



## It's been all go with a blessing, a launch, two open days and it's World Smokefree Day tomorrow

It's been an incredibly busy and exciting time in the Canterbury Health System. So much has been happening and coming together after years of meticulous planning and an incredible amount of work.

Last Thursday we welcomed more than 20 chaplains and spiritual leaders out to Burwood to lead a moving ceremony to bless the new facilities at Burwood Hospital. This was followed by a staff open day on Friday and a massive public open day on Sunday, where thousands of Cantabrians from all walks of life made the most of the opportunity to have a look around our new facilities before patients move in. The feedback from each of these events has been amazing – overwhelmingly positive.

I would like to thank everyone involved with these milestone events, which went off without a hitch. As well as the 'front people' I know there were teams of worker bees behind the scenes ensuring everything came together in time.



Above: A ceremony to bless the new facilities at Burwood Hospital was held last Thursday.

If you missed the opportunity to visit Burwood, there was a great piece on [one news](#) on Sunday night which provides an overview of our new Burwood facilities and shows the new acute services building rapidly taking shape on the Christchurch Hospital campus. Take a look at some of the photos on the following pages and you will get the idea of the scale of the project and the high standard of finish.

### Meet Māia

The Māia Health Foundation was launched at a very special event last week. There was entertainment by Māia ambassador and talented entertainer Bic Runga, along with two talented musicians from St Andrew's College, William Muir and Finn Perring. Māia has been established independent of Canterbury DHB to provide a channel for people to donate to the wider Canterbury Health System. Funds raised will help enhance people's experience of our health system.

I'm really excited that two of Māia's first projects will help us out with our new facilities at Christchurch Hospital – enhancing the children's inpatient areas and a new helipad with clinical support unit. While our funding will cover the basics, the additional funds will help us add the extras to make our new Acute Services Building world class.

Canterbury is a generous giving community. In the past we have received a large number of donations from patients, their families and friends. The advantage now is by donating through Māia, a registered charity, donors will receive something back in the form of a receipt they can use to claim a tax rebate.

Find out more about Māia and its ambassadors on their website [www.maiahealth.org.nz](http://www.maiahealth.org.nz)

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Above: Bic Runga, Ambassador for Māia entertains at the launch.



Above: Left to right, Māia Board Chair Garth Gallaway, Māia Ambassador Bic Runga and Māia Chief Executive, Michael Flatman at the launch.



Finally I want to remind everyone of the importance of promoting the benefits of being Smokefree. It's important every day, and we work on education and supporting people to become smokefree, but tomorrow is the day we stop and remind ourselves how far we've come with the major changes we've managed to introduce in New Zealand. World Smokefree Day is celebrated around the globe.

Helping smokers quit for their own health and that of their family and protecting others from the dangers of second hand smoke is vitally important work. Despite the progress we've made, in New Zealand, 5000 people a year die from smoking-related diseases. The World Health Organization says tobacco kills up to half of its users – or about six million people worldwide each year. Globally 600,000 are killed by passive (second-hand) smoke.

According to the last Census, the smoking rate in New Zealand is 15.1 percent. Canterbury's is 14 percent, which means there are about 62,000 smokers in the Canterbury area.

We know most smokers want to quit. Quitting has massive benefits for your health and your bank account. Smoking is seriously expensive: someone smoking a pack a day spends about \$160 a week on cigarettes, which is nearly \$8,500 each year. With last week's budget announcement, the prices are continuing to head up. The money saved from stopping smoking could pay for a holiday, a car, or go towards the mortgage. Smokers can talk to their general practice team for advice, their health professional in hospital or call Quitline 0800 778 778.

**David Meates**  
CEO Canterbury District Health Board



## Staff and public enjoy open days at Burwood's new facilities



Above: People of all ages attended the open day. Margaret (left), said "this is really heartwarming, good on you, Christchurch." and Isabel aged 5 (right), said "It's big, and looks pretty cool."



Above: David Meates with the feedback from visitors.



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Above: Operations Manager Older Persons Health Sally Nicholas and GM Older Persons Health Dan Coward with Isobel Linton a former principal nurse at Burwood who worked at the hospital for more than 8 years.



Above and below: Twenty chaplains and spiritual leaders led a moving ceremony to bless the new facilities at Burwood Hospital last Thursday.



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## Māia Health Foundation launch

Below: Musicians William Muir and Finn Perring.





## Facilities Fast Facts

### Fast Facts – Burwood

The last staff forums by Dan Coward before the move to Burwood were held on Wednesday 25 May. A video of the Burwood forum is available [here](#).

This week has been an eventful one. The official blessing of the hospital took place on Thursday 26 June, with over 100 people in attendance. DHB staff were able to take a look around the new facilities on Friday, and a public open day was held on Sunday 29 June. More than 15,000 people looked around our fantastic new hospital at the staff and public open days. Watch our video of the open day [here](#).

The new Radiology Department at Burwood Hospital opened for its first patients today, Monday 30 May.

Key dates for the department are as follows.

- » 28-29 May: Canterbury Community Radiology moved from Merivale to Burwood.
- » Monday 30 May: **Go live** in the new department for Merivale outpatients at Burwood, and for Burwood inpatients on a case-by-case basis. Access to Radiology during this time via the old temporary main entrance (current Gate 3, Mairehau Road).
- » Monday 13 June: **Full go-live** in the new department for all Radiology services at Burwood.
- » Access to Radiology at Burwood Hospital from 13 June is via the new main entrance off Burwood Road.

Click [here](#) for a full list of the upcoming moves to Burwood.

### Fast Facts - Christchurch

Assembly of the steel frame for the Acute Services building continues. Around 700 tonnes of steel has already been delivered to the site, with a further 2000 tonnes of steel either at the laydown yard or just off the boat in Lyttelton. All told, about half the steel has arrived so far.

The second tower crane, slightly taller than the first, is currently expected to arrive over the Queen's Birthday weekend.

#### Outpatients update

The design team is planning to run two workshops on June 8 and 9 for the clinical and workspace users. This will cover a number of Detailed Design items. Users will review the plans for a number of key items in the building to ensure they fit with clinical and operational models. Items include lighting, nurse call, security, information technology, emergency power, joinery and doors. CDHB staff from Security, ICT, Clinical Engineering and Maintenance & Engineering have already provided advice on the design of these items.

### Fast Facts - Ashburton

What's been happening at Ashburton during May?

- » The interior framing is now substantially complete, with some wall linings now being installed.
- » Installation of services has started and progressing intensively, as is work on the installation of the lift.
- » The building is wrapped and the installation of cladding has begun today, as well as the installation of windows.



## Changes to St John Hospital Patient Transfer (shuttle) service

From Thursday 16 June 2016, the St John shuttle buses will no longer run to The Princess Margaret Hospital. Instead they will operate a patient transfer service between Christchurch Hospital (including Christchurch Women's Hospital) and Burwood Hospital only.

SHUTTLE TIMETABLE FROM 16 JUNE 2016	
BURWOOD TO CHRISTCHURCH	CHRISTCHURCH TO BURWOOD
Departure Time	Departure Time
0700	0730
0815	0800
0845	0900
0945	0930
1015	1030
1115	1100
1145	1200
1245	1230
1315	1330
1415	1400
1445	1500
1545	1530
1715	1630

### Pick up points:

Christchurch Women's Hospital – Drop off area by lifts on the Lower Ground Floor at the rear of the building.

Burwood Hospital – New main front entrance off Burwood Road.

Enquiries to: Fleet & Courier Services Contracts Manager: Ext 66910. / DD: 03 337 7910 / Cell: 027 532 4217

## Canterbury Grand Round

Friday 3 June 2016 – 12.15pm to 1.15pm,  
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

**Speaker one: Lucy D'Aeth/Annabel Begg Public Health Specialists, Community and Public Health**

Psychosocial wellbeing in post-earthquake Canterbury

The CDHB has inherited, via the Ministry of Health, psychosocial recovery and monitoring responsibilities from the Canterbury Earthquake Recovery Authority (CERA). This inheritance includes the Canterbury Wellbeing Index and the CERA Wellbeing Survey both of which are well-established instruments for the monitoring of psychosocial recovery. This presentation will describe the psychosocial recovery and monitoring work to date, presenting some key findings, and will consider how this work will continue to develop.

