



## Just over 16 weeks until the first services move to our new facilities at Burwood

This week I'm pleased to be able to announce dates for the commissioning and moving into our new facilities at Burwood Hospital.

Taking advantage of the Queen's Birthday long weekend at the beginning of June, we have planned a gradual "cascade" of migrations.

Radiology will be the first to make the move because it will take time to set up their equipment on site at Burwood. This move is planned from Thursday 26 May, with the first outpatients and Burwood inpatients being seen on Monday 30 May. The radiology department at Burwood will be fully open for all outpatients and inpatients by Monday 13 June. The new department will include the Canterbury Community Radiology facility that we are moving from Merivale.

Monday 13 June is also the date on which the new hospital reception area will open, and the first ward will be open for admissions. Burwood's new pharmacy will also be up and running.

During that week, all wards at The Princess Margaret Hospital will be relocated, and others will move to the new site from within the Burwood campus. It takes just a few hours to move each ward, and we'll be looking to move one ward each morning and one ward each afternoon into the new facilities during the week.

By Thursday 16 June all the moves will be completed, including all the ward moves.

It's a complex process and, as I'm sure you will appreciate, it will be helpful if staff can avoid taking leave over this time. This applies to those directly affected, and the many hundreds

involved behind the scenes in support roles.

Ahead of the move, our migration planners are working hard to achieve these dates, while another team is working on staff training and orientation needs in the new facilities. One of the new wards at Burwood will be available for staff training from the end of March 2016.

A number of events will take place before teams move into Burwood. Farewells to our old facilities, a blessing of the new, a staff-only open day and a public open day.

We will be setting up a new page on the intranet where all information about the moves will be stored and available for anyone to view. To start with, there's an online booklet to introduce staff to the new site – covering everything from parking and travel to local amenities in the Burwood area. See more [here](#).

Staff can also find out the latest from the first of Dan Coward's regular staff forums for 2016, which he will host on February 12 at 9.45am at Burwood Chapel and again at 2.30pm at TPMH chapel.

It's great to have these dates confirmed so teams can now plan with some certainty.

P.S. If you want to see how close it is, check [here](#).

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## Minister of Health announces new Outpatients Facility

### Government gives green light to progress to the developed design stage for the new Christchurch Outpatients.

The Minister of Health, Hon. Jonathan Coleman and Minister of Finance, Hon. Bill English, have given the go ahead to the developed design stage of a new outpatient facility, to be located in the Health Precinct on St Andrew's triangle directly opposite Christchurch Hospital.

The new outpatient facility will be completed in 2018. It will be five storeys high and will provide 10,500m<sup>2</sup> of state-of-the-art facilities for outpatients and other clinical services.

The design process has already made rapid progress, with the early concepts and preliminary design completed in just two months. The next step is to begin the developed design (detail of room layouts etc.) during February 2016.

Canterbury DHB Board chair and member of the Hospitals' Redevelopment Partnership Group, Murray Cleverley, said he is delighted about this very welcome announcement and that a completed new facility will be a major achievement as part of the bigger Christchurch Hospital redevelopment picture.

"This is a very auspicious start to the New Year and another really important step in addressing the legacy of disrupted services in the aftermath of the earthquakes. To have received ministerial signoff is a great way to start the New Year," Murray Cleverley said.

The new outpatient facility will finally bring together again a number of general consultation clinics and provide for the delivery of services such as diabetes, endocrine, ophthalmology and dental. Those services have been dispersed across the Christchurch Hospital campus, with dental at Hillmorton Hospital, since the Canterbury quakes significantly damaged a number of health facilities.

Currently most outpatient clinics are temporarily housed in Hagley Outpatients, a facility built in just 100 post-quake days. Once the new outpatients facility is open, part of the Hagley Outpatients building will be relocated, as planned, to find a second lease of life as part of Rangiora's new Health Hub.

Dr Rob Ojala, Canterbury DHB clinical lead for facilities redevelopment says the emphasis is for this facility to support integrated specialist community care. "This will help patients gain access to the specialist care they need outside of the more traditional hospital-based care environment." The funding for the new outpatient facility will be a combination of money received through Canterbury DHB's insurance settlement, together with additional funding from the Government's Hospitals Redevelopment budget which is also contributing to the \$650m plus cost of new facilities at Burwood Hospital and the Acute Services Building on the Christchurch Hospital campus.

