



Special late night COVID-19 vaccination clinic tonight to provide a final opportunity for staff, volunteers and contractors who are not yet vaccinated.

If you've been hesitant or unsure about getting your COVID-19 vaccination I have two important pieces of information...

To the right is a link to a video recorded late last week, where some of our senior leaders address many of the common questions that have cropped up in discussions with staff. If you're unsure and haven't seen it already, it's a heartfelt plea, along with questions and answers that I recommend to anyone who is still deciding whether to get vaccinated.

It features Hector Matthews, Executive Director Māori and Pacific Health; Norma Campbell, Executive Director of Midwifery for Canterbury and the West Coast; Dr Alan Pithie, Infectious Diseases Physician and Becky Hickmott, Executive Director of Nursing for Canterbury DHB.

In order to continue working in health the deadline for receiving your first vaccination is by 11.59pm tonight.



The video is available to view [here](#)

The second important piece of information is that a special vaccination clinic will be open tonight until 11pm at Christchurch Hospital. It will be located in the old CHOC facility – no appointment needed, just drop in.

If you want to get vaccinated but can't get away from your department/ward at Christchurch Hospital, Waipapa, Christchurch Women's or Canterbury Health Laboratories, someone will come to you.

Please call 021 949 273 to arrange as soon as possible. This late-night service is only available on the Christchurch campus tonight.

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Vaccination order applies to everyone working on-site

Just as all our staff need to meet the requirements of the Health Order to be able to work as part of our organisation after midnight tonight, anyone who provides services, volunteers or is contracted to work for us, on all sites, must also be vaccinated against COVID-19.

Canterbury DHB has been in contact with existing contractors, suppliers, consultants, volunteers and students on our database to confirm their vaccination status and any new providers will need to provide proof of vaccination before coming on-site.

This has been a huge ask of the team and given the short time-frame provided, some people may have received a letter in error. We are working through responses. In the meantime, unless any staff member or external provider has had their first dose of the COVID-19 vaccine, they are unable to continue working or volunteering on our sites after midnight tonight.

Still have unanswered questions about having your vaccination?

The Canterbury DHB vaccination team including health specialists are available to answer your questions and concerns if you are still undecided. These conversations are confidential. Please call the vaccination team on 021 949 273 to arrange a chat with someone who can answer your questions.

The team can put you in touch with Infectious Diseases Specialist, Dr Alan Pithie, who is our COVID-19 lead and our Executive Director of Midwifery, Norma Campbell for specific concerns around pregnancy and breastfeeding.

You can also check out these resources:

- › [For frequently asked questions about the vaccine](#)
- › [Video showing how the vaccine works](#)

- › [Video called "How can we be confident getting vaccinated is safe?"](#)
- › If you think you can't medically get the vaccination - ["Who can't have the Pfizer vaccine?"](#)
- › Webinars on the Canterbury DHB facebook page:
- › [Kia whakamana te rangatahi](#) – Q & A session with Hector Matthews, Executive Director of Māori & Pacific Health, Dr Maira Patu, Aroha Pritchard and Dr Alan Pithie around the effectiveness and safety of the COVID-19 vaccination.
- › [Vaccination in Pregnancy and Breastfeeding](#) – Norma Campbell, Executive Director of Midwifery Canterbury and West Coast District Health Boards, Dr Alan Pithie and Dr Heather Isenman.



ACCELERATING OUR FUTURE

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

Accelerating our Future

Across the Canterbury health system, we're always looking to work smarter, using technology and new ideas to be more efficient and free up resources for patient care; whether it's improving the process for introducing new treatments and technology, Choosing Wisely, Releasing Time to Care, Electronic Referral Management System (ERMS), HealthPathways and Safe Staffing. We're keen to nurture good ideas from people throughout our organisation.

Our deficit reduction programme, Accelerating our Future, is about doing the right thing, right now to operate sustainably and deliver for our community.

The whakataukī (proverb) guiding us is **Hapaitia te ara tika pūmau ai te rangatiratanga mo ngā uri whakatipu** - Foster the pathway of knowledge to strength, independence and growth for future generations.

This work is about what we can change now to set ourselves up to operate sustainably for the long-term. Every single person in our health system has a role to play in doing the right thing, right now and putting up your hand to say this can change and I can help drive it.

We know the best ideas come from our teams doing the work and we are still keen to hear from anywhere and anyone in the system to assist us in our journey to financial sustainability.

Have you got a new idea around reducing waste or duplication of effort or resources to help make sure we're spending wisely? Can it be implemented quickly? We want to hear from you!

It's super easy to submit your cost-saving ideas via the [Accelerating our Future Idea form](#) in Prism.

Visit the 'Get Involved' page in Prism for more info: <https://cdhbhealth.sharepoint.com/sites/AcceleratingourFuture/SitePages/Get-Involved.aspx>

Vaccination – the countdown is on – don't wait, vaccinate

It seems every few days COVID-19 is making its way further down the country. It feels like it's only a matter of weeks until it will be reappearing in Te Waipounamu, the South Island.

I've said it before and I will say it again – vaccination is our best protection against COVID-19, and I encourage everyone to get protected.

You'll need two shots to do the things you love, with the people you love.

Canterbury's vaccination rollout, by the numbers:	
First doses - 450,710	Second doses - 394,353
First doses - 93%	Second doses - 82%
First doses to 90% - 0	Second doses to 90% - 40,248
Eligible Population 482,890	

Vaccination is the key to unlock summer, but you need to act right now to be protected in time for the holidays.

