

Super Saturday is coming folks!

Last week Minister Hipkins announced ‘Super Saturday’ a national push to get as many people vaccinated as possible. We’re aiming for 100,000 doses nationwide on the day.

I know the team is pulling out all the stops to create as much local capacity as possible this Saturday 16 October. There’s going to be vaccinations happening all over the show, with a large side helping of fun, and in many instances free stuff, including food.

The call has gone out to the 80 percent of us who are already vaccinated to help get the remaining 20 percent protected. We’re aiming to have 90 percent of our community with at least their first dose by Labour weekend – it’s only a couple of weeks away, so the pressure’s on.

Ask your friends, workmates and whānau if they’re vaccinated. If not, see if you can help with information or even a lift to a vaccination centre if that’s what’s needed.

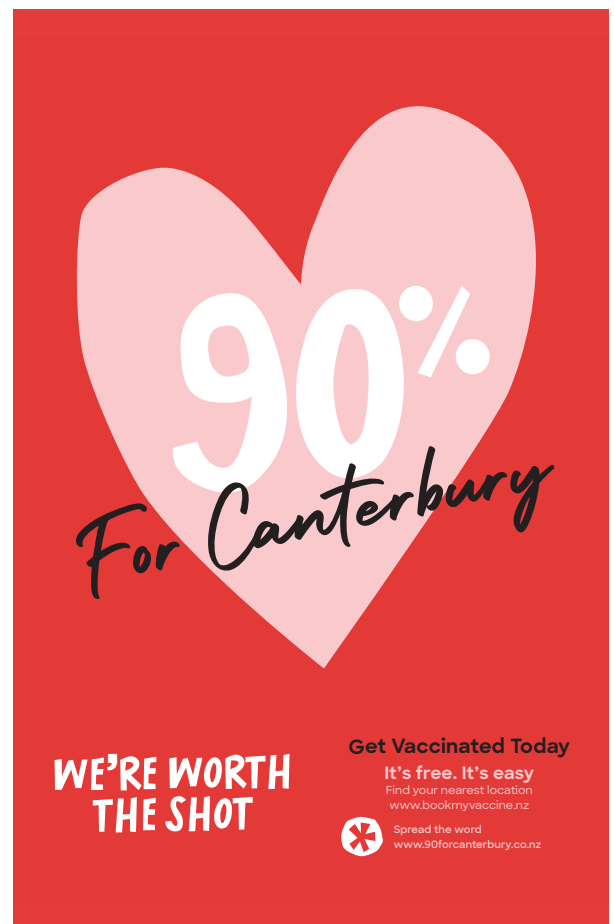
The more people who are fully vaccinated, the safer our community will be, and the sooner we can be free to get on with life.

And there’s no better time to do it than this Saturday – roll up... roll up your sleeves people!

Hesitant? Need more information?

If you know someone who wants more information or has unanswered questions about getting vaccinated, they can call Canterbury’s CANVAX team and ask them anything about the vaccinations.

You can call them on 0800 226 829 or email them on canvax@cdhb.health.nz and someone will get back to you.



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Last week was a phenomenal week on the vaccination front

We had a hugely successful pop-up over three days at the University of Canterbury last week – more than 2000 mostly young people took one for the team – and enjoyed the free burgers on offer!

The team is heading out to Lincoln University and Ara Institute of Canterbury over the coming weeks.

It was a busy day at Ngā Hau e Whā National Marae on Pages Road on Saturday. They exceeded their usual capacity of 200 vaccinations a day and vaccinated a record number of more than 300 people. There was the added incentive of delicious free kai on offer: fish, chicken or cauli and chips!

Our drive-through clinic at the Christchurch Arena has plenty of capacity – they can handle up to 1300 vaccinations a day so let's pack the park people. On Super Saturday there's some exciting things planned for the Canterbury Arena drive-through so keep an eye out for more details later this week.

On Super Saturday, Etu Pasifika's drive through clinic will be open all day in Montreal Street and the team over at Eastgate are planning a sausage sizzle and bouncy castle, and free vouchers with your vaccination.

We like to be different in Canterbury, so we're stretching over to Super Sunday with a Pasifika vaccination clinic at the Congregational Christian Church of Samoa (EFKS) in Woolston this coming Sunday from 10am – 3pm.

Check the full list of clinics on [page 19](#), including those taking walk ins. If lack of transport is a problem, why not offer to take someone you know to get vaccinated – or offer to go along with your needle phobic friend to provide some moral support?

Our vaccination web page will be updated throughout this week as details for [Super Saturday](#) are confirmed.



Rosa Hibbert-Schooner, President of Te Akatoki Māori Students' Association, enjoys the kai provided to vaccination clinic attendees at the University of Canterbury.

Photo credit: University of Canterbury



Owner of FUSH, Anton Matthews, supporting 90% for Canterbury. *Photo Credit: RNZ/Conan Young*

Super **SHOT** **Saturday**

Get vaccinated and protect the people you care about.

Details at www.VaccinateCanterburyWestCoast.nz

Need a ride to get vaccinated?

You can call the Book My Vaccine team and they'll sort you out with transport to and from a clinic – 0800 28 29 26.

For something different to do with the children over the holidays, you can get a free metro bus ride to any vaccination centre – just show your booking details or tell the driver which clinic you're attending.

Other free transport options can be found [here](#).



End of Life Choice Act

The Ministry of Health is responsible for implementing the End of Life Choice Act 2019 and they have a work programme underway to make an assisted dying service available from 7 November to people who meet the eligibility criteria.

This is to ensure a nationally consistent approach and equity of access, regardless of location.

Canterbury DHB clinical staff will not be providing assisted dying services directly as part of their DHB role. However, clinicians with appropriate skills can voluntarily offer to provide parts of the service in a private capacity. More on how that will work is set out on [page 6](#) of today's Update.

Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

Canterbury's vaccination rollout, by the numbers:

A total of 607,204 vaccinations have been given, comprising:

Dose 1 – 374,543 79% of the eligible population (aged 12 and over)	Dose 2 – 232,481 49% of the eligible population (aged 12 and over)
Most vaccines given in one day (in the past week): 9,307	Vaccines given to Cantabrians in the past week (4/10-10/10): 51,264

More than **82% of Cantabrians aged 12 and over** are either fully vaccinated, have had their first dose or are booked to have their vaccinations

COVID-19 is coming, now's our time to get protected

There was a lot of public discussion last week by various COVID experts about the fact that COVID-19 is coming to a community near you.

