



What a weekend – thanks to everyone involved in keeping Cantabrians safe over the past 48 hours during the ‘one in 100 year’ floods throughout our region

Our system has been incredibly busy of late with large numbers of acute patients, and now with added flooding, evacuations, roads closed limiting some staff's ability to get to and from work, things just got a little more complicated. Despite the challenges, once again, good people have been doing great work, going above and beyond over the weekend and again today, to ensure our staff, patients and rest home residents are all safe, warm and dry.

The latest forecast shows rain should ease this evening, so we hope the situation will improve over the next 24 hours and the clean-up can begin.

Our thoughts are with those worst-affected. Teams have done so well to ensure the health system was well-prepared and our staff and communities have been supported.

While there has been disruption to services, including having to postpone Outpatient appointments at Ashburton today, most health services throughout Canterbury are continuing to operate, some with fewer or different staff who are covering for colleagues impacted by the floods, and some General Practices have switched to phone consults for the day.

These types of events are always a reminder to ensure you are ready for whatever crops up to disrupt business as usual, including bad weather. I know many of you have Grab Bags at the ready, so you can leave home quickly. These floods have caused massive disruption for hundreds of Canterbury families. To ensure you're ready for whatever comes next, check the [Get Ready, Get Through](#) website.

For the latest reports on which roads are open or closed, check [NZTA's website](#).

Last week I saw a very different looking Ashburton where I had the opportunity to meet and chat with a large number of staff. A highlight was learning more about the Rural Health Academic Centre based in Ashburton. It's a collaboration with the University of Otago School of Medicine. If you're not sure what happens in a Rural Health Academic Centre, there's some good information [here](#).

I was encouraged by the sense of energy and innovation amongst the team in Ashburton and the way they're trying to deliver the very best care for their community. The rural model of healthcare delivery, the commitment to Rural Generalism, and getting everyone working together at the top of their scope, utilising all of our talented, skilled workforce was just fabulous.



Click on the image above to watch the video

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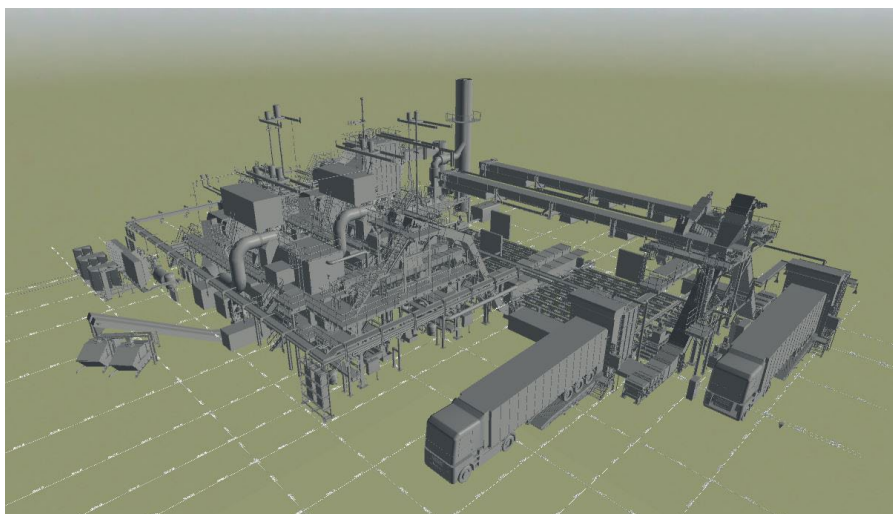
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The foundations are almost complete for a new Christchurch Campus energy centre

Last week we hosted the Hon. James Shaw, Minister for Climate Change. He came to look at the new Energy Centre that's underway on St Asaph Street. These new woody biomass boilers are really going to help us in terms of reducing our emissions. It will be great when we can decommission the current coal-fired boilers. Check out the story on page 11 and see how we are continuing to make great strides in reducing our emissions.



Canterbury DHB's Executive Lead for Facilities, Dr Rob Ojala, Project lead from Johnstaff, Todd Riordan and Polytechnik's Christian Jirkowsky



An artist's impression of the biomass boilers

Happy World Smokefree Day

Today's World Smokefree Day - anything you can do to encourage friends whānau, family and our patients/consumers to stop smoking is important today and every day. If you are a smoker and are ready to Commit to Quit contact the team at [Te Ha - Waitaha](#) Smokefree Support in Canterbury for details of how you can tap into the free support available.