"I want to thank all of the staff including clinical teams, and contractors who have already made significant contributions in

terms of their time, commitment and expertise to get us to this stage," Mr Cleverley said.

"We have a number of major construction projects underway at present, with a new Integrated Family Health Centre in Kaikoura; a new Health Hub in Rangiora; the \$650 million redevelopments at Burwood and Christchurch; and a new operating theatre and acute assessment unit underway in Ashburton.

"All these new facilities will support staff to provide the very best care, and each one is a major morale boost for both staff and patients who have had to 'make do' with substandard and temporary facilities for long enough already," Murray Cleverley said.



Michelle Mitchell

### Canterbury District Health Board acknowledges the passing of Michelle Mitchell

I was shocked and saddened to hear that Michelle had passed away last week and I would like to express my condolences to her family and friends.

Michelle worked with a large number of Canterbury DHB staff on the psychosocial recovery and wellbeing of our communities post the 2011 earthquakes.

She always operated from the perspective of 'people at the centre of all we do' and she did this in a consistent and practical manner at local and national levels.

Her understanding of and commitment to psychosocial recovery and wellbeing of our communities ensured Canterbury DHB was able to work alongside CERA in a constructive and positive manner.

She will be sadly missed at both a professional and personal level by the many Canterbury DHB staff who worked alongside her over the past five years.

Take care

David

David Meates  
CEO Canterbury District Health Board

## Facilities Fast Facts

### Burwood

The countdown is on! We now have definite dates for our staged migration to the new facilities at Burwood Hospital – see the introduction to this week's CEO Update from David Meates.

Are you getting ready to move? Staff who are moving to Burwood's new facilities should make sure that they sign up to all relevant training about their new workspaces, and that their current workspaces have been tidied up ahead of their move.

More information on the migration plans and processes will shortly be available on the intranet, including how to dispose of unwanted items such as furniture or equipment according to the correct CDHB guidelines.

### Christchurch

The Acute Services building site is relatively quiet at the moment, but there's a lot of behind-the-scenes planning as the new contractors, CPB, take over the site. CPB will shortly install site sheds, and will be doing some excavation work near the Riverside end of the site during the week ahead using a sucker truck. Staff likely to be affected by any noise will be informed ahead of the work.

The secure staff bike parking area at the front of the hospital is about to get an upgrade – better bike racks. This work means that the bike parking area will have to be closed for a few days. Alternative temporary bike parking will be made available in the Emergency Dept car park and on the ground floor of the staff car parking building.

The demolition of 33 St Asaph Street will begin in early February, now that the building is fully vacated. Some footpaths around the building will need to be closed for several days, but diversions will be set up.



Artist's impression of new Outpatients building viewed from Tuam Street.

As announced by the Minister of Health today, Monday 1 February, we are now into the advanced stages of planning for the future outpatients building on the St Andrew's Triangle site opposite the hospital. Two artist's impressions of the building are shown above and below: above is a view from the Antigua Street / Tuam Street corner, looking back towards the hospital; below is a proposed view from the hospital.



Artist's impression of new Outpatients building as viewed from Oxford Terrace.





# Bouquets

## Ward 10, Gall Bladder removal surgery, Christchurch Hospital

Just a big thank you to all doctors, nursing and general staff for the excellent service I received. I had an urgent gall bladder operation. The treatment I received was of the highest quality- the hospital and its staff are a credit to the New Zealand health service.

## Acute Medical Assessment Unit (AMAU), Christchurch Hospital

Great service. Loved the Christmas uniforms. It was nice to have smiley, friendly nurses. Thank you for having me stay.

## Gynaecology Assessment Unit (GAU), Christchurch Women's Hospital

My wife was unexpectedly admitted to GAU, but I was so impressed by the hospital service, the professionalism and supportive, caring nature of Dr Srideri, the nurses, receptionist, and the ultrasound scanner. Canterbury DHB has been outstanding. Sarah Wills (midwife) was amazing in consulting the Gynae Registrar and with professional advice and support. Thank you. We Christchurch folk have such a great health institution and personnel. I am and will be forever grateful.

