



Acting Chief Executive
Peter Bramley

Farewell to a much-loved and highly regarded nursing leader

Executive Director of Nursing Mary Gordon's last day is this Friday 18 September. Becky Hickmott, who will be acting in Mary's role from next week, reflects on Mary's career and contribution.

Mary is a born, bred and very proud West Coaster who began her nursing career on the West Coast in 1981. Following completion of her training in 1984 she worked in a variety of clinical settings within Grey Hospital. She moved to Canterbury in 1985 and worked in Cardiology for several years at The Princess Margaret Hospital. Following a year of study in 1990, Mary changed her focus and moved into population health services where she established the Health Promotion Service working with public health nurses and rural nurses providing health education and health promotion campaigns for the West Coast region.



Mary Gordon with the Directors of Nursing and Nursing Leadership team earlier this month



From left, Florence Nightingale Scholar Lynne Wogens, Nurse Manager – Nursing Workforce Development Becky Hickmott and Mary Gordon in 2015 when Lynne visited Canterbury to study the nursing contribution to integrated care

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In 1995 Mary moved into her first nursing leadership position at the West Coast and since then she has worked in South Canterbury and Counties Manukau before moving back to Canterbury where Mary was appointed as Executive Director of Nursing for the Canterbury District Health Board in September 2002.

Mary has been instrumental in bringing together nursing leaders from across the Canterbury Health System over the past 18 years. She has a clear vision and has been focused on ensuring a more integrated health system for the people at the centre of our care.

She has built a strong culture of "growing our own" and over the years has significantly increased the new graduate registered and enrolled nurse workforce through the introduction and support of the Dedicated Education Units, New Entry to Practice and New Entry to Speciality Practice Mental Health and Addiction Programmes and the soon-to-commence Enrolled Nurse Supported into Practice Programme. Mary's sponsorship of the development of nursing career pathways has been an integral part of this journey advancing and enabling nurses across our region to progress and acknowledge their skills through the Professional Recognition Development Programme. Mary has also played a vital role in encouraging post-graduate study, research and leadership programmes, which has ensured a vibrant and sustainable nursing workforce for the future.

Mary is a member the group, the College of Nurses Aotearoa, and as a member of both the National Nurses Executives of New Zealand (NENZ) as well as National Lead Directors of Nursing and the South Island Nurse Executives group. Mary's collaborative approach has extended to the wider South Island within the alliancing model.



Mary Gordon with the inaugural Gerontology Acceleration Programme (GAP) Graduates in 2014



Mary Gordon with the Directors of Nursing in 2007



Mary Gordon with the Gerontology Acceleration Programme (GAP) Graduates in 2015

She has chaired two of the South Island Alliance groups: the South Island Workforce Hub, and the South Island Quality & Safety Alliance. She has also undertaken the Executive Lead for Facilities Management and has been responsible for leading both the repair strategy as well as the new build of Christchurch Hospital Hagley, which is the largest hospital build this country has ever experienced.

Mary is affectionately known as the “Queen of Everything” to her immediate colleagues, and those she has worked with over the years describe her as a straight shooter, honest and open, willing to call a spade a *#!ing shovel if need be, a trusted advisor and mentor, always accessible and giving of her time, and shows incredible passion for patients, her profession and our health care systems.

Mary is a teacher. She is also highly ethical, a great thinker, a wonderful storyteller and a determined, brave, compassionate and dedicated nurse leader. Her team also describe her as an innovator, a visionary, inspirational and, most of all, calm in the many natural and manmade emergency events that Canterbury has endured in her tenure.

Mary is also highly respected and valued across the country for her wisdom and strategy and will be sorely missed by health professionals across the system.



Mary Gordon farewelling Shelley Frost at her last meeting as Director of Nursing for Pegasus Health in 2014

As Eleanor Roosevelt said about leadership, “To handle yourself, use your head; to handle others, use your heart.” This, Mary, you have done! Sixteen little words hardly say enough but “Thank you Mary for all you have done, for nursing, health and the people of Canterbury!”

Mary’s farewell

Under COVID-19 Alert Level 2 there is a limit to how many people can attend Mary’s farewell. The event is being videoed and a link to view the video will be made available as soon as possible.

Thank you Mary, for everything you’ve done for nursing, for facilities development and the people of Canterbury.

Every moment can be a Te Wā Tuku Reo Māori – Māori Language Moment

Executive Director Māori and Pacific Health Hector Matthews talks about the significance of this week for te reo Māori.

It has been 45 years since Māori Language Week was first celebrated in 1975. Three years before the week became established as the annual celebration we recognise today, there was a key moment in history which gave te reo Māori back to all New Zealanders.

