

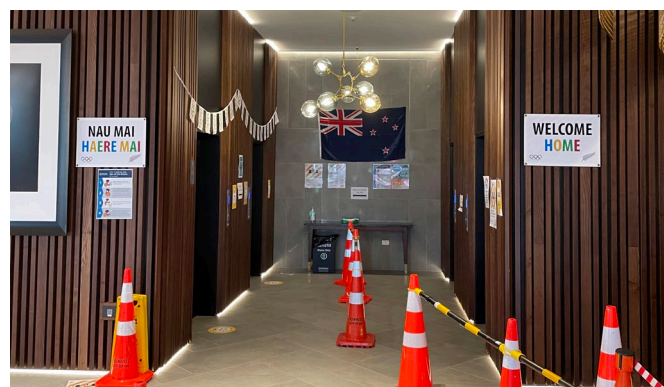


We have 23,067 reasons to say thanks to the team at our Managed Isolation and Quarantine Facilities in Christchurch

That's how many people have been hosted in one of the six Managed Isolation and Quarantine Facilities (MIQF) in Christchurch since March last year. I want to acknowledge the fabulous job the various teams have done and provided excellent hospitality and health care to 23,067 guests.

Last month alone we looked after 1677 people in MIQF in Christchurch. We've hosted a large number of sports teams, along with 430 Olympians who've returned from Tokyo, and as you can see the facilities are getting right into the spirit of things to make them feel welcome when they return home.

Our people working in MIQF do such an important job to keep us all safe – thanks team!



The Crowne Plaza in Christchurch went all out to ensure a friendly welcome for our returning Olympians

Things are rapidly changing on the COVID-19 vaccination front

You will no doubt be aware of the announcements by the PM and others with regard to the high-level plan as we think about reconnecting New Zealanders to the world.

You can read all the details on the [Unite against COVID-19 site](#) or [watch the livestream of the announcements here](#).

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The approach is guided by five objectives:

- › Maintaining our elimination strategy to stamp out the virus and keep our options open.
- › Ensuring every eligible New Zealander is offered the opportunity to be vaccinated as soon as possible.
- › Reducing the need for further lockdowns as much as possible by continuing to strengthen our health and contact tracing systems
- › Maintaining strong public health tools.
- › Developing new ways to enable people to travel safely to and from New Zealand.

Who's eligible and when, is also changing

- › From Wednesday this week the 40-plus age band opens
- › People aged 30-plus are eligible from the following Wednesday 25th August
- › Then on Wednesday 1 September all eligible ages will be able to book their free vaccination appointments

Bookings are available at www.BookMyVaccine.nz or by calling 0800 28 29 26

Vaccination bookings update

Age group	Date bookings open
People 50+	Friday 13 August
People 40+	Wednesday 18 August
People 30+	Wednesday 25 August
All ages	Wednesday 1 September



Sixty vaccination clinics now up and running!

We now have 60 clinics up and running throughout Canterbury with more coming on stream every week. The Ministry for Ethnic Communities held a hui in Christchurch last week and there was a great turnout from ethnic community leaders in Canterbury, with fantastic questions asked.

We held our first Ashburton-based Pasifika Clinic yesterday which was a huge success by all accounts, with 210 people vaccinated at the local high school.

And this week we're running our first Calm Clinic, designed to provide a nice peaceful environment for mostly older folk who appreciate a less hurried environment. This is one of a number of clinics tailored to meet the needs of various population groups in our community. Thanks to Age Concern for helping organise this and to the Nurse Maude team for providing a fantastic venue.



A reminder too, that anyone aged 50 or over, can now book....and come Wednesday there'll be another age band (40+) competing for appointments, so get in quick and secure your spot!

There's plenty of capacity this week at The Princess Margaret Hospital and Orchard Road.



Reserve your spot at
BookMyVaccine.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**

Nurses and Midwives strike – DHB staff volunteers needed to assist this Thursday

As part of our contingency planning for the New Zealand Nurses Organisation (NZNO) strike from **11am to 7pm on Thursday August 19** and the MERAS (hospital midwives) strike from **8am to 8pm - also on August 19**, we need more volunteers to support our hospital and community services.

