



More affordable access to primary care services

Going to see your General Practice team became more affordable for thousands of Cantabrians on Saturday when the government extended existing initiatives, aimed at making access to general practice and pharmacy services more affordable.

Families with children and people with a Community Service Card and their dependents will pay less to see their General Practice team.

This is great news as it will help more people access care sooner, in the community. We hope it will have a flow-on effect of helping to keep our Emergency Department free for those who really need it.

Now 13 year olds (in addition to those aged under 13) will also be able to see a member of their general practice team for free, providing they are enrolled at that practice. All practices offer this.

After-hours appointments will also be free at Christchurch's three urgent care clinics: Pegasus 24 Hour Surgery, Moorhouse Medical and the Riccarton Clinic. In Canterbury many general practices offer urgent care after-hours on-call and via weekend clinics – and this care is also free for children 13 and under.

It's also good news when you go to pay for your prescriptions, as the normal charge at the pharmacy of \$5 per item for prescription medicines will not apply where the medicines are for 13 year olds (or younger), and there won't be any after-hours charges applied at urgent care clinic pharmacies.

Help spread the good news

I'm sharing this detail with you, to help spread the word amongst your own families, friends, colleagues and patients. In making this information clear to your patients, or indeed if you are planning to take advantage of more affordable access for your own whānau, please be aware a fee may still be payable for any additional or non-standard services such as extended appointments or procedures for children up to 13 years old.

Many general practices will now charge lower fees for a standard appointment for people enrolled with that practice and who have a Community Service Card. At these practices, an enrolled adult with a Community Services Card won't pay more than \$18.50 for a standard visit, and an enrolled young person aged 14 to 17 years with a parent or caregiver holding a Community Services Card will be charged no more than \$12.50 for a standard visit.

But once again, some practices are not yet offering these lower fees for enrolled card-holders and so we should be encouraging people to call their practice and check. People who are eligible for a [Community Services Card](#) and don't yet have one, should be sent one automatically. If you think anyone should have a card and doesn't, encourage them to call Work and Income to find out why.

There are multiple reasons I am making sure you know about cheaper visits – many of you may be eligible, others will have patients we can talk to about these changes and for many it will mean one less barrier to accessing primary care.

The key to making the most of general practice services in Canterbury, or anywhere else for that matter, is to make sure you are enrolled with a general practice and I encourage you to take advantage of every opportunity to encourage

In this issue

- > Regulars... pg 3-6
- > The Big Shout Out is back! pg 7
- > Professor recognised for clinically relevant research on obesity... pg 8
- > Big donation to child health... pg 9

- > A heartfelt welcome to Finau Leveni, our new Pacific Portfolio Manager... pg 10
- > Helping babies snooze soundly this Safe Sleep Day... pg 11
- > Holiday publication dates and deadlines for the CEO Update | People and Capability

- celebrating 2018... pg 12
- > Give your Christmas emails flair with a Canterbury DHB ecard... pg 13
- > One minute with... pg 15
- > Notices... pg 16-21

your patients to enrol. Enrolling with a general practice is free. They'll pay less, be better connected and informed and with support from their General Practice team, be better able to manage their own health and wellbeing. Information on finding and enrolling with a General Practice is available [here](#).

Project SEARCH – the search is on!

A week or so ago we held our first ever Project SEARCH assessment session for 10 young people (aged 17-21) as one of Canterbury DHB's initiatives to employ more people with disabilities. Based on the high quality of applicants, I understand that we anticipate offering most of the young people we met an internship.

Project SEARCH is a one-year internship programme for young people with disabilities who might otherwise find it challenging to transition from school to the workplace. All of this initial intake will be based at Burwood Hospital from early next year where they will receive a mix of educational support and hands-on work experience.

Project SEARCH is a well-established programme developed by Cincinnati Hospital in the United States. It is now worldwide and has proven effective in providing real



Jason Laurie, one of our new interns

The benefits for our health system are two-fold – it could help even out some of the demand pressures in our system and prevent our emergency services from being overloaded and as another incentive to enrol, it will ensure our future funding is a closer match to the population we serve.

work experience that often leads to real employment. Each internship lasts a year, at which point other agencies such as Workbridge come into play in finding a suitable job for interns with a proven ability to apply their skills in a work environment.

Employing more people who experience a disability is a core objective of the Health Disability Action Plan, launched in July 2016 and one I wholeheartedly support. Our participation in project SEARCH represents a significant milestone for us as an organisation, and as the first employer in New Zealand to apply Project SEARCH methodology, it could be a significant step forward for employment equity in New Zealand.

It was pleasing to see one of the community members of our Disability Steering Group, Paul Barclay, directly involved in the assessment sessions. Paul has lived experience of disability since being blinded in a car accident in 1988. He is currently also a member of Christchurch City Council's Disability Advisory Group and on the Boards of Volunteering Canterbury and the Earthquake Disability Leadership Group.