Planned nurses' strike – next Wednesday 9 June

Detailed contingency plans are being finalised as we get closer to the planned strike by almost 5000 Canterbury nurses, midwives and hospital aides. Thanks to the large team who have been focused on this work for the past couple of weeks. We are doing all we can to ensure we're well prepared to continue to deliver safe care for our community if the strike goes ahead as planned. More information on our planning is available [here](#).

It's a long weekend this weekend with Queen's Birthday and a public holiday on Monday. If you can get away or enjoy some down-time at home I hope you have a refreshing break. As always many of you will continue to work throughout and I thank you for all you will be doing to ensure care is available for those who need it. Let's hope there will also be some sunshine to dry up all the rain.



Canterbury's COVID-19 vaccination programme recently passed the 50,000 dose milestone. Ka Pai Cantabs.

Rae Rhodes, (centre front) received the 50,000th dose at our airport vaccination centre. She was happy to mark the occasion by posing for a snap with the team.

Ngā mihi nui

Peter Bramley, CEO
Canterbury District Health Board

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

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



Bouquets

Samantha Coster, Christchurch Hospital

Excellent CT scan by Senior Medical Imaging Technologist Samantha Coster. She made me feel comfortable and relaxed, she was very proficient.

Ward A8, Stroke and Vascular, Christchurch Hospital

Thank you to fabulous nurse Elya in Ward A8, Speech Language Therapist Angela and Dr Yassar who were all very kind, compassionate and spent time to explain to our aiga (family). My sister and I are from Whangarei. We were visiting Christchurch in April for a conference when my sister suffered a stroke. To have the whānau room available for our family discussions with the medical team was excellent. It gave us privacy as well as space and a place to rest over those very stressful days. Having the hospital amongst Hagley Park is such a bonus. For all of our aiga to take time out in the fresh air was so beneficial.

Stroke Ward, Christchurch Hospital

How lucky we are to have such caring and brilliant people working in our fantastic hospital. I was brought in by ambulance two weeks ago, assessed and taken to the stroke ward. What a fabulous place to be just like a five-star hotel. I was only there for the night, but we are so, so, lucky to have such a hospital and awesome staff. Thanks.

Jane, Justine and Chris, Maternity Ward and Birthing Unit, Christchurch Women's Hospital

I would love to thank midwives, Jane Merry, Justine Sutton and Chris. They really were the shining lights during our time in hospital when we had our son. Jane made such

a difference to our birth experience. We felt heard and understood and able to relax during what was a very draining and stressful time. She stayed longer to see the birth of our son and we really appreciated her support and attitude throughout. Justine was amazing. She explained things really clearly and always sought answers to our questions. We were able to relate well to her and have a few laughs which really lightened the mood when things weren't going so well with breastfeeding. Chris is a super midwife. We felt so supported by her. Such a lifesaver!

Monica, Intensive Care Unit (ICU), Christchurch Hospital

My partner was in the ICU and the both of us think Registered Nurse Monica did an incredible job looking after her. She made sure that my partner was not in any pain or discomfort and she made sure my partner knew what she was doing before she did it. Really great job Monica and thank you.

Coronary Care Unit, Christchurch Hospital

Really good care with my stent.

Radiology, Emergency Department (ED), Christchurch Hospital

Wonderful staff, exceptional patient care and empathy. God bless you all.

Radiology, Christchurch Hospital

Our son was referred for a Barium Swallow Assessment for suspected reflux and potential structural problems.

The staff in the Radiography Unit were great, friendly, professional and well organised. It made a stressful process for us much smoother. Thank you very much.

Nicola and Katie, Ward 25, Christchurch Hospital

On behalf of the family I would like to thank Nicola and Katie for their help and comfort through my father's illness. They eased Dads' discomfort and really made the whole process much easier. Thank you.

Nicola, Ward 25, Christchurch Hospital

Nicola was very attentive, caring and kind to my father-in-law. Her warm and professional nursing care helped me and our family who were going through challenging times. Even though it was a night shift Nicola smiled and was patient with me, meeting all requirements and needs for my father-in-law. Thank you, Nicola your care was deeply appreciated by me.

Oncology Radiation Christchurch Hospital

Wonderful caring people. Attentive to your every need. Concerned, they give you time and patience. Listen, then answer your questions no matter how silly, the staff never make you feel silly. Thank you for superb care for a cancer patient away from home and overwhelmed.

Day of Surgery Admission, Christchurch Hospital

Excellent service from start to finish.

Level 4, Cardiology Outpatients, Christchurch Hospital

Thank you for your kindness to my husband for his ECG. The lovely welcome from reception, nurses and the echocardiogram lady. We are very grateful for your lovely kindness and care for my husband. His condition seems to have improved a lot. Thank you so very much. Abundant love and blessings to you all.