It is inevitable that eventually we are all going to have to live with COVID in our midst.

The only way to do that safely, is to be fully vaccinated, so please, please, please...get vaccinated if you're not already fully protected and help encourage the rest of our team of 5 million to do the same.

Remember it takes up to two weeks after your vaccination before you're fully immunised.

Time really is of the essence. Being vaccinated can stop you getting sick, it can stop you needing to go to hospital and it can prevent you from needing intensive care.

Being fully vaccinated saves lives – it's as simple as that.

**This week
with Peter**

11 Whiringa-ā-nuku 2021

Click [here](#) to watch the This week with Peter video

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

Vaccination Clinic, The Princess Margaret Hospital (TPMH) - Act of kindness

I received the devastating news that my children's father had died suddenly in the UK. With possible travel plans looming, I needed my second COVID-19 jab immediately. The Princess Margaret Hospital, in Christchurch, was offering no-appointment jabs. A lovely lady called Leanne welcomed me in the carpark. I had a meltdown, she just said, "Oh, you need help!" Leanne didn't leave my side from start to finish. Leanne (I didn't get her surname) is a kind, beautiful person. She was a ray of sunshine in my day of darkness. Leanne – thank you – you went over and beyond, and I just really wanted to say thank you again.

(Letter to the Editor, The Press)

Vaccination clinic, TPMH

My partner and I went to TPMH for his second vaccination. We were incredibly lucky to have vaccinator Monique who was very thorough, genuinely interested, and showed real concern over his wellbeing. He has a variety of health conditions and has a huge fear of needles. She was incredibly gentle and reassuring. The site is much richer for having Monique as part of their team. I was so impressed, as was my partner. He has now gone to work to tell all his colleagues to try and get vaccinated at TPMH at their drop-in clinic times. Kudos to Monique – thank you to her for her amazing mahi.

Emergency Department (ED), Christchurch Hospital

Thank you to all the team who helped me. I was totally impressed at how quickly I was seen and the care and

attention of all the staff, starting with the team at reception (triage nurse and administration team), through to the nurse in ED (Clarice) and Dr Oliver Jensen who treated my injury. People are often quick to complain, however I have only great things to say about how I was triaged and treated, and I have shared that experience with family and friends. I can only imagine how difficult the work you do is at times (and at times thankless), but I wanted to pass on my sincere thanks.

ED, Christchurch Hospital

I believe that when someone does a good job, you need to let them know. I noticed when sitting in the ED there were a couple of deaf ladies. Masks are a very difficult for the deaf and hard of hearing who lip read. A nurse waved one lady in who then pointed at the other deaf lady, trying to say she could come with her. I was so happy that the nurse nodded and waved the other lady to join them. To see how lovely they were treated, made me feel proud to be a Kiwi. Thank you very much for being so kind.

Ward 12, Christchurch Hospital

As a practising registered nurse, it was interesting to be 'on the other side of the bed' and take the role of patient. I was very pleased to say that everybody I had contact with, from cleaners to the consultant, all treated me with courtesy, patience and understanding. My admission was everything you could wish for as a health consumer, which makes it doubly pleasing as I know only too well the pressure everybody is under from day to day. Well done Canterbury DHB, a system to be proud of.

Dental Team, Christchurch Hospital

Just want to say a big thank you to the Dental Team, especially Olivia and Becky, for their caring and kindness. I am not really a big fan of dentists, but they went out of their way to help at a recent appointment. Also, to Chris and his assistant who did my extractions, they certainly made the experience a lot easier. I must also thank the laboratory team who amazingly made up a temporary plate in a short time so that I could have it when the extractions were completed. You rock guys, thank you.

Medical Assessment Unit, Christchurch Hospital

Fabulous staff in this unit, very impressive.

Paula and Victor, ED, Christchurch Hospital

Nurse Paula and Dr Victor were so kind and attentive. Thank you, you matter, and you make a difference.

Ward 10, Christchurch Hospital

I have spent the past two days in Ward 10, under very difficult circumstances. I cannot speak more highly of the care and compassion I received. I don't want to single out people as everybody was great, however, Steph, Gabby and Caley who looked after me were amazing.

Ward C2, Burwood Hospital

Our family wanted to pass on how grateful we all are for the wonderful care and kindness the nurses, Charge Nurse Karen and the doctor of Ward C2 showed our dear Mother. We thank you all so very much.

ED, Surgical Assessment and Review Area (SARA) and Ward A3, Christchurch Hospital

I was brought into the ED and later that night transferred to SARA and the following day to Ward A3. The standard of care from all departments and from the orderlies who moved me around, the WellFood staff, and especially the doctors and nurses were of a very high standard. It makes me proud to be a Cantabrian. Well done to all. I was comfortable, well informed and treated like I was important. Can't say enough good things.

Katie, Aranui Community Dental Clinic

I took my daughter to the Aranui Dental Clinic for her annual check-up. She was very anxious. Katie was wonderful, she completely put my child at ease, telling her she would explain every step along the way, showing her the equipment she was going to use and how it was to be used. She gently spoke to her and made a few jokes with her and overall made the experience so much better than we both anticipated. When we left my child asked if Katie could be her therapist from now on – high praise from a child who often refuses to even open her mouth for a dentist! Katie is a massive asset to the service.

Orthopaedics, Burwood Hospital

My journey started back in December 2020 when I could not function comfortably due to a degenerative hip condition. I was having trouble sleeping and walking without medication and could not even ride my bike. I was operated on by Mr Ian Penny and his team at Burwood. I want to thank and commend the extensive team, from receptionists, nurses, physios, occupational therapists, surgeons to the Theatre staff, for their very professional and kind care. Many, many thanks for a job well done by a service which is 'gold standard' and the best one could wish for.

*Big Shout Out***To: Registrar Evan Wilson**

I would like to acknowledge Dr Evan Wilson who was the on-call registrar in ED. A Crisis Resolution (CR) staff member, also at ED, was dealing with a very difficult caller and sought Evan's advice. Even though Evan was very busy with two cases himself, he said he would take the call and supported the CR staff member. This care and consideration for colleagues, and also for the consumer at the centre of this discussion, is very admirable. It is fantastic to see a registrar so committed to giving exemplary care and also going above and beyond to support his colleagues.

