



## Our priorities – 5 +1 key themes

Each priority area has specific objectives aimed at improving the patient journey.

Over the past 18 months we have been focusing on patient flow with particular emphasis on our 5+1 priorities. Over the coming weeks we'll be bringing you updates on what's been happening with the programme of work going on to support each of these key themes, and what has been achieved to make it better for patients.

As a reminder, here are our 5 +1 priorities:

### Our Priorities

The absolute priority is to **improve patient flow** for:

- 1** Frail elderly people
- 2** Enhanced Recovery after Surgery (ERaS)
- 3** Faster Cancer Treatment
- 4** Theatre capacity / Utilisation
- 5** 100 days (Elective Services Performance Indicator)

**+1** We also place priority on **Mental Health** services due to the significant increase in demand in recent years

Find out more about **Our Priorities**: Talk to your manager or read more... [Read more](#)

I thought it would be useful to provide a quick re-cap on our priorities this week, and over the following six weeks we'll look at each of the priorities in more detail.

#### 1 Frail elderly people

The aim of all work which falls under this priority is to get frail older people safely back home. Working across the system the programme promotes a team response that supports the older person to achieve what is important to them. The ultimate goal is a seamless pathway with no delays to ensure the best possible clinical outcome for frail older people and to improve their quality of life.

#### 2 Enhanced Recovery After Surgery (ERaS)

This work is designed to optimise surgical outcomes by improving the patient experience throughout their journey by ensuring all patients achieve the right care at the right time by the right person in the right place. This will be achieved by ensuring the patient is in the best possible condition for surgery; they have the best possible management during and after their operation; and ensuring the patient experiences the very best rehabilitation. The programme supports early recovery after discharge from hospital and looks to reduce waiting times.

#### 3 Faster Cancer Treatment

This programme seeks to improve the cancer journey for people with cancer by working to ensure they have timely access to appointments and tests which detect cancer, and timely access to cancer treatment. The programme aims to reduce barriers to treatment over time, to ensure all patients have access to the same quality of care within the same timeframes regardless of where they live.

#### 4 Theatre Utilisation

This programme is focused on optimising the performance and productivity of operating theatres across our health system, reducing cancellations, improving patient flow and achieving shorter waiting times for patients before receive their treatment.

» Article continues on page 2

### In this issue

- » Facilities Fast Facts...page 4 & 5
- » Canterbury Grand Round...page 8
- » MedChart rolls out to the Christchurch campus next month...page 8
- » Medical Secretary at Hillmorton Hospital

calling time on career after five decades...page 9

- » Team members wanted for run/walk through Hagley Park...page 10
- » Brian Dolan awarded Honorary Professor

of Leadership in Healthcare...page 11

- » Trial an ebike free for two weeks...page 11
- » Cyber security risk of the week: Danger, USB...page 12

» Article continues from page 1

## 5 Canterbury's outpatient and surgical flow (100 Days) programme

The Canterbury Health System is committed to moving towards providing an elective first specialist assessment (FSA) or surgical treatment within 100 days to a maximum of four months from the time certainty is given for all patients needing these services.

Aiming for 100 days means patients will spend less time waiting (our first priority); we aim to reduce waste and increase confidence in the system in both primary and secondary

care and build in protective capacity to allow us to better handle times where we have upsets such as high levels of acute demand in our healthcare system.

### + 1 – Mental health

Mental health is included due to the significant increases in demand in recent years.

There is a lot more to each stream, and you can see more detail on the posters located at Christchurch and Burwood Hospitals.



## Thank-you Richard and welcome Sue, our new Chief Medical Officer

I'd like to extend a warm welcome to Dr Sue Nightingale who has now taken up the position of Chief Medical Officer (CMO) as part of my executive team. I would like to acknowledge the way Dr Richard French ably stepped into the acting CMO role for a period of five months while we recruited to the position. Richard went well beyond 'minding the shop' and provided a strong, articulate clinical voice. I appreciated his direct approach to what is an important, demanding and challenging role where the changing needs of patients, staff and the wider health system keep things interesting.

## Canterbury wellbeing indicators show improvement

While life for many in Canterbury is improving, the impacts of the quakes are still being felt as the region's recovery heads into its seventh year.

These are the findings from the latest Canterbury Wellbeing Survey and Canterbury Wellbeing Index. The Survey and Index were established by CERA to help track the progress of the social recovery of Canterbury post-quake. This is the first time they have been released by Community and Public Health since the monitoring of psychosocial recovery was inherited on 1 March 2016.

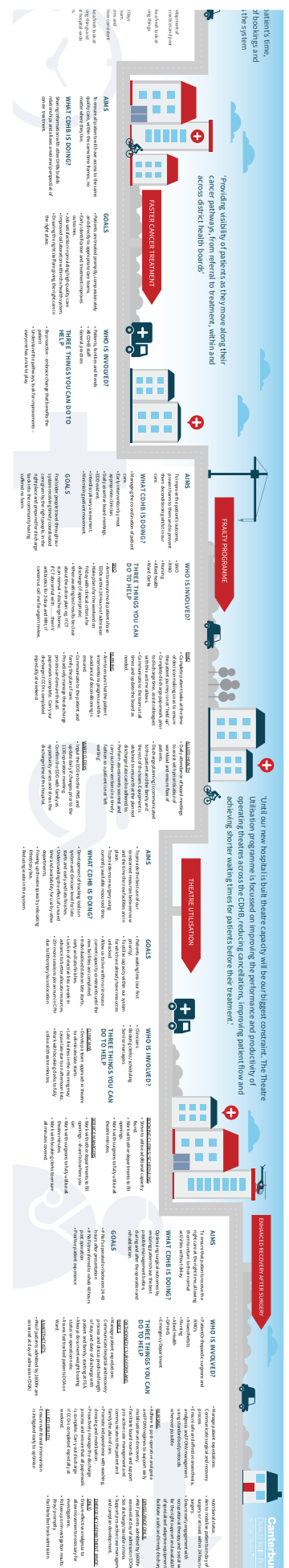
### Canterbury Wellbeing Survey

The Canterbury Wellbeing Survey is a representative sample of greater Christchurch residents undertaken every six months. In 2016 there were 3,100 respondents.