**Speaker two: Dr Melissa Kerdelmelis, Public Health Physician, Planning and Funding and the Canterbury Initiative**

A South Island wide approach to healthy weight in childhood

Find out about why child weight matters, the South Island healthy weight in childhood plan and the new Government health target around child obesity.

Chair: Dr Peter Ganly

Video Conference set up in:

- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » Room 2, 160 Bealey Avenue

All staff and students welcome.

Talks will be available within two weeks on the [intranet](#).

Next Grand Round is on Friday 10 June 2016 in the Beaven Lecture Theatre.

Convenor: Dr R L Spearing, [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)



## Bouquets

### Coronary Care Unit, Christchurch Hospital

The Psychiatric Service for Adults with an Intellectual Disability (PSAID) Outpatients staff would like to acknowledge the care and kindness that CCU staff gave to one of our outpatients last week. Their communication between the patient, their family, and mental health services was excellent and much appreciated. Thank you very much.

### Orthopaedic Bone Shop, Christchurch Hospital

My daughter broke her hand and received fantastic treatment at every stage. Thank you.

### Radiology Department, Christchurch Hospital

Really nice service. Lovely nurses, receptionist and CT scanner...Well done.

### Intensive Care Unit, Christchurch Hospital

Thank you for taking good care of my brother...I see he is doing well here and I am very grateful for you lot for saving his life. I owe you everything.

### Day Surgery Unit, Christchurch Women's Hospital

I work in Christchurch as an ambulance officer. Today I accompanied my close friend to the day unit as she was having a procedure done under general anaesthetic. I would just like to compliment the unit on its high levels of professionalism, empathy and caring nature of all the staff from the check in receptionist to the nursing staff....All staff displayed professional excellence in all areas whilst my friend was here being treated. Thank you for your care, no room for improvement here in this unit. Well done.

### Ward 18, Christchurch Hospital

Thank you for looking after my daughter. The care she received from staff was excellent and the meals are wonderful. We are so lucky to have this care.

### Interventional Radiology and Haematology teams, Christchurch Hospital

I wish to express my appreciation for the cryoablation treatment received on a tumour on Wednesday 11 May. The cryoablation was very appropriate for me because of the location of the tumour which had wrapped around a nerve. Dr Colin Chong (Interventional Radiology) was able to remove this part of the tumour and relieve the pressure on this nerve. I no longer have nerve pains in my right leg and while the leg is still very weak I can feel the strength in my leg slowly recovering.

For me, the benefits of the cryoablation in this case were:

- » I cannot have any more radiology on the L2 and L3 of my vertebrae where the tumour is located because of the risk of damage to the spinal cord, and the effectiveness of oral chemical treatment seems to be declining so cryoablation is another treatment option along with surgical removal of the tumour.
- » Non-invasiveness – I didn't have the post procedure soreness compared to traditional surgical operation, which meant a quicker recovery from the procedure and less time in hospital.
- » Done under local anaesthetic – I didn't have the longer recovery time necessary with general anaesthetic. I was able to get back to work and be

productive in a couple of days.

- » The procedure can be repeated
  - Some more tumour needs to be removed and my history has shown that the tumour comes back after 18 months or so. If cryoablation by Dr Chong is appropriate for this I would not hesitate to have it again. I have since had a second treatment yesterday (25 May) which removed a large part of the remaining tumour.

I understand a lot of skill and experience is needed in cryoablation and am grateful to Dr Chong and Dr Butler (Haematology) for dealing with my issue so quickly. Thank you.

### Ward 25 and Food Service, Christchurch Hospital

Peter, the guy delivering the meals to the patients could sense we had some bad news and we had an infant with us. "Think that lad could do with an ice block," said Peter. Perfect timing – thanks to him, his whole manner was marvellous. I hope he is a valued employee.

### Emergency Department

I came in after a car accident. The staff were all super friendly and lovely. I was seen to really quickly as well. I just wanted to say what a great service it was. Great team, have a great day.

### Emergency Department, Ward 20 Plastic Surgery, Christchurch Hospital

This is a big bouquet for the team at the Emergency Department (ED) at Christchurch Hospital. My 17 year old son was referred here by the Bealey Ave After Hours Clinic, as he had a nasty gash down the back of his earlobe

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(rugby injury) which required stitches. All the staff that interacted with us at ED were just so empathetic and helpful. A huge bouquet to a nurse called Jane who initially talked to us when we arrived at ED, and later attended to my son's ear (post stitches), and all his other wounds. She was just lovely! Another big bouquet to Olivia Hill from the Plastics Team who

stitched up my son's ear. Olivia was very professional, reassuring, and did a fantastic job. Thank you so much!!

**Ward 22, Christchurch Hospital**

Having Jan or Jane on our ward (the one with the striped glasses) was the best thing ever. So kind to our family. Honest and very loving. We were blessed to

have had the opportunity to have met her.

**Ward 18, Christchurch Hospital**

Excellent staff and wonderful meals. Felt well looked after. Thank you all.

**Ward 10, Christchurch Hospital**

10/10 thank you.

## Gerontology Nurse of the Year Award 2016

The Gerontology Nurse of the Year Award is for excellence in nursing practice and this year's recipient is Veera Deo, Registered Nurse, Ward 1A, The Princess Margaret Hospital.

This award is for the Registered Nurse or Enrolled Nurse who demonstrates qualities that exemplify the essence of Nursing within clinical practice including excellence in delivery of nursing care, advances practice, and is a positive role model for staff.

Veera was chosen for the award as her colleagues advised that she always sets and delivers a very high standard of nursing care in meeting patient's needs. Veera especially excels at sharing her knowledge and skills with her colleagues - always making time to show or explain a new procedure, product, or nursing skill. She is always encouraging toward both patients and staff, inspiring them to better themselves, e.g. for patients to improve their mobility; and for staff to increase their knowledge and capabilities.

Veera is a very good team member, always supportive and willing to help her colleagues. She is an excellent advocate for her patients, liaising with the Multi-Disciplinary Team, and communicating verbally with the nursing team when she is nurse in charge. Veera is a very capable leader, when acting as the nurse in charge of a shift she takes on the responsibility admirably and always steps up in an emergency.

Nurse Deo was presented with her award at a morning tea on International Nurses' Day, 12 May 2016. As the winner of the award she is entitled to a funded place at a conference of her choice.

Congratulations Veera. The award is very well deserved.