From: Tisha Bradley, Clinical Manager, Child, Adolescent and Family Access Team

#carestartshere

*Big Shout Out***To: Julia Ryder and Joanne Skerl**

A big tu meke for such thoughtful generosity shown by Jules (Julia Ryder) and Jo (Joanne Skerl), both community mental health nurses from the UK, who are leaving Aotearoa to return home and have very kindly donated their own personal mountain bikes (with locks and helmets) for Child, Adolescent and Family (CAF) young people to use in Adventure Therapy groups. They are keen for young folk to get benefit from them, as they both did.

From: The CAF team, Specialist Mental Health Services

#carestartshere

The End of Life Choice Act 2019 – assisted dying services to be available nationally from 7 November

The Ministry of Health is implementing the [End of Life Choice Act 2019](#) (the Act) and establishing an assisted dying service in Aotearoa New Zealand.

From 7 November 2021 people who experience unbearable suffering from a terminal illness will be able to legally ask for medical assistance to end their lives. Assisted dying will be an entirely new service within the health and disability system and provides another option for people with a terminal illness in specific circumstances.

It is funded in primary care and the community through Section 88.

All health professionals are encouraged to understand the End of Life Choice Act 2019 and their obligations under the Act. Even if health professionals are not directly providing assisted dying services or parts of the service, they will still need to understand what they are required to do should someone ask them for information about assisted dying as part of their existing health roles. See [Providing assisted dying services](#) paragraph [page 11](#).

The Ministry's [LearnOnline](#) portal has an assisted dying implementation learning section for health professionals. This includes the online module: The End of Life Choice Act 2019 overview. This module can be completed as an individual or as part of team meetings.

LearnOnline also has other implementation resources including recordings of the regular implementation webinars and information sheets to support health service providers' implementation planning. Health professionals can [create a LearnOnline account](#) if they don't already have one.



A range of resources are being created to support health professionals and health and disability service providers prepare for when assisted dying becomes available in Aotearoa New Zealand on 7 November 2021.

SCENZ

As part of the implementation of the Act, a statutory body for the assisted dying service called the Support and Consultation for End of Life in New Zealand (SCENZ) group, has recently been formed.

Part of SCENZ' role will be to maintain lists of medical practitioners, nurse practitioners and psychiatrists who will be able to provide parts of the assisted dying service. A process will be put in place to confirm appropriate practitioner skills and experience before inclusion on the lists. Information provided by clinicians for this purpose will be securely held. Find out more about the [SCENZ group here](#).

Providing assisted dying services

If a person requests assisted dying from a medical practitioner who does not provide assisted dying services - either because they don't have the appropriate skills or due to a conscientious objection, the medical practitioner is legally required to inform the person of their objection, and tell the person they have the right to ask the SCENZ group for the name and contact details of a medical practitioner who is willing to participate in assisted dying.

A person will also be able to contact the SCENZ group directly for help to find a medical practitioner if they do not want to speak to their own medical practitioner about assisted dying. SCENZ contact details will be available on the Ministry website from 7 November 2021.

Expression of interest

Any medical or nurse practitioner who is suitably qualified and willing to do so, will be able to provide parts of the assisted dying process, and will be funded on a fee-for-service model. The section 88 notice (including the pricing schedule) and further information about provision and payment can be found on [the Ministry of Health website](#).

The MoH is currently in the process of inviting medical practitioners, nurse practitioners, and psychiatrists to register their interest to go onto lists of practitioners willing to provide parts of the assisted dying services.

If you have questions about the SCENZ list registration of interest processes, please contact the implementation team eolc@health.govt.nz.

Have you scanned in today?

Everyone, including all DHB staff, should scan in at work every day using the **COVID-19 Tracer App**.

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Issue of amputation highlighted

The Ward A8 team recognised National Amputee Awareness Week last week with ribbons, cake and educational material.

Ward A8 is a newly created 16-bed stroke/vascular ward, which also houses the Acute Stroke Unit. It opened on the 8th floor of Waipapa in January and has a new mix of the specialities of stroke and vascular.

The ward frequently supports patients who have had an amputation performed under the Vascular Service including above knee, below knee, and foot amputation, says Charge Nurse Manager Cindy Gibb.

"I'd like to acknowledge the multidisciplinary approach we have here, it's very much a collaborative effort, including the wonderful support for patients from our physios and occupational therapists.

"National Amputee Awareness Week is not very well known, and we wanted to ensure it was highlighted at Christchurch Hospital. So, we marked the week in a few different ways with thanks to the support of our Vascular Clinical Nurse Specialist Jess De Vries."

The team donned purple ribbons and played an educational slideshow on amputations and amputee support on the ward television.

"We also indulged in some homemade gingerbread men who had various types of amputations," Cindy says.

One in a 1000 people in New Zealand has lost a limb and while there are various reasons for amputation nearly 60 percent occur among patients with diabetes. Trauma, peripheral artery disease (PAD) and serious infection (sepsis) are common causes.

"We would like everyone to be aware that smoking significantly increases the risk of amputation, which is another great reason to quit."

The A8 team is already looking forward to helping bring more awareness to this important issue again next year, she says.

Smokefree support is available through Quitline 0800 778 778, and Te Ha Waitaha 0800 425 700.



From left, Vascular House Officer Rupert Hobson, Registered Nurse, Evelyn McDougall, Patient Ian Steel, Clinical Nurse Specialist Jess De Vries and Charge Nurse Manager Cindy Gibb



From left, Hospital Aide Cheryl Skinner, ARA Institute of Canterbury Transition Student Bethany Long, Registered Nurse Anita Smalley, Cleaner Kim Smith and Registered Nurse Rose Green



Cake to mark Amputee Awareness Week

Bears sure to bring joy to kids in hospital

Three years ago, Ecumenical Chaplain Christchurch Women's Hospital Reverend Alexa Evenden put out a call for knitted teddy bears to give to newborn babies and children in the hospital.

Almost immediately she was contacted by the team at Harmans Lawyers in Christchurch, and a tradition was born.

Each year, volunteers coordinated by Harmans, knit and sew around 500 little teddy bears and last week Alexa took delivery of the latest donation.

The brightly coloured bears are gifted to newborns and expectant parents, as well as children who are patients, or occasionally, just visiting the hospital.

Some departments, such as Radiology, have asked to have bears on hand for when children come in for X-rays or scans.