Mikayla, ED, Christchurch Hospital

Mikayla, the NETP nurse who looked after me in ED was amazing. She made me feel comfortable and did her very best to help me when she was so busy. She is definitely an asset to the ED team. They are lucky to have such a good nurse.

Endovascular, Christchurch Hospital

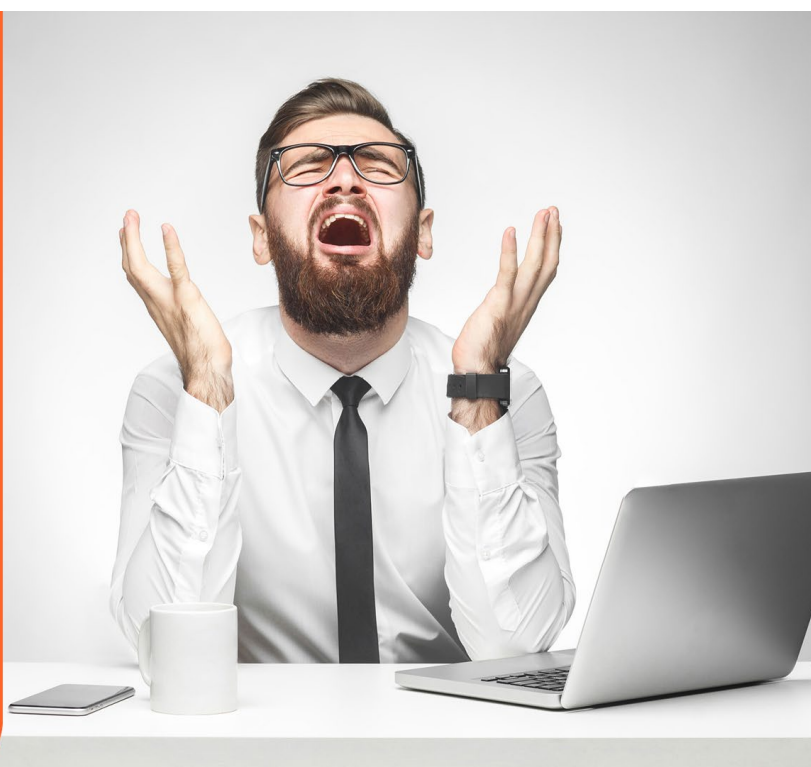
I would like to go on record as being an extremely satisfied and grateful patient. My condition, an abdominal aortic aneurysm, was discovered when performing unrelated tests and the endovascular repair was performed expeditiously with optimal explanation. The whole experience was one of an orderly process with optimal rapport, from all staffing levels.

Dental department, Christchurch Hospital

Thank you to Dentist Juliet and Dental Hygienist Liza and their assistants for the wonderful care they gave my son this week. They turned what was a frightening experience for him into a positive one. Thank you, you are amazing.

Don't let a
computer
virus in.
Think before
you click.

—
TOGETHER WE CAN STOP
CYBER-ATTACKS



A Tribute to Shane McKerrow – Flight Liaison Officer Canterbury Air Retrieval

Written by Delwyn Rattray

Shane McKerrow died unexpectedly at her home on the 19th of April 2021 two weeks after a brief hospital stay. On the 27th of April, family, friends and a large number of nurses, pilots and doctors who all shared her love of the aviation industry, gathered to honour her memory and her legacy that is the Christchurch Air Retrieval Service.

Born in Dundee (Scotland) in 1955 to two military parents Nancy (RAF) and Jim (Army), Shane developed an early appreciation for 'plane spotting' as she liked to call it. She was brought to New Zealand as a toddler and returned to the UK in 1972 where she completed her training as a nurse in Ninewells, Dundee in 1974/75. She returned to NZ in 1980 to work: first in Auckland Hospital as an Emergency Department nurse, before moving to Christchurch in 1984 where she worked in the ED, and afterwards in the Neonatal Intensive Care Unit.

It was while working in NICU that Shane started transferring babies around New Zealand, flying predominately in helicopters owned and operated by



Garden City Helicopters Flight Liaison Officer Shane McKerrow

(now Garden City Aviation). Shane built a strong working relationship with GCA owner John Currie, and his two sons (whom she used to baby sit), who are now CEO's for GCA.