Volunteers will be required for all sites, with the majority required at Christchurch Hospital and Christchurch Women's but we are also looking for people at Burwood, Hillmorton and the rural hospitals so you could volunteer close to where you live.

After you have discussed with your manager, complete the form (link below) and let us know if you can help out at Burwood, Lincoln or Rangiora.

See the volunteer story on page 7 for more information and feedback from past volunteers.

Are you prepared to volunteer?

Click on this link to register <https://forms.office.com/r/drVH5RJfqm>

Again, please make sure you check with your manager

before putting your name forward.

If you have any further questions, please email - nursestrikevolunteer@cdhb.health.nz

Thanks in advance for doing your bit to support our patients and colleagues.

During the strike, here are the messages for the public

- › People who need to access urgent or emergency care should do what they normally would and call 111 if it's an emergency.
- › Ambulances and the 111-emergency number will be operating as normal.
- › People should continue to make use of Care Around the Clock for all non-urgent health needs, which for most people will mean calling their usual general practice number at any time of the night or day. If you don't have a GP call Healthline on 0800 611 116.

Pregnant women should stick to their birthing plan and if they are concerned, seek advice from their lead maternity carer (LMC) - midwife or obstetrician.

Accelerating our Future - \$28 million saved – well done to our team of 11,000!

A huge shout out to all of you. The finance team has crunched the numbers and we have a total: we've saved \$28 million in costs over the past year (up until the end of June) as part of the Accelerate our Future programme. That's an amazing result and a tribute to all of your hard work, initiatives and ideas. Often, it's been about working smarter, reducing waste and duplication and figuring out how we can continue to deliver quality services better with the funds we have. So, a big thank you to you all. I know the Accelerate our Future team is supporting a number of initiatives underway across the organisation. We're now into a new financial year, so it's important we continue this important mahi.



ACCELERATING OUR FUTURE

Hapaitia te ara tika pūmau ai te
rangatiratanga mo ngā uri whakatipu

The Office of the Clinical Executive

Our three Executive Clinical Leaders are working closely together on a number of initiatives which impact our health system. This includes important work on patient flow and acute demand and how we can work together to improve the current situation.

They are also looking at how they can support smarter clinical governance across the system. I will update you on that as the framework comes together.

The drive here is to make sure we're delivering quality care and looking for opportunities to do so in smarter ways always with the goal of improving the quality of care we provide for our community.

And if you don't know who our Clinical Executive Leads are, meet the team:



Executive Director of Allied Health Scientific & Technical, Jacqui Lunday-Johnstone



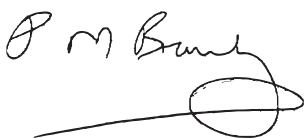
Chief Medical Officer Helen Skinner



Executive Director of Nursing
Becky Hickmott

A big thank you to you all for all of the things that you do every day to support our health system and community. I wish you all well as we head into another busy and challenging week.

Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board



Click [here](#) to watch the This week with Peter video

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

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

Ward 14, Christchurch Hospital

In a very challenging time for me, all staff of Ward 14 treated me with care, dignity and respect. I felt safe and supported. My nursing team were helpful, responsive and knowledgeable and I felt my medical care was being provided by an exceptional group of people. My doctors respected my choices and wishes, allowing me to feel part of my own care which I am grateful for.

Acute Medical Assessment Unit, (AMAU), Christchurch Hospital

Four weeks ago, my mum was admitted to Christchurch Hospital with pneumonia. She had Chronic Obstructive Pulmonary Disorder and antibiotic resistant infections, which triggered her end of life plan, to be kept comfortable with no further intervention. She was admitted to AMAU and given a room on her own. Although RSV restrictions were in place, due to the circumstances we were able to have family there. I cannot thank the AMAU staff enough for this. Mum's favourite times were simply having her family around. She had all four grandchildren with her, she knew we were all there, she was happy and even had some laughs. I would like to pass on our thanks especially to mum's nurse on the day. As this all happened quite quickly I may be vague on names. This was a situation with no positive outcome but at no time was Mum treated as such. The nurses changed and freshened her up frequently. Medication was administered within minutes