Summer is coming - the countdown is on – don't wait, vaccinate!

C'mon Coasters – it's time

While in Greymouth for the last Board meeting, I caught up with some of the team of 20 staff from the Canterbury vaccination team who have gone across to support the efforts on the West Coast. They have a huge challenge on the Coast and they're making steady progress. The geography of the region is one of the major challenges, with many remote rural areas to get to. They're currently sitting at 85 percent first doses and the pressure is on.

I caught up with some of the Canterbury team at Cobden school in Greymouth where they'd set themselves up in one of the mobile units to make themselves available to the community. They were there as school was coming out and parents and caregivers were stopping in to pick up kids and at the same time getting their vaccinations, so it was just fabulous mahi across the West Coast.

As at 11.59pm on Sunday 14 November we're sitting at 93 percent of our eligible population having had their first dose and 82 percent fully vaccinated – and there's still a way to go until we can rest easy. We still need another 40,248 people to get in for their second doses to reach the 90 percent fully vaccinated.

With the Auckland boundaries almost certain to open before the end of the year, our window of opportunity to get protected is closing.

Booster doses are likely to be available soon, so if you had your second vaccination more than six months ago you'll be eligible once the booster doses are approved.

Last week the government also announced that the AstraZeneca vaccine will soon be available in New Zealand. We'll let you know more when we get the details.

Meanwhile we have loads (more than 100 in fact) of pop-up vaccination events happening across Canterbury right through until Christmas.

There's a big push this week in North Canterbury to get them across the 90 percent first and second dose mark. See the [pop-up clinic details here](#).

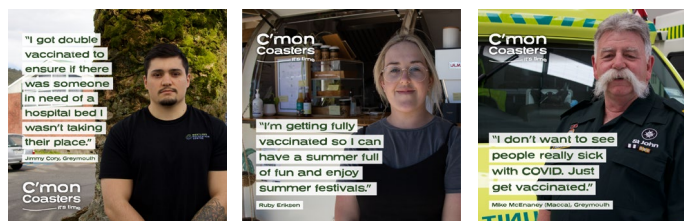


Lending a hand on the Coast, from left: Marie, Peter Bramley, Diana and Corinna (holding the sauce bottle)

Thanks so much to the Cantabs who are helping out.

The team also have a fantastic local campaign running where locals are encouraging locals to get vaccinated.

Right, are some of their local legends lending their faces and voices to the campaign.



Farewell and thank you

Mandatory vaccinations for health staff have created a challenging situation for some of our people. The process has been carried out in a relatively short time frame, and we are sad to be losing staff who have provided excellent care and service during their time with us.

To those leaving I wish you well and thank you for everything you've done for the people of Canterbury.

To your colleagues who remain, I appreciate that this might be a difficult time for you losing much-loved and respected workmates. Please remember to use all of the support services available to you. Contact details are available [here](#).

We will have a clearer picture tomorrow of the impact of mandatory vaccinations on our staff, contractors and volunteers.

Sending aroha to our friends and colleagues in North Canterbury and Kaikōura

Yesterday marked the five-year anniversary of the Hurunui/ Kaikōura series of earthquakes.

While it might seem like a long time ago for some of us, for others it may feel just like it was yesterday.

After a disaster like that we all react differently and our recovery can be a rollercoaster ride.

Wherever you're at is ok. Please remember to seek support if you need it. Your general practice team is a great place to start.

Sending aroha to our friends and colleagues in North Canterbury and Kaikōura, especially to those personally affected.



Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

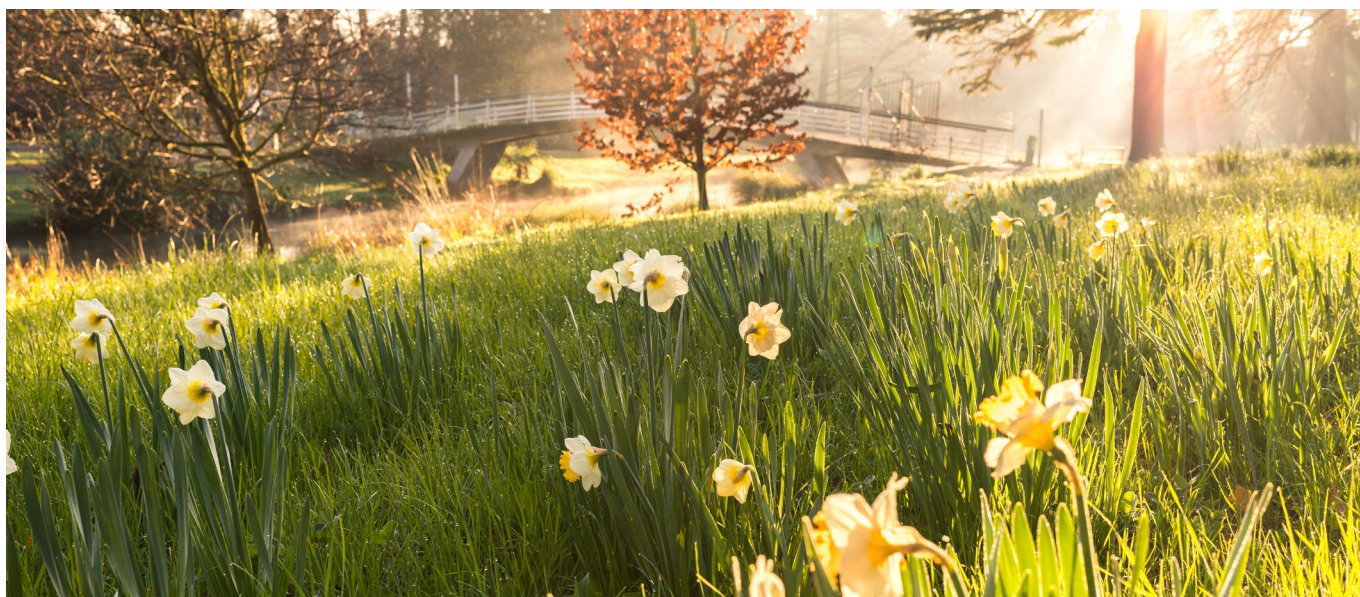
**This week
with Peter**

15 Whiringa-ā-nuku 2021

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

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

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



Bouquets

COVID-19 testing, Orchard Road

My COVID-19 test review. Loved the big flag on the roadside and the bright orange road cones up the road. It screamed "look at me." I might have COVID-19 and be hated by the entire South Island. Pulled in to what looked like a driving test at a McDonald's drive-through but with more bright orange road cones.

Customer service was great. Impressive PPE and I felt like they really were interested in my symptoms, NHI and personal details. If I ever felt alone I would get a COVID-19 test just to feel wanted.

Now for the test. Pain and discomfort 8/10. Definitely felt like I had been struck by a lightning rod up my nostril, but comfortable enough that it didn't feel like it was going to pop my eye out.

All up the experience was faster than a McDonald's drive-through on a Friday night.

Would recommend. Oh, and test was negative.

Emergency Department (ED), Ward 3 and Ward 5, Christchurch Hospital

A big thanks to all the staff who looked after me during a visit to ED, throughout surgery, and a stay in Ward 3 and Ward 5. Everybody was so caring and considerate. I felt like I was in safe hands. Thank you so much for patching me up and helping me through this time. I am extremely appreciative of the work you all do.

Ward AG, Burwood Hospital

Thank you for your recent care of [patient]. Special thanks to Registered Nurse Michelle and trainee nurse in Carmen. Thanks to Michael and the Physiotherapy staff for motivating and getting us moving.

COVID-19 vaccination team, Christchurch Hospital

A big thank you to the roving COVID-19 vaccination team! This is a fabulous initiative that is working well for patients and their families. The staff are very friendly and efficient. You are doing an incredible job.

Ward B1, Burwood Hospital

- » Many thanks for your care, kindness and patience. Much appreciated and not forgotten. You will be remembered by us.
- » To Debbie and the wonderful staff, we can never thank you enough for wonderful care and support. All the staff have a friendly, efficient, and caring manner. You are treasures and we are very grateful.
- » Our heartfelt thanks and appreciation for the amazing care for Mum. Lucky to live in a country that has such amazing and accessible healthcare, we will be forever grateful.

Burwood Hospital

Absolutely thrilled with all the care I've received from Burwood Hospital (Admitting Unit, Theatre, Recovery and Ward FG). Thank you so much, I've appreciated it all.

Ward C2, Burwood Hospital

- » Thank you to all staff for looking after our father
- » Many thanks for your care and support over the last month
- » To the wonderful staff of Ward C2, we can't thank you enough. The situation was made more bearable, safe and secure in your ward.
- » To the doctors and nurses, thank you for your kindness
- » Thank you for looking after our Mum

Megan, ED, Christchurch Hospital

I had to visit ED. My main nurse was Megan. This message is to compliment her. She was so lovely, gentle and patient. Thank you, Megan – you are the best!

Burwood Hospital

A big thank you to the most caring staff and nurses at Burwood. You really went the extra mile. It was a real pleasure to stay with you. Thank you so much. Keep up the good work.

Cardiology Outpatients, Christchurch Hospital

Please pass our thanks on to the Cardiology Outpatients team especially John Lainchbury and the technician who performed my daughter's echocardiogram. We were provided with a welcoming and supportive environment. Everyone was invested in providing a relaxed and informative appointment and time was taken in this process. Thank you so much for what you do.

JabberWaka at Pak'nSave Wainoni

The JabberWaka mobile vaccination clinic was set up in the carpark of Pak'nSave Wainoni last week between 10 and 13 November allowing staff, shoppers and locals to get their first or second doses.

300 people received vaccinations during the four-day clinic.



Pak'nSave Wainoni Store Manager, Ben Morrison welcomes the community to get vaccinated



The JabberWaka in the Pak'nSave Wainoni carpark



Pak'nSave Wainoni staff take the opportunity to get vaccinated

Dispelling vaccine myths, one conversation at a time

The team at 298 Youth Health Centre are investing time and resources into dispelling COVID-19 myths and breaking down barriers to getting vaccinated.

Clinical Team Leader Emma Maguire says their patients are some of the most vulnerable and the team are keen to remove any barriers preventing them from getting vaccinated.

"We work with 10 to 25-year-olds providing free primary health care services. Our doctors, nurses, counsellors and youth workers provide wrap-around support service to young people who typically don't access health care."

"These are young people who may be homeless, just recently out of prison, or at risk for a variety of reasons," she says.

About three quarters of the centre's clients are unvaccinated, many are vaccine hesitant due to things they've seen on social media.