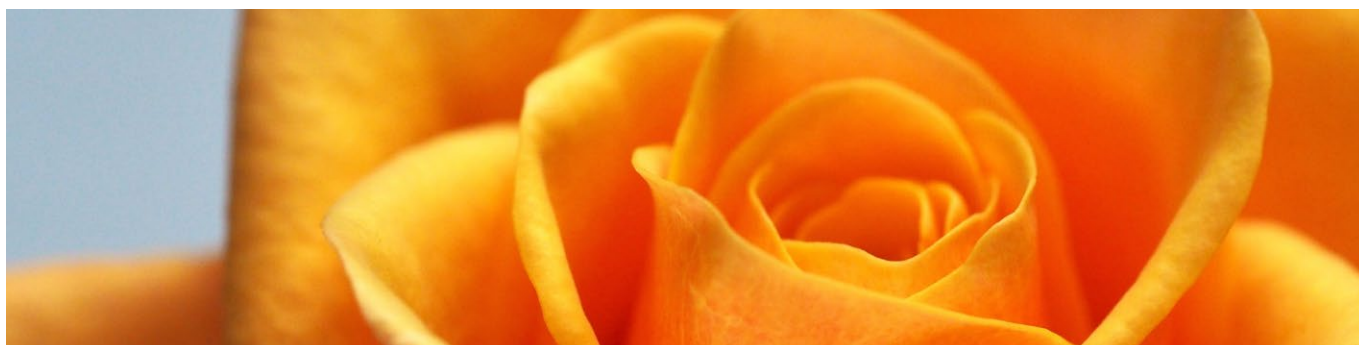
His expertise and insight were of huge benefit to this process, and I'd like to thank him, the Project Search Steering Committee, the People and Capability team, and everyone who came together to make this first assessment process run smoothly. I look forward to confirmation of which young people we were able to offer a placement to, and to hearing about their positive progress and growth over the coming year.

The countdown begins

Now that we've turned the calendar over to December, it's official: the countdown is on, and the number of working days till many of us take a break over the holiday period is finite. This can be a pressured time for many people juggling priorities and trying to achieve a lot in every 24 hours. Remember to breathe, take stock and write lists. If you feel that things are getting on top of you, talk to your manager and remember that free confidential counselling is available from EAP and workplace support.

Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board



Bouquets

Emergency Observation, Christchurch Hospital

The staff were fantastic from the check-in to discharge. As someone who has spent lots of time in hospitals, it was my best ever treatment; they all really made the effort to make me feel at ease and more than a number. Thank you all.

Community Rehabilitation Enablement Support Team (CREST)

The transition has been seamless. Please pass on our thanks to all of the CREST team for everything they have done – the family are very much appreciative.

Sean, Radiology Department, Christchurch Hospital

We had amazing service from Sean who is a receptionist in Radiology. While we were waiting to be seen he kept us updated, showed us to the toilets and got us water. Then he gave us some of his own money to get my diabetic son a snack from the vending machine as I didn't have any cash. He was so friendly and helpful and obviously genuinely cares about patients. Thanks, Sean.

Radiology Department, Burwood Hospital

Most impressed with staff politeness and courtesy. Appointment was made in a rush and procedure was performed almost to the minute of the appointment time. Absolutely nothing that could be faulted.

Ward 12, Christchurch Hospital

Thank you so much Christchurch Hospital staff for all that you do. I am blown away by your tireless work and the care you bring to patients and visitors. So much respect and admiration.

Ward 19, Christchurch Hospital

Thank you to all the nurses on Ward 19 who cared for our mother while she was a patient. We appreciate their kind, thoughtful care.

Medical Day Ward, Christchurch Hospital

Best care ever. Thanks heaps.

Emergency Department and Security, Christchurch Hospital

Dr Alec was absolutely the greatest. When I started having an anxiety attack he was incredibly understanding and took the time to explain every step of the process to myself and my partner, and seemed to genuinely care. Thank you so much, Dr Alec, and the rest of the staff who were so lovely and helpful. Security guys too – very helpful.

Emergency Department, Acute Medical Assessment Unit and Ward 24, Christchurch Hospital

We as a family would like to express our appreciation of the care and attention given to our daughter when she was recently admitted firstly through the Emergency Department (ED), then latterly for an extended stay in Ward 24. Our daughter has

an intellectual disability, with limited communication, however the staff were quick to learn her sign language, and provided age and gender-appropriate care for her throughout her stay. ED staff were clear in their communication about the difficulties in managing her illness, but kept everyone well informed of options and treatment. Her transition to Ward 24 via the Acute Medical Assessment Unit was managed well. For the 10 days that she remained in Ward 24, her needs were met at every turn with all the team – nursing, medical, social workers and occupational therapists – chipping in to make sure that when she returned home she had all she needed. A special mention to all the hospital aides who sat with her and helped her colour in and look at her magazines. They were without fail respectful and kind. With thanks from a grateful whānau.

Area and hospital not specified

Totally excellent lovely expert service and care. Many thanks.

Burwood Hospital

Very impressed with Burwood Hospital. What a pleasure to come here.

Walking in Another's Shoes dementia education programme

The following poem The End was written by an aged care facility staff member, Luseane Tuipulotu, who has completed the programme and found it beneficial.

The End

Coming to the end of our course,
It's very hard to forget the path we all
take.

Some of us make it to the end,
And some can't due to life changed.

Now we fully understand
Walking in dementia shoes,
It is not an easy life to live.
When dealing with pressure and
conflicts
Overcoming challenges due to ageing.

Every workshop we attend,
Is a step forward with knowledge and
experienced.

To be the best carer for those living
with dementia,
Because we are always there to give
them love and tender care.

We become their last life chapter,
Through working to improve quality of
living.

With day to day activities,
At the end is priceless.

Now we go back and show action,
What we learn can make a life
different.
Because dementia is a disease,
Grief and loss of a person who is still
alive.

