



Achieving financial sustainability continues to be our priority

It was good to have the Minister of Health visit last Thursday. It was an excellent opportunity for some of our clinical leaders and senior managers to connect with him and share some of their concerns and hopes for the Canterbury Health System. He also announced an equity funding injection of \$180M to Canterbury DHB. The equity injection is much needed and appreciated.

The equity injection simply enables us to keep paying people and our bills. I would like to reiterate the point made in my comment to the media what while we welcome the equity support it does not change the need to address our ongoing financial sustainability and the forecast deficit for 2020/21.

Your support and participation in the Accelerating our Future programme of work remains crucial. For more information and to share your ideas check out the [Accelerating our Future site](#) on Prism.

The response below was sent to media which provides some context and explanation of last week's announcement.

Canterbury DHB welcomes the government's confirmation of \$180M of equity support.

The purpose of the equity injection is to maintain the DHB's cashflow through to the end of the current 2020/21 financial year.

Canterbury DHB works closely with the Ministry of Health to manage its liquidity and ensure that there is sufficient cashflow to cover the expenditure incurred from the delivery

of its services. As with most organisations these expenditure items cover a range of things such as payments to suppliers, heating and lighting for buildings and staffing costs etc.

As a DHB, we are working towards financial sustainability.

The DHB's deficit reduction work started last year when we established a number of Taskforces to look at how we could significantly reduce our costs to improve our financial position. At the end of June 2020 we had already saved \$12.9M for the 2019/20 financial year. Much of this was achieved without significant disruption to how we carry out our day to day work.

The DHB's current Accelerating Our Future programme of work builds on this and is based on our most recent draft 2020/21 annual plan, and looks at how the DHB can operate more sustainably for the long term and achieve the \$56.9M savings plan approved by the Board in August this year.

It looks at a range of options available to the DHB to improve operational efficiency and is focused on initiatives that will deliver both a quality and sustainable health service that builds on the strengths of our integrated health system. This plan has been structured to achieve targeted savings with the least possible impact on patient care and to achieve our broader three-year plan to break even.

Here is a link to the [letter from the Minister of Health to the Board Chair](#). It makes clear the Minister's expectations.

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The move to Christchurch Hospital Hagley is getting closer by the day

Today marks the beginning of orientation for staff into Christchurch Hospital Hagley. From first light groups have been heading into the building to get to know their spaces and how to get around. Around 40-45 groups of up to 17 people per day will be going through the building with their trainers or Hagley Operational Transition (HOT) team representative. The building has now been handed over by the Facilities Development Projects team to the operational team, and I would like to take the opportunity to thank



First glimpse outside

Angela Mills and her team for all they've done to get the project to this stage.

You can read more about the team and what they do in the Hīkina to Hagley update on page 5. With just six weeks to go until migration begins, it's important that staff take the opportunity to get into the building and become familiar with it – and going by the faces and exclamations from staff this morning, these visits will be both enlightening and exciting.



ICU team orientation

Update on acting appointments

Following Mary Gordon's recent departure, Becky Hickmott is now Acting Executive Director of Nursing. Mary's facilities responsibilities are being picked up by Rob Ojala, who has been clinical lead for facilities redevelopment. Rob will be the Executive Lead for Facilities. He will be joined by Mark Newsome, an experienced facilities project manager who will focus on operational aspects of the various facilities projects underway for both Canterbury and the West Coast.