Garden City Aviation owned a Cessna, and after the Cave Creek disaster in 1995 it was adapted and equipped to transport patients from outlying hospitals to Christchurch Public Hospital. Over the following years, Shane and a small number of nurses carried out retrievals with Dr Terry Richards, while fittings were manufactured to meet Civil Aviation Authority standards, which allowed monitors, ventilators and infusion pumps to be protected and safely carried on board. During this time the capacity to execute transfers depended on the readiness of aircraft and pilots, and the availability of medical staff. It was not until 2002 that Shane and Dr David Bowie (ICU Intensivist) sought funding to establish a dedicated 24/7 Canterbury District Health Board operated service.

While a small number of generic nurses and registrars initially undertook the transfers, these relocations demanded a huge number of 'coordination' hours by Shane to ensure the service ran 24/7. Only in later years did the ICU Registrar training program incorporate 'air retrieval' as part of its curriculum.

Thus, after an initial penchant for 'plane spotting' during her early life, Shane's interest in aviation developed into her passion for creating an air retrieval service. Whilst supervising its increasing demand, Shane was instrumental in growing the Christchurch Air Retrieval Service from 150 to 600 transfers per year.

Although Shane's well-earned retirement was cut short, she will forever be remembered as a dedicated Flight Liaison Officer whose far-sightedness guided the Canterbury Air Retrieval Service. Well done, Shane, your legacy will continue into the future; we are all beneficiaries of your vision and dedication.

Shane McKerrow
25 February 1955 - 19 April 2021



Garden City Aviation CEO Andrew Currie (left) with Shane McKerrow and Dr David Bowie who both received awards for outstanding service on their retirement in February 2020

Te Papa Hauora Future Leaders Programme 2021

Congratulations to the 21 enthusiastic final-year health students who took part in our Future Leaders Programme last week!

Health systems in New Zealand are shaped, and will continue to be shaped, by health professionals who look beyond their functional roles to make it better. The Future Leaders Programme was designed to encourage the students to think beyond their roles and explore their leadership potential.

The week long, full-time course took place at the Design Lab and Manawa in the Health Precinct. Students came from a range of disciplines including medical, nursing, midwifery, social work, health sciences and medical imaging. The students learned about what makes the Canterbury Health System work, its key drivers and differentiators. They learned about the health, societal and business trends that will shape the system in the future.

The programme was experiential with site visits to businesses, group and individual exercises, fire-side chats and guest presenters. Students spent time with leaders within Canterbury's health system who shared a wealth of experiences and insights.

The week concluded with a full-day group challenge where students designed a South Island health system.

They then presented this to their colleagues and a panel, explaining their thinking, the trade-offs, priorities and needs for the system. There were some innovative ideas pitched! This is the same structure and frameworks as the Xcelr8 leadership programme attended by senior leaders from eight DHBs for over twelve years.

We wish the students all the best finishing their studies, and in their future roles within our health system.



Te Papa Hauora Future Leaders Programme Graduates

Hearing the voice of Pacific Peoples

Canterbury DHB's first Pacific Advisor Amanaki Misa was warmly welcomed last Monday.

He will be providing strategic advice on Pacific People's health issues and solutions.

"I am pleased to advise that through Canterbury DHB's strategic partnership with Pasifika Futures we can welcome Amanaki into this interim role," says Executive Director of Māori and Pacific Health Hector Matthews.

"Amanaki may be known to you as the General Manager of Etu Pasifika and he brings a wealth of management and business experience in Pacific health, government and community organisations.

"For the coming months we will have access to Amanaki part time (0.5 FTE) while he continues to lead Etu.

"Improving health outcomes for Pacific People is a key focus area of our health system and we're grateful to Pasifika Futures and Amanaki for supporting us while we partner together to deliver this commitment into the future."

Amanaki says it is an exciting opportunity and an honour.

"I see it as adding value to the work that is happening and refining where necessary."

"My approach will be incorporating the patient's views into solutions, ensuring we hear the voice of the community and families on what is working, what isn't and what has potential for the future.

"Ultimately it's about improving health outcomes."

The majority of health practitioners are there to do good work and have great intentions, Misa says.

"It's the 'how' part that I can add value to, providing guidance on how to connect with Pacific Peoples, bringing that community aspect.

"I am grateful for the role, to be able to add value in this way."

Team Leader Mental Health Addictions and Equity Sandy McLean says Amanaki's role is another means of reflecting Canterbury DHB's partnership with Whanau Ora Commissioning Agency Pasifika Futures and our shared interest in improving health and wellbeing of Pacific Peoples living in Canterbury.