Christchurch Hospital

*The following letter (abridged) is
published with the permission of the
author.*

I recently spent time in the Emergency
Department and Ward 11. My stay
saw me access services from other
departments in the Canterbury DHB
team. It's the word team that prompts
me to write this letter ... As always
the mahi (work) performed by your
team and the genuine desire to show
personal care to each patient is
impressive.

I think you are all stars but for me
there were some stand out super
heroes I would like to mention.

Firstly, in the Emergency Department
a lady, I think her name was Paddy
or Patty. She tracked progress of the

admission process while watching my
decline, and I am aware she pushed
things along.

I'll stop here to remind those involved
that while I don't like to be a difficult
patient, the fact I have no arms to
remove blood from or get fluids,
antibiotic or contrast dyes into makes
me a challenging one.

Rebecca from the laboratory is my
next super hero. Despite my spiel
about taking blood from my feet
with the smallest needle, a butterfly
and syringe, she managed to swiftly
secure a vial of blood from my feet
every single time. Rebecca, you have
no idea the relief this gave me.

My nurses on Ward 11 were fabulous.
You all have my gratitude and absolute
amazement at how you can do this
day in and day out.

Quick shout out to the orderly staff
too. You people are troopers, while
delivering people, products and
packages, you manage to take time to
personalise a patient's day pointing out
little patches of blue sky in an otherwise
grey world. A particularly impressive
orderly spotted me walking out of the
hospital on discharge. They stopped,
seated me in a chair and then checked
with reception I was supposed to be
leaving before placing me by the heater
at the entrance while I waited for my
son to get the car. You have no idea
how much that meant on the day.

Ear, Nose and Throat (ENT)
Consultant Justine Bradley made a
special visit to me one night. This type
of service leaves patients reassured
they are in good hands and receiving
top-notch care.

James, the resident doctor on the
ward – this guy popped along with
the ENT consult team on the day I
was scheduled for a contrast scan.
Noting the IV in my foot as a problem,
he followed up by calling Radiology.
James wasn't certain the foot IV would
provide a clear picture of my jaw. He
popped back to visit me and listened
to my very long story about what I

knew the structure of my wee limb to
be, before he attempted to get an IV
device in there.

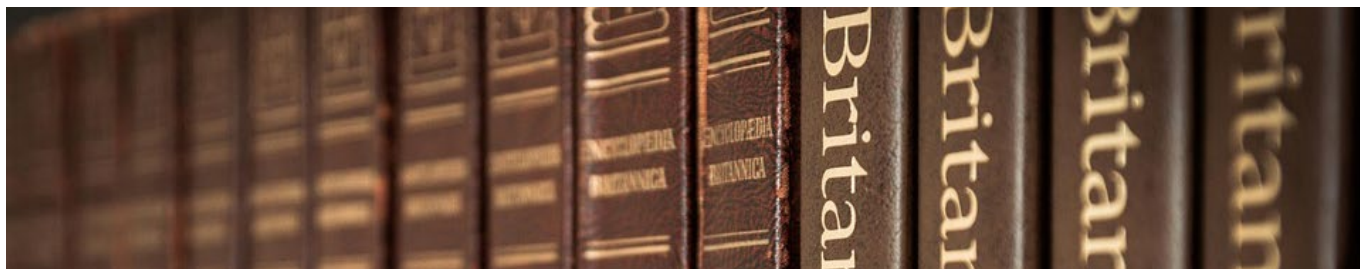
But there was no success. It was
James who arranged for me to meet
my ultimate super hero which led
to me getting the IV-line, scan and
treatment required. I'd give you a
thumbs-up, James, if I had thumbs.

My ultimate super hero status is left
for the anaesthetist David. This man I
could have kissed. Although not part
of his duties (as I wasn't in need of an
anaesthetic thank goodness), he spent
no less than 45 minutes kneeling
down in the most awkward of positions
in the tiny wee pre-op room just
outside of theatre attempting to get a
reliable IV device into my somewhat
back to front messed up little left arm.

He and his team of two assistants
tried all manner of ways to make
this happen. The genuine desire of
this man to ensure I was sent on my
way with the required device was
apparent. His disappointment at
not managing the result was clear.
Actually, though, it was this ultimate
super hero who led the way to
obtaining what was required. See,
rather than claim victory himself,
David saved two very good veins in
my upper arm for the Radiography
team. But he didn't just admit defeat
and send me on my way. No.

Escorting me and my daughter to
the lift, he decided to run on up to
Radiography and let Peter there know
what he had found and suggest how
to best help me once I arrived there.
Yes, Peter in Radiography did get
a line in allowing me to receive the
diagnostic scan required and continue
my IV antibiotic.

Absolute gratitude to you all.



The Library

Browse some of the interesting health-related articles doing the rounds.

[“Effective new target for mood-boosting brain stimulation found”](#) – Researchers leading a recent study into treating depression have added to evidence that mood disorders are the result of dysfunction in brain circuits. The study of patients with epilepsy and who also had depression, used electrical stimulation to a small area of the brain called the lateral orbitofrontal cortex, a key area for mood-related circuitry. Changes in brain activity and improvements to the patients’ moods were immediate. From *Science Daily*, published online: 29 November 2018.

[“We have weaker bones than our hunter-gatherer ancestors – this is what you can do about it”](#) – Our increasingly sedentary lifestyles affect us in many ways. This article focuses on bone strength, how it can deteriorate and how it can be improved. Daily incidental activity such as carrying your shopping, walking and remaining active in general all help to maintain and build bone strength, and prevent osteoporotic fractures, which are predicted to double globally by 2040. From *The Conversation*, published online: 21 November 2018.