Diana Gunn

Director of Nursing

OPH&R



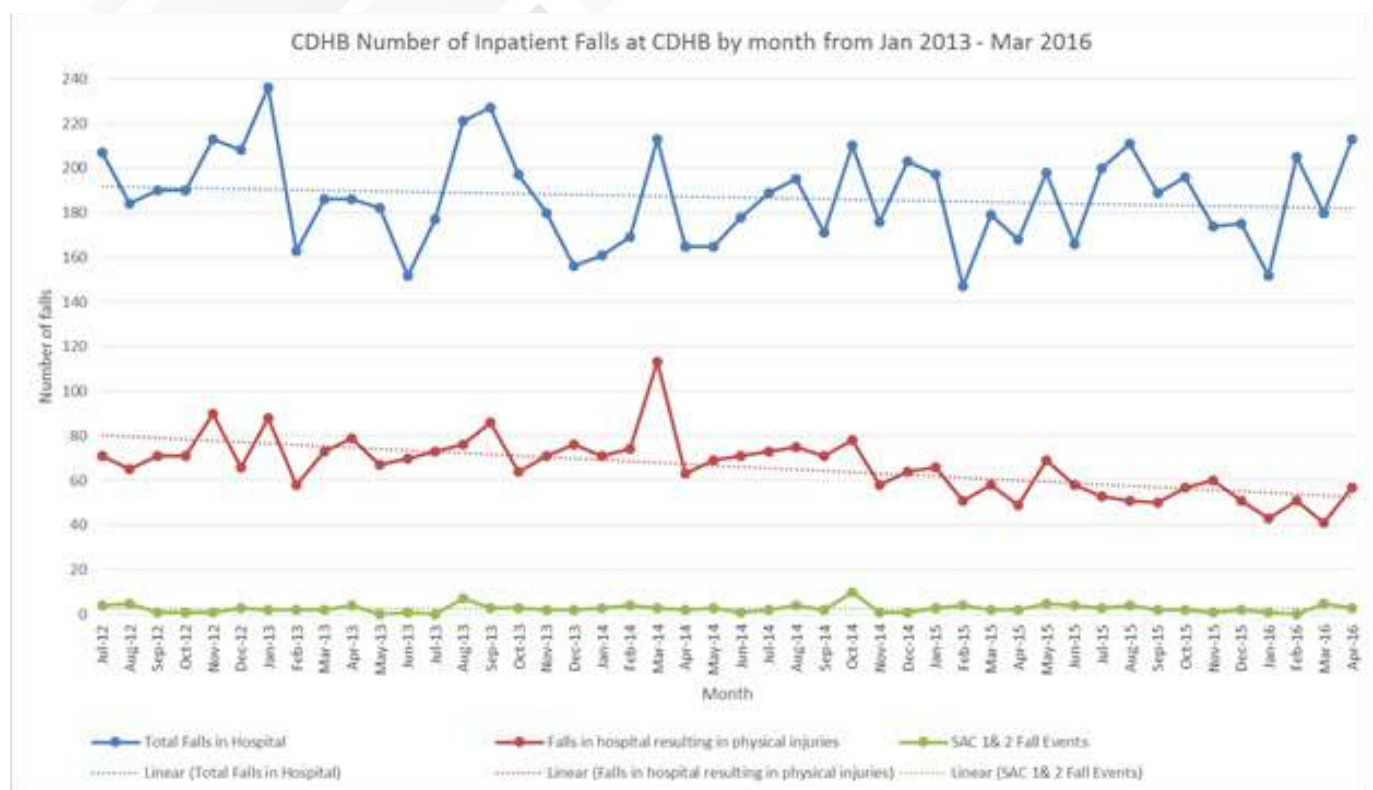
Above: Veera Deo with her Gerontology Nurse of the Year Award.

# Harm from Hospital Falls Reducing

Falls Prevention in our hospitals focuses on patient assessment, leading to individualised strategies that keep each patient safe - including strategies that continue to keep them safe from falls after they leave hospital.

In Canterbury DHB Hospitals between 1 July 2015 and 30 April 2016 there were:

- » 1,895 falls
- » 514 of those falls resulted in an injury
- » 23 of those injuries were serious, with 18 of these serious injuries occurring in patients aged 80 years and over



Looking at those numbers, it's easy to see why reducing harm from falls is a top priority for our health system.

The total number of falls has remained relatively constant. We are however, starting to see a decrease in the number of falls in hospital that result in injuries.

So what are we doing differently? – Well, current thinking attributes the reduction in injurious falls to a number of things.

For example, the introduction of the mobility plan with a standardised set of Fall Prevention Visual Cues which puts an emphasis on safe mobility (rather than on identifying patients at risk) and reinforces the principle that falls prevention is everybody's business.

Kate May, a Physio in the Orthopaedic Rehab Unit has just returned to New Zealand after three years away and says that although there are similar ideas overseas, there isn't the

commitment to reducing falls that you will see here.

"There's a push from all levels to get this right, so that information on the mobility plans is correct and up-to-date. It's easy for all to see at a glance what level of assistance each patient needs."

A Post Fall Clinical Pathway has been introduced. This is used after every fall to ensure a multi-disciplinary team reviews what happened. That review then leads to appropriate care that aims to prevent the next fall.

You can now order the Post Fall Clinical Pathway via supply by using the oracle number 191689.

Other factors contributing to our reduction in falls-based injuries include:

- » The use of Low Low beds

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- » The benefits of a well organised ward module as part of the Releasing Time to Care programme e.g. helps to reduce clutter in bed space.
- » The introduction of new electronic incident reporting system Safety 1st – data can be used to help identify opportunities for improvement.
- » Our Annual Falls Prevention campaign to raise awareness across the system.

We have a Hospital Falls Prevention Steering Group that directs and prioritises the key workstreams targeting fall

prevention, regularly reviewing our data and progress.

The initial workstreams focused on standardising processes and tools across our hospitals – recognising that it is the same patient who travels through our system.

The latest of these workstreams has seen a new look patient and family pamphlet on 'Reducing your risk of falls while in Hospital' (ref 2236866) developed. The new and improved pamphlet is available now on the [intranet](#) for printing and can be ordered via Supply using the Oracle number 190526. It includes the new visual cues and encourages patients to 'Call, don't fall'.

## Māori leaders are taking a stand against smoking

South Island Māori health leaders are taking a united front to tackle some of the tougher health issues affecting Māori.

Te Herenga Hauora has been established by the five South Island DHB Māori Leaders and chair Hector Matthews, says there are a number of major health issues Māori disproportionately face and smoking remains one of the leading causes of many of those.

"Te Herenga Hauora has agreed smoking is a significant health issue for Māori, and it needs to be addressed as an ongoing priority," Hector says.

"While we've seen a declining prevalence in smoking amongst Māori in the last decade, there's still significant disparity in prevalence between Māori and non-Māori."

Hector says the harmful effects of smoking on health are well documented."

Hector says smoking has been identified as a cause of a wide range of diseases and other adverse health effects. These include a range of cancers and cardiovascular diseases, respiratory diseases, fetal deaths and stillbirths, pregnancy complications and other reproductive effects, cataracts, peptic ulcer disease, low bone density and fractures and diminished health status and morbidity.

"Our goal is to encourage cessation, and never smoking, not just for individual health reasons, but for whānau and future generations."

Hector says Te Herenga Hauora is exploring ways to promote being auahi kore (smokefree) at home and on Marae.

"It's about whānau and doing the right thing for our future generations."

Te Herenga Hauora is behind World Smokefree Day tomorrow.

"Why not use smokefree day as a great time to give up?"

"We know most smokers want to quit, and there are immediate and long-term health benefits for those who do.

"The risk of premature death from smoking decreases soon after someone quits smoking and continues to do so for at

least 10 to 15 years."

Hector says one of the biggest advantages to quitting beside the improvements to health is the cost savings.

"Smoking is an expensive, bad habit. We know many Māori still sit below the poverty line and smoking only drags us down more. If you smoke a packet a day – that's around \$8500 a year. It makes sense – and cents literally – to give up and put that money towards something you and your whānau will benefit from."



# MedChart set to change to using New Zealand medicines list

As part of the wider electronic medications (eMeds) programme of work, Canterbury DHB staff using MedChart will soon be accessing information based on the New Zealand Universal List of Medicines (NZULM) instead of the Monthly Index of Medical Specialities (MIMS).

NZULM, a free service provided by the Ministry of Health, is New Zealand's national medicines list which brings together medication information from Medsafe, PHARMAC, and the Pharmacy Guild.

Canterbury DHB applications such as HealthOne, New Zealand Formulary (NZF), and electronic Medication Reconciliation (eMR) already use NZULM. For safety, consistency and effectiveness, it makes sense for MedChart to start using NZULM too.

In order for this to happen, patients' medication information will need to be migrated within MedChart from MIMS to NZULM by staff who ordinarily have a responsibility for prescribing, dispensing or administering medicines.

Richard Jocelyn, eMeds Regional Programme Lead, explains that although there is some extra work required to update patient records, the move will help us improve the quality of patient care by providing a common language for prescribing and coding medicines.

"NZULM contains information about whether or not medicine is approved for use in New Zealand, what restrictions may apply to use of that medication, whether or not it is subsidised, level of subsidy, and any additional conditions for use of the medication."

