



## Scan, scan, scan – everywhere you go

**When did you last go to the supermarket? What day was it? And what time did you enter and leave the store? When did you visit the playground with the kids? Can you recall whether you scanned in the last time you visited a café, the chemist or library?**

The announcement yesterday of a community case of COVID-19 in a returnee after they'd left managed isolation is a sobering and timely reminder that we can't let our guard down – we need to keep up all the good habits that served us well last year.

COVID-19 is an extremely tricky virus to manage, as we've seen overseas and here in New Zealand. Thankfully this person was diligently using the app everywhere she went. It's so important to use the COVID Tracer app to scan QR codes and to have the Bluetooth functionality turned on. Turning on Bluetooth functionality will allow you to receive an alert if you have been near another app user who tests positive for COVID-19.

If you haven't already done so, download the COVID Tracer app today, turn on Bluetooth and scan or keep a written record of where you go and when, and who you are with.

It's also important to stay home if you are unwell, maintain stringent hygiene practices, including washing and drying your hands and cover coughs and sneezes with a tissue or use your elbow. If you have any symptoms of COVID-19 contact Healthline on 0800 358 5453 or call your GP to see if you need to have a test.



If you've been travelling in Northland recently, you can check [here](#) for details of locations 'of interest' where the case visited. Instructions of what you should do if you may have been exposed to COVID-19 are also listed on this site.

## In this issue

- > Regulars – Kōrero ai... pg 4-5
- > Ko timata – it has begun... pg 6
- > Quit smoking programme a life changer for mariners in quarantine... pg 7
- > New combined stroke vascular ward in Ward A8, Waipapa... pg 8
- > The heat is on!... pg 9
- > Radio Lollipop team excited about studio in Waipapa... pg 10
- > Summer students research aims to answer clinical questions... pg 11
- > One minute with... Emily Gilchrist... pg 12
- > Notices – Pānui... pg 12-16

Most GP teams in Canterbury are providing COVID-19 tests – but you must call to make an appointment. Drop in community based testing centres are still up and running in these locations, which are all walk-in centres with no referral needed:

- › Orchard Road CBAC (near Airport), [174 Orchard Road, \(Off Harewood Road\), Christchurch](#). Open 9am – 4pm, 7 days a week until further notice.
- › Whānau Ora Community Clinic CBAC (Wainoni), [250 Pages Road, Wainoni, Christchurch](#). Open 9am – 3.30pm, 7 days a week.
- › Ashburton Hospital site CBAC - [28 Elizabeth Street, Ashburton hospital site](#). Open 10am – 2pm, Tuesday, Thursday and Saturday only.

#### Keeping track of where you have been

- › To stop any future spread of COVID-19, we all need to keep track of the 3 Ws:
  - Where we have been
  - When we were there
  - Who we met
- › Using the COVID Tracer app with Bluetooth turned on is an easy way to do this
- › The COVID Tracer booklet is another way and they are FREE and available in multiple languages
- › You can order a Tracer booklet [online here](#).

## A blessing, a sod turning and a Four Green Star Award for Hillmorton's new facilities

Last Wednesday a ceremony was held to mark the start of construction of new facilities for the specialist mental health services currently located at The Princess Margaret Hospital site who will be moving to brand new purpose-designed facilities on the Hillmorton Campus. It was a significant milestone and meaningful service – thank you to everyone involved and I wish you well on your journey. You can read more about this event on [page 6](#).



Pou Whirinaki for Specialist Mental Health Ruru Harepeka Nako Hona (far right) leads the karakia

## Learning some Russian a bonus for Managed Isolation and Quarantine nurse helping guests quit smoking

Last week a report detailing some of the challenges encountered while the first group of Russian and Ukrainian fishers was in managed isolation was made public. One of the challenges staff had to manage was large numbers of the group, who were chain smokers, moving through the hotel corridors up to four times an hour to access the smoking areas.

Second time around, changes were made to ensure all smokers in the second group were pre-identified and given rooms with opening windows and balconies. In addition,

one of our nurses offered a Quit Smoking programme to the mariners, with a fantastic success rate – 20 men stopped smoking and others have cut down.

As a respiratory physician I was thrilled to read of the success Amber has had with this group of fishermen. Amber says she feels great about what's been achieved. Feedback from the men was that she had changed their lives and they are so thankful.