[“Horses for courses: choosing an evidence-based psychological therapy for your patient”](#) – Selecting an evidence-based psychological therapy for a patient experiencing distressing symptoms can be challenging. In this article four major psychotherapies are discussed: psychoanalytic/psychodynamic, cognitive and behavioural, humanistic/existential, and systemic. Evidence from randomised controlled trials and meta-analyses provide support for the effectiveness of the systemic approach, humanistic therapy, existential therapy, psychodynamic therapy and cognitive-behavioural therapy. But not all psychotherapies are equivalent when it comes to favourable outcomes. From *BJPsych Advances*, published online: 29 June 2018.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz.

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 a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



A change to our defect reporting process

If staff notice something not working in the new building, there is now a change to the defect reporting process:

- › Users should send a description of the defect either to Christine Corin (christine.corin@cdhb.health.nz) or to Angela Mills (angela.mills@cdhb.health.nz).
- › They will send the requests on to the relevant people/department.

If staff want to request something different to what is designed or installed, this is a change request.

Please note that the building is under an agreed change moratorium for six months after opening. During this period, change requests can be made – but they are unlikely to be met unless they concern issues of patient or staff safety.

There is a separate process for change requests.

- › First, staff should speak to or email their line manager to get support for the request.
- › Their line manager should then escalate the request to Pauline Clark, General Manager, who will consult with the Outpatients project governance group for approval.

Remember to update your details in the Canterbury DHB Phonebook

Now that you have moved into the new Christchurch Outpatients, please take a few minutes to update your contact details in the phone book. It's quick and easy to do.

Step 1 – click on Canterbury DHB Phonebook on the intranet homepage.

The screenshot shows the intranet homepage with a search bar at the top right. Below the search bar is a navigation menu with links like Home, Departments, Clinical Apps, etc. A central banner for 'Hospital HealthPathways' is visible. Below the banner are several sections: 'Clinical Quick Links' with links to Adverse Drug Reporting, etc.; 'Staff News & Notices' with a link to 'CDHB Phonebook' circled in red; and 'Workday Essentials' with a link to 'CDHB Phonebook' also circled in red.

Step 2 – click on the UPDATE MY DETAILS tab.

The screenshot shows the 'Contacts' page with a search bar and a table of contact information. The 'Update My Details' button is circled in red. The table has columns for Display Name, Extension, External (DDI), Mobile, and Title.

Display Name	Extension	External (DDI)	Mobile	Title
2nd line	33489			
A T & R	31712	3392712		
A T & R Mainphone	31710	3392710		
A T & R QT Office	33794			

If you are expecting mail, please make sure it's been properly labelled

A request from the Facilities Coordinator Donna Handy – please ensure all mail is labelled correctly. It's a huge job finding people when mail comes just addressed to A Person, Christchurch Outpatients. Please ensure when you give people a mailing address you include your department AND the level you are working on.

The Big Shout Out is back!

From 4-23 December, you will be able to celebrate your workmates and teams via the Big Shout Out service on the Max portal.

It's Max here again, your online service portal.

While I mostly focus on services which make your work life easier (like applying for leave and claiming expenses), this time it's something a little different...

I'm helping you celebrate each other for this year's Big Shout Out!

You might remember the Big Shout Out from last year, when hundreds of our people across Canterbury DHB shouted out to their colleagues. They wrote messages and took photos to share kind words about the people and teams who bring something special to their workplace.

Well, this year, I'm making it even easier to send your Big Shout Out; you can do it straight from your Max homepage. All you have to do is **click on the Big Shout Out image on your Max homepage and it will take you straight to the service form.**

You can make as many Big Shout Outs as you like, and I'll make sure the person you make a Big Shout Out to is notified via their DHB email address. Plus for every shout out you give, you will get you an entry into our weekly prize draw! You could win things like gift hampers, Christmas hams, free coffee, family passes to cool activities, and much more!

You can also see who else is being shouted about on your Max Homepage or on the [Care Starts Here Facebook](#) group. If you're not a member of the Facebook group, now's the perfect time to request to join!

Ngā mihi nui

Max

The Big Shout Out 2018 runs from 4-23 December and is a part of our People Strategy – Care Starts Here.



CARE AROUND THE CLOCK

Call your GP team 24/7 for health advice
If it's after-hours a nurse is available to give free health advice

Canterbury
District Health Board
Te Pōari Hauora o Waitaha



#carearoundtheclock

Professor recognised for clinically relevant research on obesity

A study about how to help obese patients lose weight and have a better quality of life has won the University of Otago, Christchurch's Doug Sellman a prestigious New Zealand Medical Association award.

The Association's Robinson Award is given for excellence in medical writing and a clinically relevant manuscript. It recognises a paper Doug and his colleagues published, titled "*Psychosocial enhancement of the Green Prescription for obesity recovery.*"

The researchers looked at the merit of obese patients being part of Kia Ākina's obesity recovery programme for a year, in combination with a Green Prescription programme led by their general practitioner. Kia Ākina is a charitable trust that supports and encourages people to overcome obesity and live a better quality of life.



Professor Doug Sellman is a researcher and addiction expert with the University of Otago, Christchurch

The paper concluded people doing both programmes, compared with those just following a Green Prescription, lost more weight (3.6kg vs 0.7kg) and were far more confident about their recovery and had a better quality of life.