From left, Canterbury DHB CEO Peter Bramley, Pacific Advisor Amanaki Misa, CEO of Pasifika Futures Debbie Sorrenson, Executive Director of Māori and Pacific Health Hector Matthews and Team Leader Mental Health Addictions and Equity Sandy McLean

"He will be making himself available as needed to ensure anything with relevance for Pacific Peoples is aligned with the plan developed with the communities," she says.

There are about 14,000 Pacific people living in Canterbury, South Canterbury and the West Coast. This includes Pacific nations such as Samoa, the Cook Islands, Tonga, Niue, Fiji, Tokelau and Tuvalu.

Pacific Peoples across the health system have significant inequalities in a number of health areas and have lower overall health status than other population groups in Canterbury. This is reflected in lower life expectancy, higher rates of chronic disease, and premature disability.

World Smokefree Day, 31 May 2021: Celebrating the 'champions'

The theme for World Smokefree Day (WSFD) today is 'Commit to Quit.'

"I'd like to take the opportunity to celebrate the commitment of the wonderful smokefree 'champions' at our weekly smokefree support clinics, says Smokefree Practitioner Christine Solomon.

"For example, the Chapel St Smokefree Clinic has an energy of past clients coming back to support new ones on their own smokefree journey, thus, keeping them firm on theirs. These are the champions."

The champions all started their quit journey at various stages of life and quit at different times. Some have been smokefree for several years, others only for a few weeks or months.

"The thing they all commit to is their support of someone else to quit. It's their way of paying it forward, she says.

"People come in and they are really shy. They don't say much, and the champions just draw them out, answering questions and offering support and advice, sharing real life stories and all the ups and downs and strategies that worked for them in beating this addiction."

They are a big part of why people keep coming back to the clinic.

"One client was struggling with what to do in his spare time and really wanted to smoke and the champions suggested options to keep him busy, such as the Men's Shed.

"Another client just started today but the champions really made him feel part of the group."



Third from right, Smokefree Practitioner Christine Solomon with Smokefree Champions, from left, Ray Harmer, Kerry Smith, Heather Williams, Jacqueline O'Neill, Philip Lawrie, Owen Huta, Lisa Gibson, Kae Campbell and Paul Wright

World Smokefree Day on May 31 is an opportunity to encourage and help those who want to quit smoking.

Banning tobacco sponsorship and advertising, outlawing the sale of single cigarettes and recent plain packaging laws have all helped reduce smoking rates.

The most recent tobacco-use figures show 84 per cent of New Zealanders do not smoke, four per cent more than in 2008.

Importantly, fewer young people are starting to smoke with 96 per cent of 15-to-17-year-olds staying smokefree, which is a marked increase from 84 per cent a decade ago.

The number of totally smokefree workplaces is also increasing.

Bernadette's story:

"I'm 30 years a smoker and now three months smoke free, thanks (in part) to the free quit smoking support I've received from Te Hā - Waitaha Stop Smoking Canterbury.

It's been a real help in providing a means for me to change habits of a lifetime.

Those hard-wired in the brain habits that I had grown so tired of.



Former smoker Bernadette

The same ones I had realised were robbing me of vitality and better health as I neared my 50th birthday. The ones that had ruined my oral health and were now robbing me of oxygen.

I couldn't rationally justify why I continued to smoke any longer. I just knew it was stealing my joy of living and costing an absolute fortune in the process.

Once the decision to give quitting a decent shot was made, I met with my stop smoking practitioner, who has been a really valuable support throughout the quit journey.

Together we began taking practical steps towards my new smokefree way of being and it's been really useful knowing you've got someone on your side.

Especially in the first couple of weeks when the wrench of the adjustment is acute.

Knowing they are there is encouraging and helps keep you accountable to yourself.

My quit coach was upfront, honest and easier on me than I was! Reminding me to "just keep swimming", embrace new things and continue to claim small victories along the way.

In the 90 days since I quit smoking cigarettes I have noticed these things:

- > The quit journey doesn't have to be hard or unpleasant and you can do it
- > More oxygen means more energy
- > There is more money at the end of my week now
- > Time is an ally. Urges will pass.
- > Doing or learning new things is actually quite fun
- > Overcoming things gives you the confidence to overcome other things
- > Better breathing is an aid to many ills

If you're thinking about quitting I highly recommend it. It's a game changer and for that I'm really thankful. So do it. Today. With a quit coach. You'll be glad you did."

Tackling Climate Change

Reducing our carbon emissions offers significant benefits for our collective future. Canterbury DHB has cut its carbon emissions by a quarter over the past six years, and we're only just beginning.

A visit last week from Hon James Shaw, Minister for Climate Change, underscored the mahi Canterbury DHB is putting into sustainability, with the construction of the new Energy Centre on St Asaph St.