when necessary. Whenever we had to leave they would change and keep Mum comfortable, we could hear them telling her exactly what they were doing and chatting to her. To us, it felt like they went above and beyond to ensure Mum's last hours were the most comfortable possible. Rachel was the last nurse Mum had and she was awesome. She was so helpful, she kept us informed and was honest with us. I cannot speak highly enough of her or the two nurses we had earlier in the day and I am sorry I don't recall names although I think they may be Lauren and Chloe. Mum passed and again the staff were so kind and accommodating. We were able to stay with her afterwards for quite some time. As a family we are so grateful for the care and support shown by AMAU. This happens for you every day but was a massive thing for us which has changed our family permanently. I want you to know just how much you helped, in a helpless situation. We cannot thank you enough, we are so incredibly grateful. Thank you.

Ward 27, Christchurch Hospital

To all the staff, a big thank you for your kindness and care. You are all amazing and do a great job. A special thanks to my nurse, Rachel who was lovely, such a nice person, her help meant a lot to us. All the best.

Orthopaedic department, Christchurch Hospital

Dr Rupert Hobson was the best, he was very good at fixing my arm. All the staff that day were also very good.

Medical Day Unit, Christchurch Hospital

The registered nurses (RNs) are supportive. The cheerful RNs, Cora and Amanda, helped considerably. They somehow make it less arduous. Sabina is lovely, friendly and kind. The receptionists are awesome. The nurse aides help with a smile. Thank you.

Peaberry café, Waipapa, Christchurch Hospital

Awesome team and café, great coffees.

Surgical Assessment and Review Area, Anaesthetist, Recovery, and Ward B3, Christchurch Hospital

A huge compliment to Anaesthetist Adel, Shannon in Recovery, and in Ward B3 Ruby, plus Kaitlyn especially, who shows true leadership qualities. Also, to all the other staff who are so professional in their roles.

Eye Outpatients, Christchurch Hospital

We so appreciated the receptionist and staff for bringing the appointment for my husband forward due to an unforeseen family matter we needed to attend in another town. Staff and reception were wonderful. Thank you.

Ward B4, Waipapa

I stayed in Ward B4 for five days post-operation. I would like to thank all the nurses on the ward for taking such good care of me. They were so extremely helpful and always there for me. I am very grateful for their support during those difficult days. Thank you so much, you are doing an amazing job.

Ward 10, Christchurch Hospital

The whole treatment I received on Ward 10 was 100 percent, especially from the nurses. Thank them for me please.

Rheumatology Outpatients, Christchurch Hospital

I was seen at a Rheumatology Outpatient appointment and was very impressed by the clinician, Dr Chapman, and how proactive he is with communication with his patients.

Barrington COVID-19 vaccination site

I had my first vaccination yesterday at the Barrington site and was incredibly impressed with the professionalism of the staff involved, their awareness of my impairment-related needs and the efficiency of the process.

Just wanted to pass on this feedback to all those who have been involved with planning this work.

Well done and thanks for your support!

Ward 11, Christchurch Hospital

Thank you to Dr Allan Keast and the team on Ward 11. I would sincerely like to express my gratitude for your care, professionalism, compassion and empathy. I was fearful of this procedure, but I felt fully supported, reassured and listened to. So very grateful for your kindness.

Such a fantastic team of doctors, nurses etc. Blessed you all care for me. All the very best to you all.

Ward 11, Christchurch Hospital

Dear Allan, operation team, pre and post op teams, all the nurses and staff on Ward 11. Thank you for the most wonderful and professional care I received recently when I had a tumour removed from the side of my face.

I have had several operations in my lifetime and your care and attention to detail were outstanding. Thank you all once again for making my stay a pleasant one.

all
right?

IT'S
ALL RIGHT
TO TALK
IT OUT.



Whakaari White Island donation to benefit burns patients

Two new iPads, complete with earphones and stands, are now available for use by burn injury patients in Christchurch Hospital's Ward 18, thanks to money donated as a result of the Whakaari White Island eruption.

The money was given to Ward 18 by the Australian and New Zealand Burn Association (ANZBA) which received donations, mainly from corporates, following the Whakaari White Island incident to support Burn Units, says Ward 18 Charge Nurse Manager Sharon Minchington.