That moment is now known as Māori Language Day, which commemorates this day in (14 September) in 1972 when the Māori language petition was presented to parliament. The petition, supported by more than 30,000 signatories, called for courses in Māori language and culture to be offered in New Zealand schools. Usually a story like this ends with the words ‘and the rest is history’ but when it comes to te reo Māori it is not only about the history of our language but how we use it and celebrate it today and into the future.

We also need the opportunity to pause and remember how things have changed and celebrate our successes. Mahuru Māori has been part of the calendar since 2017 when it began as a way of promoting the use of te reo Māori throughout the month of September.



Why just a week? Why not a year? Why not a decade? A century?

Because New Zealand is revitalising the Māori language and a part of that is celebration of our success and promoting te reo Māori.

Māori Language Week gives us an opportunity for concentrated celebration, promotion and encouragement. And every minute of every hour of every day is a Māori language minute – where we can choose to use te reo. Every time we do, even just a 'Kia ora!' contributes to revitalisation.

Te Wiki o te reo Māori is becoming a major fixture on the national calendar, providing an opportunity for concentrated promotion, raising awareness and giving

an opportunity for expert and advanced speakers to encourage others on their te reo Māori journey.

Mahuru Māori is a challenge for each and every one of us to take up, no matter what our current level of Māori language may be. The idea is that we consciously speak more of the Māori language every day during the month of September.

Strength for an endangered language comes from its status, people being aware of how to support revitalisation, people acquiring and using it and from the language having the right words and terms to be used well for any purpose.

For more information, visit: <https://www.mahuruMāori.com/>

What can you do?

It's simple. Choose to use te reo. Remember, it's not about being perfect – it's just about karawhiua/having a go!

Useful tips available online

Check out these websites to help you make every moment a Te Wā Tuku Reo Māori – Māori Language Moment:

- › Home of [Te Wiki o Te Reo Māori](#)
- › Download [Te Wiki o Te Reo Māori resources](#)
- › Search the [Te Aka Online Māori dictionary](#)
- › Practise Kupu o te Rā (word of the day) and Kupu o te Wiki (word of the week) at <https://kupu.Māori.nz/>

Join Hauora Māori for waiata – Friday 18 September, Great Escape Café, 11.30am –12.30pm

Come along and celebrate Te Wiki o te reo Māori – Māori Language Week – with our Māori health staff as they perform a waiata at the Great Escape Café. Please bring along and wear a mask for this event as maintaining appropriate physical distancing may not be possible.

Kia tika te reo, kia rere te reo, kia Māori te reo

(May the language be correct, may the language flow, may the language be te reo Māori)

Mā tātou katoa te reo Māori e whakarauora:	Everyone can contribute to te reo Māori revitalisation:
Whakatauhia te reo Māori ki te wāhi mahi me te hāpori	Make te reo welcome at work and in the community
Whakahau i ētahi atu ki te kōrero, ki te ako hoki i te reo Māori; whakauruamāi hoki te reo Māori ki tōu ao	Encourage others to use and learn te reo Māori; welcome Māori language into your life
Kia tika tonu te whakahua i te kupu Māori i ngā wā e kōrero Pākehā ana	Pronounce Māori words correctly when speaking English
Ahakoā iti, akona, kōrerohia	Learn a little, use a little
Kia nui ake te ako ka kōrero ai	Learn more, and use what you know
Whāia te ara poutama o te reo ka tohatoha ai.	Keep improving your language, and share what you know

Passionate contributor to mental health services retires

Last Thursday, our Specialist Mental Health Services fondly farewelled Barbara Wilson after 47 years of service.

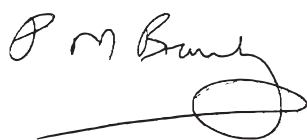
Barbara started her training at Sunnyside Hospital in 1973. Aside from a couple of breaks for her OE and to start her family, Barbara spent her career within Specialist Mental Health Services, initially as a Psychiatric District Nurse, then as a Unit Manager, before moving into key roles within Quality & Patient Safety. Most recently, Barbara generously agreed to cover the role of Acting General Manager while the service worked through the recruitment process.

Last week's farewell, hosted by Te Korowai Atawhai, recognised the commitment, the energy and the passion that Barbara brought to all that she did. Superintendent John Price, District Commander of New Zealand Police, spoke warmly of her contribution to the trust and partnership that exists between the two organisations and the impact that this has had on care for mental health consumers and their family-whanau.

Her empathy, professionalism, leadership and expertise will be remembered by her colleagues, consumers and families alike. She made a difference, and she will be missed.

Enjoy your retirement Barbara and thank you for everything you have done for mental health services and tangata whaiora/consumers.