"The bears help break the ice and distract children who are often nervous about their medical tests and treatments. Often big kids ask for a bear too!," she says.

Donations of knitted items and other toys also regularly make their way to Alexa's office and go to tamariki and their whānau who spend time in the hospital.



Ecumenical Chaplain Christchurch Women's Hospital Reverend Alexa Evenden surrounded by the teddy bears generously donated by Harmans Lawyers



Super Saturday **SHOT**

16 October - Make your shot count!

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New app for assessing baby growth

Another tool towards equity and identifying small babies, the Growth Assessment Protocol (GAP), goes live today in Canterbury and West Coast DHBs.

GAP is a new online application that helps to identify and then monitor babies in utero who are underweight and not growing. GROW (Gestation Related Optimal Weight) software creates a customised assessment of fetal growth and birth weight, recording estimated fetal weight measurements throughout pregnancy and predicting the likely birthweight of the baby.

The app plots the results on a customised growth chart and identifies those babies whose growth is dropping off in utero, so they can be monitored better, says Director of Midwifery Norma Campbell.

"It also ensures we do not over-manage babies who are just naturally small and continuing to have their own growth trajectory. GAP adjusts for natural variations, such as ethnic origin, maternal height, early pregnancy weight etc."

Compared with population-based one-size-fits-all standards, this helps to reduce false positives and improves identification of a fetus that is unusually small. Putting GAP in place has been very much a team effort and the aim is to have a GROW chart with customised birth weight centile generated for every baby, she says.

Implementing GAP has started in preparation for launch day with multidisciplinary workshops supported by multi-professional leaders and two GAP champions, both a Core and Lead Maternity Carer midwife.

Implementing the new protocol will start with multidisciplinary workshops supported by multi-professional leaders and two GAP champions, including a Core and Lead Maternity Carer midwife.



Low growth of a fetus can be precursor of stillbirth or other adverse pregnancy outcomes. Research in the United Kingdom shows that many 'small for gestational age' stillbirths were potentially avoidable and could be attributed to factors such as a lack of training in standardised measurement, inappropriate use of growth charts and absence of policies and referral pathways.

GAP arose out of the need to address these issues, Norma says. Auditing will be done to record the outcome of putting GAP in place and to benchmark and monitor its progress.

Since GAP was put in place in the UK there has been a significant increase in the detection of small fetuses and a reduction in stillbirths. GAP is currently being put in place across New Zealand. A multidisciplinary working group has been set up to over-see the programme which has been adapted for New Zealand and approved by the New Zealand College of Midwives and the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, Norma says.

Super Sunday Pasifika Vaccination Clinic

Sunday 17th October, 10 am – 3pm
Congregational Christian Church of Samoa
(EFKS)

No appointment necessary

For more information visit
vaccinatecanterburywestcoast.nz

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Home dialysis taken to a new level

The dialysis services' philosophy of promoting home dialysis was put to the test recently with a patient residing in Hector, north of Westport on the West Coast.

David started haemodialysis (a treatment for chronic kidney disease where blood is filtered outside the body using a dialysis machine) in January. This required him and his wife Su to relocate to Christchurch, moving into a motel near the hospital while he received treatment and began training to manage his own dialysis at home.

David was highly motivated to get home to the Coast and progressed well with his training. When he was ready to go in July however, there was a bit of a snag.

Haemodialysis requires both power and water to run the machine. At his home, David has solar panels and a back-up generator for power, and his water comes from a creek. While this is fine for the household's everyday needs, it was insufficient to operate his dialysis machine.

Charge Nurse Manager for Dialysis Wendy Cuthill, along with Bryan Cole and Danny Brookes from Clinical Engineering, got together to figure out how a dialysis machine could be installed on the Coast for David to use.

With Su's help, contact was made with the rural nurse practitioners at Ngakawau Health Centre. David was well known to them and they were only too willing to assist in finding a solution within the local community.

After many emails and phone calls, a space was offered for the installation in the Ngakawau Hall. An existing storeroom was enlarged to accommodate the haemodialysis machine, a reverse osmosis machine and a comfortable chair for David who receives treatment for five hours at a time.

Some electrical and plumbing work was done to ensure the room complied with health and safety standards.

The alterations were in mid-build when Westport had a major flood, which delayed work for a few weeks as the tradesmen were redeployed to help with other emergency repairs. Then, just as the machine was set to be delivered, the country was put into Level 4 lockdown.

It wasn't until the first day of Level 2 that the equipment could finally be delivered to the hall by Wendy and Bryan. David followed several days later and is very pleased to be back on the Coast and able to have his dialysis a five-minute drive from his home.

Having a prolonged stay in Christchurch was definitely hard for David and Su, but it gave him time to become very proficient with managing his home haemodialysis.

Wendy is very grateful to Secretary of the Ngakawau-Hector Hall Committee, Jackie, plus Grace and Deb the rural nurses in Ngakawau who have supported David on his health journey and facilitated the installation of his dialysis machine. This is what community is all about.



David during his first dialysis



The room ready to be used



The dialysis machine and reverse osmosis machine

Charity expands its support to paediatric wards

A Christchurch mother's stressful hospital stays with her ill newborn during COVID-19 lockdowns has resulted in hundreds of extra care packages being created for others in the same situation.

One Mother to Another – which provides support to parents and caregivers of children in hospital – is expanding its kindness initiative to Christchurch Hospital's two paediatric wards (surgical and medical).

The charity already provides 2500 care packages a year to four wards in three South Island hospitals. That's just increased by an extra 1000 with the addition of Christchurch Hospital's wards A7 and B7 and the Mothers and Babies unit at The Princess Margaret Hospital.

One Mother to Another began in 2016 as two mothers reaching out to care for other parents and carers who were experiencing similar pain and trauma to what they felt when their children were hospitalised. The wards they focused on (neonatal wards and Children's Acute Assessment) were the ones the pair had personally experienced.

In early 2021, Co-founder and Chief Executive Joy Reid found herself again having a child so ill she needed multiple hospital stays.

"Annabelle spent her first days unexpectedly in the neonatal intensive care ward. I saw first-hand the difference our gift bags were making as they were given to mothers who, like me, were struggling with the realities of having a sick newborn," says Joy.

"In the following weeks, we were in and out of hospital and spent many nights in the paediatric medical ward – a ward One Mother to Another did not, at the time, support. I was again reminded how distressing it is for mothers and carers in this situation."