- » Ashburton Hospital will be migrating to NZULM on 21 June
- » Canterbury DHB sites using MedChart except those on the Christchurch Campus are due to migrate the week commencing 4 July.
- » Christchurch campus will go live with MedChart using NZULM during the MedChart Christchurch Campus Roll out, commencing 19 July.

To find out more about the eMeds programme of work at Canterbury DHB visit the intranet, email the eMeds team via [emeds@cdhb.health.nz](mailto:emeds@cdhb.health.nz) or, for a short video explaining how NZULM works, visit [www.nzulm.org.nz](http://www.nzulm.org.nz)

## News from the Canterbury Clinical Network

The Alliance Leadership team last met in mid-May, mainly to discuss the refreshed CCN Strategic Plan which specifies the areas of CCN activity for 2016-17 and priorities for 2016-18.

Here's a link to the Plan, which they endorsed: [ccn.health.nz/Resources/StrategicFocus](http://ccn.health.nz/Resources/StrategicFocus)

Read the key messages from the meeting [here](#).

View previous key messages on the CCN website: [ccn.health.nz/Resources/ALTKeyMessages](http://ccn.health.nz/Resources/ALTKeyMessages)

View dates for upcoming meetings: [ccn.health.nz/CCNCalendar.aspx](http://ccn.health.nz/CCNCalendar.aspx)





# Kia ora Hauora Work experience programme inspires

Year 12 and 13 Māori secondary school students visited the Christchurch Hospital campus last week for a taste of a career in health.

Hosted by Nga Ratonga Hauora Māori (the Māori Health Service based at Christchurch Hospital Campus) Kia ora Hauora (Supporting Māori into Health) inspired many of those attending, says Kaiarahi (Team leader), Māori Health Services, Eru Waiti.

Kia ora Hauora is a national initiative focused on encouraging Māori into the Health sector. It helps those considering a career in health to identify and participate in education and training opportunities, and provides career guidance and financial and mentoring opportunities.

This support improves the educational and economic outlook for Maori and their whānau as well as strengthening New Zealand's health workforce, Eru says.

Nga Ratonga Hauora has been supporting the programme since its inception by running the Rangatahi Work experience programme each year.

The programme gives Rangatahi (young people) a 'back stage pass' to a variety of professions within Canterbury DHB, he says.

"This work experience has been evolving over the years and we have moved from lecture based learning to interactive and more hands on learning, within reason, including carrying out lab observations and tests."

The students get to interact with Māori graduates, hearing their account of university life and study, visit the world class University of Otago Medical School museum and listen to stories from university staff.

This year also included informative presentations from the Executive Director of Māori and Pacific Health, Hector Matthews, and Director of Allied Health, Christchurch Campus,



Garth Munro, which allowed students to learn about the many other important job opportunities available within the health sector.

The programme has recently included learning about whakapapa and te reo as some students haven't been exposed to that side of their heritage. Kia ora Hauora staff also work with the students throughout their whole journey through health in many ways from tutorials to scholarship options. Previous graduates of the programme have gone on to be dental therapists, nurses, radiology, specialists and technicians whilst others are currently in study.

*Whaia te iti Kahurangi, ki te tuohu koe me maunga teitei*

*Pursue that which is precious, and do not be deterred by anything less than a lofty mountain.*

(A proverb which encourages one to strive, to set goals, to persevere)

For further information go to [www.kiaorahauora.co.nz](http://www.kiaorahauora.co.nz)

# Positive progress towards transformation



The Canterbury Clinical Network has released its third report for the 2015/16 year, showing positive progress for transformation work in the Canterbury Health System.

Throughout this quarter thousands of services were delivered closer to people's homes and community, in turn freeing up hospital and specialist services for those who need them most.

The health and wellbeing of Canterbury's children and youth continue to be supported, with an increasing number of children receiving a health check before starting school, continued work to ensure children are fully vaccinated and close to 100 vulnerable children referred to the Canterbury Children's Team.

In rural Canterbury, considerable progress has been achieved to strengthen the sustainability of services for rural populations, particularly with new locally-led models of care for Kaikoura, Ashburton and the Hurunui. Multiple initiatives in pharmacy, general practice and urgent care are supporting people to stay well in their own homes and communities and to receive timely and appropriate hospital and specialist care when necessary.

For instance, the Emergency Department (ED) health target for ED waiting times was again met in quarter 3.

Read about these results and much more in the Q3 Summary Report available at [here](#).



CCN Work Programme 2015/16



Progress Report - Quarter 3

## Clinical Board welcomes efforts to make quality improvements

The Canterbury DHB Clinical Board has gained a new appreciation of support services following a presentation at the board's May meeting.

Diana Gunn, Clinical Board chair, says the board was given an excellent overview from Jock Muir, Canterbury DHB Strategic Project and Business Development and Alan Lloyd, from the South Island Alliance Programme Office.

"Support services are really important to us from a clinical perspective. If there are any glitches within our support services, it can upset the whole apple cart in terms of the way the organisation works," Diana says.

"The work the South Island Alliance is doing to make efficiencies that lead to cost savings means the money can be invested directly back into health care. It's better for patients and just better for everyone."

The board welcomes the efforts of the Alliance and looks forward to further improvements, Diana says.

Board members were interested and fascinated to hear the patient story about a young woman's battle with Crohn's Disease.

"This was an excellent patient story which gave insight to what this young woman has had to go through, particularly because she often looks well and healthy. She was diagnosed when she was six years old.

"She explained that because of her appearance she felt like the clinicians would not take her concerns seriously and would come to the conclusion that she, as the patient, was the problem.

"Her message here was that as clinicians we should never assume or make a judgement by the way someone appears on the surface."

Diana says another interesting discussion at this month's meeting was the ongoing reduction in seclusion and restraint in Mental Health Services, including Older Persons' Mental Health.

"The board really appreciates the fact that rates for Older Peoples' Health Mental Health are diminishing. It is really impressive given the population challenges and increased demand across mental health services," she says.

Overall the May meeting reinforced the importance of efforts to continually strive for quality improvements and how the things we're already doing are making a difference, Diana says.



# Is chocolate losing its appeal?



This is the last of local hand hygiene initiatives from February.

## What Ward 25 did to promote the first moment of hand hygiene



A large poster was laminated and placed on all beds with the arrow pointing to the hand gel. These were also displayed outside each patient room.

A condensed version of the poster was attached to patients notes, doctors' patient lists, glove containers, observation equipment, BSL monitoring cases etc as a reminder to wash your hands before touching the patient.

During May, which is hand hygiene month, we asked for any new initiatives to win another sinful chocolate cake. Perhaps they are still in the pipeline or people just don't feel the same way about chocolate anymore, which frankly I refuse to believe.

We haven't had many new entries - but we'd still welcome them at this late stage. Please send yours to [quality@cdhb.health.nz](mailto:quality@cdhb.health.nz).

In the meantime, and in the spirit of catching people doing things right, here's another unsung example of people grasping the initiative in their freshly washed hands, as seen on a recent visit to Burwood to see the amazing new facilities. Well done the Rehab Unit who, rightly or wrongly, get the credit.



# Farewell to Helping Hands

Canterbury DHB recently celebrated the work done by The Princess Margaret Hospital (TPMH) volunteers, 'The Helping Hands'.

This wonderful group of people was set up in 2003 and over the last 13 years have given their time to patients and staff at TPMH in a wide variety of ways. From pet therapy to library rounds, from hand massage to singing in the chapel, our Helping Hands have been a big part of the TPMH family.

The group has been wound up as a result of the move of Older People's Health and Rehabilitation (OPH&R) to Burwood Hospital. Many of the volunteers live near TPMH and are unable to continue to volunteer over at Burwood. Fortunately some will be able to offer their services at the new facility.

At the farewell, Dan Coward, General Manager, OPH&R spoke of the mixed emotions resulting from the move.

"We are very much looking forward to the new facilities but at the same time acknowledge we will be losing you and what you do for the health system. You have been an integral part of our services. Thank you for all you have done," said Dan.