Ngā mihi nui

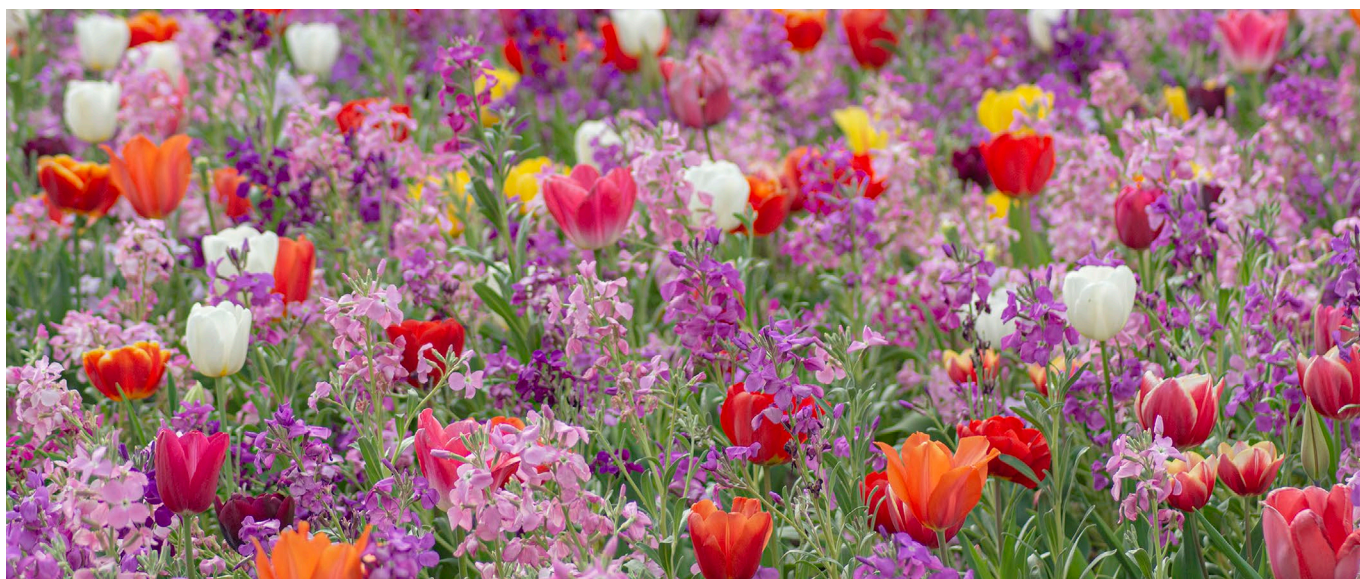
Peter Bramley, Acting CEO
Canterbury District Health Board

Transition to next Acting Chief Executive

It's been a privilege and pleasure to support the organisation over the past six weeks. This week I am starting the process of handing over the role of Acting Chief Executive to Dr Andrew Brant, who will take up the role from mid-October. I will support Andrew during his first weeks in the role to ensure continuity and a smooth handover before I hand over the reins. The recruitment process is underway for a full-time permanent Chief Executive.

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

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



Bouquets

Louise Mullan, West Community Team, Hillmorton Hospital

Words cannot express my gratitude for all your care and support over the years. You are an excellent health professional and I hope you know how much of a difference you make in people's lives. I honestly couldn't have got this far without your unwavering support. I am eternally grateful, with so many thanks.

Ward 19, Christchurch Hospital

A huge thank you to my team during my stay on Ward 19, in particular, Dr Phil, Mr Schouten, Charge Nurse Karen, and nurses Alex and Georgia. I appreciate your professionalism, excellent care, and going the extra mile to ensure I had the most comfortable stay.

Emergency Department, Christchurch Hospital

I had an incident and required ambulance services and a check-up in hospital. I would like to give my thanks and appreciation to everyone. This includes Rod and Sam in the ambulance, who calmed me down and made me feel like I was in safe hands, Ryan, the nurse practitioner, who was wonderful and informative, and Dr Samuel Yit Syn Chia, clinician and resident medical officer, who was fantastic. Thank you so much for everything.

Managed isolation quarantine, Sudima Hotel, Christchurch Airport

I know how this COVID-19 is tricky and how these times are stressful, but I would like to congratulate the staff and Defence Forces at the Sudima Hotel, Christchurch Airport. The nurses were very professional and smart. The wellbeing staff are awesome too. Thank you for taking care of us.

Day Surgery, Christchurch Women's Hospital

The whole team that looked after my grandson was just amazing. They were humorous and had him totally at ease. Everything was explained in a way everyone understood. I cannot commend them enough.

Clinical Nurse Specialist Kim McLachlan, Ward 19, Christchurch Hospital

We would like to bring to your attention our commendation of the superb, professional and caring service by Clinical Nurse Specialist Kim McLachlan. We have watched how she supervises her crew to get the best outcome and service. A few patient incidents that occurred around us were handled swiftly and effectively. We would like to thank Christchurch Hospital for having people like Kim to take care of people like me as well as extended family. She is absolutely lovely. We will be eternally grateful.

Gynaecology, Christchurch Women's Hospital

Very friendly staff. Fantastic and professional. Made me feel really comfortable. Thanks.

Ward 28, Christchurch Hospital

Our first time in an adult ward. My son has very high needs. My experience on Ward 28 was fabulous. I felt supported as his carer. It has been a very positive experience. Thank you.

Radiology, Christchurch Hospital

We would like to thank you for the kind and wonderful treatment we received from all your staff while my husband had his treatment. We did appreciate how everything was explained to us and always with a smile. God bless you all.

Emergency Department (ED), Christchurch Hospital

All staff we dealt with have been absolutely fantastic. Everyone has been really helpful and explained everything well. We appreciated the staff who came around asking if they could get us a hot drink. The orderly who took me to my CT scan was very friendly, helpful and kind. Thank you so much, you have been absolutely fantastic. Aroha.