» Eighty-two per cent, or four out of five greater Christchurch residents, say their quality of life is good or extremely good, up from 77 percent last year. Another measure of wellbeing, the WHO-5 Wellbeing Index, has also improved significantly since September 2015.



» Article continues on page 3



» Article continues from page 2

» Overall, fewer respondents reported being negatively impacted by the stressors caused by the earthquakes.



Fewer people said living in a **damaged environment** was having a strong **negative wellbeing** impact



- » The positive impact of seeing signs of progress towards a more livable city, and being able to access new and repaired recreational, cultural and leisure time facilities, are at their highest levels since they were first measured.
- » Although the majority of indicators suggest an improvement in wellbeing, a number of Cantabrians are still struggling with earthquake-related stressors.
- » The proportion of people experiencing anxiety about ongoing aftershocks was at its highest level since September 2012, doubling from nine per cent last year to 18 per cent this year. This increase is likely to be explained by the fact that the survey took place in April, just two months after the Valentine's Day quake.
- » Forty-three per cent of the 630 people surveyed who own the dwelling they usually live in, and who have had their insurance claim resolved, were concerned about the quality of repairs or believe re-repairs are required.

### Canterbury Wellbeing Index

The Canterbury Wellbeing Index is a set of measures or indicators from over twenty local and national agencies across a diverse range of fields including health, education, housing, and employment

- » The Canterbury Wellbeing Index shows that while unemployment in Canterbury continues to be low at around 3.1 per cent, economic growth is beginning to slow down following the initial impetus of the rebuild.
- » Canterbury GDP growth was amongst the lowest across New Zealand in 2015, easing back to 1.9 per cent growth from 5.8 per cent growth in the year to December 2014.
- » After a period of rapid growth, rent levels for new tenancies in greater Christchurch have decreased since early 2015, and are once again below Wellington and national levels.
- » There has been a 21% increase in the number of 18-64 year old clients accessing mental health services from the 12 months prior to the February earthquake to the most recent 12 months of data (April 2015 – March 2016).

You can read the full findings at [cph.co.nz/your-health/wellbeing-survey](http://cph.co.nz/your-health/wellbeing-survey) and [cph.co.nz/your-health/canterbury-wellbeing-index](http://cph.co.nz/your-health/canterbury-wellbeing-index)

## Thanks for putting your hand up to join a staff wellbeing focus group

Thanks to all of you who volunteered to be part of the staff wellbeing focus groups in October. We're delighted to have had more people express their interest in being involved than we have places! It's particularly pleasing to have volunteers from right across our departments and divisions. If you did volunteer to be involved then someone will get in touch about the next steps. Thanks again.

### Taking a break?

If you have time off during the school holidays, enjoy the break and take care. We look forward to seeing you back refreshed and recharged. If you're holding the fort with fewer staff than usual, thanks for your hard work to ensure we maintain the momentum on so many fronts, to ensure we're all making it better for people using our services.

Have a great week

David Meates  
CEO Canterbury District Health Board

# Facilities Fast Facts

## Fast Facts - Christchurch

Installation of precast concrete wall panels and concrete blockwork is beginning on the Lower Ground Floor of the Acute Services Building. The photos show the very beginnings of this work – there's a fair bit to do yet!



» Article continues on page 5

» Article continues from page 4



The Name the Crane competition winners received a prize this week, and the names were “officially” bestowed upon the cranes with a stencil and a spraycan. Our larger 78m tall crane is “Big Betty” – the suggestion of Flynn Matthews, aged 11, and the smaller 62 m crane is “Baby McGrane” – the suggestion of Cadie Sumpter aged 4, Thanks to all entrants for your ideas. The photos show CPB Project Manager Bill Hill at the base of the cranes.

## Outpatients

Piling work is continuing on the Outpatients site. The contractors are aiming to complete three of the 26 m deep piles per week, and to have all of the piles finished before Christmas.

The container walkway along the site boundary at the top of Antigua Street is now open for pedestrian use. A reminder that cyclists should currently dismount and use the walkway if travelling north towards the hospital. Watch this space for further updates.

### Hospital Corner update

If you are finding parking around the hospital increasingly difficult, you are not alone. The parking situation is also set to get worse in the short term, as work begins on the Metro Sports site, and on the Health Research & Education Facility (HREF) as well as construction work getting busier for the Outpatients Building and the Acute Services building. That's a lot of contractors looking for parking on surrounding streets between now and 2018, as well as our own staff and hospital visitors.

Did you know that 550 buses travel past Hospital Corner every day, including the Orange Line bus that connects Burwood Hospital with Halswell? That it takes only 30 or so minutes to bike in to the city – from Sumner? That the bus exchange is only seven minutes' walk from the hospital? And that this map - [www.metroinfo.co.nz/map](http://www.metroinfo.co.nz/map) - can give you real time bus info at your desk?