Two 7.5Mw capacity biomass boilers will replace the current coal-fired boilers. The boilers are being assembled on site at the same time as construction of the new Energy Centre before being installed in the new facility.

The project is critical to address the damage to the existing boiler house in the 2010/2011 earthquake and the increased risk of building failure in the event of another significant earthquake.

Biomass boilers run on waste wood and emit about 60 times fewer emissions than coal boilers. Replacing the coal boilers with biomass boilers as part of the Burwood Hospital rebuild was the main contributor to us reducing our carbon emissions by 9727 tonnes in the 2017/18 year. Coal use accounts for nearly 50 percent of our total emissions.

The Minister's visit was complemented by the announcement that Canterbury DHB has successfully completed the annual audit requirements of its Toitū carbonreduce certification, for the sixth year in a row.

Total emissions this year were 31,678.37 tCO₂e which is 12 percent lower than last year's total and 25% lower than the base year total. A reduction in emissions of 7.42 tCO₂e/\$M has been achieved based upon a five-year rolling average.

tCO₂e stands for 'tonnes of carbon dioxide equivalent' which is a way of expressing all the different greenhouse gases as a single number.

Toitū Envirocare, formerly Enviro-Mark Solutions is owned by Manaaki Whenua Landcare Research, a Crown Research Institute, it provides support to help organisations set and achieve science-based emissions reduction targets.

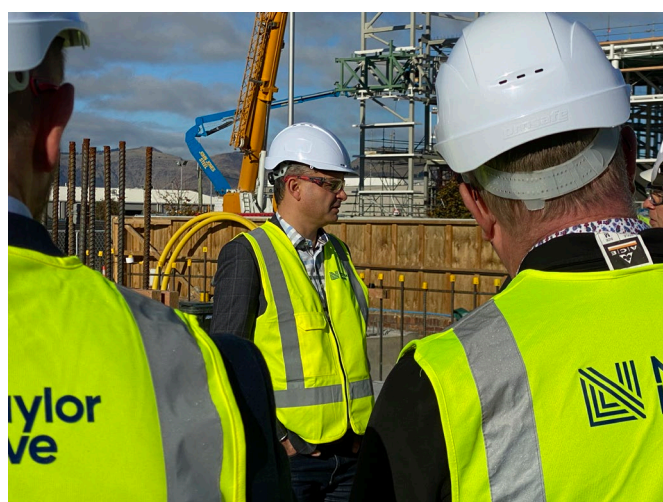
This is an exciting step in both our environmental sustainability as a responsible organisation, and our Christchurch Campus rebuild programme. Meanwhile, you can help us reduce our emissions and contribute to our cost saving focus by turning off lights and computers when not in use and not using portable electric heaters.



(L to R) Minister for Climate Change on James Shaw; Canterbury DHB Executive Lead for Facilities Dr Rob Ojala; Johnstaff's Todd Riordan; Polytechnik's Christian Jirkowsky; and Naylor Love's Aiden Suckling



(L to R) Naylor Love's Aiden Suckling; Polytechnik's Jacob Scott; Minister for Climate Change Hon. James Shaw; Johnstaff's Todd Riordan.



Minister for Climate Change Hon James Shaw visiting the site for the new Energy Centre for Christchurch Hospital campus

Canterbury Health System Research making strong progress with support improvements



Canterbury Health System Research is continuing to set up ways to make it easier to do research with impact at Canterbury DHB.

The latest step is the establishment of a Research Governance Working Group. This group will run for 12 months to work out the policies, procedures and structures that will guide a future Transalpine Research Governance Committee.

This will give the committee consistent, agreed process for identifying research priority areas, evaluating research outcomes and translating research into practice so our research can have the best possible impact on the health and wellbeing of our communities.

Clinical Director Research Cameron Lacey says, "We're really pleased to have representation in the group from key stakeholders including the research community, equity and operational management."

The group will meet monthly and is looking for feedback from researchers and stakeholders on the systems that will best support quality research and achieving the goals of the Canterbury and West Coast Health System Research Strategy 2020-25, which is guiding the current improvement activities.

Other improvement activities include the successful redesign of workflows around commercial clinical trial applications and approvals. These were road-tested with 16 clinical trials and as a result of the changes, applications flowed through the system 30 percent more quickly.

A new costings template is in use as well as

some new costings tools which provide information on staff hourly rates and procedure prices at the click of a button, streamlining research application work.

Finally, the approval workflow from legal and finance has been simplified and has enabled parallel processing and direct communications with trial co-ordinators.