ED, Christchurch Hospital

Came here by ambulance with expected heart problems. I am grateful for and deeply impressed by the care and professionalism of everybody involved. Big hugs to all.

Eye Outpatients, Christchurch Hospital

Very friendly, helpful staff. Thank you for taking care of me. Also, the new building is a heartfelt change to other hospital experiences. It was lovely to be here.

Outpatients, Christchurch Hospital

Lovely staff.

Hospital and area not specified

Everything great. Lovely staff. Thanks.

Play Specialists, Paediatrics, Christchurch Hospital

We are regulars here with our two-year-old's congenital heart defects and the older he gets the more anxious he has become. On our last visit in June we had a play specialist with us for some of the tests and those bits went smoothly. The ECG not so and caused him stress. This time we had a play specialist the whole way through and it was seamless. The staff got the data they needed, and our son even had fun. It was amazing. We can't thank the hospital enough for this service. It's stressful on the whole family coming and going but that was all taken away. It made everyone's job easier, but most of all our son was happy.

Plastic Outpatients, Burwood Hospital, Outpatients, Radiology, Radiology Intervention and Cancer Nurse Coordinator

I have been involved with staff in the Plastic Outpatients department with regard to skin cancer treatment, this time supported by scans at Burwood, a biopsy, and pre-admission staff in Outpatients. All have been excellent. In particular, I am writing to thank Canterbury DHB for the creation of the position of Cancer Nurse Coordinator currently occupied by Abbie Cameron. From the perspective of a patient, this is a very valuable position. Over the course of the last few weeks I have dealt with quite a few specialists, nurses, etc. It becomes a bit bewildering and overwhelming to do anything other than follow through the system. But having a coordinator makes a huge difference to the mindset of a patient. Issues get discussed before, during and after appointments and just knowing that there is the availability of a 'hotline' to discuss things. This is not only hugely beneficial to patients, many of whom are stressed and worried, but it is very likely to reduce the number of calls patients make to other staff to seek clarity or reassurance. I understand that the budget situation at Canterbury DHB is tumultuous at best, and sympathise, but I make a strong plea for the retention of this position because it is so valuable to patients. Not only is the position important, but I would like to say that Abbie is excellent in this role. She is a very clear communicator, excels in her role as go-between for patients and the medical team, and goes the extra mile to reassure patients. It feels as if she is genuinely happy to communicate with patients and just knowing that someone knows us a little as a person and will do their best to make things simple is very reassuring to patients. In my case, I feel this accessibility has led to a better course of action than would have occurred without her presence. Please accept my sincere thanks and appreciation for the way I have been treated and looked after.

UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
Te Pori Hauora o Wairarapa



Hikina to Hagley

MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

The Facilities Development Projects team hands over to Operational team

You may only know them as the team in hi-vis vests, but the Facilities Development Projects (FDP) team is much more than just guides and supervisors.

The FDP team has been part of the Christchurch Hospital Hagley project since inception – that's around 10 years for most of them, including Manager Angela Mills.

From the very start of the design process, the team have been involved in user group discussions and planning, liaison with suppliers, contractors and multiple internal and external groups including users, management, contractors, architects, Ministry of Health and the Canterbury DHB Board.

The team has been responsible for bringing design concepts to life, tracking everything that goes into the building – from rubbish bins to gloves to beds – and ensuring that everything

that goes in is put in exactly the right place at the right time to ensure the project moves forward.

This is a gross simplification of what the team has done to date. They have well and truly earned a break now that the baton for responsibility of the building has passed to the Operational team.

While FDP staff will still visit the site to monitor defect rectification, they can now be found back at the Corporate Office, rather than on site all day every day.

The FDP team themselves would like to thank the many workers that have helped get the building prepared for orientation over the past eight weeks. The list includes the Environmental Services team and their team of 20 contracted cleaners; the Supply, ISG, Pharmacy, and Clinical Engineering teams; clinical users; and the Maintenance and Engineering team



Angela Mills, Programme Manager Facilities Development Project

furiously commissioning building services alongside the contractor teams.

So next time you see someone in a hi-vis vest – from the FDP or any of the teams – feel free to offer a word of thanks. They've earned it!

Five S – Standardise

Step five of the 5-S process is standardise.

This means the organisation sets consistent standards so that staff who work in different areas are not expected to work to different standards. This saves time as it allows routine tasks to be done in a routine way.

- › Make different work areas with the same function the same
- › Create guidelines and checklists
- › Make standards visual e.g. labelling, colour coding, min/max levels.