## Gynaecology Ward, Christchurch Women's Hospital

I wish to commend the care I received in the care of the Gynae staff - all staff, food service, household, nursing and medical. Food service and cleaning bright and chatty, not invasive. Information from front desk, nursing and medical was clear, freely given and easily understood. I was greatly impressed with speed that call bells were answered. I also found noticeboard information around internal audits informing and comforting. Keep up the fantastic work. Thank you.

## High Dependency Unit (HDU), Paediatrics, Christchurch Hospital

Andrew from the HDU was outstanding and went over and above when it came to my son's care. He made us feel very comfortable and very understanding.

## Maternity Ward, Christchurch Women's Hospital

My daughter came in for induction and her labour was difficult with complications. The staff were fantastic. Their support and level of care was more than I could have hoped for. Beyond anything anyone would expect. After the birth more complications were handled and managed with care and the utmost respect for my daughter and her supporters. Above and beyond you should be proud of your staff. Words can't express my thanks. Your midwives are the best. They rock.

## Rangiora - Convalescent

The staff here are amazing and the food excellent.

## Ward 20, Plastics, Christchurch Hospital

Excellent staff. Nice and clean, very helpful and friendly, nothing is a problem. They are so nice that they made my stay more pleasant.

## Ward 20, Plastics, Christchurch Hospital

I was so impressed by everyone I came into contact with during my two visits to Ward 20. Everyone was so kind, compassionate, professional and understanding. I take my hat off to you all, you do an extremely challenging job so well. Thank you so much.

## Ward 21, Paediatrics, Christchurch Hospital

Thank you guys so much for helping me every time I have come to hospital. You are very patient and caring for me. Thank you heaps.

## Ward 21, Paediatrics, Christchurch Hospital

Our three year old was in to get her tonsils out today. Everyone was amazing and made the whole process very easy for her and us. Thank you for the great experience with the medical world. Keep up the great work.

## Wards 25 and 26, Christchurch Hospital

All staff have been very attentive, my mother has had the best possible care. Everyone has a friendly and humorous attitude, just what she needed. Many thanks.

## Christchurch Women's Hospital

All the staff are so amazing!! They have definitely been so supportive and caring and generally so amazing. They all really care and are just super amazing in all levels! I am so thankful!!

## Christchurch Women's Hospital

The lady working on the desk on the ground floor was lovely, friendly and very helpful.

## Surgical Team, nursing staff, physiotherapists, occupational therapists, Christchurch Hospital

I would like to express to you all my deep gratitude for the magnificent way in which together you have begun the restoration of my son.... You may imagine a mother's feelings on receiving an early morning call telling me that my musician son has a broken neck as the result of an accident involving a mountain bike. Playing his chosen instrument is not only his livelihood but also his life, so knowing now that with patience (difficult) and hard work (more familiar) he may once again be able to resume that life is a testament to the amazing care and dedication of all of your wonderful people. God bless you and all your endeavours. (Letter abridged)



University of Otago  
**Research Radar**  
Christchurch

## Satisfaction high with new Crisis Resolution Service

Needing urgent psychiatric care is typically a stressful situation for individuals, their families and often for those who refer them to Specialist Mental Health Services (SMHS).

At the end of 2014 Canterbury DHB introduced the Crisis Resolution Service, which provided a new way of delivering care to people with urgent mental health needs. This service aimed to provide care that was more accessible and better integrated with other support.

One example of a change is that where feasible consumers can be seen in their own homes.

Every year the University of Otago, Christchurch, runs a Summer Studentship programme where young scientists work on health-related research projects for 10 weeks over the summer holidays. One of this year's students, Maddie Weston, evaluated the satisfaction of patients, their families and referrers such as general practitioners, with the Crisis Resolution Service.

A novel aspect of Maddie's evaluation was that families and referrers, as well as consumers, were asked how they found the service.

Maddie's project showed the majority of people (88 per cent of the 113 people who took part) were satisfied with their care and would recommend the service. Participants who were dissatisfied were more likely to be family members, which highlights the importance of asking their opinion.

More than 80 per cent of people using the service responded positively to questions addressing how easy it had been to access help, how quickly they received help, whether they were asked if they wanted family involved, how straightforward the assessment process had been, and if their needs had been met.

The survey gathered suggestions about how the service could be improved, with better publicity of the service and more options for people who were both intoxicated and requiring crisis care raised. The SMHS will develop and incorporate some of these suggestions into its services where possible.