Ngā mihi nui



Peter Bramley
Acting CEO
Canterbury District Health Board



Ruth Cochrane presents flowers to Barbara Wilson



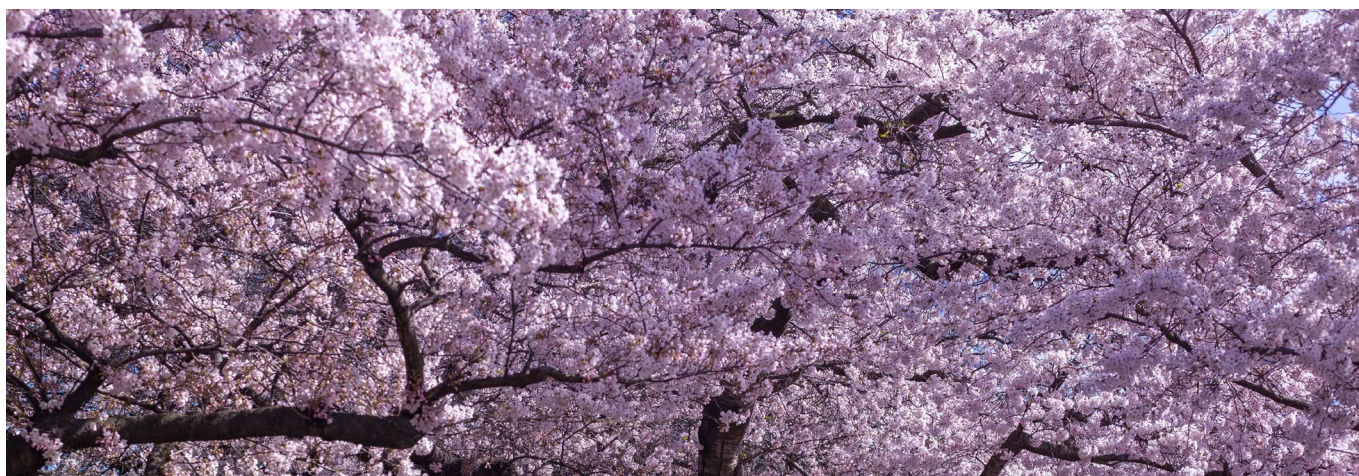
Acting Director of Quality and Operations Vicki Dent speaking at Barbara Wilson's farewell



General Manager Specialist Mental Health Services Greg Hamilton speaking at the farewell last week

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

Gabby, Ward 10, Christchurch Hospital

Gabby in Ward 10 is an absolute gem. Her personal and professional manner made my short stay with her my most pleasant in Christchurch Hospital, and I've spent a lot of time there. She also took my call after discharge to answer a question I had and displayed the same friendly manner and professional expertise that I needed. Gabby is a model for how service should be delivered in Canterbury DHB, and she has my trust and respect.

Dermatology Outpatients, Christchurch Hospital

The Dermatology department have been lovely. They were understanding and managed to fit me in for an appointment when I was very devastated. They spent good quality time to explain things and answer all my questions. They delivered excellent care and were very kind to me. Once again, I would like to commend them on their wonderful work.

Day Surgery Unit, Christchurch Women's Hospital

What a phenomenally amazing group of caring professionals. Every single person has gone above and beyond to ensure I was looked after. Processes and procedures fully explained, so much care and compassion showed. Please pass on my gratitude for making what is a stressful experience so much easier, and even almost pleasant. Thank you.

Gastrointestinal Endoscopy, Christchurch Hospital

I would like to say how well I was treated by your excellent staff throughout. My admitting nurse (Florian) was very reassuring and put me at ease, noting how anxious I was prior to the procedure. The support I received throughout the procedure was caring, considerate and very professional. I couldn't have asked for more. Many thanks.

Jenny Usher, Nephrology, Christchurch Hospital

I want to acknowledge Clinical Nurse Specialist Jenny Usher for her professional and efficient help and service.

Delivery Suite Theatre, Christchurch Women's Hospital

Thank you so much to the staff of the delivery suite theatre. I had an elective C-section last week and had wonderful care. The midwives who cared for me before and during the operation were caring, professional and put us at ease. The anaesthetic team were very professional and looked after me well. I appreciate that I was supported to have skin-to-skin contact with my baby straight away in theatre and lots of skin-to-skin contact and breastfeeding in the recovery area. The staff were a wonderful part of our very special day, thank you to you all.

Rachelle Love, Ear Nose & Throat Department (ENT), Christchurch Hospital

Rachelle Love at the ENT department, who my husband saw, was excellent. She was very thorough.

Bone Shop, Christchurch Hospital

Excellent service.

Ward 11, Christchurch hospital

It's a great thing for nurses to be able to speak to patients in their own language.

Plastic Surgery nurses, Christchurch Hospital

Wonderful, could not do any better.