*"One said I am an angel and that he is no longer going to smoke. One man is recently married, and his wife was wanting him to stop smoking. He is so happy and proud of himself"*

I also loved Amber's attitude to working in our Managed Isolation & Quarantine Facilities. Thanks Amber for everything you and your colleagues are doing to provide a warm welcome to guests and returnees. You can read why Amber loves her job in the story on [page 7](#).

## Last service moves into Waipapa – a new combined stroke and vascular team takes up residence on the eighth floor

A newly created 24-bed stroke/vascular ward, which also houses the acute stroke unit, is the last service to shift to Waipapa. The big move happened last Tuesday and all 12 patients from Wards 24 (Parkside) and 10 (Riverside) were settled into Ward A8 well before lunchtime. The migration was a success, with the many hours of planning paying off. You can see photos of the team in their new ward on [page 8](#).

Many people were involved behind the scenes with all of the moves to Waipapa as well as those who moved patients on each move day. I've been so impressed with the professional and calm way the entire move has been carried out. Well done to you all.

Finally, we're in for a scorcher of a week, with a high of 36°C forecast for tomorrow so please remember to check in on older and vulnerable people you know to ensure they are keeping hydrated and as cool as possible. Check out [page 9](#) for more tips on staying well in the heat.

Ngā mihi nui



**Andrew Brant, Acting 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](mailto: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

### **Coronary Care Unit (CCU), Radiology staff, and Ward 12, Christchurch Hospital**

I cannot speak highly enough of the nursing staff in CCU. I recently spent two weeks in their care. I was very well looked after, always kept informed of what was happening next as the doctors worked out what was wrong with me. The staff were happy to answer my many questions or talk me through any procedure or offer some calming words. I was so lucky to be in their care. My thanks to Alistair and Alex who undertook MRI scans for me. They were both professional in their approach as well as compassionate. I felt at ease and able to cope. Registered Nurse Claire Pene went the extra mile in her care for me while I was in Ward 12 and I was very grateful for her support in organising various services to come and see me before I was discharged. She is a superstar.

### **Ward DG, Burwood Hospital**

To the dear staff on Ward DG, thank you all for taking such good care of [patient name]. He was our precious father, father-in-law, grandfather and much-loved husband of [name]. He was so very ill but couldn't have been in better hands. You all went over and above the expected level of care and he was comfortable and rested. We all had very special and tender moments with Dad as he very gently slipped away. Please just know of our utmost admiration as we extend a heartfelt thank you.

### **Monica McBride, Ward 27, Christchurch Hospital**

As an elderly patient I would like to thank a nurse in Ward 27 named Monica McBride. Monica went way above what was expected of her and made my stay in Ward 27 pleasant. She also had a great knowledge of my medical problem. All the staff were helpful and pleasant.

### **Honora Renwick and Pauline Linton, Canterbury Health Laboratories**

Phlebotomist Honora is amazing! I absolutely hate having to get bloods done as I have very troublesome veins, but this is the second time she has taken my bloods on first attempt. Her calming professional manner almost makes getting bloods done a pleasure. Also, a shout out to Medical Laboratory Technician Pauline for her assistance. Both are lovely ladies and deserve to be recognised for their awesome work.

### **John Lainchbury, Matt Daly, Cardiology, and Catheter Laboratory, Christchurch Hospital**

I want to formally acknowledge the medical care I received from Dr John Lainchbury and his team while in hospital recently. John was incredibly helpful at helping me understand why I was so unwell, what his plan of action was and what the expected outcomes would be. I also must acknowledge the skills of Dr Matt Daly who installed a CRT-D (pacemaker), as part of my treatment plan. My thanks also to the staff in the Cath Lab during my two visits.

### **Emergency Department (ED), Christchurch Hospital**

I had cause to take an 'end of life' person to the ED. I am a retired nurse assisting with this woman's care at home. Not only was assistance instant but Dr Corey and Nurse Peter showed respect and empathy in all the care they provided. They listened and took on board the lady's wishes to return home, if at all possible. The investigations were appropriate and gave her confidence to return home. She was really concerned nothing would be done due to her 'end of life' status. I want to say a huge thank you to you all. The outcome has been that she now feels confident should we return that she will not be ignored. Thank you so very much.