Maddie was supervised by Dr Frances Carter and her project was sponsored by the Canterbury Medical Research Foundation.



*working with*

**Canterbury**  
District Health Board  
Te Pōwhiri Haukoro o Wairarapa



# Haematology disorder expert taking up new role

**Haematology Clinical Nurse Specialist and Clinical Trials Coordinator, Jo Sanders, is leaving after nearly three decades with Canterbury DHB's Haematology Service.**

Jo started in 1989 as a staff nurse on the Haematology Ward, before it became the South Island Bone Marrow Transplant Unit. After a two year period in England working as a paediatric nurse, Jo and her husband Pete returned to New Zealand to have their two children, Andrew and Rachel.

Initially Jo worked part time in the evenings on data entry for haematology clinical trials before taking on a full time role in 1997 co-ordinating the trials.

Soon after this the Haematology Service expanded its engagement with clinical research to include patients with leukaemia in United Kingdom Medical Research Council studies. As a result Jo oversaw a period of greatly improved patient survival through clinical trial participation.

During the past 15 years Jo has coordinated the huge growth of pharmaceutical company-sponsored clinical trials in haematology, where patients with life-limiting blood disorders have gained access to life-changing new therapies, says Consultant Haematologist, Mark Smith.

Possibly the most significant is Imatinib, the specifically targeted therapy that changed chronic myeloid leukaemia from a fatal disease requiring stem cell transplantation, to a disorder that can be managed at home by taking a pill, while continuing to live normally.

"Jo's knowledge of haematology disorders, coupled with her extensive knowledge of clinical trial conduct, and her great interest in patient welfare, have been a cornerstone of the Haematology Service. She will be a hard act to follow."

Her new role as research study manager for the Christchurch Clinical Studies Trust will provide her with new challenges in the area of phase 1 studies.

"As health-related research and education evolve in the Health Precinct, we hope to continue some association with Jo in future. Thank you, Jo, for your long commitment to Haematology. We wish you well in your future research endeavours," Mark says.



Jo Sanders

## Code of Conduct Training reminder to nurses

A reminder to all Canterbury DHB nurses that you should now have completed code of conduct training.

All nurses submitting a PDRP portfolio or who are audited by the Nursing Council of New Zealand will be asked to provide evidence of either attending education or completing the online Code of Conduct training which is available within the CDHB.

If you have not completed this training it is available on the [CDHB Health learn platform](#).



# Review of Specimen Labelling Policy

Canterbury Health Laboratories, Canterbury SCL and West Coast Laboratory have been working together to review and align their policies relating to Labelling Requirements for laboratory specimens to ensure a consistent quality of care for patients within our DHBs.

As over 6,000 patients' specimens are received each day between the three laboratories, ensuring the right result for the right patient through correct patient identification and subsequent labelling of specimens is paramount. While the majority of these specimens come through with the correct details, the outcome for the patient if there is an error can be significant.

This policy is therefore important, not only to ensure best practice, but as an important aspect of maintaining

accreditation for the laboratories.

The acceptable minimum for specimen labelling is full name and NHI number, or full name and Date of Birth. Specimens that are unlabelled or mislabelled will be rejected prior to any testing unless those specimens meet the exceptions criteria.

The Specimen Minimum Labelling Requirements Policy can be found [here](#).

This policy will apply to all specimens received by the laboratories from today, Monday 1st February. Please familiarise yourself with the labelling policy.

Thank you in advance for your commitment to ensuring that this policy is supported as part of our health system's commitment to improve the patient journey through safer care.



Left: Could these be yours? Unnamed samples received by labs on 28 January. They won't be processed.

# Workshop on Disaster Risk Reduction

The Sendai framework for disaster risk reduction is a 15-year non-binding agreement which recognises that the State has the primary role to reduce disaster risk but that responsibility should be shared with other stakeholders including local government and the private sector. The agreement was adopted in Japan in March last year by 187 Member States including New Zealand. This [workshop](#) (being held 23 February) looks at how New Zealand can contribute and what New Zealand can learn.

It will be presented by Alistair Humphrey - Canterbury Medical Officer of Health; Virginia Murray - Public Health England; Jo Horrocks - Emergency Management at Ministry of Civil Defence & Emergency Management, Wellington; Elizabeth McNaughton - Department of the Prime Minister and Cabinet, Wellington; and the Hon Lianne Dalziel - Her Worship, the Mayor of Christchurch.

