



Technology transforming the way we work

The bricks and mortar of our facilities need to be designed to support our people to provide the best care possible to our community – so too do our technology and system solutions.

To deliver patient care that is safe, effective, and informed by the best information available requires a coherent, coordinated and well communicated IT structure – a digital health system, if you like.

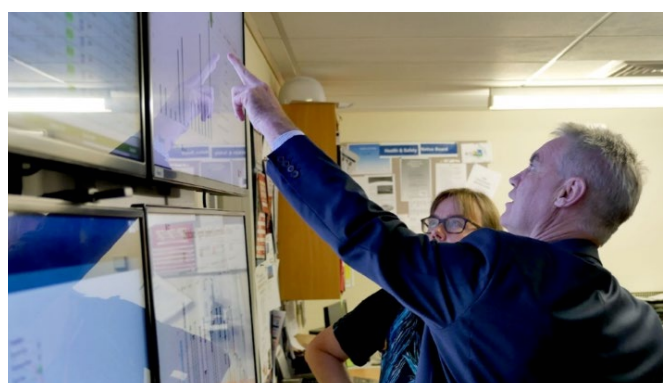
In order to achieve our vision of an integrated health system enabled by technology, Canterbury and West Coast DHBs have been undergoing a digital transformation, involving the introduction and deployment of technology and system solutions that help improve the patient journey and enhance clinical and operational effectiveness.

Any new technologies we introduce need to be based on clinical and business benefit, so we have established user groups to look at every conceivable aspect of technology in the healthcare environment.

Making sure we achieve our vision also requires a combination of automation, innovation, health and business analytics, and change management. Getting to where we are now has required a planned and coordinated multi-year programme of work and our strategy is underpinned by a principle of evolution, not revolution – as well as introducing exciting new technologies we want to make better use of our existing technology investment.

We have created 'Via Innovation' – a small innovation unit to encourage designers of smart tech to partner with us. They get to road-test their product in a real and demanding environment, and we get the benefit of their brains and expertise, sometimes as a world-first. Examples of this innovation include:

- › Celo – A secure mobile app that allows information to be securely exchanged between clinicians and incorporated



into the central health record. No data is held on the device itself, which means a lost phone doesn't mean a loss of information or privacy.

- › Cortex – Another mobile app designed for use at the bedside, it creates a single set of notes and enables tests to be ordered, tasks to be assigned and workflows to be created without leaving the bedside.
- › ScOPe – Originally intended to assist surgeons with post-op reports without duplicating effort, it is now a fully integrated theatre administration system. The application gives the whole team accurate visibility of when an operation is likely to finish so that staff and patients aren't kept waiting and are ready just in time, meaning less down-time between procedures.

Underpinning all of our technology ideas and plans is the Information System Strategy, commissioned with support from the Canterbury Clinical Network (CCN) District Alliance and the South Island Regional Alliance.

In this issue

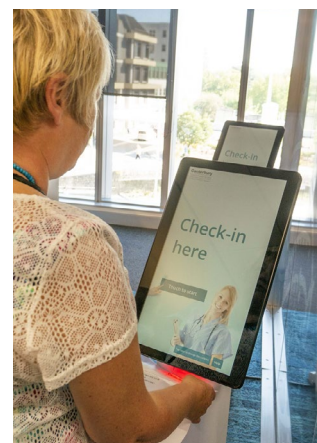
- › Regulars... pg 3-5
- › Looking after your whānau's wellbeing... pg 6
- › It takes a team to prevent a fall – be part of the team... pg 7
- › Artwork transforms Orthopaedic Outpatient Department... pg 8
- › A small thing that makes a big difference | Pharmacy raises money for Gumboot Friday... pg 9
- › Fancy falling for fun? pg 10
- › Spreading hope and understanding... pg 11
- › Lincoln Maternity Hospital staff weave wahakura... pg 12
- › One minute with... pg 13
- › Notices... pg 14-16

This work is being led by Chief Digital Officer Stella Ward, who has recently been placed in the top 10 of the CIO50 list, which recognises New Zealand's top 50 senior technology executives. To find out more, read Stella's CIO interview [here](#).