Editor-in-chief of the New Zealand Medical Journal Professor Frank Frizelle says the paper makes sense of one of the global issues affecting health today in a way that everyone can understand.

Doug says he and his co-authors Ria Schroder, Daryle Deering, Jane Elmslie, James Foulds and Chris Frampton were thrilled their work had been recognised.

"My team and I are overwhelmed to receive this award. It recognises that obesity is a fundamental challenge for health care systems today and it is critical that we assist the thousands of people already suffering from obesity and prevention in primary care."

The award is accompanied by \$2000, donated by the Medical Assurance Society. Doug and the team donated the money to Kia Ākina.

Read the award winning paper [here](#).

Big donation to child health

Children in Christchurch will benefit from \$85,674 raised by the Countdown Kids Hospital Appeal this year.

A cheque for that amount was presented at a ceremony in Christchurch last Friday. It forms part of the \$1.2 million raised by the 2018 Countdown Kids Hospital Appeal for new equipment at 21 hospitals and primary health services around the country.

The appeal runs annually from August to October. Each year, thousands of Countdown and hospital staff rally their communities to support the appeal, and people participate by making a donation or engaging in local activities and raffles.

Countdown and district health board staff host various fundraising activities, such as quiz nights, car rallies and cake stalls. All funds raised are donated to the hospitals for their 'wish lists'.

Countdown Group Manager Penny Hardaker told those gathered that the donation would not have been possible without the generosity of the community and the huge effort from Countdown and Canterbury DHB staff. The Palms Countdown alone raised \$10,000, the largest amount of any area in the South Island.

"I really want to thank the Countdown team for the effort they put into this year's appeal. It is fantastic to see the team coming together with different fundraising events. I am honoured to be able to present this cheque."

Māia Foundation Manager Anna Galvan said "thank you for enhancing the health system."

Pegasus Health Director of Nursing Michael McIlhone says the appeal makes an amazing difference. This year is slightly different in that primary care organisations are also able to benefit. The money raised will enhance the children's area at the 24 Hour Surgery.

Child Health Service Manager Anne Morgan said "thank you Countdown for all the work that you have done, it's been an amazing journey to be on with you."



Selwyn House choir perform at the cheque presentation

Christchurch Hospital's wishlist includes a \$25,000 incubator, vital signs monitors, and a \$14,480 rhino-laryngo-fiberscope which has a smaller diameter for airway examinations in babies and children.

Canterbury DHB's Child Development Service have requested money for a shade cloth for their playground and the Dental Service has asked for funds to buy a Single Tooth Anaesthesia (STA) system used for delivering local anaesthetic. It controls the flow rate and pressure of the anaesthesia during injection making it virtually painless.



Countdown staff holding the cheque



Girls of the Selwyn House choir celebrate the amount raised

A heartfelt welcome to Finau Leveni, our new Pacific Portfolio Manager

On Friday, our Canterbury Health System was pleased to say Malo e lelei, Kia orana, Talofa lava, Bula Vinaka, Fakaalofa lahi atu, Fakatalofa atu, Taloha ni, la orana, Kam Na Mauri, Halo Olaketa, Kia ora to our new Pacific Portfolio Manager, Finau Heuifanga Leveni.

Following the lotu (karakia or prayer) by Reverend Moi Kaufononga, David Meates welcomed Finau, whānau and community representatives, and Pasifika Futures on behalf of the DHB.

Papa John and Mama Pitumaki, Fuetanoa Kose Seinafo, Father Paulo, and Chair of the Pasifika Medical Association Dr Kiki Moate all added mana to an already auspicious occasion.

Our Canterbury Health System's leadership, and especially the Planning and Funding Team, are excited to welcome Finau as a first step in a really exciting journey towards truly equitable care for Canterbury's diverse communities.

David Meates addressed the Pacific community in attendance to say it was brilliant to be able to welcome them that day.

"It is symbolic of the partnership we are looking to build on to improve the health and wellbeing of our communities.

"I want this region to be an exemplar for what can be achieved in terms of better health outcomes for our Pacific people, through working together. We don't have the answers, but we'll be designing and creating them alongside you," David says.

Executive Director of Planning, Funding and Decision Support Carolyn Gullery made a short but poignant welcoming speech that explained why Finau's appointment is so significant to us as a health system that puts people at the centre of everything we do.

"This collaborative role is very important in our developing an ever stronger relationship with Pasifika Futures, as it represents a shared commitment to our belief that, in bringing health and social services together as partners, we can make a real difference for our people.

"We firmly believe that we can address inequity by enabling our communities to be part of our decision-making. By



Left to right: Fuetanoa Kose Seinafo, Papa John Pitumaki, David Meates, Reverend Moi Kaufononga, Finau Leveni, Carolyn Gullery, Mama Pitumaki, Father Paulo and Dr Kiki Moate



Father Paulo and Finau Leveni

coming together we can design services that meet the needs of our Pacific people. We are committed to enabling our communities to flourish and lead their best possible lives," Carolyn says.

Carolyn went on to refer to the skills, experience and passion that Finau brings to the new role.

"We are excited, but also a little apprehensive – because we know Finau is going to challenge us to do things differently. Trepidation aside, we are looking forward to meeting that challenge together."

Helping babies snooze soundly this Safe Sleep Day

This Friday 7 December is Sudden Unexpected Death in Infancy (SUDI) Safe Sleep Day.