The Framework was built on its predecessor, the Hyogo framework for action (HFA) 2005–2015. The Sendai Framework has 39 references to health, in contrast to four in the earlier framework. This workshop will provide an overview of the Sendai Framework for participants, and will seek their thoughts on how the priorities for action should be developed locally, nationally and internationally.

This workshop is part of the [People in Disasters Conference](#) being held in Christchurch 24 – 26 February. You must register for the full conference but there is no extra cost for this meeting. Workshop enrolment is complimentary for those who have full (three day) [registration](#) to the conference. The meeting will be limited to 20 attendees.



## Defence Force health students training at Ashburton

Staff at Ashburton Hospital are enjoying having students from the New Zealand Defence Force's Health School who are getting on the job training for their Diploma in Paramedic Science or Graduate Diploma in Health Science (Paramedicine).

Students can be placed in facilities across Canterbury DHB and in Ashburton where they receive training in the Acute Assessment Unit (AAU) under the supervision of Ashburton Hospital clinicians.

The amount of time they spend across our facilities varies, with most rostered in the Christchurch Hospital Emergency Department, Children's AAU, Coronary Care Unit and Ashburton AAU.

In Ashburton, students are usually on deck for four shifts but also have the opportunity to do shifts with St John Ambulance.



Navy Medic Nicole Temaipi learning the ropes from registered Nurse Donna Muir at Ashburton Hospital. Photo –courtesy of the Ashburton Guardian.

## Canterbury Community Pharmacy Group appointment

Dr Aarti Patel has been appointed Canterbury Community Pharmacy Group (CCPG) General Manager.

Aarti has a broad range of experience with a background in the pharmaceutical manufacturing industry, hospital and community pharmacy as well as teaching, research, and policy development and implementation.

Recently he has been employed by the Right to Health development group in a technical consulting policy role, which includes a range of consultancies on pharmaceutical policy in developing countries.

CCPG is involved in a number of patient and service orientated projects and trials including a large and comprehensive Medicines Therapy Assessment Project and service implementation.

CCPG Chair, Simon Church, says "we are delighted to have a pharmacist with the skills and experience of Aarti to lead our team".



# Families positive about child cancer nurse practitioner role



Jan Millar

A number of years ago the management team for the Children's Haematology Oncology Centre (CHOC) assessed the service delivery and patient journey for children and families facing a diagnosis of cancer.

It was felt that there were areas that could be improved from a child and family perspective around communication, continuity of care, knowledge of complex protocols, regulatory requirements of clinical trials and procedural expertise, says Nurse Practitioner (NP) Children's Haematology Oncology Centre (CHOC), Jan Millar.

"The gaps identified fitted with the NP scope of practice. A business case was developed and so began my journey to achieve the appropriate qualifications and endorsement by the New Zealand Nursing Council."

As well as her day to day work with children and families experiencing their cancer journey, Jan meets regularly with other NPs and NP candidates to network, update their individual activities and collaborate on responses to proposed changes to current legislation.

"Nationally I have been involved in discussions and workshops with regard to nurse cytotoxic credentialing. This has been a 'hot topic' for me over many years but I think the timing is right for change as we move to a time of rationalisation and standardisation of current training programmes."

Feedback from families about her NP role has been extremely positive.

"The main comments being that it is all encompassing and a much more holistic approach which helps them navigate the complex and often frightening treatment path."

"All in all I have the best job," Jan says.

Next month Jan is attending a concept design workshop in Australia with a view to improving the way chemotherapy education is delivered to children and families.

"This Australia New Zealand Children's Haematology Oncology Group (ANZCHOG nurses group) ANZ collaboration is a great privilege and a very exciting initiative."



Above: Jan Millar and Braden Rae who has completed treatment and is doing very well.

# Disability sector consultant honoured

Well known disability sector consultant, Gary Williams, has been inducted into the 2015 Attitude Awards Hall of Fame.

First held in 2008, the Attitude Awards is a black-tie event at Auckland's Viaduct Events Centre that celebrates the achievements of people who live with disability. Only one person is chosen each year for the Attitude Hall of Fame which recognises and celebrates outstanding individuals who have given lifelong service to the disability community.