Other examples of innovation or innovations that have changed the way our organisation operates include:

- › An integrated platform for the South Island, utilising Orion Health's technology which is inter-operable with that of several other key application providers – all have either been developed by the Canterbury Health System or procured from vendor partners by us.
- › Service Now platform to dramatically improve responsiveness to staff requests, the most visible part of which is 'Max.'
- › Virtual Reality – Medical Imaging to augment student training in our clinical simulation suite, making practice scenarios more 'real'.
- › Kiosks – bringing an Air New Zealand 'check-in' experience to outpatients which has seen a significant uptake in our new Outpatients building. It allows our patients to update their own information and frees up our administration staff to do other important work to support our clinical teams.

We have the most modern technology platforms out of all the DHBs, and are considered a world leader in how we have used our 'best of breed' approach. However, we still have much more in the pipeline to be delivered this year and we also need to be constantly looking three to five years ahead at what technologies are around the corner, and what impact they may have on healthcare.

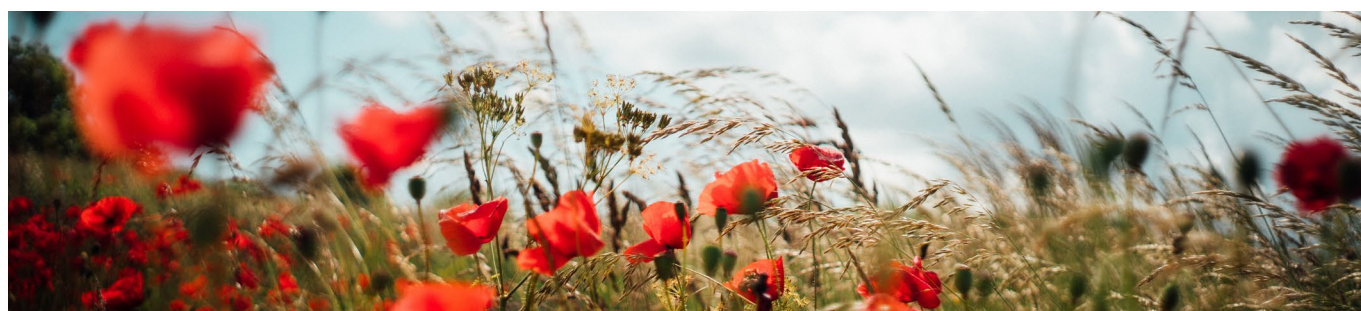


Self check-in kiosks in the Outpatients buildings

Technology developments present opportunities to make a difference to the way we care for patients, how healthcare is accessed and how effectively we operate. Our achievements in this area mean we have more time to care for patients. It is, after all, all about them.

Paraphrasing a quote from Malcolm X, the future belongs to those who prepare for it today.

These are exciting times!



Anzac Day

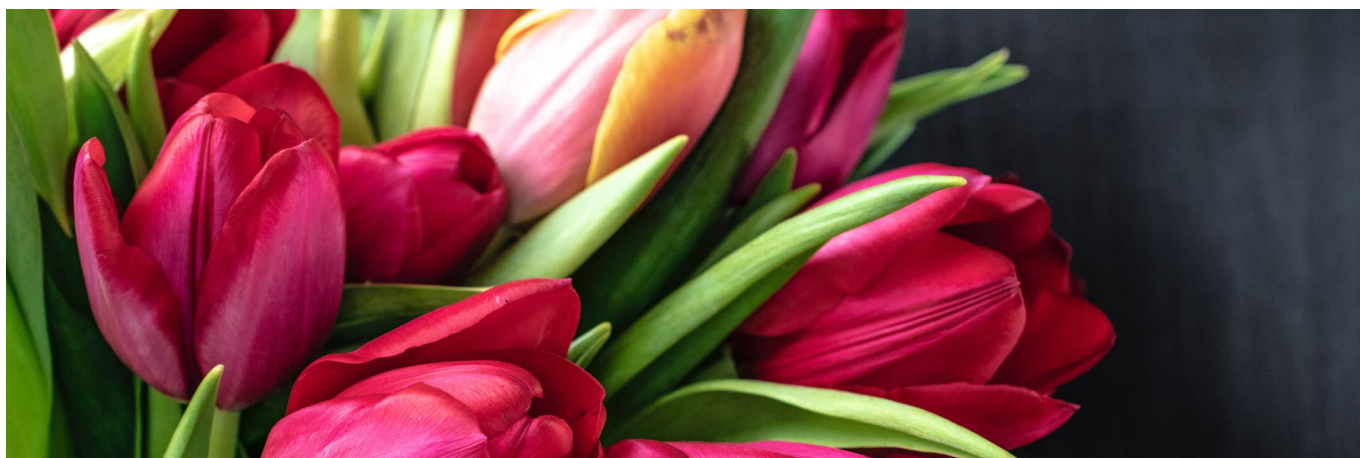
All Anzac Days are special, but this one will perhaps be more poignant than most because the past month or so has been a tough time for New Zealanders. There may be fewer remembrance events this year, but that doesn't mean we can't remember and reflect in a way that is appropriate for us as healthcare workers and as members of our diverse New Zealand. If anything, we have more to reflect upon.