Looking after yourself

Avoiding neck strain

We're spending more time on mobile phones, laptops, computers and tablets, which leads to the risk of a common health issue called 'tech neck'. This is musculoskeletal discomfort usually associated with looking down at a device.

What can you do to avoid neck strain?

Move more – If you've been in a stationary position for a while, remember to get up, walk around and try some neck and shoulder stretches frequently throughout the day.

Your neck is an extension of your spine – Keep it lengthened. The further forward the head hangs, the greater the pressure on the spine.

Avoid overreaching – Whether it's reaching for something in the back of the car, at the back of your desk, or over a patient at work. Think about whether you can realistically reach it and, if not, reposition yourself.

Hold it! – Avoid cradling your phone with your shoulder. Hold it in your hand, or better still, consider using your head phones. If you don't need to be on your phone, put it down, enjoy nature!

Disconnect when you can – Laptops, cell phones and tablets should only be used for a small amount of time. Adjust the settings on your devices to reduce blue light after a certain time. e.g. 8pm onwards.

Workstation set up – If sitting at a desk or using a computer in any part of your day, make sure your chair is set at the correct height, so that your shoulders are relaxed when typing, and the top of the screen is at eye level.



Stretch it out – Try these three stretches to get some relief from neck strain

- › Sit or stand upright. Without lifting your chin, glide your head back until a stretch is felt.
- › Drop head slowly to one side, taking ear towards shoulder until stretch is felt.
- › Raise shoulders towards ears until slight tension is felt across tops of shoulders.
- › Sitting with back supported, slowly roll shoulders up and backwards in a circular motion.

Hold each of these stretches for a slow count of 10 and repeat them three to five times.

Try a few of these suggestions throughout your day and see if it helps with neck strain.

Check out the [Wellbeing Health and Safety](#) section on Prism for more information to help you be and stay well at work.



CCDM

Care Capacity
Demand Management

Safe staffing, healthy workplaces

TrendCare roll-out almost complete for Care Capacity Demand Management (CCDM) programme

A tool that is integral to helping ensure we have the right nursing and midwifery staff, in the right place, delivering the right care at the right time has now been introduced to 80 percent of its target areas across Canterbury DHB.

TrendCare is a validated patient acuity software tool for inputting data on the intensity of nursing or midwifery care required by a patient, for each shift, so that there is a clear view of patient acuity demands for every ward and area.

It's now being used widely at Christchurch Hospital Campus by medical wards 23, 24, 25, 27, 12, and 14, the Coronary Care Unit, three surgical wards (Urology and wards 11, and 20), the Emergency Department, and Women's and Children's Health.

This month, surgical wards 10, 15/Surgical Progressive Care Unit, 16/Surgical Assessment and Review Area, 17, 18, 19, the Bone Marrow Transplant Unit, 26 and 28, along with the Acute Medical Assessment Unit, had their first implementation workshops for champions. These people will help train others in how to use the tool.

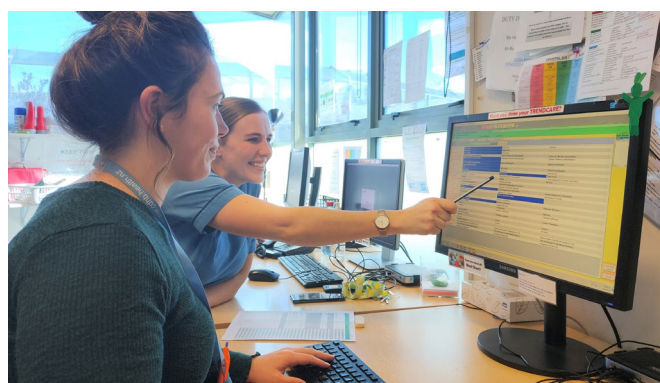
TrendCare is also embedded at Specialist Mental Health Services (SMHS), Ashburton Hospital and Burwood Hospital.

Areas that are still to go live with TrendCare are the Intensive Care Unit, Neonatal Intensive Care Unit and the day units across the various sites and divisions.

CCDM Nursing Director Janette Dallas says she is impressed with how the wards new to TrendCare have embraced the programme and are making it part of their daily practice.

"The enthusiasm from staff, particularly those currently implementing TrendCare, to use TrendCare and get their data right, shows a commitment to achieving safe staffing and quality patient care."

For areas well progressed with using TrendCare, the next step is Inter-Rater Reliability (IRR) testing. The IRR process ensures that data is being reliably and accurately entered



Acting Charge Nurse Manager Rita Williams testing Clinical Nurse Specialist Christie Higginson from West Inpatient Unit at Hillmorton Hospital

in TrendCare and provides an accurate reflection of what's happening on the unit.