The Attitude Group consists of: Attitude Pictures (television series), AttitudeLive (a website which aims to shape views on disability and inclusion) and the Attitude Trust (which organises the Attitude awards).

Gary joins other top names such as Sir Murray Halberg and J.B. Munro, a polio survivor who grew up in a state ward, and became chief executive of IHC until he retired in the 1990s.

In announcing the award former Prime Minister Jenny Shipley said for 40 years Gary Williams has resolutely pursued his quest to make the world a better place for disabled people and to re-frame disability from 'tragedy and burden' to acceptance and vision.

"Gary was born with cerebral palsy. Raised in Tokomaru Bay, an isolated community with no support services, he learnt to be self-reliant and taught himself to write with his feet."

Gary studied computer science and found his niche as a software developer working in geo sciences. The only adaptation he needed was a computer cable long enough to connect his computer to his keyboard on the floor, which allowed him to type with his feet.

He worked for GNS Sciences for 17 years as a software developer. Gary took on a leadership role at the Disabled Persons Assembly, built relationships with government and advanced the idea that disabled people could have choice over where they lived and worked.

He was chosen as leader of the New Zealand delegation that negotiated the United Nations Convention on the Rights of Persons with Disabilities, the first disabled person involved at UN level.

Gary and his wife Ruth are consultants to the disability sector, providing consultation on services for people with disability in Christchurch and have established a leadership group to ensure there is a disability perspective in the rebuild of Christchurch.



Gary Williams



**It's back! If you have forgotten: Startup Weekends are 54-hour events designed to provide superior experiential education for technical and non-technical entrepreneurs. Participants create working startups during the event and are able to collaborate with like-minded individuals outside their daily networks.**

Whether you are looking to present your own idea in the hope of building a team to help you execute it, or if you want to support others and learn from the process, Startup Weekends are the perfect environment in which to test your ideas and take the first steps towards launching your own startup.

Early Bird tickets are available for a limited time, through [EVENTBRITE](#).

When: Friday 29 April - Sunday 1 May

Where: EPIC Building (cnr Manchester and Tuam St)

We're also after stories from teams and past participants. If your Startup Weekend team is still going, or you've moved on to other entrepreneurial endeavours we want to hear from you to be part of our upcoming blog series.

Please email us at [christchurch@startupweekend.org](mailto:christchurch@startupweekend.org)

We look forward to seeing you there

The Startup Weekend Christchurch Team

[christchurch@startupweekend.org](mailto:christchurch@startupweekend.org)

[Join Our Facebook Group](#)

**via**   
**innovations**

## Mass for World Day Of The Sick

You are invited to attend Mass for the 'World Day of the Sick' at 10am on Thursday 11 February.

This is a global event when people around the world take the time to remember and pray for those who are sick, impaired by age, or are undergoing surgery.

It is to appreciate all those who work very hard to alleviate the sufferings of the sick on this day.

Christchurch Hospital Chapel

Christchurch Hospital Catholic Chaplaincy Team



The 16th issue of Medication Safety Watch, a bulletin for all health professionals and health care managers working with medicines or patient safety is available [here](#).

In this issue:

- » What's new
- » Incidents and cautions
- » Using paracetamol safely
- » Upcoming events



**HEALTH QUALITY & SAFETY  
COMMISSION NEW ZEALAND**  
*Kupu Taurangi Hauora o Aotearoa*



## One minute with... **Sally Langley,** **Plastic Surgeon**

### What does your job involve?

I work with people who have wounds, injuries, cancers, loss of tissue eg mastectomy, congenital abnormalities such as facial, ear or hand differences, and I also do operations to improve function and wellbeing such as breast reduction. My patients are all ages, male and female, and they have conditions that affect nearly all parts of the body. Plastic surgery is a broad general surgical specialty. Plastic surgeons work with virtually all other specialties. I see patients at clinics and I operate on them. I work with excellent staff in the clinics, theatres and wards.

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

During medical training I was attracted to procedural activities. I have always liked doing things such as craft work with my hands. I liked the interesting areas of cleft lip and palate surgery and burn surgery that I was exposed to as a medical student. Then I got lucky breaks, getting the right jobs and I was fortunate to get into the training programme.