"We employed one of our nurses to phone our patients individually to talk about these issues. Being a health professional that they trust, they were comfortable having the conversation.

"This has proved very effective in dispelling some of the myths that these young people are hearing. At the same time, we wanted to understand the barriers they're facing to getting vaccinated.

Feedback was that they felt scared to be vaccinated but would come to the centre if it was offering the vaccine, as it is a place they trust with people they know. A recurring theme was that they thought COVID-19 was only a risk to older people.

This is despite Ministry of Health data as at 5 November, that 21 percent of all cases in the country are aged 20 to 29, and 18 percent are aged 30 to 39.

Working with Canterbury DHB, a pop-up vaccination clinic was held at the centre in early November and 37 patients were vaccinated.

"I'd like to acknowledge the excellent support from the vaccination team who provided reassurance to patients," Emma says.

One of those who changed her mind about COVID-19 vaccination is a young mother who was previously adamant she wouldn't get vaccinated.



298 Youth Health Centre General Manager Fiona Kay about to get cooking on the barbecue



The observation area of the pop-up vaccination clinic



A vaccine booth at the pop-up clinic

"This young mother came in last week to get a COVID-19 test because she was at a location of interest. I spoke to her again about the COVID-19 vaccination and invited her to the clinic.

"I couldn't believe it when she turned up on Tuesday and got vaccinated," Emma says.

People who have barriers to accessing trustworthy information need extra support in the form of ongoing conversations with people they know and trust.

"Some of these people may work two jobs and may have no time to watch the news to hear about what's going on in New Zealand and overseas."

The centre is continuing to invest time and resources in contacting its patients to encourage them to attend the next pop-up vaccination clinic on 23 November.

Woman with health issues overcomes COVID-19 vaccine fears

"I want others to feel the relief I have right now after getting fully vaccinated," says Christchurch woman, Rosie Belton.

Rosie feared getting the COVID-19 vaccine, as she'd experienced anaphylaxis (allergic reaction) with penicillin, has other multiple allergies, has had brain surgery, and lives with lymphoma, a form of cancer.

"I have been vulnerable health-wise so when COVID-19 came along I was very worried. I have co-morbidities which would be a big problem if I got COVID-19, but I was terribly anxious about any kind of vaccinations, not just Pfizer. Because of my multiple allergies I don't usually like to try anything new."

Rosie did all the right things; she spoke with her general practitioner (GP), consulted with her allergy specialist at the Canterbury DHB, and read information from reputable sources including Medsafe and the Centers for Disease Control and Prevention (CDC). Once she felt assured the risk of getting the vaccine was less than what would happen if she got COVID-19, she decided to go ahead.

She initially went along to The Princess Margaret Hospital vaccination clinic but because of her many allergies was referred to Christchurch Hospital's COVID-19 Vaccine Adverse Reaction Clinic.

Rosie says she was nervous prior to getting her first COVID-19 vaccination.

"When you've had anaphylaxis, the last thing you ever want is to go through that again."

She felt well supported at the clinic.

"They had a plan if anything went awry and it was spelt out to me. The staff were amazing, I could not sing their praises enough."

The 72-year-old is proud to say:

"I'm still here. I'm still alive. Please try to set aside your fear of getting vaccinated. We all need to try and be part of the team of five million."

Canterbury DHB Medical Specialist Alan Pithie says there is no medical condition that is contraindicated, which means it is not advisable for someone to have the vaccine.

"The only medical reason not to have the Pfizer vaccine is severe allergic or



Rosie Belton

adverse reaction to the first dose or any of the constituents or ingredients in the vaccine.

People who have co-morbidities have an increased risk of a bad outcome if they get COVID-19 and have much to gain from being vaccinated.

"If you have fears, speak to your GP in the first instance," he says.

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



New Pressure Injury Prevention Procedure for 'STOP PI' month

The skin is the largest organ in the body but can sometimes be ignored. When you stay in one position for too long, your skin and flesh can get damaged. This damage, which can range from a blister to a deep open wound, is a pressure injury (PI).

Pressure injuries are also known as bedsores, pressure sores or pressure ulcers. When they happen, pressure injuries can have a significant impact on people's lives, and lead to long periods of bedrest and in the most severe cases, death. They can also have a significant impact on the health system.

Pressure injuries are the second highest form of harm reported in our hospitals. Most are avoidable.

It takes the whole healthcare team alongside the patient and their whānau to reduce the risk and severity of pressure injuries.

The Canterbury and West Coast Pressure Injury Prevention Advisory Group are proud to launch the new PI prevention procedure for Canterbury DHB to mark International STOP PI day, which is on Thursday 18 November

This new PI prevention procedure has been developed to support best practice care to our patients when they enter our hospitals. It is important that all healthcare workers understand the role they play in preventing pressure injuries.

Read the procedure flowchart for a [quick reference guide](#) to the components in pressure injury prevention

The full procedure is [here](#).

To find clinical resources to support PI prevention refer to the Pressure Injury Prevention page on Prism (our intranet), or contact Robyn.Cummings@cdhb.health.nz for the information.

International Pathology Day celebrated

Wednesday 10 November was International Pathology Day which recognises and celebrates the vital work of laboratory and pathology services and their impact on the health and wellbeing of us all.

The team at Canterbury Health Laboratories (CHL) celebrated by recognising their 'Legends in the Lab'. Nominated by their peers, the 'legends' were announced on the day and given a box of chocolates.