## Infection Prevention & Control survey, as part of a review: Please complete by noon on 30 September

Canterbury DHB has commissioned an independent review of its Infection Prevention and Control (IPC) Service. In preparation for the review, the panel need your feedback on how well the current service works and how it might be improved.

Your responses to the survey are anonymous unless you choose otherwise. If you do choose to provide your email address, it will only be used to seek clarification or further input.

Beyond a request for some context information up front, there are just nine questions – mostly requiring a free text response to allow you to express your views freely.

Like most surveys, you need to complete it in one go – if you try and log out and back in, Survey Monkey assumes one person is trying to make multiple entries and will lock you out.

If IP&C impacts on your role in any way, please make sure you add your say to the mix. To complete the survey, visit [www.surveymonkey.com/r/J3BDHRS](http://www.surveymonkey.com/r/J3BDHRS)



## Bouquets

### Phlebotomist Craig MacGregor, Canterbury Health Labs

Wednesday last week Craig MacGregor took my son's blood... Anyway I felt like I should say something about the service he provided, which was excellent. He's always had a good bedside manner but his confidence and phlebotomy skills really stood out to me last week, and you know how important it is to exude confidence with nervous children.... I wanted you to know that I was impressed with.

### Emergency Department, Acute Medical Assessment Unit (AMAU)

Our thanks as a family to all involved in our dear Mum and Nans care last night and this morning. The respect and compassion shown was immense and so appreciated, especially Ron and Ray and Julie this morning. You are special people to deal with these sad times everyday.

### Emergency Department and SARA Unit, Ward 16

My wife and I would like to express our thanks and appreciation to all the staff that were involved when I was admitted last Saturday. The care and treatment were excellent throughout, and all staff were so professional and friendly.

### Gastroenterology

I attended Gastroenterology for a procedure on Saturday. The staff were receptive, caring, professional and friendly. All in all a great experience... I felt compelled to write this. Thank you. Great job.

### Hospital Dental Service

Due to other health issues, our (two year old) son has been unable to attend any dental visits to date. He is a C5 tetraplegic and is unable to be transported from home. This morning ...had his home visit from the Dental Team Dental Specialist Arun and Dental

Assistant Malou. They were wonderful. We were very grateful that a house visit was available to him being unable to travel. Arun was very kind and gentle. We were worried with a dental inspection that my son's neck may be tilted or the examination would not achieve much. Arun's inspection was brilliant, and he took all issues into consideration doing an exceptional inspection. He had also done some research into our son's condition and did a very good analysis of his oral health. Afterwards Arun explained his findings to us and gave us some valuable information on the situation and follow up cares we could do. This was our son's first proper assessment and was hugely beneficial to us. Arun was wonderful. He was completely on to it ...and was also helpful and informative. Just passing on our thanks for the wonderful service we have received leading up to this, and also commending Arun and Malou on their help and professionalism. We were very impressed. Please pass on our thanks. We are thankful to live in a country with such a supportive, caring and inclusive health system, and also that there are staff as professional and caring as them involved in it.

### Emergency Department - Christchurch Hospital

Last week I was ambulated in to Christchurch Hospital with a bad attack of gallstones. I spent all night at A&E and in the morning they discharged me as they couldn't arrange an ultra sound scan at the hospital to confirm the diagnosis. I had got myself all sorted and was just making my way out when this woman came and offered to phone around and organise a scan for me. Long story short I got my scan and came home. I am forever grateful to that woman as I am a two hour drive away from Christchurch and she saved me

from having to do all that travel... What a wonderful service! Thank-you so much.

### Ward 25 – Christchurch Hospital

Over the past week I spent a number of hours sitting with a friend & his family on Ward 25 as he sadly lost his battle with illness. Irrespective of whether I was there at night, early morning, the weekend or just popped in for a few minutes during the day the nursing staff were incredible; they were caring, kind, accommodating and extremely tolerant of the numerous family and friends who came in, nothing was too much trouble and irrespective of whether my friend was awake or not he was treated with gentle respect and humanity. As a non-clinical staff member I was humbled by the experience and so grateful to all the ward team who made a very difficult time also very precious – my very grateful thanks to all of you.

### B1, Burwood Hospital

To all the staff of B1, thank you so much for all the care and attention given to my mother during her recent stay with you. She has settled back into life at her retirement village after her five week winter holiday at Christchurch and Burwood hospitals. As a family we are very appreciative of the wonderful care that all at B1 provided. With thanks.

### B1, Burwood Hospital

To all of you, just to say many thanks to all of you for your care, compassion and love while taking care of our family member. It has been a pleasure to meet you all. You have all been so kind and a lovely hospital as well. I will miss seeing you all each day. All the best to you all. Take care. God bless.

### Rangiora Birthing Unit

Awesome staff! Thanks for all the help.

### Lincoln Maternity

Loved my time here thank you very

» Article continues on page 7

» Article continues from page 6

much to everyone. So helpful and friendly I couldn't have asked for a better place to start off. I really appreciate all the help and advice and will recommend Lincoln to anyone.

I'd just like to compliment and thank all the staff at the Lincoln Maternity Hospital. Anne, Ruth and Jean (midwives) were amazing. Nothing was a problem, they gave me and my baby space and were happy to help when asked. I'd also like to mention the nurse aids/cleaners, they too were friendly, helpful and busy looking after us. The meals were amazing and the relaxed help yourself facilities (kitchen / bathrooms) made me feel like I was at home and not in hospital. I found my experience postnatal at Lincoln amazing and think the staff need a big pat on the back! Thank you ladies.

#### Gynaecology ward

I had an amazing orderly by the name

of Byron she was very caring and gentle with me knowing I was in pain. Such a beautiful person. She brightened up my day when I was feeling very vulnerable and down, so thank you Byron for making all the difference!