As a result, Joy decided to find a way to expand the care package initiative to encourage and support the parents and carers in paediatric wards too. It took a few months to sort the logistics, including sponsorship, but, Joy and a team of volunteers packed 500 gift bags and have just delivered the first instalment to Christchurch Hospital's two paediatric wards.

Paediatric Surgical Ward Charge Nurse Manager Tarsha Greer says:

"Thank you to One Mother to Another for the wonderful donation. Often our families have an unexpected trip and stay in hospital with some in very stressful circumstances.



Gift bags being delivered to Ward A7, Christchurch Hospital. From left, Charge Nurse Becky Conway, Joy Reid, Registered Nurses Morgan Smith and Michele Mitchell and Ward Clerk Sue Parnell

It is fantastic for our staff to be able to provide families/whānau with a small treat of pure kindness."

One Mother to Another relies on the kindness and generosity of companies donating both practical and luxury products. The bags contain a hand-written note and every bag is carefully put together by a team of volunteers and delivered to the hospital for distribution to those most in need of encouragement and support.

With this latest development, One Mother to Another now delivers 270 gift bags a month to seven wards in four South Island hospitals and provides extras for Mother's Day, Father's Day and Christmas, a total of 3500 per year.

The wards they support are:

- › Childrens Acute Assessment - Christchurch Hospital
- › Neonatal Intensive Care - Christchurch Hospital
- › Paediatric medical ward A7 - Christchurch Hospital
- › Paediatric surgical ward B7 - Christchurch Hospital
- › Mothers and Babies Unit – The Princess Margaret Hospital
- › Special Baby Care Unit - Nelson Hospital
- › Special Baby Care Unit - Southland Hospital

Embracing wellbeing

Burwood Hospital's Occupational Therapy Social Club organised a department Wellbeing Week to raise awareness of mental health and wellbeing.

Wellness packs were handed out to teams at the beginning of the week with resources, activities to complete, stickers, badges, chocolates, and herbal (un-cafeinated) teas to promote relaxation, says Burwood Spinal Unit Occupational Therapist Pip Dow.

"Various department activities were held over the week including a speed mingling lunch to encourage staff to get to know others they may not regularly have had the opportunity to connect and converse with. Great fun was had by all."

There was also a lunchtime walk with colleagues where phones were encouraged to be left behind, promoting periods of disconnecting from devices and connecting with each other.

"One of our wellbeing events included a collection for our annual fundraiser. This year funds were raised for Canine Friends Pet Therapy, a volunteer not-for-profit pet therapy organisation that regularly visits patients at Burwood Hospital with their therapy dogs.

"We were able to complete the lunchtime walk with two of the Canine Friends therapy dogs, Isla and Jess. Our team have enjoyed the week's events, and so we encourage other areas to take time to embrace wellbeing," Pip says.



Therapy dogs Isla and Jess enjoying some attention from Occupational Therapy department staff



Occupational Therapy team members on a lunchtime walk with therapy dogs Isla and Jess

An original vaccination initiative

Storeman and Forklift Driver, James Brobyn received his first dose of the Pfizer COVID-19 vaccine last Friday at his workplace, Original Foods Baking Co.

"I've just got a bit of a sore arm but I'm feeling really good," he says.

He admits that he knows he could have got his vaccination earlier.

"I knew I needed to do the booking, but then thought, I'd have to get time off work. So, it's good that we had the opportunity to do this at work."

Original Foods CEO Anthony Honeybone says he is pleased to be able to offer this opportunity to staff with the support of the Canterbury Chamber of Commerce and Canterbury DHB.

"As an essential service, supplying to critical industries such as supermarkets, aged care facilities, hospitals and government agencies, we worked throughout lockdown."

The team work 24 hours a day, six days a week on three shifts at the wholesale bakery's Wigram headquarters.

"We want to keep our staff safe by making it easy for them to get their vaccinations at work."

The company selected vaccination times that allowed staff to come with their families and also covered the morning and afternoon handover shifts, Anthony says.

Baker Simranjeet received his second dose at the workplace vaccination clinic.

Now fully vaccinated, he says he is feeling safer and pleased that he could protect not just himself, but also his colleagues.

As a bonus, he and his colleagues get to join the company's 'Original Vaccination Lottery' which has cash prizes for staff who send in their vaccination card code. Original Food Co is doing three prize draws in October, November and December.

"For the next three months, we have cash prizes for staff who are fully vaccinated and happy to tell us about it," Anthony says.

"We also have lots of product prizes, and for the December draw, there's a sightseeing helicopter tour around the Port Hills for five people."

Ultimately getting the COVID-19 vaccination is about choice.

"If we can make it as easy as possible for people to make that choice, that's what we are setting out to do," he says.



Storeman and Forklift Driver James Brobyn received his first dose of the vaccine



Baker Simranjeet is now fully vaccinated

‘Doc’ - tober: celebrating the two-year upgrade of the Policy Library

The [Policy Library](#) provides a 'single source of truth' for controlled policy and supporting documents, delivering up-to-date information to both staff and consumers. Policy and supporting material inform organisational structures, strategy, systems and processes, tools, and activities, and sets the expected outcome or results to be achieved.

As we are celebrating the two-year anniversary, here are some of the improvements:

- › The Policy Library assists enhanced look-up for staff, with an improved search engine and more intuitive landing page (below) that enables you to drill down to categories and services areas.

CDHB Policies and Procedures

Patient Centred Care	Fluid and Medication	Infection Prevention and Control	Governance
Staff & Well-being	Financial	Information Management	Emergency Plans
Patient Information	Forms	Staff Information	CDHB Policies and Procedures

Service Policies, Procedures, Forms, Leaflets

Ashburton and Rural Hospital
Canterbury Health Laboratories
Community and Public Health
Medical and Surgical
Older Persons Health & Rehabilitation
Specialist Mental Health
Women's and Children's

- › The Policy Library has robust electronic workflows for the review and approval process that makes document control easier than ever before.
- › Owners, reviewers and authorisers now have tailored staff resources and specific views to manage their documents.
- › [Currency visibility](#) reporting has been developed, enabling service areas to easily see the status of their set of documents.



Sparklers

One minute with... Laura Bates, Shared Care Case Manager (Christchurch Opioid Recovery Service)

What does your job involve?

I work with people who are on Opioid Substitution Treatment and under the care of their general practitioner (GP). There is a lot of liaison work between GPs and different agencies, lots of advocacy, and supporting people to achieve their recovery goals.