In December 2019 Whakaari White Island, an active volcano and popular tourist destination near the Bay of Plenty, erupted. Forty-seven people were on the island at the time and 22 died, either in the explosion or from their injuries, including two whose bodies were never found.

Twenty-five people suffered injuries, with most needing intensive care for severe burns.

Christchurch is one of three Regional Burn Units in the country, and along with the National Burn Unit in Middlemore Hospital, received patients following the incident, Sharon says.

"Eight Whakaari White Island patients were transferred to the Christchurch Regional Burn Unit on Ward 20 (now Ward 18). The length of stay varied with a number expatriated to their own countries and some to the National Burn Unit. Our last patient left on February 2, 2020."

Burn injuries can significantly impact a person's ability to return to meaningful occupations and require a multi-disciplinary approach to rehabilitation, says Occupational Therapist Alice Watson who has been instrumental in getting the iPads set up.

"One of the main goals in the rehabilitation process of patients with burns is their return to society and their chosen occupations, which has a direct positive influence on these patients' quality of life."

Research has found that patients can experience a lack of meaningful activity in acute wards resulting in feelings of passivity, boredom and a sense of alienation from their normal roles, routines and sense of self.

Rehabilitation on the ward focuses on returning to activity, such as patients cleaning their own teeth, walking to the toilet, or being able to use an iPad to contact friends and whānau.



From left, Occupational Therapist Alice Watson, Hand Therapist, Hilary Hawkins, Clinical Nurse Specialist Louise le Grelle, Charge Nurse Manager Sharon Minchington and Physiotherapist Georgia Lepine with the donated items

"Engagement in meaningful occupation creates a sense of productivity and value to an individual's day. Having the iPads will enable our patients to engage in meaningful activity, which will improve their hauora (wellbeing) and assist in their rehabilitation."

Sharon says Whakaari White Island burn patients needed multiple trips to the operating theatre, so Christchurch Hospital's surgical team initially put in many hours, along with OT staff. Nursing and Allied Health staff provided clinical care and were also involved in organising transfers of patients.

"There was a lot of learning for all involved around this unprecedented number of burn injuries admitted from a single event across New Zealand at both local and national level, then beyond to international level, as repatriation of patients occurred.

"We have also been involved in review and debriefs around the incident, again at local, national and international level."

The incident also raised awareness of the importance of having a National Burn Service, and the benefits of being part of ANZBA, working together for best outcomes for people who suffer burn injuries, Sharon says.

Volunteers support patients and colleagues

During industrial action by healthcare workers, and in agreement with the unions, Life Preserving Services (LPS) are provided to ensure the safety and wellbeing of patients in our care.

These services include administering medications and infusions, doing assessments and managing emergencies. All LPS staff currently work in a clinical environment.

Probably less obvious but very important, are the services and responsibilities outside of LPS that need to be performed to ensure the smooth functioning of the healthcare system during strikes.

Canterbury DHB staff who volunteer to perform these tasks provide invaluable support to patients and colleagues.

Personal Assistant/Programme Support at Burwood Hospital Kylie Harpur, who has no clinical or hands-on healthcare experience, volunteered during the New Zealand Nurses Organisation nurses' strike in June.

All volunteers are required to attend training prior to their shift and Kylie found it invaluable.

"It was informative, well thought out and gave me a great insight into what to expect."

Assigned to one of the Older Persons' health wards, Kylie and her fellow volunteers responded to call bells, assisted patients with eating and drinking if needed, walked patients to the bathroom and spent time interacting with patients and their families. It was a life-affirming experience.

"I loved volunteering. It gave me a real insight and an even greater appreciation into the day-to-day work that our clinical teams do. I walked away with a real sense of 'this is what we are all here for'. I absolutely loved interacting with the patients and their families!"

Kylie's experience was reaffirmed by other Canterbury DHB employees who volunteered during the NZNO strike.

"I loved being able to chat to patients and hear their stories."

"The Charge Nurse made us feel very welcome and gave us a brilliant orientation around the department. It was an enormous privilege to be able to support the nurses and get a small understanding of their work on the ward."