#### Gynaecology ward

I went to the Gynaecology department at Women's. I was treated with the utmost respect. Great nurses. Fast service and great experience. Thank you.

#### Ward 27

To all the great team at ward 27. Thank you so very much. I was in ward 27 the first two weeks of June after ICU and I just wanted to say thank you. I am doing ok.

#### Gynaecology ward

My wife and I would like to compliment Pete Sykes and this whole team for the operation that has given my wife her life back again. The team of doctors and

nurses have been amazing. The care and support have been excellent. They are the best.

#### Maternity ward - Christchurch Women's Hospital

With all our heart - Thank you! Amazing people doing amazing things.

#### Ward 22

The playroom and playroom staff are a tremendous resource. Cannot thank you enough for making hospital a bit more bearable. Thank you.

#### Ward 21

Amazing wonderful people

#### Child Outpatients

I cannot compliment this department enough! The empathy shown by all staff is highly commendable and every interaction with Dr Cameron Dickson is incredibly reassuring. Both for me as a parent, and for my son. His knowledge of his subject is very soothing. Thank you.

POSTGRADUATE



# Become a nurse – build on any degree

Find out more about our two-year,  
Christchurch-based, Master of Nursing Science.

Tuesday 27 September 5.30pm – 6.30pm  
Level 2 | 72 Oxford Terrace | Christchurch Central  
Centre for Postgraduate Nursing Studies  
University of Otago, Christchurch

For more information  
[otago.ac.nz/nursingmasters](http://otago.ac.nz/nursingmasters) or +64 3 364 3864

# Canterbury Grand Round

Friday, 30 September 2016 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker one: Carolyn Gullery, General Manager, Planning and Funding and Decision Support

“The theory behind alliancing”

Alliancing has become a new way of working in the Canterbury health system, the New Zealand system and internationally. What is alliancing? Why is it different from how we used to work? Why is it suited for working in a complex adaptive system like health?

Speaker two: Dr Angus Cameron, OMFS Registrar

“Medication-related osteonecrosis of the jaws”

The use of bisphosphonates to treat various medical conditions is becoming more common. Unfortunately the use of such medications can lead to devastating consequences in around the jaws if the correct investigations are not performed. What are they and how do we minimise them?

Chair: Lester Settle

Video Conference set up in:

- » Burwood Meeting Rooms 2.3a and 2.3b
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital, Riley Lounge
- » Pegasus, 160 Bealey Ave, Room 3

All staff and students welcome

These talks will be uploaded to the [intranet](#) within approximately two weeks.

Next Grand Round is Friday 6 October 2016.

Convener: Dr R L Spearing

Email: [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)

## MedChart rolls out to the Christchurch Campus next month

Electronic prescribing and administering (ePA, or MedChart) of medicines is coming to Christchurch Campus this October, as per the following schedule:

- » Medical wards, start 11 October
- » Surgical starts 25 October (except ED and ICU)
- » Women's and Paeds start 7 November (except NeoNatal)
- » ED and ICU start 21 November

Stella Ward says ensuring that people are trained and prepared for a change in the way they do things is key to the success of this rollout.

“As the rollout at Hillmorton and The Princess Margaret Hospitals demonstrated, staff love the paperless system once they have had time and a little practice. Gone are the days of spidery handwriting, scribbled notes that come from no one knows who, incorrect units or missing zeroes, and conflicting duplicates or lost charts.

“There is also handy functionality, such as reminders of medications due and overdue, and an overview available by ward so clinicians can have an overall picture in a single view. If you are a little wary of technology, you should be comforted by the fact that hundreds of staff have successfully navigated their training and implementation, and are now using MedChart confidently and competently.”

There are a couple of different training approaches available, depending on the role of the individual: Prescribers can learn online or via face-to-face sessions, whereas administrators need to go to face-to-face sessions. However, administrators who have already been on a course can refresh their training online. During the initial stages of the rollout, trainers are on hand to guide staff through their first steps in learning to use MedChart.

Much more information is available on the eMeds Intranet page, but here's what you really need to know. As previously mentioned, training is the key:

- » For training details and more information on MedChart, visit the [MedChart intranet site](#) (contains FAQs).
- » To obtain access, you need to be trained.
- » If you prescribe or administer medicines, you should ask for all the training you need to be confident that you can use MedChart – otherwise you will not be able to do your job once it has been rolled out.
- » If you need to view and interpret a chart correctly, you will also need training.

Clinical Implementation Team staff will have contacted your work area already, however if you require further information about the roll out for your area, please email [emeds@cdhb.health.nz](mailto:emeds@cdhb.health.nz)

# More than five decades in health

**Medical Secretary, at Te Awakura, Hillmorton Hospital, Meryl Donnell is finally calling time on her career in health after more than five decades.**

There was some time off for babies and her husband's new business and her hours have gone from full time to part time and back but all together Meryl has worked for CDHB and its predecessors for 55 years.

She will be 73 when she leaves her desk for the last time on Wednesday 28 September and a job she began at the age of 18.

Meryl started her career working in a clerical job in Radiology at The Princess Margaret Hospital in 1961 doing typing and filing. She had already had three previous jobs.

"But I knew that I would have a love for hospital work. I have never regretted it," she says.

From 1986 Meryl worked in the Specialist Mental Health Service, firstly in the Fergusson Building at Hillmorton Hospital and then from 2001 in Acute Inpatient Services. Prior to the 1990s dances were held once a month for patients, there was a popular cricket team and even a medieval carnival with jousting and stilt walking and staff dressed in medieval costume.