Why did you choose to work in this field?

Many reasons, but mostly to make good change. People with addiction are often very marginalised and stigmatised. I wanted to be someone who, respectfully and mindfully, works to help people to change and discover their own potential.

What do you like about it?

I love the 'light bulb' moment when someone who has struggled for years suddenly has a breakthrough and the brilliant things that come from that. One that sticks in my mind most is a particular person looking me in the eye and saying: "I don't want to keep doing this". Before that day they'd had years of struggling to stop, had to go to the pharmacy every day of the week and were a person I'd worry about quite a bit. Now they are with their GP, stable, working on coming off treatment and studying for a professional career. The hard work is theirs not mine, but moments like this make my job absolutely worthwhile.

What are the challenging bits?

When people aren't doing so well, and you have to gently challenge that and put boundaries in place. This isn't always welcome at the time, but usually you can work through it with people, given time.

Who inspires you and why?

I have lots of role models I look up to within my team for how they work with our patients. Outside of work there are lots of writers and thinkers who challenge me – everyone should read a book called 'Meditations'.

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?

Everything! Without compassion and respect our work is hollow. Lots of people I work with have experienced significant trauma and rejection, so I work very hard to be



Photo taken by: Natasha Grego (Madam Gogo photos)

clear, fair and consistent in how I approach my work. I am my patient's advocate and I owe them my best effort and focus.

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

I play Roller Derby which you could summarise as a full contact sport on roller skates! It's pretty amazing for fitness, challenging yourself, and being part of a great community. My league is called 'Dead End Derby'.

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

I would like to go and see my family in the U.K. It's been a while now and I miss them.

What do you do on a typical Sunday?

Have breakfast with my best friend, go for a lazy walk, watch the latest F1 race coverage with her. In the afternoon and evening it's roller skating, both teaching people and doing my own practice.

What's your favourite food? Pizza.

And your favourite music? Anything I can sing along to.

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

New Zealand Road Safety, Emergency Response and Healthcare Awards 2021

Entries are now invited for the inaugural New Zealand Road Safety Emergency Response and Healthcare Awards.

These awards recognise industry professionals, teams or organisations deserving of special recognition for their outstanding service or care for those affected by road trauma.

Road crashes have the highest rate of major trauma injury, often resulting in a lengthy hospital stay and extensive or ongoing rehabilitation affecting the lives of thousands of New Zealanders. Often these patients require comprehensive care and have benefited from the services provided by healthcare and emergency services.

The New Zealand Road Safety and Emergency Response and Healthcare Awards replace the Canterbury Road Trauma Awards, making the awards a national event. The categories and criteria have been designed to make the nomination process simpler and able to recognise each sector that contributes to reducing road trauma.

Nominations can be for long-term dedication and achievement, or a single outstanding accomplishment or contribution above and beyond expectations.

The New Zealand Road Safety, Emergency Response and Healthcare Awards have three categories:

- › National Award for Emergency Response and Healthcare;
- › National Award for Road Safety; and
- › National Award for Community Service.

The Road Traffic Accident Trauma Charitable Trust encourages staff in the health sector to nominate colleagues, teams or individuals to ensure their efforts are recognised. There is no cost to enter the awards. Nominations close on Saturday, 16 October.



Online nominations are encouraged, and further information can be found at roadtrafficaccidenttrust.org.nz, including award categories and criteria, an official guide, frequently asked questions, and tips for nominating. Paper nomination forms may also be requested from the Awards Secretariat by emailing roadtraffictrauma@xtra.co.nz.

The awards event will be livestreamed for those unable to attend and will take place on Friday, 24 November at Westpac Corporate Office Suite Event Space, Christchurch.

Should the event not proceed due to COVID-19 restrictions, the awards will be completed, but online only.

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.



Terrace Downs Resort voucher giveaway

We have a free one-night stay voucher to give away thanks to CPG hotels! This voucher entitles you to one-night stay at Terrace Downs Resort in a one-bedroom villa, with breakfast included for two.

To enter the draw, email somethingforyou@cdhb.health.nz. Entries close Wednesday 20 October at 12pm and winners will be drawn Thursday 21 October. Winners will be contacted via your work email so please keep an eye out. One entry per person only.

MAKE THE SWITCH

IN 2019 OVER 350,000 WASTE ITEMS FROM BEVERAGES ALONE WERE SOLD THROUGH CANTERBURY DHB CAFES

131 K
PLASTIC DRINK BOTTLES



213 K
TAKE AWAY CUPS



2/3 of all hot beverages sold

WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup



CURRENTLY TAKE AWAY CUPS CANNOT BE RECYCLED OR COMMERCIALY COMPOSTED LOCALLY. ALL WENT TO LANDFILL – OVER 3000 KGS OF WASTE.

SWITCHING TO REUSABLE CUPS WOULD SAVE 88 TREES WORTH OF CARBON



Brought to you by the Transalpine Sustainability Governance Group

Walk right in...these vaccinations clinics are welcoming walk-ins (no appointment needed)

C'mon Canterbury – let's hit 90% before Labour weekend

This week:

- › All week:
Drive-through clinic at Christchurch Arena,
Monday – Friday 1:30pm – 7:30pm, Weekends 11am – 5pm
- › Monday:
5pm – 8pm MIHI clinic at Rehua Marae, walk-ins
- › Tuesday:
5pm – 8pm MIHI clinic at Rehua Marae, walk-ins
- › Thursday:
3:30pm – 6:30pm Accessible clinic for people with a disability, Maui Clinic (South City), walk-ins
- › Friday:
3:15pm – 5:15pm MIHI clinic at The Church of Jesus Christ of Latter Day Saints, 25 Fendalton Road, walk-ins
- › Saturday:
9am-4.30pm Tongan community vaccination at Etu Pasifika, Pacific Health Clinic on Montreal Street, walk-ins and drive-ins
- › Sunday:
9am-2pm Filipino community clinic at St Anne's Church, walk-ins
10am-3pm Pasifika Clinic at EFKS Church, walk-ins