Terrorism is intended to sow fear and division and so in one important respect the attack of 15 March failed spectacularly – it did not divide us, and instead brought us closer together. The way our community responded through the 'You Are Us' movement is probably the best demonstration you could ever hope for that the Anzac spirit is alive and well in all of us – we stand or fall together.

Our ancestors would be as proud of our contribution as we are of theirs. Have a good and well-deserved break if you are lucky enough to be off. Take care of yourselves and treasure those around you, now more than ever.

Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board



Bouquets

Canterbury DHB staff

To all of you please accept our heartfelt thanks for all that you have done and continue to do in Christchurch and surrounding areas. We are very proud of you all.

Katie Mullord, Public Health Nurse

I met Katie Mullord last year in regards to my daughter having extensive bowel and toileting issues. I am so thankful for her help. I had been struggling with this for a few years and was having no luck receiving the medical care my daughter required. After my first meeting with Katie I felt absolute relief. Finally I had met someone that had taken on board what I was saying and appeared to understand our situation very quickly and had lots of knowledge/advice as to what we required. Katie then regularly communicated with my GP, Christchurch Hospital's Paediatric department and myself to get things sorted. She chased things up that were missed and not communicated between my GP and Paediatrics. She also attended appointments with us. I strongly believe if I hadn't met Katie the issues would not have been resolved and again my daughter would have been lost in the system. Katie also assisted us in my daughter starting school with these issues (I thought this was impossible). I want to absolutely commend her work and

bring to your attention how amazing she is with the work she did for us. Prior to our meeting I attended services both public and privately in attempts to resolve this and never came across someone with such an ability to support us until Katie. I felt understood and supported the whole time and felt that Katie was an absolute pleasure to deal with and basically my lifesaver. I will be forever grateful for the high quality of care we received throughout the process and wanted to acknowledge this.

Ward AG, Older Person's Mental Health, Burwood Hospital

I have never experienced in any other hospital the love and care that I have experienced here. I have been in a 10 stars plus place here. P.S the gentle hub of the cafeteria is awesome.

Maternity, Christchurch Women's Hospital

I wanted to express my and my husband's appreciation for the care we received at Christchurch Women's Hospital on 27-29 March 2019. I came in to the hospital at midnight and within two-and-a-half hours my wee daughter was born via caesarean section. I cannot fault the hospital staff who were in the room with me for the procedure. I was under OBGYN Team 1. I regret I do not know the names of everyone who helped but they

were fantastic at making me feel at ease – this was my first surgery and I was quite nervous. Post-surgery the midwives, nurses and hospital staff who looked after my baby and myself were wonderful. A special thanks to Hannah the midwife who was on the three days I was there and looked after us. Everyone was so helpful and caring and made the whole experience an incredibly positive one!

Ward 11, Christchurch Hospital

I would like to thank the staff of Ward 11 for their caring, professional service after my recent surgery. Especially Sam the Ara student nurse. Her smiling face and professional demeanour were always a welcome sight. She kept me cheered up. She will make a great nurse.

All staff, Christchurch Hospital

Exceptional staff in all of the hospital, including Surgery and Ward 17. Best place in the world if medical attention is needed.

Ward 15, Christchurch Hospital

The Ward 15 nurses are amazing. Thank you very much for your care during my stay.

Rachel, Ward 18, Christchurch Hospital

Rachel the student nurse is really

lovely. She is looking after my dad and she is super friendly and nice.

Radiotherapy, Christchurch Hospital

Very pleasant therapists who made me feel comfortable with the procedure.

Radiotherapy, Christchurch Hospital

Amazing group of ladies. Thank you.

Big Shout Out

Clarence Uy, Hospital Aide, Ward 28, Christchurch Hospital

Your dedication to your responsibilities in duty and hard work deserves to be acknowledged. You have always showed and demonstrated your eagerness and dedication in supporting your registered nurse and hospital aide colleagues. You are definitely an asset to the team. We thank you. From your colleagues.