A high number of SUDI deaths are linked to an infant not being in their own sleep space, so an important part of SUDI prevention is ensuring that every infant has their own sleep space and that caregivers understand how to safely put baby to bed. This includes the PEPE message:

Place baby in his or her own baby bed
Eliminate smoking in pregnancy, in the whānau and in the home
Position baby on his or her back to sleep
Encourage and support mum so baby is breastfed.

Safe Sleep Day also provides the opportunity to support whānau to be Smokefree, as well as prolong breastfeeding. Alongside PEPE, these factors are key to reducing SUDI.

Canterbury DHB is developing a programme where at risk infants will be provided with a wahakura (right), or pēpi pod, in which to sleep, especially if their caregivers are likely to co-sleep with them and they live in a home with smokers.

In Canterbury, Te Puawaitanga ki Ōtautahi Trust is a key provider of wahakura and runs weaving wānanga (groups). Te Rūnanga o Ngāi Tahu also provide wahakura for pēpi who whakapapa to Ngāi Tahu. Whānau can register for a Pēpi Pack [here](#).

[Te Hā - Waitaha](#) provides free support to anyone who wishes to stop smoking, as well as a pregnancy incentive programme encouraging pregnant women to stop smoking. A number of breastfeeding support initiatives exist to assist mothers, along with research occurring to understand more about what prolongs and what prohibits breastfeeding.

Te Puawaitanga ki Ōtautahi Trust runs four to six wānanga a year, over two days, for all people wanting to weave a wahakura. They have been run over the past four years and initially were a response to the shortage of housing post-Canterbury earthquakes. The loss of 10,000 homes meant families were forced to move in together, and Te Puawaitanga wanted to help provide a safe sleeping space for new pēpi in these homes. Initially, the wānanga were supported by the New Zealand Red Cross.



Making wahakura at a weaving wānanga

A wide range of attendees, from aunts, midwives, social workers, early childhood education workers, nurses, those wanting to extend their weaving skills and others wanting to support the mahi and their whānau have all attended.

The wānanga are part of a continuum of care offered by

Te Puawaitanga which includes a kaupapa Māori antenatal programme called Whānau Mai, and the Tamariki Ora/Well Child service. Canterbury DHB is now the primary funder for all three of these initiatives.

To download resources to get the Safe Sleep Day and Smokefree message out there, click [here](#).



A baby sleeps soundly in a wahakura



3 December 2018

Holiday publication dates and deadlines for the CEO Update



The last *CEO Update* for 2018 will be a Christmas special, to be published on **Monday 17 December**, with a deadline of midday on Thursday 13 December.

Please send in your Christmas-themed photos – whether it's decorations, a tree, a festive team outing or activity. Share the love and help us spread some Christmas cheer.

The first issue for 2019 will be published on **Monday 21 January**, with a deadline of midday Thursday 17 January.

Feel free to share some holiday snaps to show how you made the most of some time off work.

Photos and stories should be sent to communications@cdhb.health.nz

We're always after new people to interview as part of our 'One Minute With' series – so feel free to nominate a colleague or yourself.



People and Capability celebrating 2018

The Recruitment team dressed in matching Christmas jerseys with the hope of winning best dressed team at the recent People and Capability (P and C) Christmas forum.

The P and C team held their final forum of the year to celebrate the year that was and look to the exciting year ahead.

Although they conceded best dressed victory to the West Coast P and C team, the Canterbury DHB Recruitment team are proud to have filled 2300 vacancies across the Canterbury DHB and West Coast DHB and are expecting an even bigger 2019.



The Recruitment team:

Front row from left, Recruitment Co-ordinator Ritika Uniyal, Recruitment Specialist Jessica Massey and Recruitment Co-ordinator Janita Te Haara

Second row from left, Recruitment Team Leader Hayley Buick, Recruitment Nurse Specialist Nicki McNeill and Recruitment Specialist Tracey Sutherland

Back row from left, Recruitment Specialist Simon Liddy, Recruitment Co-ordinator Kimberley Sletcher and Recruitment Specialist Anna Canning

Send Season's Greetings with an e-card

Christmas ecards created by Medical Illustration can be downloaded to send to colleagues. To view the range and to download one, click [here](#).



Canterbury wellbeing indicators continue upward trend

The Canterbury Wellbeing Index, compiled by Community and Public Health, was released last week.

The Index uses data from many different local and national agencies, including Statistics New Zealand, as well the Canterbury Wellbeing Survey, to bring together information about wellbeing in Christchurch City, Selwyn District and Waimakariri District.

The online Index, which enables users to extract and present the information they are interested in, is available on a new purpose-built website: www.canterburywellbeing.org.nz.

Community and Public Health General Manager and chair of the greater Christchurch Psychosocial Governance Group Evon Currie says that wellbeing in greater Christchurch has continued its upward trend post-quake.

"Overall, the wellbeing of our community is in the best shape it has been since the earthquakes, however, there are several groups within our community who continue to experience a lower sense of wellbeing."

These groups include Māori, those on low incomes, and those with a disability or chronic health condition, she says.

"Being able to live the type of life you value shouldn't be the preserve of the wealthy or healthy. We need to do more to ensure that no one is left behind. That should be the ultimate measure of a successful community."

A question on loneliness was included in this year's survey.

"It's no surprise that people who are lonely also experience lower levels of wellbeing."

