mental Health Foundation of New Zealand.

Awhi Mai, Awhi Atu encourages kindness, action and connection (manaakitanga and whanaungatanga) by reminding people of the difference that putting time into our relationships can make to our loved ones and to our own wellbeing too – especially when times are tough.

Awhi Mai, Awhi Atu does this by asking three key questions:

- › Who could you reach out to today?
- › Who always brightens your day?
- › Who do you love being there for?

The campaign emphasises that having connections to people around us helps us get through tough times; spending time connecting can strengthen our sense of belonging, build resilience, and ultimately, help us feel happier; and that reaching out and helping other people when times are tough can also help us get through.

It encourages people to send a quick text or make a call to someone who may need your aroha today.

“It can really mean the world,” says Acting Campaign Manager Sara Epperson.

The little things we do can make a big difference. Building more meaningful relationships doesn't have to be hard – a simple text, coffee date or dinner with the whānau can be all it takes for someone to know you have their back, and that they have yours.

“We've faced more than our fair share of challenges over the last year, and many of us are still feeling a bit flat, hōhā, and tired. Life's a rollercoaster and there will always be hard times to navigate.

“Spending time growing our relationships with friends and whānau can help us overcome the challenges life can throw at us,” Sara says.

Sometimes we all need a little extra support to get through – free help and support is available by calling or texting 1737 any time, 24 hours a day.

He ahi muramura, he hokinga mahara

The flickering glow of firelight reminds me

ki te noho tahi a te whānau

of times together with family and friends

e kōrero ana, e waiata ana, e kata ana.

filled with epic stories, songs and laughter.

Inā te ātaahua.

Oh what a time!

Ahakoā ki hea, muramura tonu te ahi, kia Ahikāroa.

Near or far, we burn brightest when we stand together.

**WHO ALWAYS
BRIGHTENS
YOUR DAY?**

AWHI MAI, AWHI ATU.

**OUR
NEIGHBOURS**

**GETTING
THROUGH
TOGETHER** **ALLRIGHT
.ORG.NZ**



Dahlias delight at Burwood Hospital

Colourful dahlias are brightening up Burwood Hospital and providing a cheerful welcome, thanks to Geoff Elmsley who brings in the blooms from his garden three times a week.

The flowers, which are native to Mexico and Central America, adorn reception areas, as well as various wards and departments.

Geoff, a member of the Christchurch Dahlia Circle, has been gifting the dahlias for several years. He brings in 40 to 60 blooms per trip, in a range of colours and forms.

His favourites are the medium, large and giant (the size of a dinner plate). He grows the latter for competitions and has won several awards.

"One of the main reasons I take them to Burwood Hospital is that it gives people something to talk about other than what they are there for," he says.

"Quite a few people admire them."

His interest in the flower was sparked when out of curiosity he went along to a dahlia show and ended up taking home some dahlia tubers. He has since dug up half of his backyard to plant them.

At the beginning of the season Geoff has about 150 of the plants in his garden, which bloom from the end of January till about now. In winter he starts the process of digging up and sorting them out, storing tubers ready for planting in August/September.



Geoff Elmsley with some of the dahlias he brought into Burwood Hospital on a recent trip

It is believed that in the 1700s dahlias were sent from Mexico to the Madrid botanical gardens in Spain. They gained popularity when Napoleon's wife, Joséphine de Beauharnais, took a strong liking to them.

Dahlias love sun so if you are keen to plant some choose a nice sunny spot in your garden.

Scan. Scan. Scan.

Everywhere you go, everywhere you can.

All staff should scan in daily using the **COVID-19 Tracer App**.

Unite
against
COVID-19



Working to improve local wellbeing

Te Tumu Waiora (To head towards wellness) is providing a valuable component in the support services offered by Pegasus Health since being formally launched in Canterbury last year.

A nationwide framework, Te Tumu Waiora, has been developed over five years to provide convenient, personalised and holistic care and support for people experiencing mental distress, addiction challenges or any wellbeing issues.

It has been embraced by clients who are able to access the service through their general practice.

The programme is delivered through a joint initiative, led by the Canterbury Clinical Network in partnership with Canterbury District Health Board, Pegasus Health, Waitaha Primary Health, Christchurch Primary Health Organisation, and the seven other nongovernmental organisation (NGO) partners.

At the heart of the service are two new roles within primary health care sites – the Health Improvement Practitioner (HIP) and the Health Coach (HC). The HIP role supports people with social and behavioural change, such as providing plans on managing stress and depression.

The HC supports people's physical wellbeing, health literacy and general wellbeing in a coaching role. Both roles offer referrals to Pegasus Health services such as the Brief Intervention Talking Therapies (BITT) team and the Appetite for Life and Senior Chef programmes.