### What do you like about it?

I like the variety and I like doing the actual surgical procedures such as skin grafts, flaps and microsurgery, and these days, "fat grafting". I like working with the teams of people. Also I like the teaching component and the Royal Australasian College of Surgeons activities that I am now involved with.

### What are the challenging bits?

I think it is challenging to deal with people who have complications, poor outcomes and in particular those who have ongoing cancer problems. Also I think it is challenging to try and manage the waiting list with the resources we have.

### Who do you admire in a professional capacity at work and why?

All my plastic surgical colleagues including those who have retired and who have passed away in the last few years.

### 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?

They are required human behaviours that are necessary in medicine. I try and treat everyone in the way that I would like to be treated myself.

### The last book I read was...

"Complications" by Atul Gwande. Also I am hoping to re-read "Mountains Beyond Mountains" by Tracy Kidder, about Paul Farmer. My book has gone missing, probably lent, and it is my favourite book. It is the only book that I woke early in the morning, 4-5am, to read.

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

So many places. Home with my family is the best.

### My ultimate Sunday would involve...

Bushwalking. I do not get to do enough of that.

### One food I really dislike is...

Feijoas

### My favourite music is...

Early music, choral music, chamber music.



Sally Langley

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz)

## 100 Days Programme Workshops on offer

The 100 Days Programme Implementation team is holding further workshops in early 2016 for CDHB staff who are keen to attend. Workshops for all services are being held on February 24 (BDU) and March 10 (PMH);

Please RSVP by 5 February to  
[Colette.meehan@cdhb.health.nz](mailto:Colette.meehan@cdhb.health.nz)

Visit the [Intranet site](#) for further information.



# Staff Wellbeing Programme: Be Active – Starts mid February

## Be Active

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

[Click here](#) for details on locations, dates and times. Starts mid-February.

## Five Ways to Wellbeing

'Be Active' is one of the Five Ways to Wellbeing. For more information on the '5 Ways' [click here](#).

## 2016 class times now available – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#).

## Free counselling available to all staff

Free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more information.

For more information on all wellbeing initiatives visit the [Staff Wellbeing Programme intranet page](#).

**Andy Hearn**  
Staff Wellbeing Coordinator  
Canterbury and West Coast DHB  
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Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

**sport**  
canterbury

**BE ACTIVE**  
Term 1, 2016



### Woolston

**St John's Church Hall**  
Cnr of St Johns Street & Ferry Rd  
Monday 1.00pm – 2.30pm  
Starting Monday 15 February

### New Brighton

**North New Brighton War Memorial Hall & Community Centre**  
93 Marine Parade  
Tuesday 10.00am – 11.30am  
Starting Tuesday 16 February

### St Albans

**Mary Potter Community Centre**  
442 Durham Street North  
Tuesday 1.00pm – 2.30pm  
Starting Tuesday 16 February

### Hornby

**Harvard Community Lounge**  
31 Corsair Drive  
Wednesday 6.15pm – 7.45pm  
Starting Wednesday 17 February

For more information and to register please contact:

P 03 373 5042

E [dave.jeffrey@sportcanterbury.org.nz](mailto:dave.jeffrey@sportcanterbury.org.nz)  
[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.



## Intravenous Nursing New Zealand (IVNNZ Inc.) 2016 Conference

When: 18 and 19 March

Where: Wigram Air Base Museum, Christchurch

Speakers include:

- » Dr Lisa Dougherty OBE RN MSc DClinP. Clinical Nurse Specialist/Manager, IV Services, Royal Marsden Hospital NHS Trust, London, UK
- » Dr Jane O'Malley, RN MN PhD. Chief Nurse, Ministry of Health. New Zealand
- » Dr Maggie Meeks MB ChB MD Dip Ed FRCPCH RRACP. Professional Practice Fellow, University of Otago, Christchurch. New Zealand

Plus numerous presentations from New Zealand IV Nurse Therapists. Topics include: Nurse Insertion of tunnelled PICC, changing culture in relation to CVADs, OMG study findings, Intravenous Therapy in the community and much more. Access registration information from [ivnnz.co.nz](http://ivnnz.co.nz)



# Clinical leadership in health quality and safety

[PROGRAMME AVAILABLE HERE](#)

[REGISTER HERE](#)

WITH



HENRY MARSH

The Health Quality & Safety Commission is pleased to present 'Clinical leadership in health quality and safety', featuring:

**Henry Marsh** – top British neurosurgeon and pioneer of 'awake' craniotomy. Henry will talk about role-modelling, openness and learning from mistakes, making hard decisions and teamwork.