#carestartshere

50,000 KIWIS HAVE HEPATITIS C

Hep C can lead to liver cancer.

But with new, better and easier treatment Hep C can be cured. You can get Hep C many ways, like getting tattooed. But the most common is from sharing needles. If you've ever injected drugs you should get tested.

GET TESTED ASK YOUR GP

GetHepCtested.co.nz



Facilities Fast Facts

Christchurch Hospital Hagley (Acute Services building)

Work continues throughout the building on fit-out and finishing as the contractors head towards the finish line for completing the building. There are still extended working hours onsite including on Saturdays until 5pm and Sundays until 3pm.

Installs underway include glass partitioning in the entrance to the Emergency Department at the reception desk (see right).



The Link

Work is ongoing with the installation of cladding and timber framing. Sections of the steel structure still have to be painted with intumescent (fire retardant) paint.

Work is underway to set up hoardings on the Lower Ground and Ground Floor and theatres on Level 1 of Christchurch Women's Hospital to prepare the area where the Link will break through into the hospital. Clinical areas affected by the work will be communicated with directly ahead of time. Creating the join between the link and Christchurch Women's will involve the installation of a two-storey steel frame that needs to be fitted and joined to the hospital building.

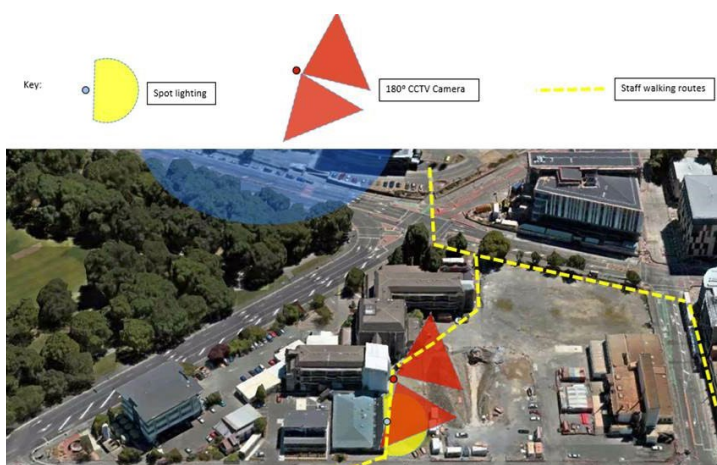
The Link as seen from Level 6 of Christchurch Hospital Hagley (Acute Services building)



Demolition of Diabetes centre

Fences go up next week around the Diabetes and squash court buildings on the corner of St Asaph Street and Hagley Avenue to prepare the site for demolition. The remaining service operating out of the building moves to its new home over the weekend of 4 and 5 May and then a team from Site Redevelopment will be stripping out the building during the week of 6 May. The Diabetes building needs to be demolished as it is considered earthquake-prone. The Home Dialysis Training Unit has moved to refurbished rooms on the corner of St Asaph and Stewart streets.

Once the site fencing is in place there will be a new route for staff walking to Christchurch Hospital from the car park on St Asaph Street.



Looking after your whānau's wellbeing

When faced with a distressing situation, children rely on adults to help them make sense of both the event itself and their emotions and reactions as a result of the event.

Looking after your own wellbeing is critical to ensuring that you can support your own family/whānau as well as others. Wellbeing is an investment. When we are tired and stressed it is harder to invest time and energy in ensuring wellbeing. Below are some practical tips to look after yourself so you can best support your whānau.

- › **Be kind to yourself and others**
- › **Rest - time out helps - even in small bites** e.g. taking a walk, going on a bike ride | *He wā whakatā*
- › **Stick to routines if you can** | *Ka whāngaia ka tupu ka puāwai*
- › **Do what makes you feel good** | *He oranga ngākau he pikinga waiora*
- › **Take a break from social media and the news** | *He kanohi kitea he hokinga mahara*
- › **Head outside - nature's good for us** | *Kia pai i te hikoi mō te orange o te tinana, te hinengaro me te wairua.*

Having predictable routines are helpful for you and for your children/tamariki. Try to keep things as normal as possible, although challenging.

Time to listen, play and connect are all important to help children feel safe and secure.

For ideas for fun and free activities, you can download the [Tiny Adventures App](#). Your [local library](#) is also a great resource for kids and offers free holiday programmes.