There was a large response to the request for nominations this year, reflecting the amazing team at CHL, with people in all areas and disciplines who go the extra mile to deliver excellent patient care and support each other.

Pathology and laboratories are the heart of modern healthcare, the branch of medicine dedicated to the study and cure of disease. Utilising ever-evolving technology to analyse blood, tissue and other samples, Pathology allows doctors to better diagnose and treat patients, often avoiding invasive exploratory procedures.

More than 70 percent of all health diagnoses made by clinicians involve testing analysis completed by those who work in the laboratories. Increasingly, laboratory workers are responsible for direct patient care including those with anaemia, diabetes, leukaemia and immune disorders. Their detective work and analysis help improve treatment, medication efficacy and the long-term outcomes for patients.

While COVID-19 has put testing laboratories in the limelight, it has also highlighted the critical role all parts of the laboratory play in supporting patient care. At CHL there are a range of staff providing high quality care in their chosen area of expertise. CHL can provide more than 2000 different test analyses and perform over six million tests each year.

Thank you to all the laboratory assistants, technicians, and scientists, scientific officers, pathologists and support personnel working at CHL for all that you do to contribute to better health outcomes.

Transgender Awareness Week – opportunity for education

Written by Workforce Development Partner - Equity and Diversity, Kaimātai – Mana Taurite me Kanorau, People and Capability, Akira Le Fevre

By the time you read this we will be two days into Transgender Awareness Week and unfortunately globally we will have already lost members of the transgender community to acts of violence or suicide. Many will have been faced discrimination from landlords, business owners, their employers and even their own whānau.

As sad as this sounds, it's just part of everyday life for many. On the flipside, there will also be those in the trans community who today, for the very first time, will have created a new email address under their newly chosen name, have not been mis-gendered, received a work ID access card that represents their authentic self and been whole-heartedly embraced by their family. All things that many of us take for granted.

Transgender Awareness Week is celebrated every year around this time in Aotearoa and is an opportunity for the transgender community to share their stories and experiences in a bid to help educate the world. It also provides a platform for those of us not in the transgender community to be allies, advocates and friends of transgender tāngata.

This is what our transgender community really need, not only just during this awareness week but every single day. Transgender people aren't looking for our pity. They want and need our support and love along with basic human rights, access to health care along with non-judgemental looks or comments on their appearance or mannerisms.

A New Zealand 2018 'Counting Ourselves' online study surveyed 1178 transgender and non-binary people aged between 14-83 about their health and wellbeing. As you can imagine the findings were not pleasant reading.

Many were unable or too fearful to access gender affirming healthcare, counselling or mental health assessments. A high number were at risk of suicide, self-harm, harassment and bullying, and many struggled to find safe employment and housing.

Although these findings are disturbing, it is exciting to learn that for the first time, our transgender and LGBTQIA+ community will be included in the 2023 New Zealand census. This is a great, albeit overdue, step towards trans visibility as we know that when anyone feels seen and included they feel valued and cared for.

To be able to see and tautoko (support) our transgender community we are a step closer to them being their most authentic selves which is a basic human right that we should all have. If you are wondering how you can support Transgender Awareness Week there are some easy ways. You can be an ally by showing manaaki and aroha, by educating yourself, and by simply taking five minutes to think how you feel when you are able to be your most authentic self, and then consider how we can support our transgender friends, work colleagues and whānau to be their most authentic versions of themselves.

For more information or support around Transgender Awareness Week visit: [Transgender Awareness Week Archives - Gender Minorities Aotearoa](#).



**WHO-
EVER
YOU
LOVE**

**MORE
THAN
ALL
RIGHT.**



ALL RIGHT?

**ALLRIGHT
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Maternal and newborn safety theme of Patient Safety Day

Te Rā Haumaru Tūroto o Aotearoa/ Aotearoa Patient Safety Day – Wednesday 17 November. The theme is 'maternal and newborn safety', aligning with the World Health Organization's Global Patient Safety Day held in September 2021.

The Health Quality & Safety Commission (HQ&SC) Te Rā Haumaru Tūroto o Aotearoa Patient Safety Day is being celebrated with patient safety initiatives across Canterbury DHB being promoted this week.

The focus is on culturally responsive maternity care for whānau to support maternal wellbeing and maternal and newborn safety.

It is recognised that positive maternity care looks different for different people. Canterbury DHB has on average 6000 births a year.

This year's aim is to increase culturally-responsive care, improving maternity care for all whānau and supporting pregnant women and people's overall health and wellbeing during pregnancy by

- › opening the discussion to find out what pregnant people want and need
- › talking with patients and whānau about what is most important to them
- › raising health professional's awareness of potential biases and how that affects care.

The National Maternity Quality and Safety programme continues to drive quality initiatives in maternity including engagement of the Canterbury community through our consumers.

Women's Health Consumer Advisory Council Chair Jen Coster says the safety and wellbeing of all mama and pēpi is paramount to providing safe good care.

"As a Consumer Council we endeavour to seek changes to improve outcomes for all women. Working alongside the Canterbury DHB team we continue to work together to strive to find better and new ways to care for women. Me Mahi Tahi Tatou Mo Te Oranga O Te Katoa – We work together for the wellbeing of everyone".

The development of the Maternity Strategy in collaboration with the community also aligns with the campaign aims.



Executive Director Midwifery and Maternity Services Canterbury and West Coast DHBs Norma Campbell says the Maternity Quality and Safety Annual Report Day this year highlighted the increase in operative and instrumental births.