Certificates of service recognition were handed out by Dan and Sally Nicholas, Group Operations Manager, OPH&R after a number of acknowledgements from key CDHB staff.

Rev. Sandra Wright-Taylor particularly thanked the singers who have provided comfort and entertainment in the TPMH Chapel. Linda Wood, Service Manager AT&R spoke of being absolutely privileged by having the volunteers as part of the team and invited them to come and visit the new facilities. Board Member Edie Moke thanked the volunteers on behalf of the Board from the bottom of her heart.

Jill Hepburn, Clinical Manager Outpatients and Mabel Howard



Above: Sally Nicholas handing a certificate to Shirley Sinclair one of the volunteers.

Clinic, said she has very much appreciated the volunteers in the day hospital for their assistance, humour, energy and support over many years and in Older persons outpatients for their help with reception and wayfinding for outpatients and their families.

Seated amongst the group was volunteer Shirley Sinclair who has been part of Helping Hands since its beginning. Shirley was a cleaner at TPMH before she retired and became a volunteer for one day per week. When joining she said she would do anything except flowers.

"And what have I been doing? I've been arranging and delivering flowers!" says Shirley who enjoys the time she has talking with patients to whom she delivers the flowers.

Once again we'd like to say thank you to our Helping Hands volunteers.

It is National Volunteer Week 19 - 25 June. If you, or someone you know, would like to volunteer at one of our facilities:

- » Burwood Hospital please contact Rachael Walker at [burwoodvolunteers@gmail.com](mailto:burwoodvolunteers@gmail.com) or (03) 383 9499.
- » Christchurch Hospital enquiries can be made via [christchurch.volunteers@cdhb.health.nz](mailto:christchurch.volunteers@cdhb.health.nz) or phone (03) 3786300 (messages can be left).
- » For one of our other sites or services, please contact that site/ service directly and ask for the volunteer coordinator.



Above: Farewell for the Helping Hands.



# Nursing Workforce Development Team on the Move

As you may remember, the Nursing Workforce Development Team was relocated to The Princess Margaret Hospital (TPMH) after the September earthquake affected their Christchurch Campus site. We have loved our time at TPMH, and the warm welcome we received by the Finance team on our floor, but we will be on the move soon into the new Corporate office which is located at Oxford Terrace. We will be located on the first floor and the move will take place sometime in July (date tbc).

The move back into town involves the following staff:

- » Dedicated Education Unit educators
- » NetP Team (Administrator, NetP Nurse Educator-Med/Surg, and Nurse Coordinator – Projects)
- » PDRP Team (Administrator, Nurse Coordinator-PDRP)
- » Postgraduate Team (Administrator and Nurse Coordinator)
- » Nurse Coordinator – Workforce Development Workforce Transition

As a result of the move we will be located on the corporate floor, therefore the process for dropping off portfolios will be different. There will be a secure drop box for portfolios situated by the reception desk at entry to the floor. You will be able to drop your portfolio off into the dropbox and it will be cleared several times throughout the day.

If you are requiring assistance from any of the team listed above, there will also be a receptionist who will be able to contact us. We have meeting rooms available on the site to meet with staff as well.

We are looking forward to our move and we will keep in touch regarding our moving date. Look forward to seeing everyone on the Oxford Terrace site soon.

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## UK Registered Nurses: New revalidation requirements to maintain your UK registration

There are many nurses across our health system who have come to us from the UK.

While some UK nurses who have settled in New Zealand will no longer have UK registration, there will likely be others who want to retain their UK registration while working in New Zealand. As of last month, the UK Nursing and Midwifery Council (NMC) have made changes to their requirements for nurses wanting to maintain their registration.

This includes some new 'revalidation' requirements which focus on reflective practice. Most of these requirements will be straightforward for UK nurses working overseas as all the necessary resources and information are available on the [NMC's revalidation website](#).

There is however one requirement which may prove challenging and this is the 'reflective discussion' requirement. The requirement is that you must have had a reflective discussion with another NMC registrant. The registrant with whom you had your reflective discussion needs to sign the approved form recording their name, NMC Pin and email, as well as the date you had the discussion.

Martin Deakin, registered nurse in East Inpatient, Hillmorton Hospital, is keen to hear from any UK registered nurses across CDHB who may be affected by these changes. If there is sufficient interest, Martin is willing to hold a current list of nurses who are willing to help each other to meet this revalidation requirement so they can be put in touch.

If this affects you and you would be willing to be part of a local network of UK registered nurses please contact Martin by email [martin.deakin@cdhb.health.nz](mailto:martin.deakin@cdhb.health.nz)



CHRISTCHURCH  
AUTUMN 2016

## University of Otago, Christchurch Newsletter

# Weight loss programme easing joint pain



Professor Gary Hooper

A programme to help obese hip and knee patients lose weight before surgery has resulted in better post-surgical outcomes and improved health.

Patients taking part in the Early Dietetic Intervention (EDI) programme have regular sessions with a dietician before and after surgery, and set individual weight loss goals.

The programme was developed by the Canterbury District Health Board's orthopaedic unit in partnership with University of Otago, Christchurch, surgeon Professor Gary Hooper. Dietician Emma Lloyd was hired to work specifically on the programme.

The dedicated effort acknowledged growing rates of morbidly obese and obese patients referred for hip and knee surgery. Extra weight puts increased pressure on joints and post-surgical infections are more common.

Since its introduction in 2008, more than 900 patients have taken part. A study on the programme by Professor Hooper found it helped patients achieve significant weight loss, translating into improved joint function and reduced need for surgery.

A year after their surgery 70 per cent of patients achieved or maintained their goal weight loss. Combined, they lost more than 6300kgs. Almost 10% of patients avoided surgery because of their weight loss. Participants also had fewer diabetes, arthritis and hypertension symptoms.

Professor Hooper says dietician Emma Lloyd is to be congratulated on the results of this programme.

"Other studies looking at weight loss prior to surgery show poor results with an inability to maintain weight loss. I believe this programme's structure, with an emphasis on family and peer support, has made the difference. Emma Lloyd has

been able to engage these patients and they have responded by achieving these impressive results. Not only have a considerable number of patients avoided major surgery but many have improved their general physical well-being so that surgery could be performed with fewer risks."

Read other stories in the [University's Autumn newsletter](#).



Dietician Emma Lloyd



## Join the young Cantabs helping make the Canterbury Health System better

A group of young Cantabrians want more people to help them make the Canterbury Health System better for others their age.

The Canterbury District Health Board's Youth Advisory Council (YAC) are a group of young people who have all had experience with the health system and are on a mission to make it better for everyone.

Brittany Kremers, YAC chair and Maddy Conway, a member, says the council is made up of members aged 14 to 24 years who are keen to gain more of a profile in 2016 and grow its numbers.

Brittany says young people often feel they don't have a voice when it comes to health care and the YAC's goal is to change that.

"We have all spent our fair share of time in hospital for a multitude of health reasons. Our aim is to improve the experiences young people have when they come to hospital," Maddy says.

Maddy says most young people do not want to be in hospital. A prolonged illness or injury requiring an extended hospital stay takes the young person away from their everyday lives.

"It's isolating, unfamiliar and often really scary," Maddy says.

Brittany says this is why YAC wants to be able to help those looking after young people to understand what matters to them.

"Whether for some of us that is a comforting smile and hand on the shoulder, or reassurance visitors are welcome," Brittany says.

The council's goal is to ensure the support and information for hospitalised youth is readily available.

"To help us reach our goals to make it better for other young adults while they are in hospital, we need to grow our numbers so

that we will have representatives from right across the health system.

"We are enthusiastic to get our name out there are to work alongside the Canterbury DHB to improve health care for young people by explaining to those delivering the care, what matters to us."

If you would like more information about YAC, have suggestions, or know somebody keen to join, please feel free to email YAC on [cdhbyouth@gmail.com](mailto:cdhbyouth@gmail.com)



Right: Youth Advisory Council members.