For more ideas in Christchurch check out the [Christchurch City Council's website](#).

For apps that help children and young people to learn about and manage their emotions, try [Stop, breathe and think KIDS \(4-10 year olds\)](#).

For more information on supporting children after a frightening event, you might find [this leaflet](#) helpful.

Information provided by Dr Judith Barnsley and the teams at Child Adolescent and Family (CAF) Mental Health Service and Mana Ake.

Talk to a
counsellor,
any time.

NEED TO TALK?

1737

free call or text
any time

It takes a team to prevent a fall – be part of the team

In a specialist mental health environment, no single intervention is likely to be effective in reducing the falls risk for any given patient.

Interventions that target individual risk factors are much more likely to succeed and the multidisciplinary team (MDT) must work collaboratively to identify individual risk factors that identify a patient as at risk of falling.

In the Specialist Mental Health Service the MDT includes psychiatrists, nurses, occupational therapists, physiotherapists, pharmacists, social workers, recreation co-ordinators, and Pukenga Atawhai (Māori Mental Health Workers).

If you add the patient themselves and a few family members to the mix, that's a wide variety of skills making up the team that supports the patient.

Lilian Margetts, an Occupational Therapist in the Psychiatric Services for Adults with an Intellectual Disability team at Hillmorton Hospital, says risk factors identified by the MDT need to be communicated to everyone to achieve a holistic, consistent and unified approach to managing falls.

"An initial desktop assessment for risk of falls is carried

out by medical and nursing that enable specific interventions to be put in place by the occupational therapist or

physiotherapist. That information is then recorded in electronic format so it can be reviewed and shared."

Dynamic and static falls risk assessment occurs on each nursing shift and is updated on the patient's individual Journey Board and assessed at the weekly Clinical Review.

A significant factor in the risk of falls specific in the Specialist Mental Health Service is the use of psychotropic medication. There is strong evidence of an increased risk of falls (two to three times more likely) for patients who take psychotropic medicines, or four or more regular medicines.

As a member of the MDT, the pharmacist has a key role in providing advice to staff, patients and their families regarding the ongoing use of psychotropic medication in patients at high risk of a fall.

'Live stronger for longer' posters, provided by the Health Quality and Safety Commission, have been put up around Hillmorton Hospital during the April Falls campaign to raise awareness of falls risks.

"We've created a display in the Administration Building to promote the April Falls Campaign, where all members of MDTs will see it and be reminded of this month's focus for keeping patients safer," Lilian says.

Staff are encouraged to extend their knowledge on risk of falls and prevention by completing the online learning package in [healthLearn](#).



Artwork transforms Orthopaedic Outpatient Department at Burwood Hospital

Recently, 21 canvases were installed in the Orthopaedic Outpatient Department at Burwood Hospital, thanks to a \$3000 donation made possible from Group Operations Manager Sally Nicholas, Gift Shop Coordinator Norma Robson and the volunteers.

"We wanted to bring some life into what was a large, empty and unwelcoming space for patients," says Interior Designer and Art Advisor Marcy Craigie.

The challenge was to find a solution that wasn't too costly. After weeks of searching, Marcy came up with a highly cost-effective plan of printing pictures from a photo library on to canvas fabric. The canvas prints cost \$40 each and they are enormous – the largest being 1.7 m square.

The issue was then how to afford framing so many prints.

"Traditional framing was far too expensive so Peter, our long-serving picture installer, offered to make stretchers and backing boards for the canvases using donated timber from friends in the building trade. Peter only charged us for his time. Without his help the whole installation would not have been possible," says Marcy.

The result is a warm, welcoming and vibrant space for patients and staff.



Clinical Nurse Coordinator Penny Davies, Gift Shop Coordinator Norma Robson and Carpenter Peter Breitmayer who made all the frames from donated timber and installed the artworks

"On behalf of Outpatients, thank you so much to Norma and her volunteers for funding the artwork which has been placed on the walls of the Orthopaedic Outpatient Department," says Clinical Nurse Coordinator Penny Davies.

"Patients and staff have commented that it is fabulous. It assists with wayfinding and gives new life to the department."

UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
Te Pahi Hauora o Wairarapa

An illustration of an elderly woman with grey hair lying in bed, talking on a mobile phone. She is wearing a pink nightgown. The bed has a patterned blanket. On the nightstand next to her is a small box and an alarm clock. The window shows a night sky with a crescent moon and stars.