Post-natal maternity ward, Christchurch Women's Hospital

Thank you so much to the wonderful team in the post-natal maternity ward... Every single staff member gave us great care. The midwives and nurses were caring, professional,

knowledgeable, and showed compassion and empathy. I found all the advice they gave us to be consistent which was very helpful. The lactation consultant saved us when things got very hard. The anaesthetics team were helpful, quick to come to see me and even followed up with a phone call once I got home. The Neonatal Intensive Care Unit registrar was friendly and caring with our baby. The hearing tester was kind and gentle. The healthcare assistants and the catering and cleaning staff were friendly and sensitive when we were having a tough time. Alongside my lead maternity carer and obstetrician, I can't thank the team enough for the amazing care we were given.

Kelli, Ward 11, Christchurch Hospital

Kelli from Ward 11 is the best nurse I have ever seen and encountered. Highly recommend. From how welcoming to understanding, to sticking to her word. Always observant and caring. Always kind and helpful. She's absolutely amazing.

Ward 18, Christchurch Hospital

Very kind, caring nurses and support staff throughout my stay. All were very calming, supportive and went the extra mile with a smile on their face. Lovely experience, thank you, despite being in hospital.

Big Shout Out

To: Mark Byers, Maintenance and Engineering

A Big Shout Out to Services Engineer Mark Byers in the Maintenance and Engineering team. Mark has been able to undertake an excellent piece of work in the core laboratories, making significant improvements to the air quality, and control over the temperature. He has been brilliant at staying in touch and letting us know what can be achieved. Tremendous work. Thanks Mark. Keep up the good work.

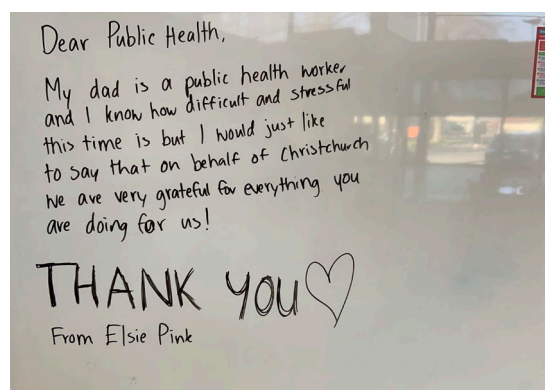
From: Canterbury Health Laboratories

#carestartshere

Big Shout Out

To: Community and Public Health (C&PH) staff

Many C&PH staff read this message written by Medical Officer of Health Ramon Pink's daughter Elsie, in the C&PH offices and were greatly encouraged by it:



#carestartshere

Les Snape receives Distinguished Service Award

Former staff member of Canterbury DHB Oral and Maxillofacial Surgeon Leslie Snape has been recognised with a Distinguished Service Award by the Australian and New Zealand Association of Oral and Maxillofacial Surgeons (ANZAOMS).

Having arrived in New Zealand 33 years ago as one of the first dually qualified and surgically trained Maxillofacial surgeons in Australasia, Les' impact on the specialty has been significant, the award citation says.

His involvement with ANZAOMS, Christchurch Hospital, University of Otago, AO Education and Research Foundation, government and the Royal Australasian College of Dental Surgeons (College) has helped progress the specialty from a narrow dental base to one of equal standing alongside other surgical specialties and raised its profile not only regionally, but internationally.

ANZAOMS President Dimitrios Nikolarakos and Chair of Awards Committee, Francis Monsour went on to say in the citation that Les' involvement with AO as director on the Board of Trustees for AO Oceania, as it was then, saw him help develop some of the first craniomaxillofacial trauma courses in Australasia, introducing a didactic and multidisciplinary approach to facial trauma management and craniofacial

reconstruction across the whole spectrum of the specialty.

Les is highly respected internationally as a teacher, surgeon, lecturer and colleague. In latter years he has been involved with a number of voluntary projects in the Indian subcontinent, especially Nepal.

Those who know him will attest to his compassion for patients and passion for teaching. From his earliest days of influence, he fought for better conditions for trainees and it is only fitting that there is an eponymous award at the New Zealand ANZAOMS conference for best trainee presentation. He has acted as mentor, friend and colleague to many over the years and his in-depth knowledge of policies, procedures and historical precedent has enabled him to provide wise counsel over time, the citation says.

Les became an examiner for the College in 1992 and remained on the Examinations committee for the next decade. For 13 years from 1998 he was examiner for the Final Fellowship in Oral and Maxillofacial Surgery and chaired that panel from 2002.

He also chaired the Education committee and was a member of the Advanced Surgical Training committee. Les was an elected member of the Board of Studies from



Les Snape

2003–2013 and on the Curriculum Implementation Group, creating a formal and comprehensive training framework for maxillofacial trainees.

Les was director of the New Zealand training programme from 1999–2011 and chaired the Regional Surgical Committee from 2000–2009. From 1995–2003, he was New Zealand Councillor for ANZAOMS becoming Vice President in 2009 and President from 2011–2013. Les served as Councillor with the International Association of Oral and Maxillofacial Surgeons from 2011–2013.