"The experience helped me appreciate what our wonderful nurses do on a daily basis."

Would Kylie recommend volunteering to her DHB colleagues?

"Absolutely! If you feel comfortable to do so I would definitely recommend it, especially if you have never had this face-to-face patient experience before."

There are three types of volunteer:

- 1. Healthcare Worker** with a current practicing certificate (Registered nurses, enrolled nurses, midwives, allied health, scientific and technical): This group will assist with patient care including mobilising patients, close observation of patients and alerting LPS staff if a patient's condition changes or requires action.
- 2. Clinical background** but with no current practicing certificate OR Healthcare assistants: This group provides non-clinical personal patient care under supervision such as responding to patient call bells, assisting with oral intake, making beds and alerting LPS staff if the patient's condition changes or requires action.
- 3. Non-clinical** will perform tasks including sourcing equipment, answering phones, making beds, delivering meals, chatting to patients and relatives, responding to patient call bells, and alerting clinical staff to issues that require their attention.

On Thursday 19 August, NZNO nurses and MERAS hospital midwives will strike. Nurses are striking for eight hours between 11am and 7pm and midwives for 12 hours between 8am and 8pm.

We support our staff's right to strike and volunteers assist in enabling their colleagues to do so. If you would like to help out and volunteer, and you have approval from your current manager, please click on this link to register: <https://forms.office.com/r/drVH5RJfqm>

All volunteers must attend a one to two-hour training course (time depending upon your skills) before the strike day. Dates and times are included in the registration process.

Canterbury DHB items donated to Samoa

Jason Watson, a nurse in the Child Adolescent and Family Day Unit at The Princess Margaret Hospital, has again been busy helping out with much needed items for Samoa.

As one of the directors and founders of not-for-profit organisation, Pacific Island Hope Mission, he has organised two more shipping containers of quality used equipment for Samoa. One was sent by Pacific Island Hope Mission and the other by St Vincent de Paul.

The majority of gear in the containers was used aged-care equipment such as beds, bedside tables, trolleys and over-bed tables from Canterbury DHB, he says.

"We are so grateful to Canterbury DHB for the generous provision of quality used equipment that can be recycled and reused in the Pacific Islands."

Canterbury Linen Services, a 100 percent owned subsidiary company of Canterbury DHB also gave linen items, such as sheets, draw sheets, towels and pillowcases.

Most of the items are being used for the first ever rest home which is currently being established on Samoa's biggest island, Savai'i.

"This island currently doesn't have a rest home, but with the support of me and my team that will soon change," Jason says.



One of the containers full and ready to be shipped. From left, volunteers Graeme and Lynn Henderson and Sandy and Jason Watson

"In Samoa, diabetes, heart disease and obesity are huge problems. Having access to an aged care home as a way to help local communities manage these problems in the elderly will be a game changer for this community"

Their Samoan partner, the Poutasi Development Trust, is training aged care workers in a mock training ward that Jason's team were able to help set up from kind donations of equipment by Canterbury DHB and other aged care facilities around New Zealand.

In 2018 and 2019 Jason organised containers filled with over 200 student desks, 130 chairs and dozens of other items for the Manumalo Baptist School which was devastated by Cyclone Gita.

Tō Tātou Ora Wellbeing seminars are back – starting with Building a Better Brain: Nutrition and mental wellness

You may remember earlier talks on menopause, financial wellbeing and 'Staying Strong and Strengthening our Resilience During Challenging Times.'

The upcoming one below will be filmed, in case you can't make it in person, and a link will be provided in a later CEO Update and as part of a Daily Global email message.

Next Monday 23 August, Julia Rucklidge from the University of Canterbury will give the first talk to launch the new series - from 12:30-1:30pm in Manawa (corner of Tuam and Antigua Streets), Room 102B.

She asks "What if we're looking for solutions to mental health problems in some of the wrong places? What if instead of treating mental illness with prescriptions and medication, we changed what we eat and how we feed our brains?"