"We were challenged by Per Kempe, Obstetrician and Gynaecologist from Midcentral DHB, who reviewed our data that we need to all be working in the same direction.

"The programme has a 10-year goal that we are working towards to ensure that both mama and pēpi not only have safe care, but care that maximises their ability to be the best mama they can be in a place that also supports that.

"Challenges are also coming to us in regard to equity of care and culturally appropriate care. Safety comes in many forms and so does safety from those who receive care from us. This day reminds us of that, and the need to look at the whole picture when we provide care and what is the best environment to achieve that as a team working with all of our communities", Norma says.

With the focus on patient safety a number of initiatives have been implemented for improvements, such as Kōrero mai, the Maternity Early Warning System, Newborn Early Warning System, First Days Pēpi pods for inpatient maternity areas and bedside communication/handover boards.

As part of this year's Patient Safety Day HQ&SC has developed resources for printing and sharing with your teams, and have also created five videos –

- › three are stories of women whose culturally responsive health care made a huge difference to their experience of pregnancy and birth,
- › and two stories of midwives who have delivered culturally responsive health care

See here [Resources](#).

Shining a light on child and youth mental health

Māia Health Foundation is on a mission to raise funds for a modern, fit-for-purpose mental health outpatient facility for children and young people in Canterbury.

We need your help to make it better for people like Otty.

Otty was an over-achiever. Happy, surrounded by friends, captain of the football and basketball teams, a star student – and then everything fell apart.

"It was about a year after the earthquakes that my anxiety kicked off. I couldn't switch off at school or at home and I couldn't sleep. That's when I was first referred to Canterbury's Child, Adolescent and Family mental health service," she says.

Otty was treated in the outdated facilities at The Princess Margaret Hospital and Hillmorton sites.

"It almost feels like a prison – everything's very dark and you feel like you're going to get trapped. It doesn't fill you with motivation to get better. But the staff are amazing – it was 110 percent them that helped me."

Learn more about the game-changing difference a modern, fit-for-purpose facility will make for rangatahi and their whānau in [Otty's Story](#) on the Maia website.

Join us to help raise \$300,000 by Christmas. Be part of a community that cares about child and youth mental health.

For more information go to shinealight.nz or scan the QR code below.

* Thanks to the Rainbow Children's Trust and other generous donors, donations will be dollar-matched up to a total of \$150,000.



Otty, a former patient in the Child, Adolescent and Family Specialist Mental Health Services

SHINE A LIGHT

Give now
shinealight.nz

**Be the light for our
young people.**

Help us raise funds for
a fit-for-purpose child and
youth mental health facility
in Canterbury.

Please give today.

Shine A Light for our young people and our community's future.

And remember, if you give today your donation will be doubled. For every dollar we raise as part of this year's Shine A Light campaign, Rainbow Children's Trust will match it*.



Ongoing care and support needed for people with diabetes

November is Diabetes Awareness Month and World Diabetes Day is celebrated globally on 14 November to raise awareness about both type 1 and type 2 diabetes.

One in 10 people worldwide are living with the disease.

The theme for World Diabetes Day is access to diabetes care.

People with diabetes require ongoing care and support to manage their condition and avoid complications and there are millions of people around the world who often cannot access the care they need, says Diabetes Christchurch Manager Lynne Taylor.

"Affordable access to new diabetes technological devices including insulin pumps, continuous glucose monitors and medications are paramount in helping all people with diabetes manage better and keep well."

This year also marks the 100th anniversary of the invention of insulin when Canadian Surgeon Frederick Banting and Medical Student Charles Best, successfully isolated the hormone insulin for the first time.

Diabetes treatments have come a long way since then, but insulin is still a miracle for the many people with diabetes in Canterbury and throughout the world, she says.

Diabetes Christchurch is a charitable organisation serving people with diabetes and their families in the Canterbury region. It offers support, information, advocacy and non-clinical education on all aspects of diabetes

This year Diabetes Christchurch celebrates its 65th anniversary as the first diabetes society in the country, initiated in 1956 by the late Professor Sir Don Beaven and late Garth Harris, who was the first president.



Barnaby Bee was developed by Diabetes Christchurch to raise awareness about diabetes. Barnaby carries the Diabetes "Bee Aware" emblem on his wings

Membership to Diabetes Christchurch offers people contact with others with this chronic condition, education classes, exercise and activities with age-related support groups and discounted shop products.