LOCAL • UP-TO-DATE • DATA AT YOUR FINGERTIPS



**CANTERBURY
WELLBEING
INDEX**

canterburywellbeing.org.nz

**NEW
WEBSITE
NOW
LIVE**

What was surprising was the degree of loneliness experienced by young Cantabrians. Nearly 15 percent of 18- 24 year olds feel lonely or isolated always or most of the time, compared with three percent of those over 65.

"I'm interested in digging deeper into the issue of loneliness to determine whether government agencies and our communities need to be playing more of a role in encouraging connections and a sense of belonging, especially for our young people," Evon says.

The Canterbury Wellbeing Index contains 56 indicators across a diverse range of domains including education, housing, health and jobs, and includes a separate section focusing on 19 Māori wellbeing indicators.

Evon encourages local decision makers to explore the data and use it to positively influence the wellbeing of the local population.



One minute with... Toby Kane, Anaesthetic Registrar

What does your job involve?

My day-to-day work as an anaesthetic registrar involves assessing patients prior to their operation and working closely with an anaesthetic consultant to care for these patients during their operation. What is involved varies from patient to patient and is also dependent of their type of surgery. I am also rostered on to assess patients in the pre-admission clinic and on the Acute Pain team, with follow up with patients after their surgery.

Why did you choose to work in this field?

I always liked the critical care side of medicine (anaesthetics, emergency, intensive care) throughout university and my early training. When I got the opportunity to do the senior house officer role in anaesthetics at Christchurch Hospital, I knew I had found the thing for me. The department is great, lots of very nice people and a great place to train.

What do you like about it?

I like that there is a skills-based component – looking after patients' airways and breathing, spinals and epidurals. I like that we get to work with patients of all ages and with lots of different conditions that require surgery. So the anaesthetic needs to be changed from patient to patient.

What are the challenging bits?

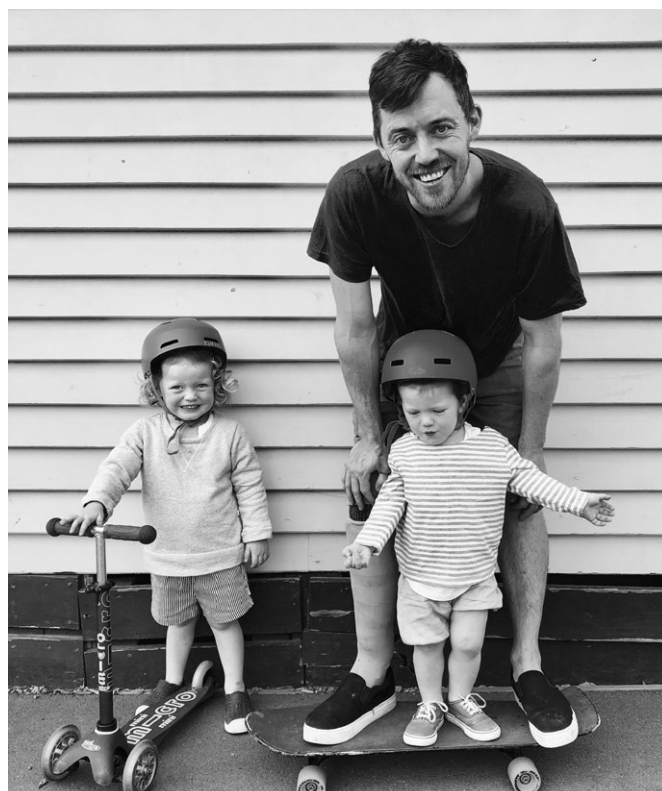
The challenging bits are the things I like – learning new skills and learning how to take care of patients in an emergency setting.

Who inspires you?

My partner Charlotte – she is lovely, great with people, amazing with our three girls and incredibly hard-working.

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

I have now been at Canterbury DHB for over two years and have always found it to be a great environment to work in with very friendly staff. Today, 3 December is the United Nations International Day of Persons with Disabilities and I am proud to be able to represent people with a disability here. I lost my right leg below the knee when I was two years old and have grown up wearing a prosthetic leg. I have never thought disability equals decreased ability. Having a disability means you need to find a way to meet the challenge, a way that works for you. I have always



found the staff and patients in Christchurch to be very understanding and accommodating and I think this reflects the values of Canterbury DHB.

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

Home! I have been away for two weeks on a study course and would love to get home to see my family.

What do you do on a typical Sunday?

Usually a trip to the playground with my kids on scooters and skateboards and then some study for my exam in the afternoon. If there is some time left over I like to cook.

One food I really like is...

Coffee.

My favourite music is...

I like lots of different types of music but usually my daughters pick the music.

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

Canterbury Grand Round

Friday 7 December 2018 – 12.15 to 1.15pm with lunch from 11.50am

Venue: Rolleston Lecture Theatre

Speaker: Dr John Hellemans, Sports Medicine Practitioner and Coach

"Never, Ever Give Up? Adventures of a Sports Doc"

A unique insight into the benefits and risks of endurance sport, from the perspective of a sports medicine practitioner, coach and athlete.

Chair: Andrew Butler

It is requested out of politeness to the speaker that people do not leave halfway through the Grand Rounds.

This talk will be uploaded to the staff [intranet](#) within approximately two weeks.