**ED, Christchurch Hospital**

My mother was admitted acutely via ambulance to ED. The staff were incredible with Mum, and a very worried Dad and me. Nurses Georgie and Joseph, in particular, were professional, kind and timely. I was impressed with the new facility and spontaneous staff offers of assistance when I was confused regarding the new parking system. Thank you.

**Radiology Department, Christchurch Hospital**

I had occasion to have a chest X-ray and the service from the time I entered the hospital was amazing. So friendly and very helpful. Always with a smile. Jess who did the X-ray was excellent, so reassuring and very cheerful. A great experience.

**ED and Ward 24, Christchurch Hospital**

Came in stressed as my husband was in ED and was moved to Ward 24. Staff let me stay until they could tell us more. They were great – orderlies were full of humour and kept spirits high. Much love from a very worried wife.

**Tatum, Security, Waipapa**

Tatum from Security is awesome.

**ED, Christchurch Hospital**

Wonderful service in lovely, new ED. Great service from ambulance paramedics. Thank you.

**Belinda, Reception, Waipapa**

Belinda on reception was very helpful and knowledgeable.

**Ward 14, Christchurch Hospital**

Fantastic staff, good food. Thank you.

**Ward 24, Christchurch Hospital**

Excellent service. Nurses are very kind and friendly, especially Nimmy.

**Eye Outpatients, Christchurch Hospital**

Everyone in the Eye Clinic was fabulous. Kind, cheerful, reassuring, friendly and professional. Thanks.

**Ophthalmology, Christchurch Hospital**

Super treatment and management from all involved in very successful cataract surgery.

**Christchurch Hospital**

Lovely hospital, lovely staff.

**Urology Outpatients, Christchurch Hospital**

Easy to find my way, helpful receptionist, helpful and calm nurses' desk, quick appointment. Left with a clear plan, thank you team.

**Eye Outpatients, Christchurch Hospital**

The eye clinic service was very good. Quick service and enough information about my eye.

**Gastroenterology Service, Christchurch Hospital**

I have nothing but high praise for Dr Richard Tapper who did my colonoscopy procedure. He told me everything as I went through the process which was fantastic, and all the follow up explanation, I could not have asked for more. All the beforehand information and instructions given to me by Kate Lodge were so great and really appreciated. Also, a big thank you to all the staff involved whose names I don't know who are brilliant. A huge thank you. You are all fantastic. God bless you all.

**Ward A5, Christchurch Hospital**

I was taken to hospital with severe lower abdomen pain and admitted to Ward A5. I cannot speak highly enough of the care and attention given to me. I can't remember the names of all the nurses who looked after me but one name that comes to mind is Tara. She took time to discuss what was happening to me. All the nurses were fantastic. The food was great too, when I was allowed to eat, and special requests were granted also. I want to thank you all for your care.

**Matthew Croucher, Burwood Day Clinic**

Dr Matthew Croucher was excellent with a relaxing manner and excellent listening skills.

**Eye clinic, Burwood Outpatients**

I visited the diabetic eye clinic at Burwood Hospital and I was very impressed with the building's design and the first-class medical equipment. The hospital is so modern and spacious, and the technician was very professional and friendly.

**Lyndsey, Occupational Therapy, Burwood Hospital**

Lyndsey was great! Really appreciated her honesty and professional knowledge. Best wishes from us.

## Big Shout Out

**To: Joseph, Ward Aide, Christchurch Hospital**

I want to pass on how fantastic your nurse aide on the pool, Joseph, was on Ward 25. We were having an awful day, the ward was busy, and Joseph just carried on, did everything asked of him, and in a professional and quiet manner. He was amazing, a real credit to the nurse pool team.

**From: Registered Nurse Mindy Ward**

#carestartshere

# TE HUARAHİ HOU – A New Journey

## Ko timata – it has begun

More than 50 people, including manawhenua representatives, gathered on the site on Wednesday morning last week to launch the beginning of the new facilities for the Hillmorton campus with a blessing and sod turning.

Construction of two new clinical buildings and an extension to the campus energy centre begins this week.