The Specialist Mental Health Service is progressing with their testing while Burwood Hospital and Women's and Children's Health are set to begin within the next few weeks.

In addition to this work the team is preparing for the implementation of Variance Response Management (VRM). VRM will be used to address staffing needs on a shift-by-shift and even hour-by-hour basis to respond to changes in acuity across the hospital.

A key part of this process is the development of electronic screens that will show ward acuity across the hospitals, allowing for collaboration between wards to safely meet the needs of all patients.

Four Local Data Councils (LDCs) have also been established for Christchurch Hospital. These groups use the data from TrendCare to inform quality improvement initiatives. LDCs will look at TrendCare and other data to inform quality improvement initiatives. The LDCs are currently working on their first small scale quality initiatives.

Tribute to Mark Smith, a wise doctor, esteemed colleague, inspirational leader

Canterbury DHB Clinical Director Haematology Mark Smith died suddenly from a medical event last month. This is an edited version of colleague and friend Haematologist Peter Ganly's eulogy at Mark's funeral last week.

Soon after Mark became a doctor in 1985, he decided to specialise in Haematology, or the management of disorders of the blood and started his training in haematology in 1991 under the supervision of Michael Beard and the team in Christchurch, developing a particular interest in bleeding and clotting. On qualifying as a specialist in 1995, Mark was appointed to his first consultant post at the prestigious centre for thrombotic and haemostatic disorders at St Thomas and Guys hospital in London. Before long he became their clinical director, serving there for several years. Then, an opportunity to attract Mark back from the UK came up. In 2002 we were successful in appointing him here.

Mark was born to be a doctor. Throughout his life he has demonstrated and he has lived every quality which everyone in Medicine must aspire to. First and most importantly, he has held his patients and their families at the centre of his thinking. Yes, he had great knowledge and experience, but much more he has had wisdom to know, for each of his patients, what can be done, what should be done and what must be done. He has remained alongside his patients throughout and has been rewarded constantly with their gratitude.

Like any doctor Mark has been driven to research and enquiry. Mark has been very successful in this world, particularly of course in haemostasis and thrombosis. He has conducted basic and applied medical research, obtained very significant grant funding for his work, collaborated with several international groups, published extensively in the international literature and lectured at and chaired meetings throughout the world. Mark chaired the DHB research committee for many years, reviewed numerous grant applications and manuscripts and underpinned the research development of others particularly his trainees. Mark has been central to the research community in NZ and has been a leading light of the haemophilia and thrombosis community within Australasia.



Mark has been our leader. His style is to listen to everyone first, and to be sure to hear everyone, and then to quietly decide what to do and get on and do it, and vigorously. All of this with his gentle sense of humour.

Many people from all disciplines within the department have this last week reminded me of his style of supervision. The common thread has been how he has been able to facilitate and motivate each person's acquisition of knowledge and skills, and then has encouraged them to gain considerable autonomy, enabling them to stand up and take responsibility.

Just as blood flows throughout every part of the body, no part of health is untouched by Haematology. Mark's mana and influence have flowed far beyond our own department, into all of Medicine and Surgery, into primary and secondary care. Every practitioner within Canterbury and beyond has had at one time or another cause to thank Mark for his tireless support and ready advice through tricky problems.

When you work with someone every day, for many years, you will know exactly their value. When something fell over, when we had an earthquake, when we had the atrocity at the Mosque, when COVID struck, Mark, to paraphrase loosely, could keep his head when everyone about was losing theirs. Everything about Mark was, to use Jacinda's word, kind.

Wise doctor, esteemed colleague, inspirational leader.

Te tau o taku ate/Truest friend.

A rooftop terrace with potential

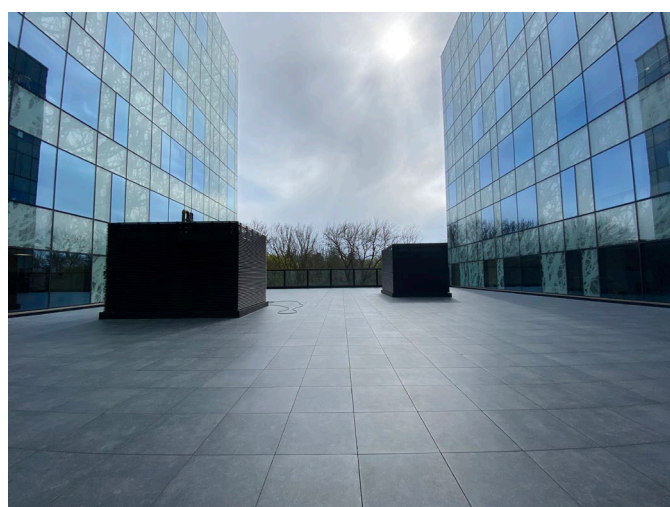
In the heart of the new Christchurch Hospital Hagley building, nestled on top of the podium between the ward towers, is a rooftop terrace area set aside for use as an outdoor green space. It has been fitted out with plain grey tiles and at the Hagley Park end, glass panels that provide an uninterrupted vista into the treetops of the park.