Les is now a visiting maxillofacial surgeon to Hawkes Bay DHB. He continues to teach sixth year medical students and is a frequent attendee at the Trauma Audit rounds at Christchurch Hospital.

New epharmacy solution improving service delivery and saving time

An electronic pharmacy management solution is now live across the five South Island DHBs, enabling hospital pharmacy inventory to be managed within a single system, improving service delivery and saving time.

ePharmacy provides full inventory management, dispensing, compounding, and repacking functionality for hospital pharmacy services, and integrates with patient management systems, financial systems, and MedChart prescribing and administration software.

Developed in close consultation with hospital pharmacy expertise, ePharmacy replaces end-of-life software, WinDose. The upgrade will allow more efficient and productive ways of working, improved functionality and regional patient information sharing to pharmacy services.

Since August, all five DHBs are now using ePharmacy. For Nelson Marlborough Health and West Coast DHB, the project involved 'on-boarding' to a Canterbury DHB hosted instance of ePharmacy, which was already live. The Southern DHB and South Canterbury DHB ePharmacy projects were configured separately and hosted by Southern DHB. Pharmacy workflows and business requirements were standardised and aligned across the regional instances.



Some of the ePharmacy implementation team in Wairau.

From left, Pharmacist Eliza Hooper, Pharmacist Sharon Elrick, Pharmacy Technician Helen Martin, Pharmacist Rachel Powell, Pharmacy Technician Abby Edwards, Pharmacy Technician Liz Jones and Pharmacist Caro Aberhart

Regional ePharmacy Programme Specialist, South Island Alliance, Anna Mitchell says despite project delays due to COVID-19, the go-lives across the South Island went smoothly and are a credit to the dedication of the teams. "The project involved a real regional collaboration and I personally formed valuable working relationships with the project teams. It was nice to share the knowledge I gained with others and learn technical aspects of the software, and also learn how other DHB pharmacies work. The project teams worked really hard to configure the software, which involved

setting up each medicine kept at their pharmacy, testing the software multiple times and implementing it on top of their regular work."

Team Leader at Nelson Hospital Pharmacy Sonja van Alphen says the go-live transition was seamless and the new system provides multiple levels of functionality. "It's a better, more collaborative way of working and it's nice to know we are part of a wider, supportive community of ePharmacy users."

“Just don’t fall”

By Clinical Nurse Specialist, Burwood Spinal Unit, Lynn James

Getting into a wheelchair for the first time in the spinal unit can be an exciting, overwhelming and, at times, confronting experience that needs to have a coordinated Interdisciplinary team (IDT) approach.

It is important not to exhaust someone mobilising in a wheelchair for the first time and so it may only last 20 minutes, but with pre-planning and organisation, it should be a positive experience.

Getting out of bed isn't a quick process for some of our patients. Preparation can take up to an hour, ensuring orthostatic hypotension preventative measures are put in place. This can include applying an abdominal binder, donning compression stockings, administering a vasopressor medication to prevent low blood pressure, and sitting the patient up in bed for a while to allow any dizziness to subside.

Our Occupational Therapy (OT) team liaises with the medical team to ensure the timing of the first mobilisation is appropriate, and organises a time suitable for the patient and their family/support person to be present. The OT will have measured the patient's dimensions and this information, combined with the person's level of injury, fatigue level and functional ability will inform which type of chair is best suited to the individual.

Patients can be mobilised into an attendant-propelled wheelchair initially, until a chair that they can manually push or a power chair that they can drive themselves becomes appropriate.

Education about falls prevention begins from the first time a patient mobilises and is really simple: “Just don't fall!” Giving our patients the skills and the knowledge about what to do rather than what not to do allows us to focus on the positives rather than the negatives.

If you are interested in some of the specific techniques we use, visit [Wheelchair-Safety-Tips](#).

Within the Spinal Unit, we may encounter a period of increased falls, which may be due to someone practising their transfers, trying out their new chair on an unfamiliar surface or environment, learning to walk with a frame or crutches or even unaided.



Travis (left), a life coach in trauma recovery, showing a patient some skills



Physiotherapist Brendon supporting a patient on the stairs

All these exercises carry an element of risk. This risk is a part of their everyday life. We shouldn't stop someone working towards their independence by preventing them from trying new skills. These new skills are practised within the supportive environment of the spinal gym or in the ward where there is opportunity to perfect them.

Our patient's wheels or mobility aid can be their lifelong means to their independence and an essential part of them as a person. “Just don't fall”, but if you do, learn from it, teach others and understand this may happen from time to time but should not be a barrier to living the fullest of lives.

Four-decade milestone for hardworking hospital aide

Waltz tutor, charity relay organiser, singer, Christmas event planner.