Clinical Implementation Lead Shelley McCabe says the service has proven to be another valuable tool for the primary health sector. It complements and aligns well with other primary mental health services.

"The response has been positive from both doctors and clients. A lot of people find having access to help on the day super useful, as they can quickly get the information they need to make better decisions."

In the first instance, a person presenting with mild to moderate distress is introduced to the HIP.

If they are assessed as someone who could benefit from a more structured mental health programme, they will be referred to the BITT service. Another benefit to having the



Te Tumu Waiora is adding another avenue for delivering wellbeing services in Waitaha Canterbury. From left, Canterbury District Health Board Project Lead Stacy Belser, Clinical Implementation Lead Shelley McCabe, Pegasus Health Improvement Practitioner Team Lead Deb Bradshaw and Non-Governmental Organisation Lead Lurita Kurene. Absent: Project Manager Hiedee Harris

HIP and HC within general practices is that people can talk through any issues they may have in a space they know.

Canterbury DHB Project Lead Stacy Belser says this helps people feel more comfortable.

"They know that they are in a safe, familiar space, and people report feeling calmer than being somewhere unknown to them."

The HIPs can see anyone, including couples, whānau and groups, making it less daunting than one-on-one sessions. That flexibility means more people are comfortable with accessing the service.

NGO Lead Lurita Kurene says the focus of the service is about making it accessible to everyone in the community.

"Te Tumu Waiora is opening up equity of access for mental health and wellbeing by reducing the stigma around mental health. People who usually wouldn't go through the referral system are much more comfortable now, being able to see someone at their own doctor's practice."

Coming together for a healthy commute

Thirty-six per cent of Christchurch's greenhouse gas emissions come from road transport – the biggest individual contributor in the city.

To help contribute to a solution to this, Canterbury DHB supports staff to switch to climate-friendly active travel modes

Christchurch City Council has been providing travel support for Canterbury DHB over the last three years, on behalf of the Greater Christchurch Partnership. It continues to be an important initiative to meet various goals that are meaningful to all partners – such as reducing greenhouse gases and promoting safe and healthy travel.

In the last two years the focus has been on working with new recruits at the regular Canterbury DHB Orientation Days. In the sessions, council staff have given short presentations on travel options followed by the opportunity for every attendee to receive personalised journey advice.

Thanks to Environment Canterbury, Metrocards with pre-loaded credit are offered to those who commit to give the bus a go.

The purpose of the service is to support people to make informed decisions on how they travel and – if they can – give a new way of travelling a go, even if it's just a day or two a week or when shifts are suitable.

The focus is on what matters to the individual – be it cost, time, environmental footprint and physical/mental wellbeing. Practically speaking, much of the support is about offering journey planning advice or options to overcome barriers to change.

Canterbury DHB participants are frequently surprised by how many options they have.

So why is it a good time to think about travel options? Here are a few reasons:

- > 600 buses stop outside the Christchurch campus every weekday – many of these are on services that run every 10 or 15 minutes.
- > Seven new major cycle routes have been created in recent years, all of which get you to the central city.
- > Close to 300 Canterbury DHB staff signed up for the 2021 Aotearoa Bike Challenge in February, cycling over 50,000 kilometres between them over the month!



Junior doctors talk to the Healthy Commute team's travel planners to explore their best options to get to work



The project team has worked with over 40 organisations as in the central business district. For those who have engaged in the full programme, they typically find that around a quarter of staff switch to active or public travel.

Council is currently working with Canterbury DHB staff on innovative ways to broaden the delivery to all staff. As part of this, Canterbury DHB staff can now book their personalised travel advice phone call at a time that suits.

To register for a five to 10-minute call, go to ccc.govt.nz/travelsupport.

Find out more about the support that the team provide central city organisations at ccc.govt.nz/travelplanning and [Sustainability Office - travel-planning \(cdhb.health.nz\)](https://ccc.govt.nz/sustainability-office-travel-planning).

One minute with... Brenda Close, Director of Nursing, Ashburton and Rural Health Services

What does your job involve?

I am fortunate to work with an amazing group of nurses and health professionals who are committed to delivering great health services across rural communities. As a senior Māori nurse leader, I provide strategic and operational nursing management at the Ashburton and Kaikōura facilities and professional leadership to nursing teams across Canterbury DHB's rural facilities. I represent Māori nurses, nursing and midwifery on several forums regionally and nationally.

Why did you choose to work in this field?

Being a nurse, working with people, and doing a job that allows me to contribute in a meaningful way is something I have always wanted to do from an early age. I am passionate about making a difference in Māori health, and in working across high-need communities. My current role in Canterbury DHB allows me to do all of that – I love it!

What do you like about it?

The people, definitely. I also like that I have the ability to use my skills and knowledge, the opportunity to learn more and to work to find solutions to the many challenges.