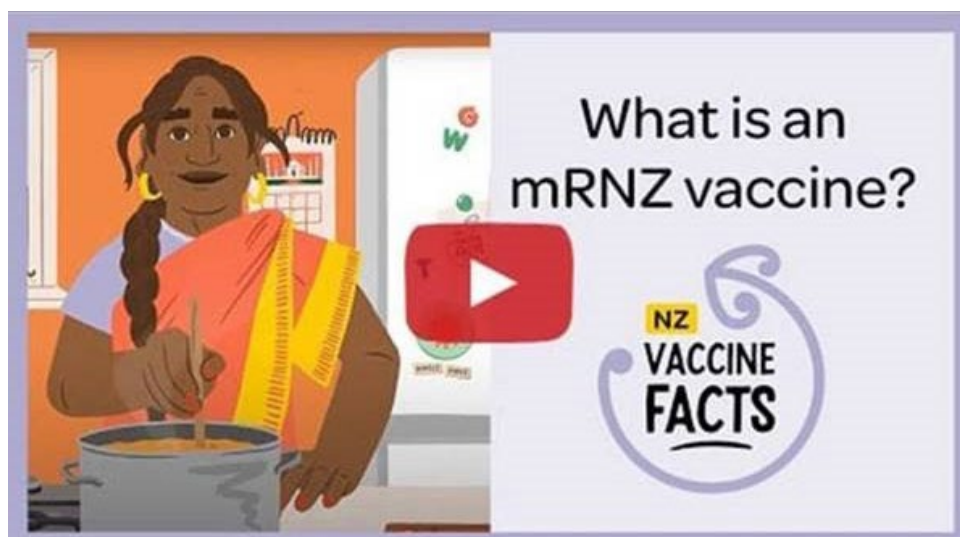
This talk will review the research from over the past decade that uncovers an alarming picture of declining food quality and identifies that as a set of risk factors for all kinds of psychological problems.



Julia will then describe practical ways we can use better nutrition to better feed the brain. Look for the poster towards the end of this CEO Update for printable information on the talk.

What is an mRNZ vaccine?

NZ Vaccine Facts Episodes 1,2 & 3 are available. A new episode every week is available [here](#)



Facilities contribution marked with suitable gift

When you leave this organisation you might expect to receive flowers and a cake – but in the case of Programme Manager, Facilities Development Team Angela Mills, she was also presented with a hammer.

Angela, who has been a key member of the team for a decade has resigned from Canterbury DHB to pursue a new role. The fitting tribute of a hammer was presented to her by the Clinical Leader's Group in recognition of her contribution to this group over her time as Programme Manager of Facilities.

Angela led a team of project managers and guided a number of facilities projects from business case phase through design, construction and migration, says Project Manager Facility Development, Christine Corin.

"Her role with facilities saw her working with the clinical lead, project managers and wider clinical teams to ensure milestones were met for the new developments and Canterbury DHB's needs were represented."

Angela made the transition to project work for a period of time before being appointed to her current role. Within her 10 years as programme manager, a number of major facilities projects came to fruition including the Burwood Hospital new build, the Outpatients building and Waipapa.

"We want to thank Angela for her significant contribution to facilities in Canterbury DHB and wish her well in her future endeavours," Christine says.



Programme Manager, Facilities Development Team Angela Mills and Clinical Director Service Improvement Richard French

A registered nurse, Angela worked in neonatal intensive care in New Zealand, the United Kingdom and the United States.

She says the developments provided a great opportunity for Canterbury DHB to review models of care and processes and created some exciting opportunities for patient care in the future.



Facility Development Project Manager Christine Corin and Programme Manager Angela Mills



From left: Executive Director Facilities Dr Rob Ojala, Project Manager Brian Spinks, Angela Mills and Programme Director Facilities Development Mark Newsome

Centralised database resource for midwives

Provider knowledge gaps can be potent barriers to the timely and appropriate access to healthcare services for whānau.

Because of this, New Zealand College of Midwives (NZCOM) Canterbury West Coast Breastfeeding Representative Catherine Rietveld had a vision: to bring together a vast array of breastfeeding knowledge, sitting within various community and DHB organisations, into a centralised database resource for Midwives.

The result of Catherine and the NZCOM Breastfeeding Focus Group's work is the Waitaha Infant Feeding Resource. This new electronic resource aims to help lead maternity carer and core midwives access appropriate breastfeeding education, advice and support services for women and whānau in their care.