Clinic Name	Address	Days/Times
Kaikōura Healthcare	25 Deal Street, Kaikōura 7300	11:30am - 2:30pm Fri 10.00am - 1.00pm Sat
Rangiora Durham Health	15 Durham Street, Rangiora 7400	9.00am - 8.00pm Sat 9.00am - 8.00pm Sun 5:30pm - 8:30pm Mon-Fri
Rangiora Life Pharmacy - Parkside	174 High Street, Rangiora 7400	2.00pm - 4.00pm Mon 10.00am - 12.00pm Tue 10:30am - 3:30pm Wed, Thu 10.00am - 12.00pm Fri
Stan's Pharmacy	15 Ashley Street Rangiora	9.00am - 5.00pm, Mon,-Fri 10.00am - 4.30pm Sat
Unichem Medical Corner Pharmacy (Rangiora)	237 High Street Rangiora 7400	8.00am - 5:45pm Mon - Thu 8.00am - 4:45pm Fri 9.00am - 3.00pm Sat
100D Orchard Road (near the airport)	100D Orchard Rd Harewood Christchurch 8051	9.00am - 3:30pm Tue - Sat
Avonhead Pharmacy	210 Withells Road, Avonhead, Christchurch 8042	9:30am - 2:30pm Wed, Thu
Bargain Chemist Eastgate	Shop 602, Eastgate Shopping Centre, 20 Buckleys Road. Linwood	8:00am – 8:00pm Mon - Sun
Bargain Chemist Hornby	6 Chappie Place, Hornby, Christchurch, 8042	8:00am – 8:00pm Mon - Sun
Bargain Chemist Northwood	Shop i, 1 Radcliffe road, Belfast Christchurch 8051	8:00am – 8:00pm Mon - Sun
Bargain Chemist Papanui	Unit B3, Northlink centre Papanui Christchurch 8051	8.00am - 7.30pm Mon - Sun

Bargain Chemist Shirley	195 Marshland Road Shirley Christchurch 8083	8:00am – 8:00pm Mon - Sun
Bargain Chemist Tower Junction	Unit 10 Tower Junction Mega Centre, 66 Clarence Street Addington Christchurch 8011	8:00am – 8:00pm Mon - Sun
Barrington COVID Vaccine Hub	Barrington Shopping Centre, 256 Barrington Street, Spreydon, 8024 (Inside the shopping centre, across from Majestic Tea Bar)	9.00am - 7:30pm Mon 8.00am - 5:30pm Tue 9.00am - 5:30pm Wed 9.00am - 7:30pm Thu 8.00am - 5:30pm Fri 9.00am - 4.00pm Sat
Burwood Pharmacy	11 Parnwell Street, Burwood, Christchurch, 8083	9:30am - 7:30pm Thu 9:30am - 2.00pm Fri
Chemist Warehouse Blenheim Square	1/217 Blenheim Road Riccarton Christchurch 8041	11.00am - 5.00pm Mon, Tue, Wed, Thu, Fri
Chemist Warehouse Papanui	Shop 2, 43 Langdons Road, Papanui Christchurch 8053	12.00pm - 5:30pm Mon, Tue 10.00am - 5.00pm Wed, 12.00pm - 5:30pm Thu 11:30am - 5.00pm Fri
Christchurch Central Pharmacy	148 Hereford Street Central City Christchurch 8011	8.30am to 5.30pm Mon-Fri
Christchurch South Pharmacy (Hardings Pharmacy)	167 Colombo Street Sydenham Christchurch 8023	5:45pm - 8:45pm Tue
Eastern Pharmacy (Aranui)	338 Pages Road, Aranui, Christchurch 8061	2.00pm - 4.00pm Mon - Fri
Etu Pasifika	173 Montreal Street, Christchurch	9.00am - 4.00pm Mon - Fri
Fendalton Mall Pharmacy	Fendalton Mall Pharmacy	9.00am - 4:30pm Sun 9.00am - 5.00pm Mon, Tue 10.00am - 5.00pm Thu 9.00am - 5.00pm Fri 9:30am - 4:30pm Sat
Halswell Pharmacy	1/29 Ensign Street, Halswell, Christchurch 8025	10.00am - 12.00pm Tue, Wed, 10.00am - 11:30am Thu
Hardings Chemist and Post (Beckenham)	135 Colombo Street Beckenham Christchurch 8023	9:45am - 4:45pm Mon 9:45am - 3:45pm Tue 9:30am - 3:30pm Wed-Thu
Healthworks Pharmacy (Ilam)	108 Memorial Avenue, Burnside, Christchurch 8053	11:45am - 2:45pm Mon, Tue, Wed, Thu 9:45am - 4pm Tue - Thu 9:45am - 4:30pm Fri
Ki te Tihi Hapori Hauora - Eastgate	Eastgate Mall, 20 Buckleys Road Linwood Christchurch 8062 Next to Unichem Pharmacy, off the food court.	9:30am - 4:30pm Mon, Tue, Wed, Thu, Fri 10.00am - 4.00pm Sat - Sun
Kiwi Pharmacy Yaldhurst	3 Filly Place, Yaldhurst, Christchurch 8051	2.00pm - 5.00pm Tue 2.00pm - 5.00pm Thu 9.00am - 2.00pm Sat