For more information go to www.diabeteschristchurch.co.nz/

*all
right?*

**IT'S
ALL RIGHT
TO NEED
A HUG.**



Challenging penicillin allergies

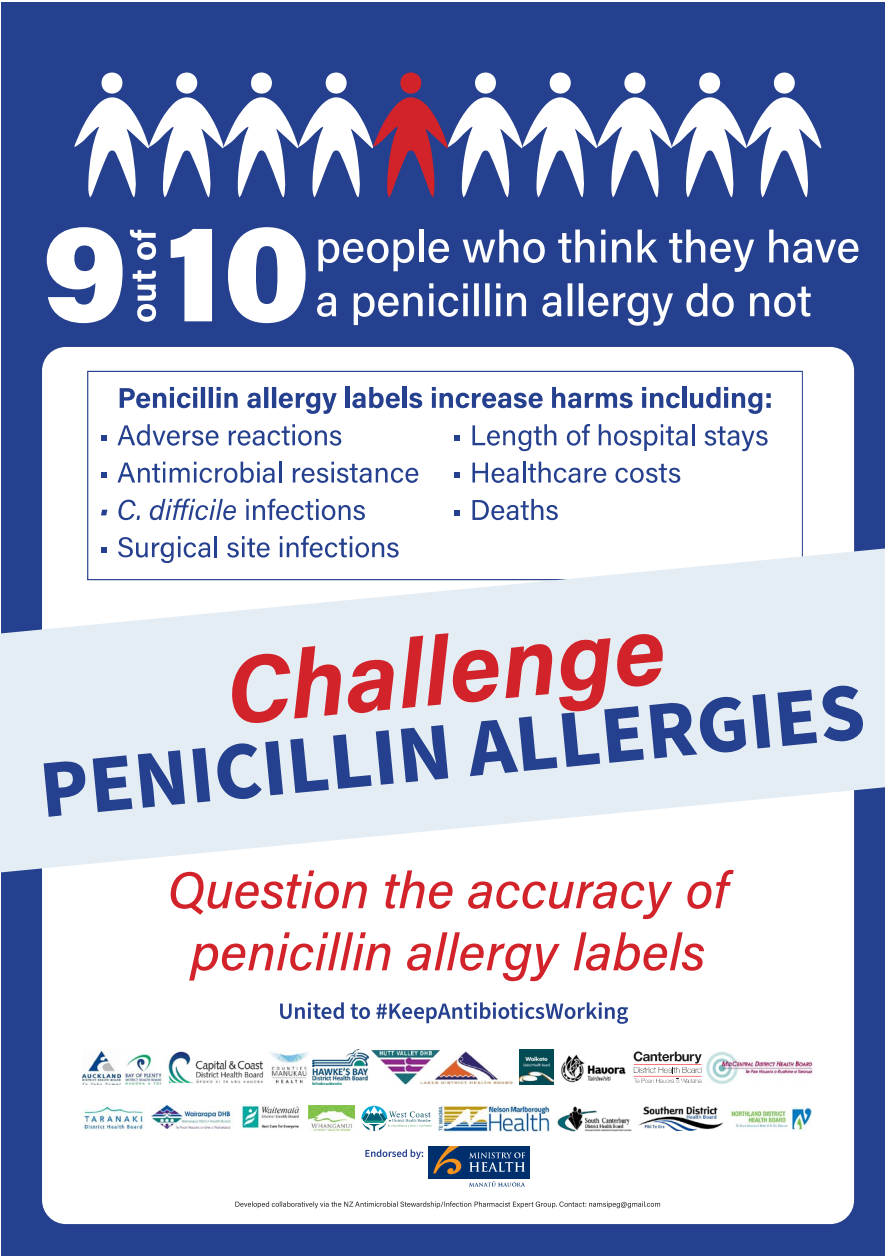
It's World Antimicrobial Awareness Week 18-24 November and clinicians nationally are being asked to check if health consumers who think they have an allergy to penicillin, actually do.

While the awareness week highlights the dangers of antimicrobial resistance (AMR) generally, penicillin allergy is the most common adverse drug reaction reported in hospitalised patients.

People may have had some sort of reaction when they took penicillin at some time in the past, but it may not have had anything to do with the antibiotic or it may have been an adverse reaction like diarrhoea rather than an allergy. Alternatively, the person's immune system may have changed over time so that penicillin will no longer cause an allergic reaction now.

While 10 percent of adults believe they are penicillin allergic, most (90 percent) do not have a true immune-mediated allergy. The allergy note on the person's medical file may mean they are provided with alternative antibiotics that could be less effective and cause more problems such as adverse drug reactions and antimicrobial resistance.

A range of promotional materials have been developed by Canterbury DHB in conjunction with clinicians from across the country to highlight the week nationally. You can find these and read more about World Antimicrobial Awareness Week on the [Pharmaceutical Society of New Zealand website](https://www.pharmaceuticalsociety.co.nz/).



9 out of 10 people who think they have a penicillin allergy do not

Penicillin allergy labels increase harms including:

- Adverse reactions
- Antimicrobial resistance
- *C. difficile* infections
- Surgical site infections
- Length of hospital stays
- Healthcare costs
- Deaths

Challenge PENICILLIN ALLERGIES

*Question the accuracy of
penicillin allergy labels*

United to #KeepAntibioticsWorking

Endorsed by:

Developed collaboratively via the NZ Antimicrobial Stewardship/Infection Pharmacist Expert Group. Contact: namsp@nzma.co.nz

Te Papa Hauora – we're talking health

Te Papa Hauora recently held its annual 'We're talking health' research talks event – online this year.

The theme was 'starting well, living well and ageing well'. Researchers from Te Papa Hauora's partner institutes gave a range of interesting talks from across the age spectrum.

A special thank you to the speakers below who shared how research is improving the health and wellbeing of our community.

If you missed it – click [here](#) for recordings of the individual talks.

Starting well

- › **A safe harbour: women who use water immersion for labour and birth with a complex pregnancy.** Kelly Kara, Midwifery Lecturer, Ara Institute of Canterbury.
- › **Ironing out the details: what Popeye didn't tell you about eating spinach.** Esther Caljé, Senior Midwife and PhD student, Canterbury District Health Board.
- › **Not just little adults: changing the way we treat infections in children.** Dr Tony Walls, Associate Professor University of Otago, Department of Paediatrics and Paediatric Infectious Disease Specialist, Canterbury District Health Board.
- › **Love Sex and Porn: Parenting and sexuality education in the digital age.** Tracy Clelland, Lecturer in Health Education, School of Health Sciences, University of Canterbury.