The resource can also be accessed by other members of the community.

The NZCOM Breastfeeding Focus Group included representatives from a wide variety of organisations and perspectives including Māori, Pasifika, CALD (Culturally and Linguistically Diverse) and LGBTQIA+ who are currently involved in breastfeeding support.

Many of these people are also part of the Canterbury Breastfeeding Steering group, a cross-sector group which collaboratively provides leadership to improve local

breastfeeding rates. Development of the resource was an action on the workplan of this group which is informed by the Ministry of Health's Breastfeeding Strategy.

Three key principles were identified in the development of this resource including:

Manaakitanga- Discuss with whānau how they plan to feed their pēpi in a sensitive and respectful manner.

Kaitiakitanga- Midwifery care is tailored to meet the needs of the whānau once an intended feeding method is established.

Whānaungatanga- Midwives have an obligation to provide evidence-based and culturally appropriate information about infant feeding

The Waitaha Infant Feeding Resource was launched on 2 August 2021 at NZCOM House in conjunction with World Breastfeeding Week, an annual event that highlights the importance of breastfeeding to the health and welfare of mama, pēpi and whānau.

It is intended to be a "living" resource with an on-going review of links and resources.

The link can be accessed [here](#).



NZCOM Breastfeeding Focus Group members and other breastfeeding advocates from the local community

One minute with... Karyn Marshall, Chronic Kidney Disease Nurse Coordinator

What does your job involve?

I work in the Nephrology department and we get referrals from our Nephrologist for people with Chronic Kidney Disease (CKD), stage 5, who will need dialysis soon. I do the pre-dialysis education with people, and when they have decided on which type of dialysis they want, arrange the appointments and surgery for the access that is needed. I also needle difficult fistulas and make sure that if they are problematic, the person is on the right pathway to getting their access problem resolved. A fistula is where a vein is surgically joined to an artery, this makes the vein get a swollen appearance and we are able to insert two needles into it for dialysis.

Why did you choose to work in this field?

I have worked in renal and dialysis areas for many years and in a few countries. It's an area of nursing I have had a passion for and I like the education side of the job.

What do you like about it?

I have always felt it's a privilege to be working with renal patients. We see them at least three times a week while on dialysis and we get to know them and their families very well. It is a special and often difficult journey we get to share, and hopefully we help to make it a little better.

What are the challenging bits?

Letting go of the sadness when a patient dies who you have known very well. Kidney disease is a terminal illness and we have no cure to offer, only treatments. I don't think kidney disease gets the recognition of this enough in the public eye.

Who inspires you and why?

There are a few people who inspire me, but one has to be Nicholas Vujicic. He was born with no arms or legs and he is a motivational speaker. He often does talks in schools inspiring children to love themselves and feel good about themselves. Watch some of his videos he is amazing. I love his saying, "If you can't get a miracle, become one". The other person who inspires me is my husband, he makes me want to be a better person.

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

We all deserve care and respect from each other and towards the people we care for. We need to have integrity in all we do and be responsible for the outcomes because we are professionals. We became nurses to care for people who are unwell placing them in what can be a vulnerable space. They seek treatment in good faith, and they trust in nurses especially, that this is what they will receive. We all try to do our best in what can sometimes be very difficult circumstances. We also have to care about ourselves, so we can continue to be at our best.

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

I'm a keen photographer (well, learning!) and I enjoy learning ballet, but a ballerina I am not!



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

My husband is from the UK and he has some wonderful family there who we would love to go and see.

What do you do on a typical Sunday?

Go out for breakfast, maybe take my dog to Sumner beach, she loves it there. See my daughter and grandkids and then chill before the week starts again.

What's your favourite food?

Got to be potatoes. I could live on them.

And your favourite music?

I love a wide range of music, from Vivaldi to Linkin Park, from Suzy Quatro to Billie Eilish. However, I have just heard Eva Cassidy's version of 'Somewhere over the Rainbow', and it is so beautiful you have to YouTube it. Oh, and if you haven't discovered Angelina Jordan yet, YouTube her too.

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.