It has been a long journey getting to the point of constructing new facilities that will allow the 'stranded services' at The Princess Margaret Hospital to join the rest of the Specialist Mental Health team at Hillmorton. For our consumers in Child, Adolescent and Family services, Mothers and Babies, Eating Disorders and Seagar, the new facilities mean they will receive care in an environment that matches the high quality of services currently being delivered.

Recognition was given to staff who are currently going the extra mile to do their best in facilities that aren't fit for purpose. The development of these facilities will be a quantum step forward.

Led by Ruru Harepeka Nako Hona, Pou Whirinaki for Specialist Mental Health, the occasion also allowed for the presentation of the Four Green Star Award from the New Zealand Green Building Council, presented by its Director of Communication and Engagement Jennifer Whittle to Canterbury DHB Executive Lead Facilities Rob Ojala.

Green Star is an internationally recognised mark of sustainable building run by the New Zealand Green Building Council. Created and developed with the industry, Green Star offers an independent benchmark for commercial projects to design, construct and operate in a sustainable, efficient way.

A rating of up to six stars is awarded based on nine categories: Energy, Water, Materials, Indoor Environment Quality, Transport, Land Use and Ecology, Management, Emissions, and Innovation. A four-star rating is considered New Zealand best practice.

The blessing and sod turning mark the beginning of a longer journey – that of the Master Plan for the Hillmorton



Ruru Harepeka Nako Hona oversees the breaking of the land by Ngāi Tūāhuriri's Corban Te Aika, Specialist Mental Health Services General Manager Greg Hamilton and Antony Leighs from Leighs Construction



Rebecca Webster, Clinical Lead Mental Health Facilities, Rob Ojala, Executive Lead, Canterbury DHB Facilities and Jennifer Whittle, NZ Green Building Council

campus, an exciting time for our Specialist Mental Health Services and all our staff, consumers and whānau.

Over the next 15 years, most buildings on the Hillmorton campus will undergo some level of redevelopment. The two facilities that begin construction this week set the benchmark for those facilities to come – a high bar and one our staff and consumers deserve to have met.

Full details of the current builds and the Master Plan can be found on the [Te Huarahi Hou Prism page](#). This is also where you'll find regular updates and information about any changes happening around campus due to construction.

Bookmark the page and come back often.

# Quit smoking programme a life changer for mariners in quarantine

Thirty-five Russian and Ukrainian mariners who were in managed isolation quarantine (MIQ) in Christchurch are on a smoking cessation programme thanks to the efforts of a registered nurse working in the facilities, Amber Rex.

"Twenty have completely stopped – they haven't smoked since starting the programme. The other 15 have significantly reduced the amount they smoke," Amber says.

"I am very proud. These guys have worked so hard and done so well. They challenged their mates and had each other as accountability partners."

In Russia and the Ukraine cigarettes are cheap and it is socially acceptable to be a smoker, Amber says.

"We are talking about guys who have been smoking 40–50 cigarettes a day for 20, 30, 40 years, and stock up with loads of cigarettes to last them when they are going to be at sea for many months."

Nurses working in MIQ have the opportunity to provide Quit cards to those they do daily health checks on.

"I heard there were packs available but there was no one to distribute them so I did my training on it."

With the men stuck in their rooms and bored she wasn't sure how quit smoking advice would be received but was surprised with the positive response.

"I ended up having some in-depth conversations. Many said that they would like to quit or reduce the amount they smoke, often for health reasons. It started with six of the mariners on day one. The next day others mentioned they had friends doing the smoking cessation programme and said that they would like to do it too," she says.

Amber designed a system to follow them up daily.

"It's had its moments obviously with communication and the language barrier being a big issue but the interpreter who did the programme with me was phenomenal. And I have learnt a bit of Russian!"

The mariners left MIQ last Wednesday with nicotine replacement therapy lozenges, gum, and patches and prescriptions for these items.

Amber says she feels great about what's been achieved. Feedback from the men was that she had changed their life and are so thankful.

"One said I am an angel and that he is no longer going



Registered Nurse Amber Rex

to smoke. One man is recently married, and his wife was wanting him to stop smoking. He is so happy and proud of himself."

Amber says she loves working in MIQ.

"There is so much stigma around it but for me it's such a privilege to help so many people. Often, they are returning because a family member has cancer or is somehow unwell. You become their sounding board, people just start talking and you hear their life story.