A small thing that makes a big difference

Our amazing team of authorised vaccinators has been working incredibly hard over the last two weeks to stop the spread of disease.

In the first two weeks of the staff flu campaign nearly 1,700 vaccinations have been given to staff. Thank you to everyone who has rolled up their sleeves and taken one for the team.

We're already starting to see flu in Canterbury – between 11 March and 14 April, 16 people presented to the Emergency Department with influenza-like symptoms. And it's very early days – while the timing of flu varies from season to season, we know it is much more common in winter months.

It takes up to two weeks for the vaccination to become fully effective, so the earlier you get your flu shot, the better.

There are two ways to get your free flu vaccine – either attend a clinic or see the authorised vaccinator for your work area. Details of free staff flu vaccination clinics, and a list of authorised vaccinators, can be found on [Max](#) and the [intranet](#).

Jane Foley: Flu Fighter

“It's the best thing you can do to reduce the risk of getting the flu and passing it on to vulnerable people.”

Pharmacy raises money for Gumboot Friday

Pharmacy has been at it again, raising money for a good cause!

Senior Pharmacy Technician Andrea McEvoy organised a morning tea in Pharmacy to raise money on Gumboot Friday.

Andrea produced a great display of her baking skills and had help from other talented bakers in the Pharmacy team. The morning tea was put on for Pharmacy staff for a gold coin donation, which raised more than \$200.

Gumboot Friday was held on 5 April to raise awareness of mental health and raise money so young New Zealanders can access free mental health counselling. Those who chose to get involved swapped their usual shoes for a pair of gummies.

The inaugural Gumboot Friday process supported the mental health charity I Am Hope, which is advocated by mental health campaigner Mike King.



Gumboots were chosen because having depression is like walking through mud every day. Over \$1 million was raised nationwide. Well done to the Pharmacy team for their contribution!

Fancy falling for fun?

Here's hoping you've noticed those bright orange 'It takes a team to prevent a fall' T-shirts we told you about last week?

No? Well, for those lucky enough to be able to lay their hands on one, we have a little fun challenge for you – and it's an easy one.

There's a great prize up for grabs for the most interesting picture of someone wearing one of the T-shirts.

In a touch of irony, you could win a surfing lesson for a family of four, courtesy of Donna from Stoked Surf School in Sumner – which for newbie surfers might be considered 'falling for fun'.

More usually falling's not fun at all.

Send your picture to communications@cdhb.health.nz with 'T-shirt comp' in the email heading. The more novel and creative, the better. No putting yourself at risk, though, please – falls prevention is all about zero harm.



Stay active and upright



Burwood Hospital leadership is part of the team, are you?

Spreading hope and understanding

Canterbury DHB Referral Centre Manager Karen Hawke lost her much-loved son Shannon to suicide 18 years ago and since then her goal has been to do her bit to help end the stigma of mental illness.

In September last year, on World Suicide Prevention Day, she began to forge a plan to tick something off her 'bucket list' while at the same time raising awareness of mental health and funds for the Mental Health Foundation.

Karen decided to walk the Inca Trail in Peru, an adventure she had wanted to experience since high school, and do it with Inspired Adventures, an organisation that arranges treks while helping people fundraise for the charity of their choice.

Karen says her colleagues from the Referral Centre team are giving her tremendous support, helping her make beaded lanyards (500 so far) as well as crocheting, knitting and baking.

It's at her cake and craft stalls at Christchurch and Burwood hospitals that Karen gets across the mental health messages that are close to her heart.

"I have lots of signs and information about mental health and that 'it is okay not to be okay.' I just love the conversations that have opened up as a result."

She has also organised raffles and does sausage sizzles at The Warehouse with similar information. So far she has raised \$10,000.

Mental health and suicide is still a taboo subject in society, Karen says.

"I'm doing this challenge because many New Zealanders will experience some sort of mental health problem in their lifetime, and I don't want them to have to face it on their own. Not everyone has an easy journey through life. Mental health issues are major throughout my family. After years of dealing with trauma I want to do what I can to help.

"Already, the process of preparing for the trip has been an amazing journey, and one I didn't know I needed. I am also blown away by the people who have jumped in behind me. I couldn't have done it without them."

To prepare for the trip Karen is undergoing high altitude training at a centre in Christchurch and walking up and down six flights of stairs in the Riverside building each lunch time, as well as walking in the gardens.