## Ara has highest number of nursing graduates in work

The Ara Institute of Canterbury has the highest percentage of nursing graduates in employment in the country.

The final November 2015 graduate destination data report by Nurse Education in the Tertiary Sector (NETS), shows as at 31 March this year of 93 nursing graduates, 84 were employed as a registered nurse in New Zealand or overseas.

This is an employment rate of over 90 per cent. The majority went into surgical and medical areas.

That rate is the highest in the country, the nearest is Northtec with a rate of 86.7 per cent.

# Staff Wellbeing Programme: Understanding Incontinence Wellbeing Workshops

## Understanding Incontinence – final presentation

Burwood Hospital - Wed 1st June. [Click here](#) for more information or [click here](#) to register

See [continence.org.nz](http://continence.org.nz) for more information on incontinence

## Wellbeing workshops – be in quick to secure your place

- 1 NEW strengths based workshop – available to Managers / Supervisors. [Click here](#) for more information and [click here](#) to register
- 2 We are also running another series of the very popular Staff Wellbeing Workshops – this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register – available to all staff.

## Mindfulness sessions

Mindfulness is a proven technique to help manage stress and promote mental wellbeing

Anyone welcome – no experience necessary. When you arrive just introduce yourself to one of our wonderful volunteers who run these sessions

Available at main hospital sites. [Click here](#) for details

**Over 30 classes a week across main DHB sites – yoga, Zumba, Pilates, mindfulness**

Updated timetables available on the [Staff Wellbeing Programme intranet page](#)

## Free counselling available to all staff

Free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more 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](mailto:andy.hearn@cdhb.health.nz)



## Department of Psychological Medicine University of Otago, Christchurch & SMHS, CDHB Clinical Meeting

Tuesday 31 May 2016, 12:30 pm – 1:30 pm

Venue: Beaven Lecture Theatre,  
7th Floor, School of Medicine Building

Title: Is evidence-based practice in child and adolescent psychiatry a mirage?

Presenter: Dr Julie Fitzjohn

**Abstract:** Evidence-based medicine is seen as the epitome of good clinical practice in modern medicine. Child and adolescent psychiatry has tried hard to generate evidence to justify interventions. However, in the face of recent criticisms of one of the key studies in adolescent psychiatry (Multimodal Treatment ADHD – MTA) in a recent Cochrane review, the ongoing controversy around SSRI efficacy in adolescents, and the American Academy of Child and Adolescent Psychiatry seemingly unable to agree to practice guidelines for adolescent bipolar disorder, we will reference these examples and discuss whether there are so many determinants of wellbeing of children and adolescents that expecting decent effect sizes in clinical trials is a near impossibility.

Chair: Dr Harith Swadi

## Special notes:

These meetings will be held on a weekly basis (except during school holidays) and the details of the next meeting will be emailed to you in advance.

- » A light lunch will be served at the School of Medicine venue from 12 noon.
- » Psychiatrists can claim CME for attending these meetings.
- » The sessions will be broadcast to the following sites:

For PMH attendees the venue is the Child, Adolescent & Family Inpatient Unit, Ground Floor. Access is from the main reception at PMH.

For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital

The dial in address is: Psych Med Grand Round.

If you have difficulties dialling in please call 0800 835 363 to be connected.



## APAC posters - closing date coming soon

Submissions for draft posters for the 5th APAC Forum in Sydney, Australia in September, close 1 July. The forum is designed to equip delegates with the skills, knowledge and networks to allow them to 'explore new frontiers' in health.

The first step to having your poster displayed at APAC Forum is submitting a poster abstract.

Once your abstract is accepted, you'll then be required to produce your poster, submit an electronic version, and you'll be supplied with poster set up and poster award details closer to the time of conference.

Our Medical Illustration team can help with graphic design. Please get your specific requirements to them by 13 June 2016. This includes people who have already indicated their interest.

## Staff influenza vaccination clinics Influenza can be anywhere - get immunised

It's time to protect yourself, your whānau, your patients and your community from influenza (flu).

[View the clinic times here.](#)



## MedChart Prescriber eLearning course now available

A new eLearning course for MedChart Prescribers is now available via [healthLearn](#).

The course covers several aspects of MedChart, including patient search, modifying patient details, allergies, alerts, quick list prescribing, transfer medications and prescribing complex doses.

Victoria Cullens, nurse educator for the eMeds team, said: "This eLearning package is a great way to accommodate staff who can't always make it to the face-to-face classroom training, or prefer visual/ reading learning.

"The way the modules are designed means staff can slip in and out of training at a time and pace that fits with them, which makes learning about MedChart much more accessible."

The Prescriber's eLearning can be completed in place of, alongside, or in addition to the face-to-face classroom training. Access to MedChart will only be granted once the necessary training is complete.

To access the course please ensure you have a valid healthLearn account. If you need help to create one, follow this [guide](#).

An eLearning course for Administrators will be announced soon.

## Nurses 50 Years Re-union - Class of September 1966

We are planning a 1966 intake nurses' reunion for the weekend of October 1st 2016 and are currently tracking down colleagues. If you were in the September 1966 class, we would love to see you. Please indicate your interest to: Justine Goodyer on [goodyerclan@gmail.com](mailto:goodyerclan@gmail.com)

If you were not a member, but know of others who you can put us in contact with, then please let us know at the same email address.

Thank you. It will be great to catch up.

Jane Turner (Horton), Jan Parkin (Colligan), Catherine Roughan (Tulloch) & Justine Goodyer (Daly)

# One minute with... **Elly Edwards, South Island Patient Information Care System (SI PICS) Communications Lead**

## What does your job involve?

My job is primarily to raise the profile of the South Island Patient Information Care System (SI PICS) project at Canterbury DHB and make sure we're engaging with people from across the organisation, as well as externally.

Practically, this sees me writing articles and taking photos for newsletters such as the CEO Update, Generations or Nursing News and for our intranet pages, or organising events and demonstrations. That's just half the job though – there's also lots of strategy and planning involved.

Around half a day a week I also support the eMeds team with day-to-day communications work and have more recently been involved, in an advisory communications capacity, with the ISG Lean project.

## Why did you choose to work in this field?

I moved from journalism to corporate communications around six years ago – I like the variety and creativity it affords me, particularly working in the ever-changing health sector.

Working on the SI PICS project represents a new challenge for me, in that I'm largely working on a project and it's focused around health IT – a sector I haven't worked in before. It's been a learning curve!

## What do you like about it?

SI PICS is one of the biggest health IT developments in NZ for more than a decade – it's great to play a part in something so significant and innovative. On a personal note, working on the project has extended my understanding of communications and the need to adapt to changing timeframes and outcomes.

## What are the challenging bits?

The challenging part is trying to make sure we're reaching the right people with the right messages at the right time. It's a logistical nightmare, but at least it keeps me busy!

## Who do you admire in a professional capacity at work and why?

Pretty much my entire team! But if I had to choose one it would be Shannon De Bruin, our Project Associate, for her mad organisational skills and 'get it done' attitude.

Outside of our team I would have to say Kay Strang, Administrative Manager for the combined Christchurch Campus. Kay is a huge support to team SI PICS – she not only sits on our programme board and the operational advisory group but she's also one of our champions! Kay's positive and capable, which makes her a joy to work with.

## The last book I read was...

Eeny Meeny by M.J. Arlidge and before that it was A Spot Of Bother, by Mark Haddon.

I tend to have a couple of books on the go – at the moment it's The Hundred Year Old Man Who Climbed Out The Window And Disappeared, by Jonas Jonasson while dipping into The

Guest Cat, by Takashi Hiraide.

Otherwise I love a good crime novel – Tess Gerritsen, Peter James, Val McDermid, M.J. Arlidge... the list goes on!

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

I'm pretty happy where I am right now, but am looking forward to the snow so I can spend some time snowboarding down south. But if we're talking anywhere in my wildest dreams, it would have to be the Maldives – sunning and scuba diving!