"It was a fabulous place, there was a great feeling here and staff were really caring with each other, whatever was happening in your life there was someone there for you. It was a very close community."

Meryl says she will miss the fun and the people and would like to say thank you to everyone. In her retirement she plans to travel, spend time with her two granddaughters and continue with her hobbies of Tai Chi and ballroom dancing and "get out and keep healthy".

Chief Medical Officer, Sue Nightingale, says she has known Meryl since she arrived as a registrar in 1988 when Meryl was the medical secretary at Fergusson Clinic. She was always cheerful, helpful and obliging.

"Meryl was so knowledgeable about the systems that I continued to phone her for advice for a long time after I ceased working there."

Charge Nurse Manager, Specialist Mental Health Service Nursing Pools, Carolyn Park, says Meryl always has a welcoming manner, a 'can do' attitude and willingness to help others.

"We'll all miss her smiles and caring approach and wish Meryl well for the future."

Medical Secretary, Nancy McShane said Meryl is a genuinely kind and gracious person who treats everyone, regardless of their station in life, with the same courtesy and respect.

"There will be many long term clients of our service who will miss the warmth of her hugs every bit as much as the staff."

"Meryl is 'old school', and I mean that as the highest compliment, Nancy says.

"There are few people I have known – in any vocation- who have given so passionately to their work, or so selflessly to others."



Above: Meryl Donnell

# Team members wanted for run/walk through Hagley Park



**If you think you look good in red and/or want to get some exercise how about joining the Red Hot Chilli Steppers?**

They are a small group of around 11 Canterbury DHB colleagues who have entered the 2016 5km Corporate Challenge.

The Corporate Challenge is one of New Zealand's longest running mass participation sporting events organised exclusively for business or professional organisations and dedicated to the health, fitness and well-being of employees.

In Christchurch the 5km run, jog or walk event is being held at Hagley Park on November 16.

We'd love to see more colleagues join us and it's a good, low barrier, option for people to add a bit of healthy activity to their lives, says team member, Programme Director, Surgical Services, Service Level Alliance, Keith Wright.

So far the group includes managers, project specialists, a personal assistant, and an accountant. Any DHB staff members are welcome to join – it'd be great to see as many professions as possible participating, he says.

There is a range of ability levels represented in the group and while the group does not train together participating in the challenge is seen as a good way to encourage regular activity.

"Some go for runs at lunchtime but many of us train the evenings at times that fit around family commitments," says team member, National Immunisation Register Missed Events Co-ordinator, Sally Wright.

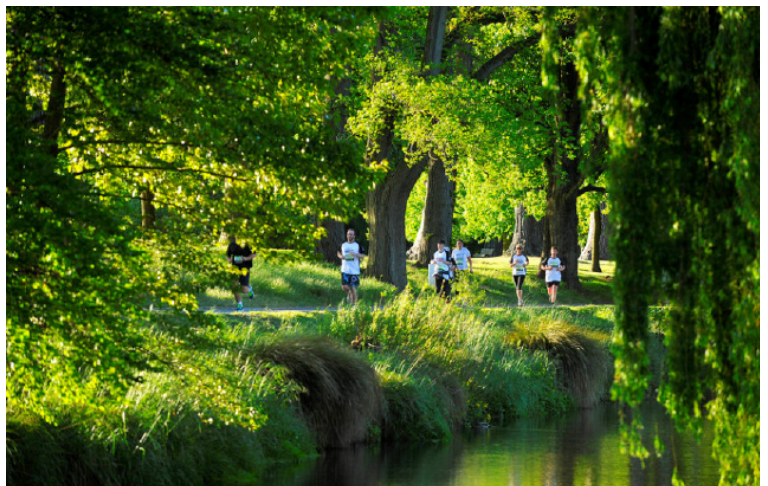
Members are looking forward to getting together on the day of the event.

"Our team colour is red. The guys are going to wear red capes and the girls red tutus", she says.

More details can be found at <http://corporatechallenge.co.nz/christchurch/>

To join: Go to [corporatechallenge.co.nz/christchurch/](http://corporatechallenge.co.nz/christchurch/)

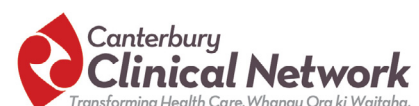
Click on "Enter", "Online Entry", "Join a team", then "Christchurch". In the search field type in Red Hot Chilli Steppers and you will see the team with Sally's name beside it. Add in the password Faster10. Your entry fee of \$45 gets you a dry-fit event t-shirt and a gym towel.



## The latest from the Canterbury Clinical Network

At this month's Canterbury Clinical Network meeting, the Alliance Leadership Team received presentations on such diverse topics as the integrated falls prevention programme, transition to and operationalisation of Kaikoura's new model of care, and community services redesign.

[Find out more and read the key messages from the meeting.](#)



# Brian Dolan awarded Honorary Professor of Leadership in Healthcare

Canterbury DHB Director of Service Improvement, Brian Dolan, has been awarded a personal Chair as Honorary Professor of Leadership in Healthcare at Salford University, Manchester, UK.



Above: Brian Dolan

Brian's role will involve working strategically with the Chief Nurse and academic partners in the Manchester Health Economy, as well as giving lectures, connecting with other higher education institutions in Australasia, including Canterbury's, and working with the industry collaboration zones.

Earlier this year he was awarded a Fellowship of the Royal Society of Arts (RSA). The RSA was founded in London in 1754 for the benefit of 'the publick (sic) good' and the RSA Fellowship is an international community of achievers and influencers from a wide array of backgrounds and professions, distinguished by the title 'FRSA'.