"For me, it is also about that continuity of care for the 14 days the guests are here, the physical, emotional and mental health support we are able to offer. I have loved every second of it. I feel so blessed to have the opportunity being able to work in MIQ."

# New combined stroke vascular ward in Ward A8, Waipapa

There is a huge sigh of relief, much gratitude, and a good sprinkle of excitement as Ward A8 takes up residence on the eighth floor of Waipapa.

"One of the first things I noticed when patients first moved in was people taking photos of the view. There's fresh snow on the mountains, which is unusual for January, and it just makes everything look even more stunning from this beautiful new location" says Charge Nurse Manager Cindy Gibb.

The newly created 24-bed acute ward, which houses Vascular Surgery as well as the Acute Stroke Unit, is the last to shift to Waipapa. The big move happened last Wednesday at 9.30am and 12 patients from Wards 24 (Riverside) and 10 (Parkside) were settled into Ward A8 well before lunchtime.

"It's been a long wait. There have been a few sleep deprived nights thinking about how all the pieces of the puzzle will come together, but it's worked, she says.

"Many people were involved with the preparation and the move and I have massive appreciation to everyone involved, just huge gratitude. Thank you so much to everyone who has contributed."

The newly formed A8 team spent a week together before moving day, preparing with team building activities and education sessions for nurses, hospital aides and ward clerks to enable to team to hit the ground running on Wednesday.

"It was a great opportunity to build the foundation of this team which was time well spent and highly valued."

The migration was a success, with the many hours of planning paying off and it's great to see it all come to fruition says Nursing Director, Medical Cluster, Mark Crawford.

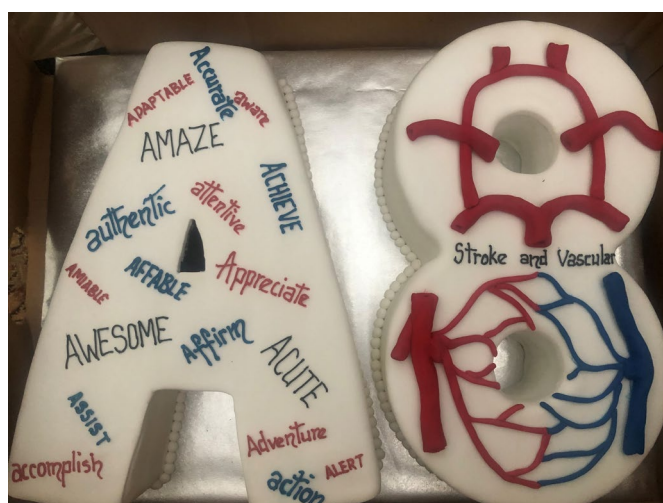
The new ward is a new mix of the specialities of stroke and vascular which makes sense as they come with similar shared co-morbidities and risk factors, Cindy says. For now, the team is celebrating the newness and looking to the future.

"A new service, new team and new building. This is a fantastic and unusual opportunity and we are aiming for the sky, when it comes to patient care and the care of the team itself.

"Eight represents the infinity loop, symbolising both the patient journey as well as our learning and development path. This is a special opportunity which we are looking forward to benefiting the patients, that's the goal," she says.



The staff of Ward A8



Cake made by a local baker to celebrate the move. The top right of the cake features a Circle of Willis (the joining area of several arteries at the bottom side of the brain) and the lower part is an example of the vascular capillary system



From left, Registered Nurse Jess de Vries and at right, Registered Nurse Skye Lancaster settle patient Iris (centre) into her new room in Ward A8

# The heat is on!

Cantabrians are being urged to keep cool and hydrated during a stretch of sweltering temperatures forecast for the region during the first half of this week.

Hot weather is forecast for today through to Wednesday, with MetService predicting maximum temperatures of 29 degrees today, a scorching 36°C on Tuesday and 32°C on Wednesday.

Canterbury Medical Officer of Health Ramon Pink says while we may welcome a run of hot weather, overheating is a condition that can prove fatal.

"It's especially important to stay out of the sun where possible, avoid extreme physical exertion and ensure pets and people are not left alone in stationary cars.

"While we are all vulnerable to hot temperatures, some people are particularly at risk. This includes the elderly, infants and children, women who are pregnant, people suffering from chronic, acute and severe illness," says Ramon.