Cameron says, "It's exciting to see this work progress and we hope our researchers will see the benefits and more people will be encouraged to give research a go."

Want some research inspiration?

Thursday 20 May was International Clinical Trials Day and in recognition, Clinical Director of Gastroenterology at Christchurch Hospital and University of Otago, Christchurch Clinical Associate Professor of Medicine Catherine Stedman spoke about the ground-breaking clinical trials for Hepatitis C that she's been involved in over the last decade in a [short video](#).

Take part in survey

Help inform the new Research Governance Working Group's work on how the future Transalpine Research Governance Committee should work by completing this [survey](#).

PUT THE RIGHT THING IN THE RIGHT BIN



TE HUARAHĪ HOU – A New Journey

Laying the foundations for success

The first significant concrete pour has been completed for Building 14, the new home for Child and Youth Inpatient unit, Mothers and Babies and Eating Disorders Inpatient unit and Mothers and Babies Eating Disorders Outpatients. Around 450m³ was placed on the day – that's about 100 concrete trucks! Leigh's Construction has shared a [time-lapse video of the pour](#) with us.

The slab is the first of five major concrete pours that will be staged approximately a month apart.

Piling for Building 12 is complete and the first concrete pour occurred this week. This facility will be the replacement for Seager. Around 560 timber piles were placed in preparation for the foundations to go down.

New footage of the site works is now available on the Prism page. It will let you see just how big the sites are and the amount of work that's going on.

Top: Progress on Building 14 with the first concrete pour done and dusted

Right: More than 500 wooden piles have been driven into the foundations for Building 12



Seconds Save lives – clean your hands

The Hand Hygiene Dashboard is now live under 'Seeing our System'

Hand hygiene was highlighted in May with the WHO Hand Hygiene Day, and Canterbury DHB's week-long promotion and now an interactive Hand Hygiene Dashboard is available under "Seeing our System". Staff can drill down [through reports](#) to their local data, healthcare workers and the different moments of hand hygiene.

Whatever your role in health, maintaining hand hygiene is still the single most important thing you can do to prevent the spread of infection. This message has never been more important as we navigate the COVID-19 pandemic.

We would like to share the creative displays and activities across the organisation showcasing our staff commitment to hand hygiene and applauding the "Seconds save lives - clean your hands" theme during the May campaign.

Resources were kindly donated by Schulke, supplier of Angel Clear Alcohol based hand rub. As well as a big thank you to the Health Quality Safety Commission for providing a couple of t-shirts showing this year's Hand Hygiene Day Theme: "Seconds Save lives – clean your hands"

Further reading and resources:

- › Wearing gloves is not a substitute for hand hygiene. Check out the [Are You Glove Aware?](#) flyer.
- › See how your area is doing with the daily updated results in "Seeing Our Systems", [Clinical Observations](#).
- › See how important hand hygiene is to our patients [through their own stories](#).
- › [Healthlearn](#) 'Five Moments of Hand Hygiene (RGIC001) course' – Did you know that if you work in a clinical area, it is a policy requirement to complete the Five Moments of Hand Hygiene package each year?
- › Seconds save lives: clean hands at the point of care is important for both staff and patients.
- › [WHO Poster](#).
- › [What our patients are saying](#).



Ashburton Hospital display board



Hillmorton Director of Nursing, Joan Taylor



Hillmorton Gold Auditor, Registered Nurse Kirsty Rundle, in a decorated high vis vest with the display board.



Burwood Hospital display board back and front, with Nurse Educator Dinesh Lal, wearing the Hand Hygiene NZ / Health Quality and Safety Commission donated and themed t-shirt- "Seconds Save lives – clean your hands"

One minute with... Tania McSweeney-Hooper, Māori diabetes Registered Nurse



What does your job involve?

I work at the Diabetes Centre alongside Māori diabetes Clinical Nurse Specialist Debbie Rawiri, together we are the Māori diabetes team. We support Māori to navigate their way through their diabetes journey. We advocate for and deliver healthcare to our people using the term 'tika' and 'pono'. For us this means to follow what is right and true for our whānau. As a Māori nurse this means I have a lived experience of some of the many barriers Māori face when accessing healthcare. What I also have is a knowledge of the organisational system and complexity. Being able to walk in both worlds has its advantages particularly for our people.

Why did you choose to work in this field?

Ensuring Māori health outcomes in Diabetes are met as I have witnessed first-hand the inequities that Māori face. I was fortunate enough to do a placement with Debbie Rawiri and the late Whaea Maureen Reason at the Diabetes Centre almost 15 years ago. Around that time my teenage son was diagnosed with type one diabetes so that fuelled my passion even further to learn more about diabetes.