## My ultimate Sunday would involve...

A big Edwards-family lunch with all the family from across the continents in one place at one time! It would be blissful mayhem!

## One food I really dislike is...

Mushrooms. And because I'm a veggie, everyone insists on feeding me them!

## My favourite music is...

Lots of different stuff depending on my mood – but at the moment it's mostly London Grammar, Bastille and Gabrielle Aplin, but pretty much always Coldplay.

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).



Above: Elly Edwards



## Plan your journey – The 2016 Christchurch Marathon

Don't forget that the [2016 Christchurch Marathon](#) is scheduled for Sunday 5th June, 2016, starting at 7.30 am. The route has changed significantly from last year to reduce the impact and access to and from Christchurch Hospital for emergency services, staff, patients and visitors.

Access to the hospital is to be maintained at all times but staff working on the day are advised to plan their route ahead of the event.

The following key roads to Christchurch Hospital will remain open at all times:

- » Bealey Avenue
- » Harper Avenue
- » Fendalton Road
- » Deans Avenue
- » Kilmarnock Street
- » Riccarton Road
- » Riccarton Avenue
- » Moorhouse Avenue
- » St Asaph Street
- » Tuam Street

In the unlikely event of a staff member needing urgent access through a race cordon, they will need to show their CDHB ID to a marshal to be assisted through. Or staff can phone Bruce Hall, CHCH Hospital Emergency Planner for the CDHB, via the Christchurch Hospital telephone office on 03 3640 640. Bruce will be at the Major Events Operation Centre set up at the City Council Civil Offices on the day and will be able to help manage any hospital access issues.

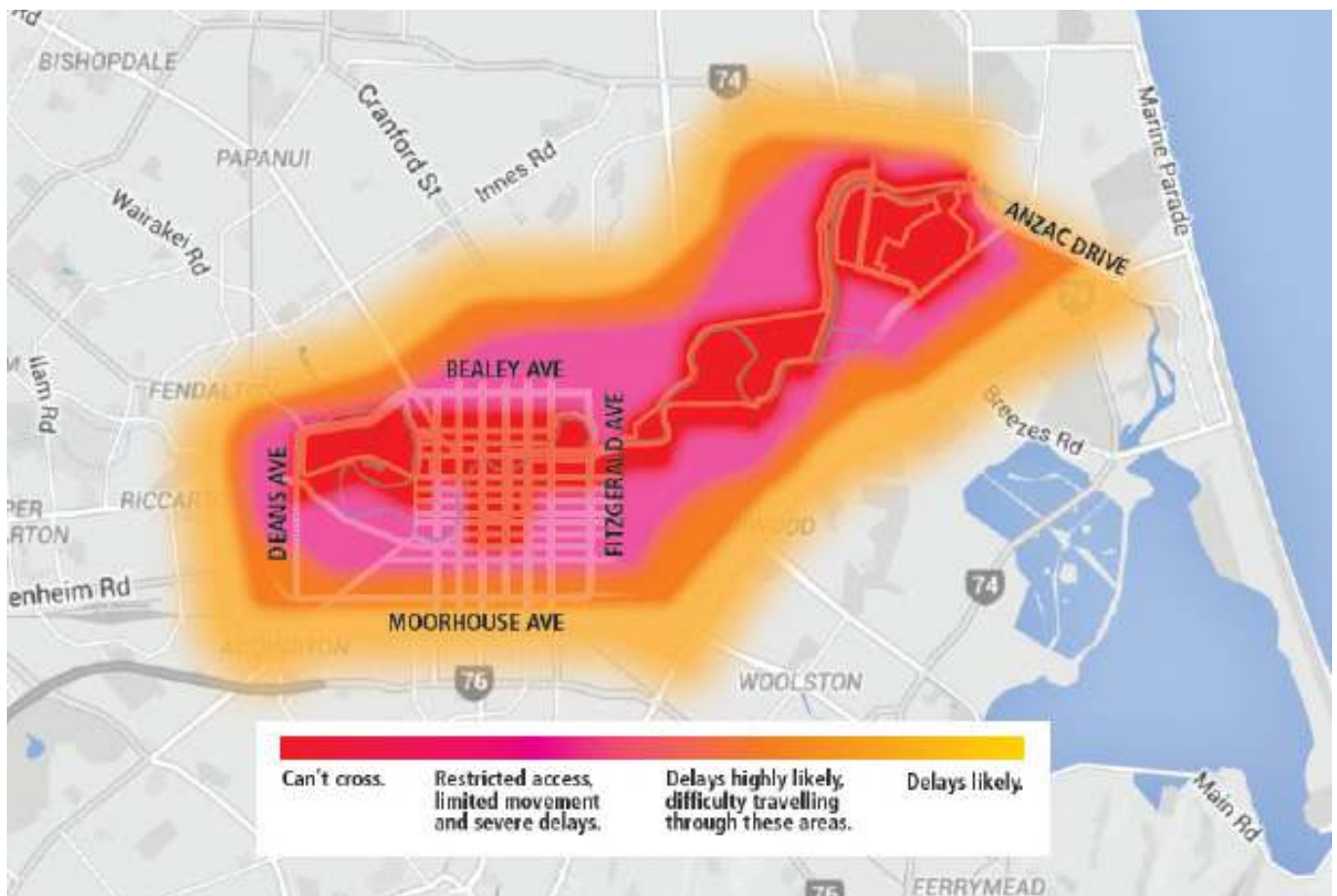
### Marathon Route

The Marathon will start and finish in Cathedral Square, but will only loop once around North Hagley Park before heading east. This avoids the need for road closures or traffic management on most of the usual hospital access routes.

Durham Street and Montreal Street are expected to be reopened to traffic by 10 am, but these roads are likely to be busy. It is suggested that you avoid using them until after 2 pm.

Visitors to Christchurch Hospital are also advised to:

- » Avoid the CBD area bounded by Bealey Avenue, Durham Street, Lichfield Street and Fitzgerald Avenue.
- » Allow additional time to travel
- » Use the Park and Ride service from Deans Ave – it will be unaffected by the marathon.



# Great learning opportunities coming up June/July 2016



## Collabor8 – Day 1 – Friday 3 June

An introduction to the principles of Lean Thinking, influencing change culture, & leadership, patient safety, personality styles & effective communication.

Click to enrol: [Collabor8](#)

## Effective Communication – Friday 29 July

Interested in becoming more effective in your communication in order to achieve better outcomes in the workplace? Effective Communication covers the fundamentals of interpersonal communication – you'll practice specific communication skills, examine roadblocks to productive communication, and become more self-aware about how our interactions are perceived by others. Click here for more info: [Effective Communication](#)

## Effective Performance Appraisals – Friday 1 July

Understand the various stages of the performance cycle and learn conversation skills required for a successful performance appraisal. This course provides a safe environment to practice having these conversations in a respectful, effective and confident way. For more information click here:

[Effective Performance Appraisals](#)

## Elev8 – 17 June or 22 July

This one day programme introduces you to principles of the CDHB Process for Improvement. This is an applied science that emphasises rapid cycle improvement through small scale testing in order to generate knowledge about what changes in what context produce improvements. Elev8 aims to start focussed improvement efforts on a small scale and leveraging the generated learning to plan for spread and scale up. The day covers a combination of expert subject knowledge with improvement methods, the Model for Improvement, drawing on clinical science, systems theory, the human side of change, and measurement.

Click to enrol: [Elev8](#)

## Presentation Skills – Thursday 28 July (part two 25 August)

Most of us get nervous when having to speak in front of others however we can make things easier for ourselves. Presentation Skills focuses on how to make any presentation more effective; how to keep your audience engaged; how to structure and deliver a presentation, and importantly, how to increase our confidence as a presenter.

Enrol here: [Presentation Skills](#)

Courses already full for this and the following month:

[Understanding the treaty of Waitangi](#), [Tikanga Maori](#)

Enrol now so you don't miss out on courses coming up in the future.