However, there are some simple steps that we can all take to reduce the risk to our health when the temperatures are high. They include:

- › Avoiding going outside during the hottest time of the day
- › Drinking plenty of water and avoiding alcohol and caffeine
- › Wearing lightweight, loose-fitting, light coloured cotton clothes – and a hat
- › Staying in the shade where possible.

Ramon says people whose work involves strenuous physical activity outdoors should be particularly vigilant to avoid overheating in hot weather.

"It's important people exposed to hot weather for long periods of time carry water with them and sip at least half a litre an hour, allow for more breaks in the shade, reapply sunscreen every two hours and schedule the hardest work in the coolest part of the day.

"As well as being SunSmart (Slip, Slop, Slap & Wrap) if you have to go outside, everyone is advised to keep their houses cool by closing curtains on windows getting direct sun, opening windows to get a breeze if it's cooler out than in, and consider using the cool cycle on heat pumps," Ramon says.

If it's not possible to keep your home cool, you should look to spend a few hours of the day in a cool place, such as an air-conditioned public building (e.g. a mall or library).

People should keep medicines below 25°C or in the refrigerator (check the storage instructions on the packaging first).

If you feel dizzy, weak or have an intense thirst or headache you may be dehydrated. Drink some water and rest in a cool place. If your symptoms persist or you're concerned about your health or someone else's, seek medical advice. You can call your general practice team 24/7 for care around the clock – after hours a nurse can provide free health advice and tell you what to do and where to go if you need to be seen urgently.

## STAY COOL & WELL THIS SUMMER



### Drink plenty of water



### Stay in cool spaces and out of the sun



### Wear loose and light cotton clothing

**Canterbury**  
District Health Board  
Te Pori Hauora o Waitaha

# Radio Lollipop team excited about studio in Waipapa

One of the groups most excited about the opening of Waipapa at Christchurch Hospital, is the Radio Lollipop team and, in particular, its Christchurch Chairperson Nicky Horne.

Every Monday to Thursday for the past seven years, the Lollipop Team has parked a purpose-built campervan outside Christchurch Hospital in order to broadcast a live radio show to the patients in the children's ward.

"I'm not upset to say goodbye to the van, especially the trip down Lincoln Road in peak traffic," Nicky says.

Now, Radio Lollipop is broadcasting from a stunning radio studio, located in the Matatiki Hub in the new children's ward on the seventh floor at Waipapa.

When we were broadcasting from the van we weren't able to engage with the patients and their families in the same way we can now, we will be right there with them," Nicky says.

The live radio show will broadcast four nights a week and children will be able to interact with the radio hosts in the studio or listen from their rooms, with the broadcast accessible via in-room televisions and or accessing a weblink on their own device.

The live radio show is the biggest toy in the toy box but it's not the only tool Radio Lollipop uses to brighten the lives of child patients and their families. Pairs of volunteers, who now number around 60, visit the children's wards between 6pm and 8pm each Wednesday, taking with them games and craft activities to entertain the young patients and their siblings.

Radio Lollipop was first launched in England in 1978, with the aim of providing smiles and laughter to children at a time when they need it most.

In New Zealand there are two Lollipop studios, in Auckland and Christchurch, and satellite stations in Waitakere Hospital and Whangarei Hospital. Christchurch volunteers also visit Ronald McDonald House.



From left, Radio Lollipop Chairperson Nicky Horne and a Radio Lollipop volunteer DJ Shania Lahina



From left, Radio Lollipop volunteer, DJ Marvellous and Tyler O'Farrell (aka the 'Wheelchair Demon')

Nicky says she is full of admiration for her volunteers, their commitment, and the sense of fun and energy they bring each week to brighten the lives of the children and their whānau.

# Summer students research aims to answer clinical questions

University of Otago, Christchurch summer students investigated clinical issues such as telehealth consultations, automatic prescribing systems, cognitive screening tools and community follow-ups after cervical procedures as part of the annual 10-week programme.

The Summer Studentship Programme offers undergraduate students the chance to work on a real-world research project under the supervision of senior scientists, many of whom are also Canterbury DHB staff.

Canterbury DHB sponsors a number of these projects that aim to answer clinical questions. Students will submit their reports in coming weeks.