**Martin Snedden** – recognised for his strong leadership skills on the sporting field, at the highest level in sports management and in business, Martin led the successful bid for the 2011 Rugby World Cup, the delivery of an event that engaged the country and world. He wrote about it in the book *A Stadium of Four Million*.

Senior New Zealand health leaders will also discuss growing clinical leaders locally and nationally.



MARTIN SNEDDEN

AN ADDRESS  
FROM MINISTER  
OF HEALTH HON  
DR JONATHAN  
COLEMAN

## WHEN

Wednesday 9 March 2016, 9:00am – 4:30pm

## WHERE

Soundings Theatre, Museum of New Zealand. Te Papa Tongarewa, 55 Cable Street, Wellington

## Topics covered will include:

- role-modelling
- leadership in engaging consumers
- health equity
- openness and learning from mistakes
- communication with colleagues and patients
- team work
- growing clinical leadership locally and nationally.

[REGISTER HERE](#)

Join us for this unique opportunity to hear specialist points of views and expertise, and take part in some thought-provoking and interesting discussions.

**Registration fee:** NZ\$295.00 including GST

**Includes:** *Open Forum* attendance, buffet lunch, morning and afternoon tea.

Confirmation of your registration and a tax invoice will be sent upon receipt of your online form and fees.

**Interested in becoming a sponsor?** EMAIL [jess.bilton@hqsc.govt.nz](mailto:jess.bilton@hqsc.govt.nz) to discuss

This event is presented in partnership with the *New Zealand Festival*, where Henry Marsh is also presenting a public event during Writers Week.



# GO BY BIKE DAY

## HOP ON A BIKE AND GIVE CYCLING A GO

**FREE BREAKFAST SNACKS, GIVEAWAYS, BIKE CHECKS, ELECTRIC BIKE RIDES AND LOTS MORE AT...**

**Antigua Boat Sheds bridge**

**Hagley Park by Matai Street**

**CPIT - corner of Madras and St Asaph Streets**

**Community and Public Health - 310 Manchester Street**

**Meridian Energy - 104 Moorhouse Avenue**

**7AM - 9AM**  
**10 FEBRUARY 2016**



Christchurch  
City Council

CPIT  
AORAKI  
POLYTECHNIC

Canterbury  
District Health Board  
Te Whānau o Aotearoa

all  
right?

meridian

2016



# Public Health Lectures

## University of Otago, Christchurch

Wednesday, 2 March, 7 – 8pm

**Resilience in everyday life: how to bounce back from adversity**

Emeritus Professor Jonathan Davidson, Duke University

Wednesday, 9 March, 7 – 8pm

**Schizophrenia genetics: update and agenda for the near future**

Professor Patrick Sullivan, University of North Carolina and Karolinska Institutet

Wednesday, 16 March, 7 – 8pm

**The health importance of having a good-humoured heart**

Professor Mark Richards, University of Otago, Christchurch and National University of Singapore

Wednesday, 23 March, 7 – 8pm

**Title to come**

Professor Dee Mangin, University of Otago, Christchurch and McMaster University

Wednesday, 30 March, 7 – 8pm

**Brain imaging in Parkinson's disease**

Dr Tracy Melzer, University of Otago, Christchurch

Wednesday, 6 April, 7 – 8pm

**One Health: A global approach to tackling infectious diseases**

Professor David Murdoch, University of Otago, Christchurch

Wednesday, 13 April, 7 – 8pm

**Will eating cake give me cancer?**

Dr Logan Walker, University of Otago, Christchurch

Wednesday, 20 April, 7 – 8pm

**Engineering customised care at the bedside for better patient outcomes**

Professor Geoff Shaw, University of Otago, Christchurch and University of Canterbury

Lectures held in Rolleston Lecture Theatre,  
University of Otago, Christchurch building  
at 2 Riccarton Avenue, on Christchurch  
Hospital campus.

More details at [chch-lectures.ac.nz](http://chch-lectures.ac.nz)

Queries to [kim.thomas@otago.ac.nz](mailto:kim.thomas@otago.ac.nz)