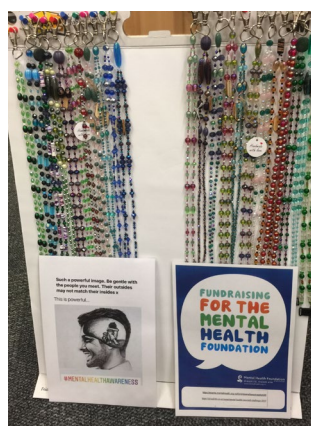
"I'm managing 10,000 steps a day, some days over 20,000 and it's really benefiting me mentally and physically," she says.



Karen at one of her craft stalls



Karen out exercising



The beaded lanyards Karen and her Referrals Centre colleagues create to sell

Lincoln Maternity Hospital staff weave wahakura

Lincoln Maternity Hospital Midwife Ruth Vaughan had tried to make a wahakura before but didn't get to finish it so was keen to have another go.

A wahakura is a woven flax sleeping basket bassinet for infants up to five or six months of age. It has a special weave for strength and robustness and is woven from flax that has been gathered and boiled for up to 12 hours then dried.

This traditional Māori way of sleeping babies creates a designated safe sleeping space for them when bed-sharing and protects babies from Sudden Unexpected Death in Infancy. Each year in New Zealand 60 to 70 babies die suddenly when they sleep.

A pēpi-pod is a plastic version of a wahakura. Both help prevent vulnerable babies from accidental suffocation when sleeping in or on adult beds, couches or makeshift beds.



From left, Lincoln Maternity Hospital Midwife Ruth Vaughan and Lincoln Maternity Hospital Aide Tessa Schepers holding the wahakura they made



Lincoln Maternity Hospital Aide Tessa Schepers nears completion of a wahakura

Ruth is a Safe Sleep Champion at Lincoln Maternity Hospital and says she wanted to make a wahakura for a safe sleep display/talking point for women and their families. Lincoln Maternity Hospital Aide Tessa Schepers was also interested.

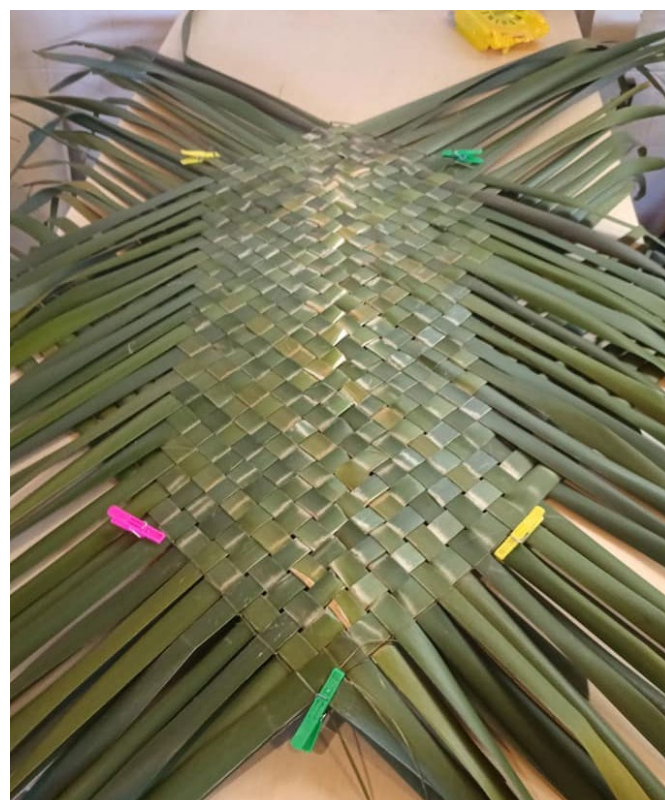
"I enjoy craft work and learning more about Māori culture and also it's related to safe sleep and important in our roles at Lincoln," Tessa says.

They both attended a two-day class organised by Te Puawaitanga ki Otautahi Trust in Hornby. The organisation has regular wahakura weaving classes throughout the year, open to anyone interested.

"The teachers were experienced and supportive, guiding us through each step with care and patience," Ruth says.

"It was a very rewarding and special experience."

As a result Ruth created a safe sleep display at Lincoln Maternity Hospital, including a poster and a doll in the wahakura she made.