Paediatric Gastroenterologist Andrew Day supervised a student who surveyed children with inflammatory bowel disease (IBD) and their parents about their experience of telehealth consultations during lockdown. There is some research from the United Kingdom that telephone consultations are safe, effective and economic for some people with well-managed disease but no evidence from New Zealand. The project was sponsored by Cure Kids.

In another project, Gynaecologists Peter Sykes and Helene McNab supervised a student exploring compliance with a new community follow-up procedure for cervical cancer. Ministry of Health guidelines recently changed from follow-up in a hospital-based clinic to follow-up in the community by the woman's smear taker.

The project, sponsored by the Canterbury Medical Research Foundation, aims to understand whether this change will affect access to appropriate ongoing surveillance and treatment.

University of Otago, Christchurch Associate Dean, Research, Lisa Stamp says the cervical cancer and IBD projects are examples of the practical impact of the summer research programme. The university has a close relationship with Canterbury DHB and its studies often involve clinicians and aim to answer clinical questions.

The Summer Studentship Programme is an extension of this relationship, where young people with an interest in research get to try their hand and provide useful data at the end of the 10-week experience.



Participants in the Summer Studentship Programme

# One minute with... Emily Gilchrist, Dietitian Team Leader

## What does your job involve?

The clinical aspect involves working alongside the Radiation Oncology and Ear, Nose and Throat team supporting patients through their head and neck cancer journey during radiation therapy and/or surgery. This primarily involves implementing tailored nutritional therapies while also empowering patients to remain well-nourished with the aim to achieve favourable health outcomes and timely recovery. Leadership wise, my role varies from supporting and encouraging the dietitian team and coordinating quality initiatives to improving service provision and promoting the value of dietitians.

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

I always wanted to work in a role that empowered people during their healthcare journey and to influence positive change and improve quality of life. However, until becoming a dietitian I really had no idea how invaluable dietitians were in such a variety of both acute and chronic conditions. I am lucky to have found myself in a role that I find very rewarding and am given many opportunities to evolve my clinical practice and our service and am fortunate to work with such a fantastic team.

## What do you like about it?

The continuity of care during cancer treatment from diagnosis to recovery as well as getting to know patients well through all their highs and lows. It's also very fulfilling being part of such an essential and collaborative team in Oncology.

## What are the challenging bits?

Trying to create a cultural shift across Canterbury DHB and alter perceptions of current practices and the value of dietitian involvement in a patient's healthcare journey. Not to mention forever convincing my patients that dietitians are human and do in fact indulge in treat foods too!

## Who inspires you?

I listen to a lot of podcasts and always feel inspired listening to women in various leadership roles who may have started their own business, influenced positive change or challenged traditional ways of doing things.

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 define the daily interactions and relationships I have with colleagues, patients and their whānau. They dictate the decisions I make every day when delivering high-quality patient-centred care.

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

Years ago, I worked at SeaWorld!

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

The Amalfi Coast with a cocktail in hand.

## What do you do on a typical Sunday?

I enjoy slow Sundays, they always start with a coffee at a local café followed by some form of exercise. If I'm not also catching up with friends, then trying my hand at various building skills while renovating my house.

## What's your favourite food?

Anything Italian – woodfired pizza, pasta and tiramisu.

## And your favourite music?

My Spotify is a real mixture – mostly 80s, 90s and newer music and artists.

## Something For You

Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



### All About You

Riccarton & Cashmere

Treat yourself and receive 10 percent off up to \$150 value.



### The Auto Shop

10 Waller Terrace, Addington

Get 10 percent off on all services at The Auto Shop.



### Marsh Insurance

Policies and premium at wholesale rates to all Canterbury DHB employees – see more information under the Finance and Legal section.



### Original Sin

Cnr Hereford Street and Oxford Terrace, Christchurch Central

Discounts and deals when dining in or hosting a function, and free membership to the loyalty club.

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



# Gearing up for better living – E-bike government discounts

We all know our habits need to change if we're going to help this planet of ours. Most of us take small steps every day to make a positive change, like using a reusable coffee mug or skipping the plastic bag for our fruit and veg, but larger lifestyle changes, like how we use our cars, are often a little more challenging.