'I entered the nursing profession 35 years ago last week ( 22 September) and of all the health systems I've worked in, Canterbury's is easily the best I've known for people, culture and ambition to make the whole system work for the population it serves" Brian says.

These awards are reflective of the international interest Canterbury increasingly receives and which I'm proud to promote, he says.

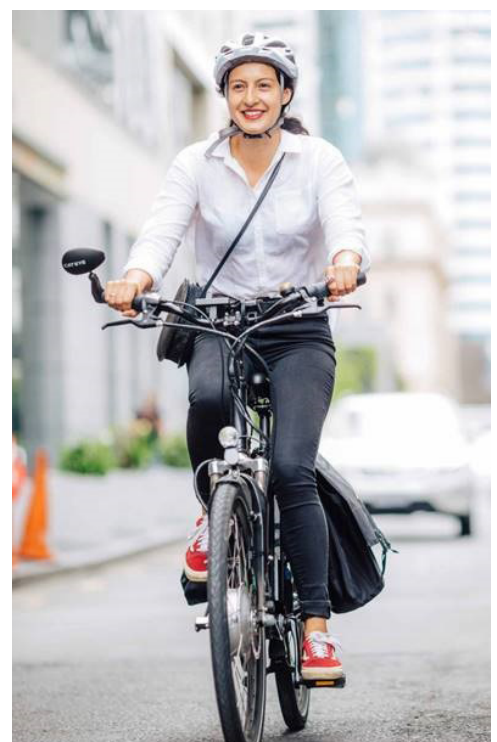
## Trial an ebike free for two weeks

Trial an ebike is a Christchurch City Council's transport innovation fund project. By loaning you an ebike free for two weeks, this project's goal is to help you discover how an ebike could be a mode of transport that's right for you, without having you commit to buying one at the outset.

Organisers want participants to take away a fresh perspective and an informed experience about ebikes and to encourage citizens to engage in active transportation that helps reduce traffic congestion, pollution and ultimately improve the city for people not vehicles.

Starting from the 1 November 2016 and lasting eight months to the 31 June 2017, four electric city bikes and one electric cargo bike will be loaned to successful applicants. Bookings are limited so if you're interested or know someone who would be, then follow this link to [sign up today](#).

[More information](#).



# Cyber security risk of the week: Danger, USB



## *Leave those sticks in the mud*

So small, so handy, and who doesn't love a free memory stick? But would you pick up and plug in one you found lying around – either to find out what's on it, or to 'recycle' for your own use?

If you answered 'yes', then you wouldn't be alone. In a test carried out by an internet security firm who scattered some around a place of work at random – the vast majority were later plugged in. The security firm had loaded them with software that ran automatically and allowed each computer to be controlled remotely, including access to files.

A lesson in human nature, an easy way past the best firewalls, and one wide open to exploitation. Someone could just have easily loaded a virus, installed phishing software or ransomware.

Let's not over-react though – a great tool is still a great tool, providing it's used correctly. Just be cautious. Unless they are brand new, one of your own, or given to you by someone you know, the best advice is to leave orphaned memory sticks well alone.

## *Ensuring patient and other confidential information doesn't fall into the wrong hands*

Here's an extract from advice we've previously given, worth repeating because memory sticks containing confidential information have been lost (and some found) since.

- 1 All personal devices such as tablets, laptops and phones should be password protected and set to lock automatically after a short period of inactivity
- 2 No identifiable\* patient data should be held on a laptop, tablet or phone
- 3 Identifiable patient data should not be held on USB sticks or other portable memory devices - There have been a number of high profile cases from government agencies such as ACC, WINZ and EQC where large amounts of data have been accidentally disclosed in this way.

\*Lists of identifiable patient information should not be sent by email – Note that an NHI is considered an identifier.



# THINK, DON'T CLICK

## Submit your Improvement Posters in the Canterbury Health System Quality Improvement & Innovation Awards

Enter a poster you have already prepared or use our template to showcase your quality improvement initiative.

Submit your poster by 30 September to [amanda.bielski@cdhb.health.nz](mailto:amanda.bielski@cdhb.health.nz)

Visit the [Quality Improvement and Innovation Awards](#) page for more information.



*Sit less September...*  
STAND UP, SIT LESS, MOVE MORE

TELL US WHAT YOU  
ARE DOING TO SIT LESS  
AND BE IN TO WIN



## Sitting is the new smoking: The more you sit, the poorer your health

### “Stand Up for Yourself”

Sitting for prolonged periods is bad for your health no matter how fit you are

All-day movement is just as important for maintaining good health as traditional exercise. When you sit all day, your hip flexors and hamstrings shorten and tighten. The muscles that support your spine weaken and stiffen, and this can cause low back pain.

[Watch here.](#)

Competition What have you done in your workplace to create stand up sit less move more opportunities? What have been the barriers? Email your actions to [meg.christie@cdhb.health.nz](mailto:meg.christie@cdhb.health.nz) to be in for the draw to win spot prizes for your workplace!

More information go [here](#) and [here](#) for more information on the perils of sitting and the advantages of standing and moving more. The World Health Organization also offers a fact sheet about [physical inactivity](#).



## Professional Development Recognition Programme New (PDRP) Assessor Training

The next New Assessor Training session will be held on 9 - 10 November 2016.

This is a two day course which is facilitated by the Open Polytechnic.

New assessors need to be nominated by their peers and supported by their Line Managers.

For information on becoming a new assessor and supporting forms to complete, please refer to our [PDRP Intranet site](#).