A number of staff members have come together with contacts and colleagues to raise funds to beautify this space for our staff, patients and whānau. Armed with a beautiful landscape design plan generously provided by Tony Milne from Rough and Milne Landscape Architects, plans are afoot to raise the \$500,000 required to bring his vision to life.

A Garden Party hosted at the Christchurch Art Gallery on Saturday 24 October will add to efforts already underway – donations are already coming in, including a generous amount from a private donor and donations of services to assist in constructing the garden.

Full details of the project and tickets for the Garden Party can be found on the [Māia Health Foundation website](#). A [Facebook page](#) and [Instagram](#) account have also been set up to help share progress on this delightful project.

If you wish to help our garden grow or want more information you can email hagley@cdhb.health.nz.



The Terrace is currently an empty space of grey tiles between the two towers



Once funds have been raised, work will begin to create a beautiful Terrace Garden

University of Otago *Research Radar* Christchurch

Innovative research recognised

Two Christchurch researchers working to 3D-print veins and tissue and study the progression of bowel cancer from inflammation to tumour have received prestigious University of Otago awards for their work.

Both researchers are working with Canterbury DHB specialists to ensure the clinical relevance of their work.

Every year the university presents a handful of promising scientists with Early Career Awards for Distinction in Research. Two of the five awards presented this year went to Christchurch-based researchers.

One recipient is Khoon Lim from the Department of Orthopaedic Surgery and Musculoskeletal Medicine. That department is headed by Surgeon Gary Hooper. The second Christchurch recipient is Rachel Purcell, who works in the Department of Surgery with Bowel Cancer Surgeon and Researcher Frank Frizelle.

Khoon says almost all tissues and organs in the human body need oxygen and nutrients from functional blood vessels to survive.

"Disruptions to circulation can damage blood vessels but there are currently no treatments to fix them."

One of his research projects is the regeneration of blood vessel architecture using 3D-bioprinting with special growth factors. He has also pioneered a type of bio-ink that contains human cells and can be 3D-printed to form the basis of blood vessels or human tissue.

Khoon's patented bio-ink allows more cells to survive and thrive and is being used in research laboratories and 3D-bioprinting companies internationally.

"While my research is based in the laboratory at present, the aim is to one day have the knowledge and technology to produce enough viable 3D-printed material to be used in surgeries," he says.

Rachel is studying the role of the microbiome – the community of different bacteria living in our gut – on the development of colorectal cancer and other gastrointestinal diseases. She is investigating the different molecular and genetic sub-types of colorectal cancer.

Rachel and her team were first in the world to show that differences in the gut microbiome are linked to different molecular types of colorectal cancer. Her current work is looking at microbiome functions that alter response to therapy, and how modulating the microbiome can improve outcomes for patients with colorectal cancer.



Senior Research Fellow Rachel Purcell



Senior Research Fellow Khoon Lim

Public views sought on future of Greater Christchurch

What's your vision for Greater Christchurch in 2050? That's the question people are being asked as public engagement begins on a project to develop a 30-year plan for the area.

Greater Christchurch 2050 is an opportunity to reset and refresh our priorities post-earthquake and in response to COVID-19. The initiative is driven by the Greater Christchurch Partnership: councils, the district health board and government agencies. The partnership also includes Ngāi Tahu, strengthening local relationships with mana whenua and ensuring that iwi aspirations and outcomes are visibly integrated into the strategy.

The Greater Christchurch area includes Christchurch city and surrounding towns in Selwyn and Waimakariri districts from Rolleston to Rangiora. Partner agencies are committed to reimagining the area, with a combined accountability to realising a plan that will strengthen and inform long-term partnerships with government.

"Over the past decade, this area has faced unprecedented challenges to its social, economic, cultural, and environmental fabric," says Christchurch Mayor Lianne Dalziel. "It's now time for us to look forward – we have the right tools, partnerships and planning capability in place to both respond to the many challenges we face but also to make the most of the opportunities presented by our people, our regional strength and our place in the world. The time for Greater Christchurch is now."

"This plan will help us reposition ourselves for the future as we emerge from the COVID environment."