A wahakura in the making

One minute with... Tafadzwa Young-Zvandasara, Vitreoretinal Surgery Fellow, Canterbury Eye Service, Christchurch Hospital

What does your job involve?

I work in Ophthalmology as a Vitreoretinal Surgery Fellow. I spend about half my time in clinics, particularly looking at eye disease affecting the retina. The rest is spent in theatre fixing retinas, cataracts, and other eye issues.

Why did you choose to work in this field?

I saw an eye camp in an underprivileged part of the world and this inspired me to seek a career in Ophthalmology. I later developed a desire to help patients with sight-threatening problems such as retinal detachment.

What do you like about it?

It is challenging at times, but a true team effort: anaesthetists, anaesthetic technicians, nurses, orderlies, all working to help one patient regain sight.

What are the challenging bits?

Unpredictability. It would be magnificent to be able to operate on patients with retinal detachment sooner, or for the cases to all be the same.

Who inspires you?

Anyone who has worked hard to achieve a goal e.g. using technology to improve the environment, medicine/health, communication, managing hardships, or even raising a family. But also, the absolute greatest tennis players ever, Andy Murray and Pete Sampras of course.

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?

We are privileged to encounter patients and staff from many different backgrounds. I have learnt a lot about different cultures and feel lucky to be able to deliver a vital service to such a welcoming community. The first two of the values are just being decent. The last one is ensuring we all maintain high standards by learning from our mistakes, and through professional development.



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

Tries to play the guitar when he can find any time to try and play!

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

Gazing at any of the natural Wonders of the World, or parts of New Zealand I am yet to see.

What do you do on a typical Sunday?

Spend time with my family.

One food I really like is...

Something I have not tried.

My favourite music is...

Any amazing tune I can try to play on the guitar.

My favourite music is...

Currently 80s music – reliving my younger years, haha!

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

Canterbury Grand Round

Friday 26 April 2019 – 12.15pm to 1.15pm, with lunch from 11.50am

Venue: Rolleston Lecture Theatre

Speaker 1: Michele McCreadie, General Manager, InterRAI Services, TAS
"This is InterRAI"

This is interRAI! Learn about this comprehensive clinical assessment tool. How it is used in New Zealand and Canterbury. Discover what interRAI tells us about the wellbeing of older people and how it can be used for multiple purposes.

Speaker 2: Dr Ryan Smit, Oral and Maxillofacial Surgery
"Considerations and Implications of MRONJ (medicine related osteonecrosis of the jaws) and ORN (osteoradionecrosis)"

Attention those who are regular prescribers of bisphosphonates and RANKL inhibitors: we will discuss an uncommon, but sometimes morbid complication of these medications, MRONJ, and summarise how to reduce risk to the patient. We will also discuss ORN, a disease of similar presentation but of different pathophysiology: of significant concern to any patient who is to receive radiation to the head and neck.

Chair: Dr Alistair Humphrey

It is requested out of politeness to the speaker that people do not leave halfway through the Grand Rounds.

This talk will be uploaded to the staff [intranet](#) within approximately two weeks.

Video conference set up in:

- › Burwood Meeting Room 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge

All staff and students welcome.

Next is – Friday 3 May 2019

Convener: Dr R L Spearing ruth.spearing@cdhb.health.nz

Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.





Christchurch Hospital Chapel is seeking contemplative photos

Are you willing to share an image with us?

It could include people, something from nature,
or an urban landscape.

*This image should either depict a time you felt blessed or
grateful, or symbolise what spirituality means to you.*

You may choose to have your name displayed or remain anonymous.
Please write a caption along with a couple of sentences about the photo.

Selected images will be enlarged and
displayed in the corridor near the
Chapel at Christchurch Hospital.

Your photo will not be used for any other project.

Please send a high quality, high resolution image to Angela the
Chaplain at angela.mccormick@cdhb.health.nz

For more information, please contact Angela on extension 89554.

Learn 2 Ride a Bike!

Join us for a women only morning of fun & learning

Friendly women volunteers helping
refugee & immigrant women learn to ride a bike

Wednesday 1 May 9.30-10.30am
South Hagley Netball Courts, Hagley Ave

Bikes/helmets will be provided and
no special clothes are needed to take part.

Limited spaces available. Secure your free spot today.

Email Meg.Christie@cdhb.health.nz or

03 378 6827/027 8486 927

with your name and date(s)

Canterbury

District Health Board

Te Poari Hauora o Waitaha



Helping adults cycle with
confidence