What are the challenging bits?

Balancing everyone's expectations. Encouraging a team approach, as a nursing team, healthcare team and as a community. Working hard to be responsive to the changing needs of our community, staff and our system.

Who inspires you and why?

I have had some amazing work leaders who inspire me daily, but ultimately, my matua tupuna (grandparents). They were such humble and kind people and so resilient, having lived through some really tough experiences. Also, my parents, because they taught me what hard work and whānau are all about. And my moko because they are our future and have such a simple view of our world – they keep me focused and passionate about doing my part to make this world a better place for them.

What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

These values are so important because they shape the person I am and the way in which we do our jobs as health care professionals working across our communities. It's a position of privilege and responsibility.

Something you won't find on my LinkedIn profile is...

Anything up to date! I really need to improve my currency in this forum.

If you could be anywhere in the world right now it would be...

On a tropical beach, in the sun, chilling with my whānau.



What do you do on a typical Sunday?

Hanging out with my moko or in the kitchen cooking kai for the whānau.

What's your favourite food?

At the moment I love sharing platters – you have variety and get to share with whānau and friends, nothing better than that!

And your favourite music?

I love reggae but listen to anything.

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

Something For You

Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



The Bealey

– 263 Bealey Ave, Christchurch Central

Discounts and deals when dining in or hosting a function, and free membership to the loyalty club.



Riccarton Athletes Foot

– Riccarton Mall, 129 Riccarton Road

10 percent off shoes (excluding already discounted or sale items) – show your Canterbury DHB ID instore to redeem.



Earth Organic Hairdressing

– 181 High Street, Christchurch Central

10 percent off all hair services each visit – show your Canterbury DHB ID instore to redeem.

Don't forget to enter the draw to win a three month free gym membership at any Flex Fitness club – see the [Something For You](#) homepage for more details on how to enter!

We also have plenty of other great deals from local businesses, check them out [here](#)!

We are changing to the National Medication Chart

The current MedChart/electronic prescribing and administering systems are not the best fit for the Emergency Department (ED), Intensive Care Unit (ICU), outpatient clinics or community care, so we are adopting the [National Medication Chart](#).

The National Medication Chart has been used in most other DHBs for several years and has been endorsed by our Executive Management Team as a safety improvement initiative.

This [cheat sheet on Prism](#) includes information about who needs which chart and how to order it.

Timings for the change are as follows:

- › Outpatient areas will start using the National Day Stay Chart from today.
- › Inpatient areas will start using the Community chart for patients needing home therapy from the first week of May
- › ED and ICU are expected to start using the CDHB Day Stay and 8-Day charts early next month.

HealthLearn package on the National Medication Chart

The National Medication Charts have new features including requirements on sample signatures that will be new to staff. You can familiarise yourself with the new charts by completing the healthLearn package called Adult Medication Chart RGMC023 (2 hrs of professional development).

You can also check out the 2021 National Medication Chart (NMC) [user guide](#).

If you are unsure what chart your team will be using or if you have questions regarding the change to the National Medication Chart, please contact Chair Fluid and Medication Committee Robyn Cumings Robyn.Cumings@cdhb.health.nz, Medication Safety Pharmacist Mary Young MaryY1@cdhb.health.nz or Burwood Hospital Pharmacist Liz Malcolm liz.malcolm@cdhb.health.nz for guidance.



BRAIN HEALTH MATTERS

1 in FIVE New Zealanders live with a neurological condition.

Come and join us to hear the latest research on the brain - from experts here in Canterbury.

Registration essential.



FREE PUBLIC EVENT

Proudly presented by:  **New Zealand Brain Research Institute**  **TE PAPA HAUORA**
The future of health

In association with: Canterbury District Health Board, University of Canterbury, and the University of Otago.

Brain Health Matters

Te Papa Hauora is hosting the New Zealand Brain Research Institute's Brain Health Matters event to mark International Brain Awareness Month.

Come and join us at this free event to hear leading researchers here in Canterbury talk about why your brain health matters.

When: Wednesday 24 March

Time: 5.30–7pm, (refreshments from 5pm, talks start at 5.30pm)

Where: Manawa Foyer, 276 Antigua St, Christchurch Central

Speaker line-up

- › Dr Michael MacAskill – Parkinson's: More than just tremors
- › Tracy Melzer – Brain imaging research
- › Dr Nadia Borlase – Trauma and the earthquake brain
- › Dr Teddy Wu – Advances in clot retrieval treatment for ischaemic stroke
- › Professor Tim Anderson – Huntington's disease: New hope on the horizon
- › Dr Catherine Theys – Improving identification and treatment of communication difficulties
- › Professor John Dalrymple-Alford – Dementia: Variations, risk and prevention

[Register now](#)

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