Environment Canterbury Chair Jenny Hughey explains that how we collectively treat our natural environment will directly impact on the wellbeing of the people we serve.

"The challenges ahead of us are huge. Nationally, the target is that New Zealand is net zero carbon by 2050. If we are to address our environmental challenges and provide the quality of life that Greater Christchurch is known for we need to act now and together."

The economies and communities within Greater Christchurch are closely inter-connected, says Selwyn Mayor Sam Broughton.



"The people we serve move between our district boundaries to access employment, use facilities, shop and socialise. The important question as we look ahead is, how do we use our collective investment, resources and tools to greatest effect for our communities in the sub-region and wider Canterbury?"

Waimakariri Mayor Dan Gordon says presenting a unified vision is important in our dealings with the Government.

"We know we have benefited from significant post-quake Central Government investment. However, we now need to shift our engagement and ensure we are also attracting and receiving the share of investment and the type of partnership with Central Government that will benefit New Zealand."

Greater Christchurch 2050 timeframes

1. Public engagement to understand people's priorities for 2050 from 3 October – 8 November 2020
2. Stakeholder workshops will occur in November – December 2020
3. The Strategic Framework and Plan will be developed using this information and delivered by June 2021.

Want to know more?

Visit greaterchristchurch.org.nz

Biketober event – 1445 Hagar Bike Challenge

If you are looking for some fun outdoor exercise, you may like to take part in one of the many Biketober Festival of Cycling events across the city this month.

One such event is the 1445 Hagar Bike Challenge this Saturday. Wedding attire is encouraged and Biketober will provide prizes for the best outfits and a free coffee along the way.

Among those taking part in the challenge is Health Promoter Meg Christie, who works at Community and Public Health.

The bike ride will benefit Hagar, an organisation that helps women sold into forced marriage and/or slavery recover.

Meg and the other cyclists are going to try and collectively bike 1445km.

"That is the length of the Vietnamese/Chinese border, a known spot for human trafficking. We want to travel this distance in one day to raise awareness for Hagar's work with survivors of this and other abuses," Meg says.

"We have made ourselves a 105km loop around Christchurch. If Hagar New Zealand receives \$500 worth of donations in my name by 9 October, I will ride the full 105km loop in a wedding dress, veil and blonde wig!"

She anticipates this will be uncomfortable, hot and scratchy, and embarrassing, given they will be stopping at different cafes along the way.

"I figure it's the least I can do for women and girls who have been trafficked or suffered other forms of abuse. I've been married twice, both by choice: once in a maternity sack and the second time in burgundy and black. Never in frilly glittery white.



Health Promoter Meg Christie in the bridal outfit she is likely to wear on the bike ride

"The women Hagar supports don't get any choice of the groom – let alone the frock! Come on, give me my chance to be a bride in white and look ridiculous!"

For more information about the bike challenge, visit the [1445 Challenge Facebook page](#).

Find more about this month's cycling events and activities, check out the [Biketober website](#).

One minute with...

Sue Johnson, Occupational Therapy Assistant, Burwood Hospital

What does your job involve?

Working under the guidance of the registered Occupational Therapists and as part of the wider multidisciplinary team on Ward C1 (Older Persons Rehabilitation) which includes running groups and activities to engage patients in rehab.

Why did you choose to work in this field?

Occupational Therapy is a holistic role and has a large interest in working with the patient as a 'whole.'

What do you like about it?

I really enjoy working with elderly people as I think they have a lot of wisdom and resilience for life and I enjoy listening to the personal stories that they share with me. I love working with them and being a part of their journey to achieving their goals.

What are the challenging bits?

I find it challenging when working with patients who are having to move into a care facility and providing them with emotional support as they work through this loss in their life.

Who inspires you?

I have worked with many very talented occupational therapists over the past 25 years and I have learnt so much from them.

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

I believe that I am a very strong patient advocate and will always try and do my best for the patient's wellbeing and give them the respect that they deserve.



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

What's this? I don't have one!

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

New Zealand. I think it's the best place to be.

What do you do on a typical Sunday?

Have a long sleep in and I love having lunch at Ballantynes with friends.

What's your favourite food?

Thai and Moroccan.

And your favourite music?

I love all types of music, except heavy metal and rap. I especially love it when Anthony, our orderly, comes and sings and Don comes to play the piano on the ward for the patients.

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

Something For You

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

New Springfree Trampoline deal in time for summer!

Canterbury DHB employees are eligible for a free FlexrStep (ladder) and a free FlexrHoop (total value \$298) when purchasing a trampoline from Springfree Trampolines. Find your nearest store [online here](#), and remember to take your Canterbury DHB ID with you.