Take a look at all our courses on our [Learning and Development Intranet site](#) or alternatively if you are outside of the CDHB, visit [www.healthleadership.org.nz](http://www.healthleadership.org.nz)

For enquires please contact the Learning and Development team on phone: 03 337 7807 / email: [learninganddevelopment@cdhb.health.nz](mailto:learninganddevelopment@cdhb.health.nz)

## Health Quality & Safety Commission e-update, Issue 50 online now

The latest issue of the Health Quality & Safety Commission's e-update for the period of 2–22 May 2016 is now available online.

In this issue:

- » Patient Safety Week 2016
- » Advance care planning national forum

- » Waikato Hospital team wins display competition
  - » Adverse event review workshop, Palmerston North
  - » Open Book reports
  - » District health boards celebrate World Hand Hygiene Day
  - » Safe surgery auditor training sessions complete
- [Read issue 50 of the Commission e-update.](#)



## In brief

### Samoan Language Week is this week

Click here for a [Samoan Language Week 2016 Education Resource](#), which is an awesome resource for staff and teams to use. Samoan is the third most spoken language in New Zealand.

Suggestion for teams:


- » Check out basic pronunciation tips on pages six and seven.
- » Look out for, or use the five basic helpful words on page five. Download and print off the stickers! Easy!
- » Request online Pacific Allright? identity posters from Community and Public Health at <http://www.cph.co.nz/Resources/default.asp> discuss how you'd describe your identity, and read the poem on page 14.

Enjoy using some with your colleagues next week and beyond!

**Canterbury**  
District Health Board  
Tō Pōwhiri Hauora o Waitaha

investing  
in  
your  
health

## Understanding Incontinence



We are continuing to offer the very popular **Understanding Incontinence** presentations at main CDHB sites during 2016.  
**Presenter:** Julie Day, physiotherapist CHCH Women's Hospital.

The session will cover:

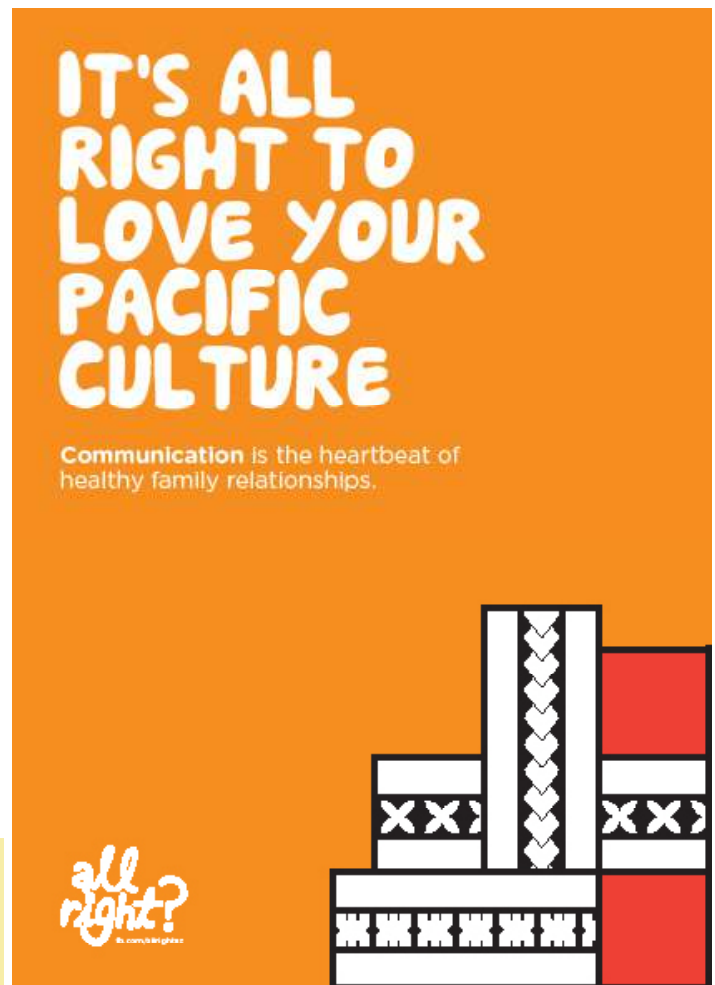
- Types of incontinence
- Normal bladder function
- Role of the Pelvic Floor Muscles/Gadgets
- Bladder retraining and urgency strategies

Location	Date	Room	Time
Burwood	Wed 1 <sup>st</sup> June	The Chapel	1200-1300

Registrations will be processed on a first come, first served basis. The presentation is part of the Staff Wellbeing Programme and is free of charge. [Click here to register.](#)

Contact Lee Tuki [lee.tuki@cdhb.health.nz](mailto:lee.tuki@cdhb.health.nz) or 027 689 0285 if you have any questions

For information regarding incontinence visit <http://www.continence.org.nz/>.



## Annual Artist Doctors & Friends Variety Concert

17 September 2016

We are looking for.....

Artists, Sculptors, Photographers, Crafts People, Jewellers to exhibit in our Art Show.

Musicians, Dancers, Comedians, Bagpipers, Ensembles to perform in our concert.

For more information:

Visit our website [ARTISTDOCTORS.ORG.NZ](http://ARTISTDOCTORS.ORG.NZ)

Or email is at [enquiries@artistdoctors.org.nz](mailto:enquiries@artistdoctors.org.nz)

Event Organiser Ros McCarthy  
Ph. 364 1104 M. 027 353 2639



# Strengths Workshops

MANAGERS  
SUPERVISORS

**NEW for 2016 - Strengths Workshops for Managers/Supervisors**

In the current Christchurch environment it is more important than ever that we take time to focus on our own wellbeing.

With this in mind the CDHB Staff Wellbeing Programme and MHERC are running a NEW series of 2.5 hour workshops focusing on 'Harnessing our Strengths'.

**On completing the workshop staff will have:**

1. A theoretical understanding of the strengths based framework.
2. Tools to enable a greater understanding of themselves and others which can help improve personal wellbeing and interactions with others, both at home and in the workplace.

This NEW workshop is designed to extend the foundation of positive mental and emotional health developed in the Wellbeing Workshops run throughout 2014 and 2015. Managers/Supervisors are therefore encouraged to attend a Wellbeing Workshop before attending the NEW Strengths Based workshop (although it is not a requirement to do so).

#### Workshop Overview:

- Increase understanding of character strengths as personal resources
- Identify and measure personal strengths
- Experience strengths-based conversations
- Engage strengths in everyday life
- Recraft tasks to increase wellbeing

#### Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSc Psycho, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

[Click here to register](#)

Creativity HONESTY  
Fairness Teamwork  
PERSEVERANCE Hope  
JUDGEMENT Prudence  
Humour LEADERSHIP  
BRAVERY GRATITUDE  
Kindness Humility  
Zest Forgiveness  
Perspective Curiosity

**Canterbury**

District Health Board

Te Pori Hauora o Waitaha

 **MHERC**  
Mental Health Education & Resource Centre

**For more information contact:**

Lee Tuki  
[Lee.Tuki@cdhb.health.nz](mailto:Lee.Tuki@cdhb.health.nz)  
027 689 0285



# Wellbeing Workshops

ALL STAFF

For All Canterbury District Health Board Staff

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are continuing to run a series of 2.5 hour wellbeing workshops.

You play a crucial role in the delivery of high quality care to the Canterbury community. It is more important than ever to take time to focus on your own wellbeing.

We are running a number of workshops in 2016 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients – will also benefit.

**2.5 hours to focus on YOUR wellbeing!**

## Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Enhance positive relationships and social connections
- Improve your health and wellbeing: 5 Ways to Wellbeing, Staff Wellbeing Programme

## Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSo Psyo, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

[Click here to register](#)



**Canterbury**  
District Health Board  
Te Pōari Hauora o Waitaha

 **MHERC**  
Mental Health Education & Resource Centre

For more information contact:

Lee Tuki  
[Lee.Tuki@cdhb.health.nz](mailto:Lee.Tuki@cdhb.health.nz)  
027 689 0285