Heritage Hotel Queenstown, Millenium Hotels and CPG hotels

We have the above hotel chains offering 20 percent discounted accommodation for Canterbury and West Coast staff. Visit the Something for you page to get the discount codes.



Dell

Get exclusive discounts and benefits when you buy online with your CDHB email address. Offer Valid till 31st August'21. Find more details under the "Home Life and Maintenance" tab.



Anytime Fitness

- Papanui, Shirley, Riccarton, Cashmere, Rangiora, Hornby, Ferrymead and more

Get 15 percent discount off the weekly rate at your chosen "home" club, with a \$49 key, no joining fee and free consultation- show your CDHB ID when signing up.

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



DEPARTMENT OF THE
PRIME MINISTER AND CABINET
TE TARI O TE PIRIMIA ME TE KOMITI MATUA

Health and Disability Sector Reform

Update from the Transition Unit

4 August 2021

The latest update from the Health and Disability Sector Reform Transition Unit is out now. Read about the significant amount of mahi (work) that has been done to bring the Māori Health Authority to life alongside Health NZ; new roles to ensure our health system has people and whānau at its heart; and much more on the Department of the Prime Minister and Cabinet website [here](#).

Infection Prevention & Control

Canterbury
District Health Board
Te Pōari Hauora o Waitaha

Spring Series



The disruptiveness of the COVID-19 pandemic has challenged health services in Aotearoa with levels of uncertainty and complexity not previously encountered.

Vital elements of an effective response to this crisis have included a systems approach with collaborative engagement of multiple stakeholders across diverse groups and networks.

This virtual spring education series shares insights into the COVID-19 response in the Canterbury region from an infection prevention and control perspective and is open to all interested parties.

Registration is free. For the virtual education meeting link and any inquiries, please email tracy.meekin@cdhb.health.nz.

Date	Time	Topic	Speakers
Wednesday 1st September 2021	10.15am–11.00am	COVID-19 Response: cross system collaboration during the pandemic	Dr Ramon Pink: Medical Officer of Health Dr Hannah Gordon: CPRG Renee Montgomery: Supply Chain Manager Vanessa Buchan: CDHB laboratories/CHL Kerry Winchester: MIQF Dr Sarah Berger: Nursing Director – CDHB IPC Service
Wednesday 8th September 2021	10.15am–11.00am	Air Supply – how COVID-19 has changed the game	Dr Joshua Freeman: Clinical Director CDHB IPC Service
Wednesday 15th September 2021	10.15am–11.00am	Finding COVID – All about Lab testing and CT values	Dr Erik Otte: Clinical Microbiologist and Acting Clinical Director Microbiology Canterbury Health Laboratories
Wednesday 22nd September 2021	10.15am–11.00am	Operation Protect: 3CI values in action in MIQF	NZDF MIQF Officer in Charge: C-RIQ HQ
Wednesday 29th September 2021	10.15am–11.00am	Contact Tracing	TBA: Community and Public Health – Contact Tracing Team



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Starting Well, Living Well and Ageing Well

Come and join us for a fun evening of talks from Canterbury researchers who are improving healthcare for us all. **Registrations essential**

Wed 22nd September, 5.30pm – 7.30pm

Manawa Foyer, 276 Antigua Street

(Doors open at 5pm for refreshments)

For more information visit

www.healthprecinct.org.nz

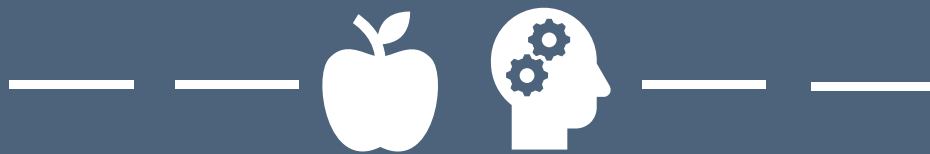
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Wellbeing Seminar Series:

Building a Better Brain: Nutrition & Mental Wellness



Monday 23 August

12.30pm - 1.30pm

Room 102B, Manawa
Building, Corner Tuam &
Antigua Streets

Presented by:
Professor Julia Rucklidge,
University of Canterbury

Canterbury

District Health Board

Te Poari Hauora o Waitaha