They may not be in her job description, but Pat Weperi has been all of those things for her team – it's just the kind of person she is – and this month her colleagues are celebrating with Pat to mark her 40 years' service as a Neonatal Hospital Aide.

Pat started her working life at the former Christchurch Women's Hospital (CWH) on Colombo Street back in September 1980.

She is known for always been early on her shift, hardworking and loyal, says Neonatal Nurse Manager Debbie O'Donoghue.

"Pat is not only a very important member of the team but has also happily been involved in a number of our Neonatal Intensive Care Unit (NICU) social events. She has offered waltz lessons to staff prior to a ball, been involved in organising events such as the Neonatal Relay for Life team, the aides' Christmas function, as well as singing and joining in on a number of other staff activities."

Pat says the last 40 years have been a wonderful journey, the staff have been great and the friendships she has made along the way have been memorable.

"We have a fantastic boss and a great team of people who work within the unit. I have loved every day."

Pat has experienced a number of changes over the years within NICU, Debbie says.

"This includes CWH's move to its current location, numerous staff changes, the service becoming busier and busier, and the aide's role becoming more complex, as the equipment keeps advancing and the consumables keep changing."

Outside of work Pat has the travel bug, travelling far and wide pre-COVID-19, collecting leather jackets and fancy shoes along on the way.

"Congratulations on such an achievement from all of your Neonatal friends. I promised to keep this short and to cause you no embarrassment, but this milestone could not go unnoticed," Debbie says.



Neonatal Hospital Aide Pat Weperi hard at work



Pat at the entrance to her place of work

The International Year of the Nurse and Midwife – Nightingale Challenge

From Nursing Workforce Development Team Nurse Coordinators Cathy King and Jenny Gardner.

[Nursing Now](#) is a three-year global campaign (2018–2020), which aims to improve health by raising the profile and status of nursing worldwide. Run in collaboration with the World Health Organization and the International Council of Nurses, Nursing Now seeks to empower nurses and midwives to take their place at the heart of tackling 21st century health challenges and maximise their contribution to achieving Universal Health Coverage. The campaign focuses on five core areas. One of the five is to recruit more nurses and midwives into leadership positions via the [Nightingale Challenge 2020](#). The aim of the Nightingale Challenge is to have at least 1,000 employers accepting the challenge to benefit over 20,000 nurses and midwives.

Canterbury DHB has registered to be part of the Nightingale Challenge, becoming one of 741 employers in 73 countries to have accepted the challenge. Qualifying for the campaign involves identifying future nursing and midwifery leaders (aged 35 and under) and equipping, mentoring and assisting them to develop leadership skills.

On Friday 4 September 2020 Nurse Leaders gathered for a Mihi Whakatau to welcome 16 nurses – 15 registered nurses and 1 enrolled nurse to take part in the Canterbury DHB Nightingale Challenge. The nurses were identified and nominated by their managers and Director of Nursing from the following areas, Specialist Mental Health Services, Older Persons Health, Ashburton and rural hospitals and Christchurch Hospital campus.

With the extension of the International Year of the Nurse and Midwife (due to COVID-19) the Canterbury DHB Nightingale Challenge will run over the next 10 months and will include a group Leadership Collabor8 course as well as individual mentorship and leadership opportunities for the nurses to participate in, both across the health system and outside health to gain a better understanding of leadership styles and governance.

We look forward to seeing our Nightingale Challenge nurses grow and develop over the coming months. Stay tuned for more about our future nursing and midwifery leaders.



Nurse Leaders and Nightingale Challenge nurses celebrating the commencement of the programme

HELM Leading Self Pathway

This week in our Welcome to HELM series we're looking at the 'Leading Self Pathway', the first step on the Leadership Koru we explored a few weeks ago.

This pathway is all about looking inward and focusing on your own development before looking outward.

The Leading Self Pathway has been designed by organisational psychologists for anyone who is looking to build their leadership skills. You don't need to be leading a team to enrol in this pathway as long as you're willing to understand how you can be a leader in your role.

The pathway has six learning packages to work through:

- › Communicating Clearly
- › Building Resilience
- › Great Success and Development Conversations
- › Setting and Achieving Goals
- › Cultivating Curiosity
- › How We Lead Around Here.

All up, these should take you between eight to 12 hours to complete and can be done at your own pace and in the order you prefer. When you've completed the learning

Learning Pathway: Leading Self



packages, you should have developed a greater self-awareness about some of your own behaviours and learnt some powerful techniques to help you bring your best self to your role.

If the Leading Self Pathway is something you're interested in learning more about or you'd like to enrol, visit the [HELM website](#).

Heading to Christchurch Hospital? The Hospital Shuttle has moved

Park at the new Deans Ave Car Park

The free Hospital Shuttle runs seven days a week to Christchurch Hospital and Outpatients

cdhb.health.nz/parking



Quality and Patient Safety landing page gets a makeover

The organisational [Quality and Patient Safety landing page](#) on the intranet has been refreshed to enable you to find information more easily while also providing connectivity to the whole quality and patient system.