We look forward to receiving nominations from interested parties.

# One minute with... **Adel Jansen van Vuuren, Personal Assistant to Service Manager, Older Person's Health Inpatients, Burwood Hospital**

## What does your job involve?

I help my manager with a busy workload and ensure that each day runs smoothly. I am responsible for providing hands on support to my manager and wider team with a focus on reporting, diary management, travel arrangements, meeting agendas and minutes and general correspondence on behalf of the Service Manager.

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

I am a highly motivated, dynamic, energetic person who loves helping others. I am computer savvy and enjoy working with all groups of people. This is a fast paced, challenging and rewarding role and I love being the boss for the Boss!

## What do you like about it?

It is a role with multi levels of responsibilities and every day there is something different or new. I also like working with the older patients, they have a lot of love and care to share. And working in the new Burwood Hospital makes it a little bit more exciting.

## What are the challenging bits?

Moving from The Princess Margaret Hospital to the new Burwood Hospital was a bit challenging in itself. Learning the new hospital setup and arranging meetings in all the different meeting rooms, with some colleagues still at the TPMH site.

## Who inspires you at work and why?

My Manager, Linda Wood. I am very fortunate to have a pretty positive working relationship with my manager. She gives me a high degree of flexibility to get on with my job, and is always there to help any employee with any difficult situation. She is a very busy manager but she does a good job of closely supervising her team, steering us in the right direction and helping each of us to achieve the results that are expected of us.

## 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?

Everyone has a right to be treated with respect and dignity from employees to patients to visitors. Respect for our patients, visitors and staff is at the heart of everything I do. I believe in the strength of a diverse workforce where each person's uniqueness and integrity is at most highly valued. Accepting responsibility for every action I take. Meeting all needs off my manager and making sure that all outcomes are positive and handling all matters with extreme sensitivity.

## The last book I enjoyed was...

Lioness Arising, by Lisa Bevere

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

Maui, Hawaii

## My ultimate Sunday would involve...

Going to church and spending the day with friends and family eating lots of lovely food!

## One food I really like is...

I am a sucker for chicken but love a good steak on the BBQ.

## My favourite music is...

Pretty much anything. I do not like Heavy Metal and don't listen to love songs, so I think my taste in music is in between that.



Above: Adel Jansen van Vuuren

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

# In brief



## Waitaha Mokopuna Ora Seminar

Whakawhetū along with partner organisations Pegasus Health, Te Pūtahitanga, Te Puāwaitanga and Canterbury DHB wish to invite those with an interest or working in the area of Child and Maternal Health to attend a two-day Waitaha Mokopuna Ora Seminar.

ĀHEA (when): 12-13 October 2016, 9am to 3.30pm

KEI HEA (where): Rehua Marae

This two-day seminar will build on existing Sudden Unexpected Death in Infancy (SUDI) knowledge and expertise, and will provide a forum to share innovative ideas about supporting women to stop smoking in pregnancy, encourage breastfeeding and practice safe sleep.

The purpose of the seminar is to:

- » Increase the knowledge of Sudden Unexpected Death in Infancy (SUDI) across the health sector, agencies, community and whānau
- » Share ideas and strategies on how we can continue collectively to reduce the SUDI rates in Aotearoa
- » Network with others working to further reduce SUDI rates
- » Increase community awareness and engagement in SUDI prevention

Participants will hear from keynote speakers Dr David Tipene-Leach, Professor Ed Mitchell and Dr Carla Houkamau as well as local champions and advocates for Mokopuna Ora. Breakout workstreams will showcase locally inspired kaupapa that focus on innovation, the social determinants of health, communicating with whānau and the important role of both our kaumātua and weavers in supporting SUDI prevention.

The cost of the seminar is \$25 for those who earn over \$50k a year and free to all whānau and community members.

Numbers are limited to 100 people - morning tea and lunch is provided.

For further information or enquiries please contact:

[whakawhetu@auckland.ac.nz](mailto:whakawhetu@auckland.ac.nz)

[Register here.](#)



Alzheimers Canterbury  
Living Well with Dementia

## Community Education Seminar

Dementia caring and stress

Dementia can be emotionally, mentally and physically stressful for all concerned. Looking after yourself is very important.

Libby Gawith, Community Psychologist and Ara Institute of Canterbury lecturer, will talk about:

- » How to recognise symptoms and sources of your stress
- » Caring roles and stress
- » Health effects of stress
- » Strategies and techniques for managing your stress

There will be time for questions.

Everyone welcome!

Date: Tuesday 11th October 2016

Time: 10.30am – 12 midday

Venue: Alzheimers Canterbury, 314 Worcester Street, Linwood, (Between Fitzgerald Ave & Stanmore Rd)

Phone: 0800 444 776 Email: [admin@alzcanty.co.nz](mailto:admin@alzcanty.co.nz)



WEBSTER CENTRE FOR  
INFECTIOUS DISEASES

A UNIVERSITY OF OTAGO RESEARCH CENTRE

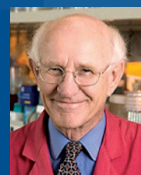
## PUBLIC LECTURE

What New Zealanders need  
to know about bird flu:  
from the mutton bird to a cure for influenza

Professor Robert G. Webster FRS  
Bird Flu pioneer

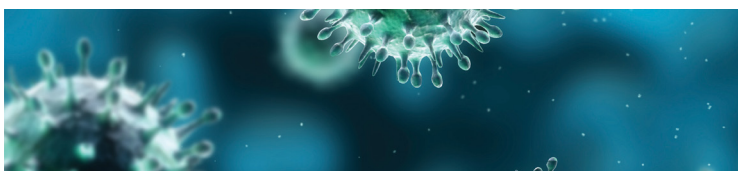
Robert Webster is a world-renowned virologist and leading influenza expert. His team identified the avian strain of influenza known as H5N1, the causative agent of avian influenza or 'bird flu' that emerged in Hong Kong in 1997. The main focus of his research is the reservoir of influenza viruses in wild birds, their role in the evolution of new human pandemic strains and the development of a universal vaccine.