Life Pharmacy Riccarton	Shop 45/129 Riccarton Road Riccarton Christchurch 8440	10.00am - 4.00pm Mon, Tue, Wed, Thu, 10.00am - 1.00pm Fri
Life Pharmacy The Palms	Shop 7, The Palms Shopping Centre, 19-21 Marshland Road, Shirley, Christchurch 8061 Shirley Christchurch 8061	9.00am to 5.00pm Mon, Tue, Wed, Thu, Fri 10.00am - 5.30pm Sat, Sun
Lyttelton Loons Club	16 Canterbury Street, Lyttelton, Christchurch 8082	10:30am - 5:30pm Tue - Wed
Main North Road Medical Centre	102 Main North Road, Papanui	Variable days during the week
Ngā Hau e Whā National Marae Vaccination Clinic	250 Pages Road Wainoni Christchurch 8062	9.00am - 4.00pm Sun 9.00am - 7.00pm Mon, Tue, Wed, Thu, Fri 9.00am - 4.00pm Sat
Pharmacy Xtra	Corner Madras St & Moorhouse Ave, 3/347 Moorhouse Avenue, Christchurch Central City, Christchurch 8011	9am - 5pm Mon, Tue, Wed, Thu, Fri, Sat
Remedy Pharmacy St Albans	250 Springfield Road, St Albans Christchurch 8014 Christchurch 8014	8.15am - 6.15pm Mon, Tue, Wed, Thu, Fri
Riccarton Clinic Urgent Care	4 Yaldhurst Road, Riccarton, Christchurch 8041 (Please park in Leslie Street Carpark)	9.00am - 4:30pm Sun 9.00am - 4:30pm Sat
Sumner Pharmacy	17 Wakefield Avenue Sumner Christchurch 8081	9:30am - 2.00pm Mon, Tue, Wed, Thu, Fri
The Māui Clinic at South City	555 Colombo Street Christchurch Central City Christchurch 8011	9:30am - 4:30pm Tue - Sat 11:30am - 6:30pm Thu
The Maui Clinic at The Hub Hornby	The Hub Hornby, 418 Main South Road Hornby Christchurch 8042	10:30am - 4:30pm Sun 9:30am - 5:30pm Mon, Tue, Wed 9:30am - 7:30pm Thu 9:30am - 5:30pm Fri, Sat
Unichem Brighton Village Pharmacy	183 Shaw Avenue, New Brighton, Christchurch 8083	9:30am - 4:15pm Mon, Tue 9:30am - 2:15pm Wed, Thu 9:30am - 3:30pm Fri 10.00am - 4.00pm Sat
Unichem Cashel Pharmacy	3/111 Cashel Street Central City Christchurch 8011	8:30am - 5:30pm Mon - Fri 10:00am - 5:00pm Sun
Unichem Elmwood Pharmacy	3 Normans Road, Strowan, Christchurch 8052	9:45am - 3.00pm Mon 2.00pm - 4.00pm Tue 9:45am - 3.00pm Wed, Thu 9:45am - 4.00pm Fri 9:45am - 12:45pm Sat
Unichem Forte Pharmacy & Post	151 Kilmore Street Central City Christchurch 8011	8.30am - 5.30pm Mon - Sun
Unichem Prestons Pharmacy	3/420 Marshland Road Marshland, Christchurch, 8083	2.00pm - 6.00pm Mon - Fri 10.00am - 3.00pm Sat
Unichem Stantons Pharmacy	346 Halswell Road, Halswell, Christchurch 8025	9:30am - 11:30am Mon - Fri

Unichem Wigram Pharmacy	102 The Runway, Wigram, Christchurch 8042	9:30am - 5.00pm Mon - Sat
Woodham Road Pharmacy	23 Woodham Road Linwood Christchurch 8062	10.00am - 2.00pm Mon - Fri
Selwyn Village Pharmacy	316 Selwyn Street, Spreydon, Christchurch 8024	12.00pm - 2.00pm Fri
WeCare Health Lincoln	6/3 Vernon Drive, Halswell, Lincoln, 7608	11.00am - 4:45pm Mon - Wed
Unichem West Melton Pharmacy	12/736 Weedons Ross Road, West Melton West Melton 7618	9.00am to 6.00pm, Wed, Thu, Fri
Unichem Rolleston Central	9 Masfield Drive Rolleston 7614	12:30pm - 3:30pm Sun 10.00am - 4:30pm Mon - Wed 12:30pm - 3:30pm Thu, 10.00am - 4:30pm Fri
Allenton Pharmacy	67 Harrison Street Allenton Ashburton 7700	9.00am - 10:30am Tue, 8:30am - 6:30pm Thu
Ashburton Life Pharmacy	262 East Street Ashburton 7700	9:30am - 8:30pm Mon, Tue 9:30am - 5pm Wed, Thu, Fri 10.00am - 4:30pm Sat
Eastfield Health	32 Racecourse Rd Allenton Ashburton 7700	9.00am - 2.00pm Tue 2:30pm - 7:30pm Wed 9.00am - 4.00pm Sat



Waka Toa Ora
Healthy Greater Christchurch



You are invited to a joint Waka Toa Ora and Christchurch City Council workshop:

CCC Draft Ōtautahi Christchurch Community Strategy

“...our continued commitment to how we will work with others to build a healthy, happy and resilient Christchurch”.

The CCC community strategy is currently out for consultation and Christchurch City Council would like to hear your thoughts on it. You can find out more [here](#).

At this workshop CCC staff will provide some context for the current draft and you will have the opportunity to shape the strategy to ensure it fits the needs and aspirations of our communities.

Date:	Thursday, 21 October 2021
Time:	1:00 pm to 3:30 pm
Venue:	St Albans Community Centre Hall
Register by:	18 October 2021

To register or for more information please email tracy.abbot@cdhb.health.nz.

A calendar appointment will be sent following registration.

Help create your community's future



TE PAPA HAUORA & THE CDHB
YOUTH ADVISORY COUNCIL
PRESENT

Sexual Health & Healthy Relationships

EVENING

Do you have questions about sexual health but are too embarrassed to ask someone?

Unsure what a healthy relationship is?

Come along to hear from our panel of experts and have an opportunity to ask the questions you have!

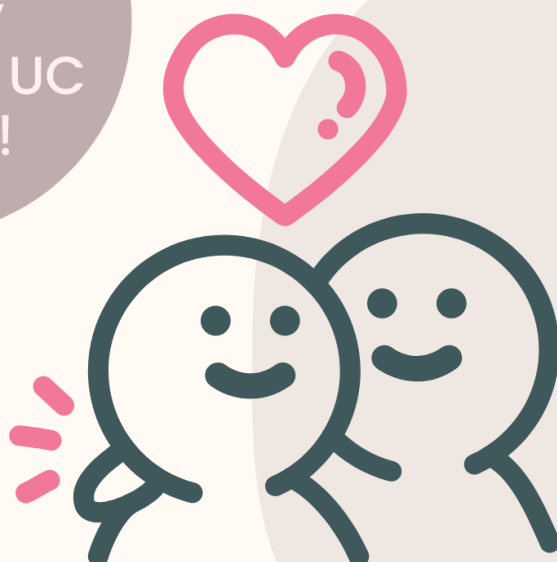
Monday,
18th of October
6-8pm
Manawa
276 Antiqua
Street

Free Entry!
Booking
essential



Speakers
include CDHB,
Family
Planning, UC
& more!

Scan QR
code to
book a
ticket!



Invitation



For you and your family to attend this year's International Baby Loss Awareness Remembrance Service at Christchurch Women's Hospital

Date: Friday 15th October 2021

Time: 10.30 am

Where: Nurses Chapel in front of Christchurch Women's Hospital



Followed by friendship and morning tea
In memory of the babies taken too soon
In support of the staff who care for families.