What do you like about it?

Being able to deliver health care and education to our people in an environment that is whānau-friendly. That may be at the Diabetes Centre, in the hospital, at their medical centre, at their workplace or in their home. I have worked as a district nurse for many years, and regard providing healthcare in a person's home as a privilege for me to be a guest in their home.

Working within the diabetes multidisciplinary team as I have been among some amazing nurses and doctors who are more than happy to share their knowledge and expertise, which enhances my own learning, and this has a positive flow on effect for our tūroro.

What are the challenging bits?

Our people are still over represented poorly in health statistics and they continue to die at a younger age than non-Māori. This is not a new phenomenon. The challenge is effectively reducing and one day eliminating barriers by deconstructing institutional racism which is key to reducing Māori health inequities. We are very lucky to have a charge nurse manager who supports our roles and understands there are times when we need to think and work outside of the square to be truly effective.

Who inspires you and why?

Irihapeti Ramsden, because she was brave enough to stand up and challenge the status quo, advocating for our people and said 'enough was enough'. It was not an easy time for

Māori nurses. She paved the way for cultural safety and in doing so further highlighted the health inequities for Māori and demanded we change how we deliver care, and not expect Māori to fit into the medical paradigm that clearly was not working for them.

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

These values are intrinsic in our culture and our role within the Māori diabetes team. In our experience, when we treat people with care, respect and with integrity, they feel safe to engage with our service and in turn achieve better health outcomes. It is our responsibility as health professionals and Canterbury DHB employees to uphold these values and our commitment to the Tiriti o Waitangi.

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

I like to watch Bathurst V8 supercars race each year – it becomes a bit of a whānau day and that makes it a lot of fun.

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

Right here in our beautiful Aotearoa. Or Perth, Western Australia, 'our second home' where two of our girls live.

What do you do on a typical Sunday?

Usually something whānau-orientated whether that is catching up in person by phone or skype. We spend so much of our week at work, it is nice to spend time at home pottering about.

What's your favourite food?

My Nanny's frybread and rewana bread. The smell always reminds me of home and whānau.

And your favourite music?

It is hard to choose, I enjoy a wide range of music. Depends on the day. I can still surprise hubby with my music choices when he gets in my car.

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



30 Percent Off Torpedo7

This week's featured offer is from Torpedo7. You and your whānau and friends can receive up to 30 percent off instore and online at Torpedo7, ends Wednesday 2 June. See [the flyer](#) for a discount code to use.



Move your Butt month

June is Bowel Cancer Awareness Month. Affecting people of all ages, bowel cancer is the second highest cause of cancer death in New Zealand.

Throughout June, you are encouraged to choose a physical activity (in addition to your normal exercise regime) and **set a challenge**. It could be running or cycling an hour a day. Perhaps you could tackle a stair climb or 1,000 sit-ups.

Next, **get a team together**. Friends, colleagues or whānau will make it more fun and keep you motivated to raise money for Bowel Cancer New Zealand through **getting yourselves sponsored**.

Finally, Move your Butt to **save your butt**. Bowel cancer can be beaten if diagnosed early so if you're worried, move your butt and see your doctor.

Wherever you move, however you move, it's time to move to beat bowel cancer!

#moveyourbuttnz



To learn more about bowel cancer and Move your Butt Month visit [the Bowel Cancer New Zealand website](#).

World Environment Day – Saturday 5 June

Celebrated since 1974, this year's World Environment Day focus is on the exploitation and destruction of the earth's ecosystems. From forests and wetlands to the world's oceans, healthy ecosystems are essential for our survival.

[Learn more, access resources and become a part of #GenerationRestoration.](#)





Cook Islands Palliative Health Knowledge and experience in New Zealand

Study to explore the knowledge, strengths and beliefs of Cook Islanders' understanding of palliative care in New Zealand

To be eligible to take part in the study you must be over 18 years old and of **Cook Islands heritage**, living in New Zealand AND

Be a working health practitioner (OR)

Have experienced caring for a palliative (unwell) family member (OR)

Hold traditional Cook Islands health/spiritual knowledge

Benefits: Be part of the discussion and development of a Cook Islands palliative care model. Participants will be reimbursed for their participation.

Time commitment: One off 40-60min interview in person or zoom

Contact Details: Amy Henry Cook Islands Registered Nurse and PhD candidate, Ph: 0220753996, Email: henam035@student.otago.ac.nz

This project has been reviewed and approved by the University of Otago Human Ethics Committee (Health). Reference: H20/101.