Living well

- › **Obe-city: does where you live affect the weight you gain?** Dr Matthew Hobbs, Senior Lecturer in Public Health, School of Health Sciences and Senior Research Fellow, GeoHealth Laboratory, University of Canterbury.
- › **It's getting hot in here... Perimenopause: A users guide.** Dr Geri McLeod, Senior Research Fellow, Christchurch Health and Development Study, University of Otago.
- › **Could the time you spend at work be good for your health and wellbeing?** Professor Katharina Naswall, School of Psychology, Speech and Hearing, University of Canterbury.

Ageing well

- › **Pae Ora: The Opportunity to Reframe Active Living and Healthy Ageing.** Jacqui Lunday-Johnstone, Executive Director Allied Health, Canterbury District Health Board.
- › **Parkinson's and the battle within.** Professor Tim Anderson, Department of Medicine, University of Otago and the New Zealand Brain Research Institute (NZBRI).

we're talking health...

Starting Well, Living Well and Ageing Well

Presented by



In Association with



FREE
PUBLIC
EVENT



Presenters in the temporary 'studio' at Manawa



Chair of Te Papa Hauora Advisory Council Peter Townsend

One minute with...

Anna Skinner, Operating Theatre Assistant

What does your job involve?

The main function of the role is the transferring of patients to and from Theatre for surgery. There are numerous other things in addition to this, such as clearing of dirty instruments from Theatre to Sterile Services and the uplift of clean items back into the system, also restocking, and clearing rubbish and dirty linen from all the theatres.

Why did you choose to work in this field?

Theatre is constantly busy and dynamic, and therefore poses its own challenges which appealed to me.

What do you like about it?

No two days are alike! There are constant tasks to be performed to ensure the smooth and timely running of all the theatres within the hospital. I have met a wide range of different people which also makes it interesting.

What are the challenging bits?

Being constantly on the move.

Who inspires you and why?

Georgina Beyer, who was the first transsexual Member of Parliament in the world, serving in Helen Clark's government for eight years. Prior to this she was the Mayor of Carterton. Georgina paved the way for trans folk like me to live our lives with freedom, dignity and without discrimination.

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?

Always treat others as you would want to be treated.

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

That I'm a crazy keen cyclist.

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

Australia for nostalgic reasons. Between 2017 to 19, I cycle toured on my pushbike taking in mainly New South Wales, South Australia and a wee bit of Queensland. The



experience made an indelible mark on me, and I felt stronger for doing it. Riding solo gave me a true sense of freedom and confirmed that riding my bike has been an integral part of my life.

What do you do on a typical Sunday?

If not working, ride my bike, visit my three children, and generally relax and drink coffee too!

What's your favourite food?

Chicken-based dishes.

And your favourite music?

Progressive house, alternative rock.

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

Something For You



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



Neuron E-Scooter Free Monthly Pass

Neuron is offering Free monthly pass for healthcare workers.

Download the Neuron app, register with either your personal or work email, go to Rates & Passes section, click on the link "verify your email" and verify your Canterbury DHB work email and activate your free monthly pass.

See [here](#) for detailed instructions. Link to T&Cs are [here](#).



OPSM are offering three exclusive offers to Canterbury DHB staff for Diabetes Awareness Month.

1. \$100 off prescription glasses and prescription sunglasses. Minimum spend \$350.
2. 20 percent off* contact lenses. Minimum purchase three months' supply.
3. Upgrade to free Ultra-Wide Digital Retinal Scan when you purchase a standard eye test.

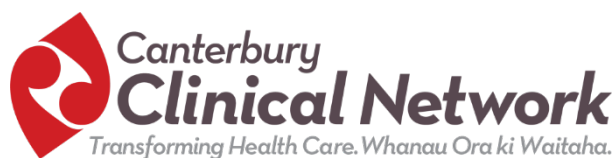
Offers are valid from 01/11/21 and ends 21/11/2021. See [here](#) for T&C and codes.

News from the Canterbury Clinical Network

In the latest edition of the Canterbury Clinical Network newsletter read about:

- › A flexible, principles-based framework which puts people and whānau at the centre of the design and improvement of services, that has been developed under the Te Tiriti and Equity Group
- › The new Hurunui Hauora Advisory Group (HHAG)
- › The completion of stage one of a project to look at what people and their whānau need to be healthy and well. The project is being undertaken by the Pae Ora ki Waitaha working group, which sits under the Population Health and Access Service Level Alliance

And more on the CCN website [here](#).



Webinar: coping with uncertainty during COVID-19

Free webinar: *'Uncertainty is the new certainty – coping in a changing health environment'*

12:30pm to 2:00pm, Wednesday 17 November.

COVID-19 is here to stay and with it brings a pervasive sense of uncertainty that affects individuals and leaders in different ways. This webinar is for everyone working in the health sector to learn about strategies and tools to help them effectively cope in this constant state of flux. Also, for health leaders to ensure they are supporting staff and recognising when they need help.

Read more and register on the Health Informatics New Zealand website eHTV Webinar - [Health Informatics New Zealand](#).



Don't let a
computer
virus in.

Think before
you click.



TOGETHER WE CAN STOP
CYBER-ATTACKS