Born in Baldutha, Professor Webster studied microbiology at the University of Otago leading to a job with the New Zealand Department of Agriculture as a virologist. After receiving his PhD he moved to the USA where he established one of the world's leading centres of influenza research at St Jude Children's Research Hospital in Memphis. He is a member of the US National Academy of Sciences, a Fellow of the Royal Society (London) and Fellow of the Royal Society of New Zealand.



Tuesday 27 September | 6.30pm  
Rolleston Lecture Theatre | University of Otago,  
Christchurch | Ground Floor, 2 Riccarton Avenue

Professor Webster's visit to New Zealand is sponsored by The Webster Centre for Infectious Diseases at the University of Otago.



## In brief



## Do you have an eye for design?

The annual Canterbury Health Laboratories calendar is due for production.

For the 2017 edition we are running a competition to design the cover, which is open to all employees of Canterbury DHB.

Entries need to be submitted to [Vanessa.buchan@cdhb.health.nz](mailto:Vanessa.buchan@cdhb.health.nz) by Friday 30 September and incorporate one (or all) of the following criteria:

- » The value of labs within our health system
- » Collaboration within our health system
- » Facilities redesign within our health system

The winning entry will be chosen by the CHL Leadership Team, we look forward to your entry!



## In brief

### PDRP - Postgraduate Education Equivalence

This is a reminder that applications for the Postgraduate Education Equivalence must be received by 4 November 2016.

Should you wish to apply for consideration of equivalency, you are required to demonstrate within your portfolio the integration of the nursing knowledge at Level eight into your nursing practice. The education pathways you used to achieve this level of knowledge are to be presented to the Committee with your portfolio.

Evidence should include:

- » Post registration experience and education relevant to current area of practice which impacts and influences practice at Expert level;
- » Changes in attitudes and skills which have resulted in improved care delivery; and
- » Demonstration of Expert practice, critical analysis and reflection consistently in nursing practice and evidence throughout portfolio evidence.

There will a maximum of six applications considered for equivalency each quarter.

Please scan and email your application and supporting documents to [adriana.humphries@cdhb.health.nz](mailto:adriana.humphries@cdhb.health.nz)

For information on Postgraduate Education Equivalence, please refer to our [PDRP webpage](#).

### Applications for HWNZ funding – Postgraduate Nursing Study in 2017

Applications for funding for postgraduate nursing study in 2017 are now open. Please apply using the online application form: [Application form for HWNZ Funding - Postgraduate Nursing Education](#)

Further information regarding funding and eligibility is available on the [Postgraduate Nursing Education website](#).

Closing date for applications is Friday 21 October 2016.

Process: All applications will be considered after the closing date.

Applications are forwarded to CNMs to confirm support.

Confirmed applications are forwarded to the relevant Director of Nursing for final approval.

Any queries should be directed to Jenny Gardner, Nurse Coordinator, PG Nursing Education on 68679 or [jenny.gardner@cdhb.health.nz](mailto:jenny.gardner@cdhb.health.nz) or to Margaret Bidois, Administrator, PG Nursing Education on 68680 or [margaret.bidois@cdhb.health.nz](mailto:margaret.bidois@cdhb.health.nz)

### A whole lot of noise at Burwood Hospital for Loud Shirt Day

Loud Shirt Day was held at Burwood Hospital last Friday and was embraced enthusiastically.

The day is to fundraise for The Hearing House and the Southern Cochlear Implant Paediatric Programme. These charities are dedicated to enabling deaf children with cochlear implant or hearing aids to listen and speak like their hearing peers.

One of the winners was Annette Mason, B1 Ward Clerk, pictured to the right.



### The All Right? Amble – Sun 2 Oct, 10am–2pm



Part treasure-hunt, part orienteering, this is a fun family walk with a difference. Pick up your map from the Botanic Gardens Visitor Centre before 1.30pm and scout out hidden delights. Collect a stamp at each point and return your map for a prize!

Left: Children from Avonhead Playcentre are joined by the All Righties as they take a walk through Bottle Lake Forest.

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

Be Active is an eight-week programme for people wanting to increase their level of activity and have fun along the way.



# BE ACTIVE

Term 4 2016



## Spreydon

St Martin's Church  
50-60 Lincoln Road  
Monday 1:30 – 3pm  
Starting Monday 17th October

## Riccarton

New Zealand Institute of Sport  
66B Wharenui Road  
Monday 6.15 – 7.15pm  
Starting Monday 17th October

## Redwood

St Silas Church  
237 Main North Road  
Tuesday 10.30am – 12pm  
Starting Tuesday 18th October

## Linwood

Linwood Avenue Union Church  
378 Linwood Avenue  
Thursday 10.30am – 12pm  
Starting Thursday 20th October

For more information and to register please contact:

Anna Wilson

P 03 373 5045

E [anna.wilson@sportcanterbury.org.nz](mailto:anna.wilson@sportcanterbury.org.nz)

[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle, and enjoy the support of others in the group. Cost is \$3 per session.



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



Together supporting an  
**active**  
CANTERBURY