Video Conference set up in:

- > Burwood Meeting Room 2.3b
- > Wakanui Room, Ashburton
- > Administration Building, Hillmorton
- > The Princess Margaret Hospital, Riley Lounge
- > Pegasus, Room 1.02

All staff and students welcome

Next is – 14 December – Final Grand Round for 2018

Rolleston Lecture Theatre

Convener: Dr R L Spearing – ruth.spearing@cdhb.health.nz



Health Quality & Safety Commission e-digest

The latest issue of the Health Quality & Safety Commission New Zealand's e-digest is out now. Stories include: low cost interventions to improve low-scoring areas in the national adult inpatient experience survey; the importance of using antibiotics responsibly; and Frailty Care Guides for testing in aged residential care providers. You can read these stories and many more [here](#).

Always on the go?
Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.

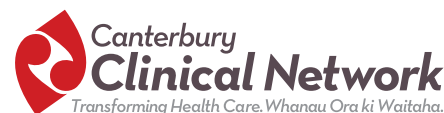


healthinfo.org.nz



Canterbury Clinical Network, monthly update – November

The key messages from November's Canterbury Clinical Network Alliance Leadership Team meeting are now available.



Highlights from the meeting include three presentations, from:

Oxford and Surrounding Area Model of Care – Carol Horgan and Kevin Felstead provided a brief overview of the process around the development of the model of care to date, highlighting that feedback from the area's health providers and community has been incorporated into the recommendations and consequent draft implementation plan. The model of care was endorsed for submission to the Canterbury DHB Board for approval.

Community Services SLA – Donna Hahn, Greta Bond and Glenda Rich presented an overview of developments and successes of the group since the Community Services redesign in 2016. The focus remains on achieving a restorative, person-centred, goal-led approach to service delivery, supporting people to continue to live at home. Highlights include the development of a single referral form for community services which is less prescriptive, allowing the provider to work alongside the patient to decide on the best and most restorative package of care.

Disability Steering Group – Gordon Boxall presented an update on the activities of the Disability Steering Group. The group is focused on getting things right for people with disabilities across the system, not just in hospital or using DHB services. Highlights include the agreement of an accessibility charter, the launch of the new Canterbury DHB website which has had input from the blind foundation and Disability Steering Group to ensure it is accessible.

The messages also report some changes to Service Level Alliance memberships.

You can view previous key messages via the [resources page](#) of the Canterbury Clinical Network website, as well as dates of upcoming meetings via the [calendar](#).



THE 2018 QUALITY ACCOUNTS EDITION OF YOUR COMMUNITY HEALTH MAGAZINE IS OUT NOW!

Keep an eye out in your mailbox, or check it out on our website.

cdhb.health.nz



Be part of Māia's 13 Days of Christmas

From 3–15 December, Māia Foundation is raising funds and awareness for the new rooftop helipad at Christchurch Hospital. It takes an average of 13 minutes to transfer a patient from the old helipad at Hagley Park to the Emergency Department.

Māia is inviting people to donate \$13 at www.13minutes.co.nz or post a 13 second video encouraging friends or colleagues to give \$13. Like, share, mention or follow @maiahealth on both Facebook and Instagram.

Keep an eye out for the big 13 around town; it will be making an appearance at some iconic spots in Christchurch. To 'borrow' the 13 to promote 13 Days of Christmas in your workplace, contact Jess.

If 1000 people give \$13, Māia will raise \$13,000 to help land the helipad!



3 December
— 15 December

Māia's 13 days of Christmas

This Christmas give generously to help land our rooftop helipad.

13 Minutes is the average transfer time from the time of landing in Hagley Park to get to Christchurch Hospital. Over the next 13 days we need your help to land our rooftop helipad so everyone can get hospital care instantly on touchdown.

Donate today
13minutes.co.nz

LOVE

LET'S CELEBRATE LOVE

Mums
+
Support
=


We need mums of all ages for a gorgeous book project. We're offering portrait photography sessions for \$65 (usually \$99), which will become part of a book celebrating the beautiful relationship between mothers and their children.

Mums will be creating memories that last a lifetime. All proceeds will go to Ronald McDonald House South Island, a charity providing free accommodation and support for families when their child is undergoing hospital treatment.



Ronald
McDonald
House®
South Island

For more information and to book:
www.ettaimages.co.nz/book



**Desiree Dickerson, PhD
Neuroscientist & Clinical
Psychologist**



Ageing Smart

*The Science of good brain health
& well-being*

**WEDNESDAY 5TH
DECEMBER 7.30PM
AT DEMENTIA
CANTERBURY**

Admission Fee: \$15 (cash only)

Registrations essential:

PH 379 2590 or 0800 444 776

Kindly sponsored by Fulton Hogan



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**Website:
dementiacanterbury.org.nz**

National
SCIENCE
Challenges



Healthy Volunteers Wanted for Irritable Bowel Syndrome Research

Are you aged between 18-70 years old?

Do you have no Gastrointestinal Issues?

This project aims to identify the causes and mechanisms of Irritable Bowel Syndrome (IBS). We are looking at different aspects of everyday life and how they are associated with **gastrointestinal symptoms.**

We are looking to recruit people who have been diagnosed with IBS as well as people with no gastrointestinal issues for this study. The research is very important as there is very little knowledge about the causes of IBS.

This project involves filling out questionnaires about your current health and quality of life, keeping a food and symptom diary for 3 days and collecting some biological samples. There is only **one** meeting with the research team for 15 minutes.

Your help will be rewarded with a \$20 petrol voucher.

For more details please contact:

COMFORT Research Team
University of Otago, Christchurch

comfortcohort@gmail.com
(03) 364 1788

This project has been reviewed and approved by the HDEC. Reference: 16/NTA/21