Each row represents the different parts of the system:

- › Foundations – the must haves
- › Sustaining Quality – processes and systems as part of routine practice
- › Improvement programmes and projects
- › Strategic system-wide programmes.

The content in the different building blocks will evolve over time.

Local quality team site pages are linked and access to the old page can be found by scrolling down. Within these pages there are closed team sites that have restricted access.

Please provide any feedback you may have about the new landing page to Quality@cdhnb.health.nz.

Welcome to Quality - Haere mai ki te Kounga

Strategic – Te Rautaki



Improvement Projects - Ngā Hinonga Whakapiki



Improvement Programmes - Ngā Kaupapa Whakapiki



Sustaining Quality – Tautiēia te Kounga



Foundations for Quality – Ngā Tumū Kounga



Support available for mental wellbeing

COVID-19 has had a significant impact on how we interact with others, go about our lives, our work, and study.

The combination of stress and uncertainty can have a significant impact on people's mental wellbeing. It's important to know that it's normal to not feel all right all the time – it's understandable to feel sad, distressed, worried, confused, anxious or angry during this time.

Everyone reacts differently to difficult events, and some may find the pandemic situation more challenging than others. The ways people think, feel and behave are likely to change over time – we all have good days and bad days.

If you or those around you are concerned about how you're feeling or your wellbeing, there is plenty of information and tools and advice available to help you feel mentally well and get through.

Information and websites

- › [Getting Through Together](#) is a mental wellbeing programme focused on things we can all do to maintain our mental wellbeing during the COVID-19 pandemic (All Right? and the Mental Health Foundation)
- › [Looking after mental health and wellbeing during COVID-19](#) advice and information, and useful [top tips to get through](#) (Mental Health Foundation)
- › [Best Bubble](#) highlights choices as people figure out what works best for them, and promotes healthier activities over those that could make life trickier, particularly drinking too much alcohol (NZ Drug Foundation)
- › [Asian Family Services](#) provides mental health support to Asians living in New Zealand.

Advice for specific groups

From [Depression.org.nz](#) and [Lowdown.org.nz](#) for:

- › [Pregnant women and new parents](#)
- › [Pasifika](#)
- › [Older people](#)
- › [Young people](#)
- › [People with long-term health conditions](#)
- › [Māori](#)
- › [Asian communities](#)

Self-help tools and apps

- › [Melon](#) is an app with a health journal, resources and self-awareness tools to help you manage your emotional wellbeing. You can also join their online community to connect with and support others, and watch daily webinars about health and wellbeing (Melon Health)

- › [Mentemia](#) is an app that you can use to monitor, manage and improve your mental wellbeing by setting daily goals and tracking your progress (Mentemia)
- › [Staying on Track](#) is an e-therapy course that teaches you practical strategies to cope with the stress and disruption of day-to-day life (Just a Thought)
- › [Working through depression](#) is a personalised online programme that focuses on positivity, lifestyle changes and problem solving (The Journal at [Depression.org.nz](#))
- › [Working through problems](#) with Aunty Dee is a tool to work through problems, generate ideas and find a solution (Le Va)
- › [Whakatau Mai - The Wellbeing Sessions](#) are free, virtual community events aimed at supporting wellbeing in real-time – to help you connect you with others, learn and practice new skills, and start looking at things differently.

Self-help tools for young people

- › [Feeling down, worried or stressed](#) (SPARX)
- › [Learn more about mental health issues](#) (Mental Wealth)
- › [Recognising and understanding depression and anxiety](#) (The Lowdown)
- › [Aroha](#) is a chatbot that uses Facebook Messenger to provide practical, evidence-based tools to manage stress, maintain social connection and stay active (University of Auckland)
- › [Youthline's web chat](#), where young people can talk one-to-one with a real person
- › [Melon Health](#) has a range of online resources specifically for young people
- › [RainbowYOUTH](#) provides free 1:1 peer support for youth in the rainbow community, their friends and whānau.

Helplines

- › Need to talk? (1737 – free call or text)
- › The Depression Helpline (0800 111 757)
- › Healthline (0800 611 116)
- › Lifeline (0800 543 354)
- › Samaritans (0800 726 666)
- › Youthline (0800 376 633)
- › Alcohol Drug Helpline (0800 787 797)
- › What's Up? - Helpline for children and young people (0800 942 8787)

One minute with... **Cushla Holdaway, Diabetes Dietitian**



Dietitians Day on Friday 18 September 2020 is a day to celebrate our dietitians and the difference they make.

This year's theme 'Dietitians Make a Difference' celebrates the essential impacts that Accredited Practising Dietitians are demonstrating through their work, leading to better health and nutrition for communities.

What does your job involve?