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



we're talking health...

An evening of nine talks from nine Canterbury researchers who are improving our healthcare. Attend in person at Manawa Foyer, 276 Antigua Street or join us online. **Register now**

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EVENT**

Te Papa Hauora Invitation to Health Research Talks

Te Papa Hauora – Christchurch's Health Precinct – invites you to attend (in person or online) a fun evening of talks from leading researchers in Canterbury who are improving health outcomes in our community.

This free public event will be held on Wednesday 14 October at Te Papa Hauora's Manawa at 276 Antigua Street, Christchurch AND streamed online. Refreshments from 5pm, talks begin at 5.30pm.

Speakers and topics this year include:

- › Oral health in our tamariki; do baby teeth matter?
Professor Philip Schluter, University of Canterbury
- › Mood disorders, memory and the brain.
Professor Richard Porter, University of Otago Christchurch
- › Spinal manipulation; more than just a click.
Dr Kesava Kovanur Sampath, Ara Institute of Canterbury

- › "Not another Katrina": Managing vulnerable communities following a disaster.
Becky Hickmott, Canterbury District Health Board
- › Making the decision to use water immersion in complex pregnancy.
Kelly Kara, Ara Institute of Canterbury
- › Building a healthy brain.
Professor Julia Rucklidge, University of Canterbury
- › Bringing gout out
Professor Lisa Stamp, University of Otago Christchurch
- › Making a real and meaningful impact in healthcare research
Dr Martin Than, Canterbury District Health Board
- › Maori health: making a difference
Amber Clarke, Te Rūnanga o Ngāi Tahu

For more details on the presentation topics and to register, visit the [Te Papa Hauora website](#).

Recognising the signs of stroke

The Stroke FAST 2020 campaign has begun to raise awareness that stroke is a brain attack, it is always a medical emergency, what the signs of stroke are, and to call 111 immediately.

The campaign encourages everyone to learn the key signs of stroke and to think FAST and act fast if they suspect a stroke.

It is vital to recognise when someone is having a stroke and to start treatment as soon as possible, because the sooner medical treatment begins, the more likely brain damage can be reduced, and a better outcome achieved.

The quicker a clot can be dissolved or removed, the less damage is done, and the better the chance of a strong recovery. Prompt action can save lives - as well as improve recovery.

The Stroke Foundation says it is predicted that over 11,000 New Zealanders will experience a stroke in 2020. On average, one person has a stroke every 45 minutes.

The campaign is a partnership between the Ministry of Health, The Stroke Foundation New Zealand and Te Hīringa Hauora and has run since 2016.



Visit the Canterbury Clinical Network (CCN) website [here](#) to read the key messages from the Alliance Leadership Team meeting held Monday 21 September 2020.

The meeting heard a Te Tumu Waiora Canterbury presentation, discussed CCN 2019-20 reports and more.



PORN & YOUNG PEOPLE IN AOTEAROA

PORN 101 & TOOLS AND STRATEGIES TO EQUIP HEALTH PROFESSIONALS

*Equipping professionals with the skills and confidence
to positively navigate the new porn landscape.*

Porn is now a primary sexual learning tool for many young people in Aotearoa, shaping youth sexual culture in new and diverse ways. The Light Project is providing evidence-based professional development workshops for health professionals working with young people. This workshop will equip professionals with porn industry and content knowledge and provide in-depth assessment tools, strategies and pathways of care for porn related issues amongst young people in New Zealand.

WHO SHOULD ATTEND?

Any professionals interested in youth health, sexual health, sexual violence prevention, family violence, school/tertiary health or mental health.

Tuesday 20th October 2020, 11am - 3pm
La Vida Conference Centre
34A Hansons Lane, Upper Riccarton, Christchurch

To register contact anjie@thelightproject.co.nz
www.thelightproject.co.nz

KEY TOPICS COVERED

- **The new online porn landscape:** the porn industry, content, trends, messaging and marketing.
- **NZ young people and porn:** NZ research on youth consumption, usage, experiences and behaviours, and youth feedback on porn related issues.
- **How porn is impacting young people:** sexual attitudes and behaviours, sexual health and wellbeing and mental health impacts.
- **Porn literacy tools and strategies:** tools for effectively engaging in safe and nonjudgmental porn conversations and developing porn literacy skills in young people surrounding porn and consent, respect, gender, safety, and sexual wellbeing.
- **Assessment tools and strategies:** Frameworks and tools to both identify porn related issues for users and non-users and provide care and support.
- **Clinical care pathways:** tools, strategies and pathways for problematic porn usage.
- **NZ support services:** youth services, apps and online support for porn related issues.