According to Stats NZ, in 2018 emissions from transport were up 2.3 per cent on the previous year and up 89.7 per cent from 1990, so it's no surprise that we're being urged to make these more significant lifestyle changes. To help sweeten the deal and in an effort to reduce carbon emissions and encourage more sustainable means of transport the Government has negotiated bulk discounts on e-bikes to be made available to public sector organisations, like us!

Along with, you know, saving the planet, there are other benefits to e-bikes. For starters you'll save on car parking – e-bikes only cost around 13 cents to charge and can be plugged into your wall socket. They're also a great way to beat that peak hour traffic and get a bit of exercise while you're at it. Better yet, you'll arrive to work much less sweaty than a traditional bike.

If this all sounds like something you'd be interested in you all you have to do is make your way to Evo cycles on 2/40 Carmen Road with your ID badge or head to their website through [Something For You](#), choose your bike and you're off. The discounts offered to us range between 7.5 and 26 per cent off the recommended retail price and Evo also have independent finance options available.

If cycling is not for you but someone else in your whānau is keen to reap the benefits the great news is, you can use your discount for immediate family members instead. Christchurch is a great city for cycling. Check out [some of the routes](#) you can take to work on your new e-bike.

If you'd like to find out more about this offer, we've answered some [FAQs for you on max](#), or you can email the Something For You team at [Somethingforyou@cdhb.health.nz](mailto:Somethingforyou@cdhb.health.nz).



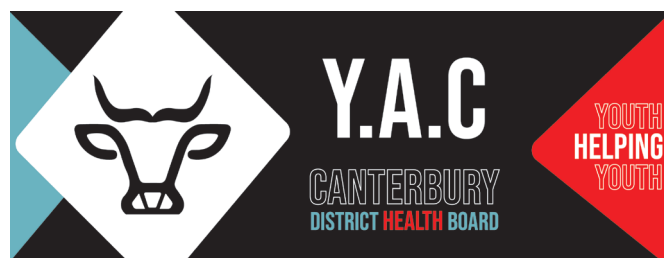
# Transition mentoring programme info evening

Hosted by the Canterbury DHB Youth Advisory Council

Do you have a young person who is about to start/or is currently going through levels 3 or 4 of the current Canterbury DHB transition service from paediatrics to adult services? Or maybe you are a whānau member, friend, staff member who works in transition, a GP, work in health, or you are simply someone who wants to know more? Everyone is welcome to come along to our information evening.

Come along and hear more about the Canterbury DHB Youth Advisory Council's Transition Mentoring Programme.

The mentoring programme has been designed to help a young person with complex medical needs thrive holistically and see a life outside their health conditions. A mentor will catch up with a young person once a fortnight and do a fun activity such as going for coffee, dress shopping for an upcoming formal, or maybe helping write a CV if they want to apply for a job. To see more about the programme, check out the [Quick Facts info sheet](#).



## Information evening

When: Thursday 28 January 2021, 7.30–9pm

Where: CDHB Design Lab, 17 Print Place, Middleton

Who: Anyone who wants to know more about this mentoring programme

If you are interested in coming along, please RSVP as soon as possible to [cdhbyouth@gmail.com](mailto:cdhbyouth@gmail.com). If you have any questions, feel free to also contact the Youth Advisory Council via email or find all the information on the Facebook page: [CDHB Youth Advisory Council](#).

IT'S THE SIMPLE  
THINGS WE REMEMBER  
AHAKOA HE ITI  
HE POUNAMU



## Matisse RSV Vaccine in Pregnancy Study



**You'll give them love in lots of ways.  
Could protection from RSV be one of them?**

RSV is known to cause common illnesses of the airways.  
It is the most common cause of bronchiolitis (inflammation of the small airways)  
and pneumonia (infection of the lungs) in children under 12 months.

### Eligible women will be:

- Due between 17 May and 17 September 2021
- Aged between 18–49 years
- Healthy and expecting a single healthy baby
- Vaccination occurs between 24 and 36 weeks.

Women participating in the study will receive reimbursement for time and travel.

Study visits will be at the Christchurch Clinical Trials Centre and at home.

Taking referrals now.

Contact Research Midwife: Di Leishman

Email: [di.leishman@otago.ac.nz](mailto:di.leishman@otago.ac.nz) Phone 364 4631

More information available here: [rsvvaccinestudy.com](http://rsvvaccinestudy.com)