Consulting with patients with Type 1 and 2 diabetes in the diabetes department at Christchurch Outpatients. Diabetes dietitians support, guide, and educate people with diabetes to improve their health outcomes and quality of life. We see patients one-on-one, in group settings, and alongside other health professionals in our team, including clinical nurse specialists, physicians, podiatrists, and psychologists. I also see patients with lipid disorders two mornings per week.

Why did you choose to work in this field?

With a passion for sport, food, health, and people, it was a natural pathway to pursue a career that included these. I went to Otago University and studied a BSc majoring in Human Nutrition before undertaking the two-year Master of Dietetics course.

What do you like about it?

Good nutrition is one of the core foundations to health. It influences everything from our mood, through to sports performance, and health outcomes. Eating well can quite literally change your life and I get so much job satisfaction when people realise that good food doesn't need to be complicated or boring. When I first meet patients I often start by telling them that dietitians aren't the food police! Food should be simple, nutritious, and delicious.

What are the challenging bits?

Most people have at least some idea of what healthy eating looks like, but even with further education and support, behaviour change is undoubtedly one of the biggest challenges when it comes to nutrition and health.

An additional challenge is changing people's perception of dietitians beyond the belief that all we do is assist with weight loss and encourage the consumption of vegetables. Although this can be a small part of what we do in some settings, it is only touching the surface, especially when it comes to clinical environments. Saying that, too many kiwis do not eat enough vegetables...so eat your greens!

Lastly, in the era we are in, Dr Google and self-proclaimed 'nutrition experts' on social media are a constant battle for us and part of the reason why there is so much misinformation surrounding nutrition.

Who inspires you?

Elite marathon runner Lydia O'Donnell.

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

These values make up the foundation to how I carry out my role and interact with patients every day.

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

I'm one of those crazy people who loves to run for fun.

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

Port Douglas, Australia.

What do you do on a typical Sunday?

I live in Methven, so we are spoilt for choice with what is in our backyard! Typically, on a Sunday you will find me running the local trails, skiing up Mt Hutt, or cooking up a storm in the kitchen... yum!

What's your favourite food?

I absolutely love Mexican and coffee... but not together.

And your favourite music?

I have a very wide taste in music and enjoy pretty much anything. However, Mumford and Sons, Coldplay, and Robbie Williams are a few of my favourites off the top of my head.

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.



Kora Kitchens

327 Stanmore Road,
Richmond

Final closing sale – mention you are from CDHB and receive 50 percent off all kitchens!



Body Fix Remedial Massage Therapy Clinic

361 Greers Road, Bishopdale

Treat yourself and get \$15 off all 60-minute and 90-minute remedial massages.



Saunders and Co

Christchurch Central,
Hornby, Ferrymead

Get up to 20 percent off some legal services. See the 'Finance and Legal' section for more details.



Global Living

100 Moorhouse Ave,
Christchurch Central

15 percent off all items instore (excluding sale items).

We also have plenty of **brand new deals** from local businesses – check them out [here](#)!

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 at Te Papa Hauora's Manawa, 276 Antigua Street, Christchurch, and streamed online. Refreshments from 5pm, talks begin at 5.30pm.

Speakers and topics 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

Visit the [Te Papa Hauora website](#) for more details on the presentation topics and to register.

**NZIMLS presents the
Haematology
Special Interest Group
Virtual Meeting**

10.10.2020

0900-1200

Members: \$25.00

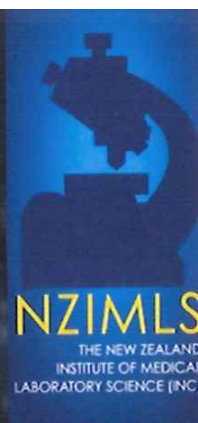
Non-members: \$30.00



The future of event tech
Bringing virtual and hybrid events to life

*Please refer to the NZIMLS website for further information
regarding registration and virtual access.*

www.nzimls.org.nz/events





COVID-19: Challenges and opportunities for the simulation community

Webinar and AGM

Thursday 5 November 2020 (1–5pm)
and

Friday 6 November 2020 (9am – 1pm)

Keynote speaker

Dr Victoria Brazil

Director of Clinical Simulation,
Bond University, Queensland



Expressions of interest to present are now open. Potential topics include:

- The use of simulation in healthcare in response to COVID-19
- The use of simulation in education programmes during COVID-19
- Inter-professional education (IPE) during COVID-19
- The human face of COVID-19
- Opportunities during COVID-19

Template for expressions of interest

- Title
- What were your challenges and/or opportunities?
- What was your response?
- Key learning points
- Future directions

Presentations: 15 minutes with 5 minutes for discussion.

Combined presentations at a regional level are also encouraged.

RSVP by Monday 7 September 2020 to raewyn.lesa@otago.ac.nz