



## A drum roll for the winners of the 'Let nature in' photo competition

During Mental Health Awareness Week (8–14 October), we held a photo competition centred on the week's theme of 'Let nature in, strengthen your wellbeing – Mā te taiao, kia whakapakari tōu ora'.

There were two categories, one where we asked you to send a photo of yourself with your family/whānau enjoying the outdoors, and another where we asked you to send a photo of your team from work, having lunch, coffee or meeting/ recreating outdoors.

Everyone was a winner for the fun of taking part, for letting nature in and we all get to share the photos. Turn to pages 8 and 9 to see a photomontage of some of them.

Choosing the winners wasn't an easy job, but I'm pleased to announce that the winner of the Black Cat cruise is Consultant Haematologist Ruth Spearing with her light-hearted 'generations' photo taken in the Marlborough Sounds. The winner of the team morning tea is the Specialist Mental Health Service Physiotherapy team with their acrobatic, quirky entry. Well done to the winners and to everyone who took part!

I'd like to add that 'letting nature in' and introducing (or welcoming back) some of the [Five Ways to Wellbeing](#) into your life need not stop now that the week is over. I encourage you all to make the most of the longer daylight hours and sunny weather, and hope you continue to let nature in and make those good mental wellbeing habits permanent.



The Specialist Mental Health Service Physiotherapy team



Ruth Spearing's winning entry (From left: Ruth's daughter, Ruth's 91-year-old mum, Ruth, and her husband Les Snape)

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## Southern region air ambulance service

Next year a new twin-engine helicopter will be based in Christchurch, following the Ministry of Health's announcement of a new contract between two existing air ambulance helicopter providers in the South Island. This joint venture provides the future direction for air ambulance services and for building future, sustainable capacity.

GCH Aviation Limited (Christchurch) and Helicopters Otago Limited have combined resources to create a new provider – Helicopter Emergency Medical Services New Zealand Limited (HEMS) – that will begin operating in the southern region from 1 November.

The contract will cover helicopter pre-hospital retrieval and inter-hospital helicopter transfers for medical and injury services across the southern region. All existing bases are being retained and will continue to service local search and rescue needs.

A 24/7 service, with dedicated clinical crew available, will be run from the Christchurch and Dunedin bases.

HEMS will be supported by existing trusts such as the Canterbury West Coast Air Rescue Trust, with the funds they raise continuing to support services in their area.

New helicopters will be based in Christchurch and Dunedin where most call-outs occur, and be the most modern helicopters available in the South Island, giving clinical staff more room to provide comprehensive care on board.

The new technology, combined with exclusive use air routes, will enable missions to be flown safely in conditions that previously restricted the use of air ambulance helicopters. This will mean patients receive higher quality service, while still arriving at the appropriate hospital in the same time or perhaps faster than before.

The Māia Foundation is continuing to do a fantastic job of fundraising for our much anticipated (and much needed) rooftop helipad.

## New blood test can confirm or rule out a heart attack within 15 minutes

A preliminary study of a new, quick and accurate bedside blood test performed in Emergency Departments could help reduce the time it takes to confirm or rule out heart attacks. The study findings have been published in the [Journal of the American Medical Association \(JAMA Cardiology\)](#).

This exciting development can greatly reduce the time and resources required to assess whether somebody is at risk of having a heart attack.

The project is a collaboration between clinical stakeholders and researchers from Canterbury Health Laboratories, the Cardiology and Emergency Departments. One of our own Emergency Medicine Specialists, Martin Than, is a senior author of the study and says the new method is more precise, being centred around a measurement of cardiac troponin – a protein in the blood.

The observational phase of the study was conducted at Christchurch Hospital and included around 350 patients with symptoms of a heart attack.

When a patient comes to ED with symptoms that suggest a potential heart attack, time is important and this new

test can get a result in just 15 minutes on the spot, and the patient can then receive specialist cardiac care much sooner.

This is obviously better for the patient, but also saves precious clinical time and resources. The results have extremely exciting potential for not only Emergency Departments, but for healthcare providers worldwide where people in more remote locations will quickly be able to confirm the next appropriate step in the care pathway.

Well done to the study team for yet another ground-breaking achievement right here in Canterbury.

Haere ora, haere pai  
*Go with wellness, go with care*



**David Meates**  
CEO Canterbury District Health Board

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

If you're a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



## Bouquets

### Jessica Massey, People and Capability

I have found Jessica to be most helpful and professional. She has taken the time to explain Canterbury DHB procedures to me and has answered any questions I have had. To encounter such kindness and person-centred communication when Canterbury DHB receives so many applications is amazing. Please pass on my heartfelt thanks.

### Coronary Care Unit, Christchurch Hospital

As a Wellingtonian, this is the first time I have had any dealings with Christchurch Hospital. My partner had a heart attack and was flown to Christchurch Hospital. This was a very stressful, panicked situation for me back home in Wellington. My first contact with Christchurch Hospital was with Diana at the Coronary Care Unit (CCU). I rang to see if I could find out what was happening and Diana was amazing, informative and empathic. I felt so much better. When I arrived the staff at the CCU were wonderful. The level of patient care and the kindness and friendliness is the best I have ever seen (I have seen a lot). My partner was so well looked after. Kasey his nurse was awesome. The staff at CCU are going well above and beyond their job descriptions. I think as a department the CCU is a credit to the hospital.

### Outpatients, Christchurch Hospital

I would like to say how kind the nurse was who spoke to me after my appointment. It was the same nurse who took my weight. I think her name was Libby. After my appointment, I was a little spaced out by the information I had received. She came up to me in the corridor and asked if I was ok and if there was anything she could do for me. She asked if there were any questions I would have liked to ask the specialist and said she would take me through to see him if there were. It was lovely to realise that someone had noticed I was a little out of sorts and cared enough to approach me. I would like to send my gratitude and thanks to her.

### Sterile Services, Christchurch Hospital

Thank you so much Sterile Services for all the work you do for the hospital. I would like to say without your services there would be a lot of extra bugs hanging around our hospitals. Once again thank you so much and your services should be more recognised.

### Ward 17, Day of Surgery Admission, and Surgical Progressive Care Unit, Christchurch Hospital

Please pass on my thanks to all the staff. My whole experience, from being admitted for day surgery to the Surgical Progressive Care Unit and on to Ward 17, was at all times

thoroughly professional and I felt I was in confident hands at all times. Special thanks to the nursing staff who looked after me on Ward 17. My recovery has been made easier due to their compassion and great sense of humour. Hope to never to visit the ward again for medical reasons but if I do I know I will be looked after. Thank you.

### Ward 16, Christchurch Hospital

I was treated with respect and have nothing but praise for the staff and care I received thank you.

### Oncology Department, Christchurch Hospital

I would like to say a big thank you to all the staff in Oncology who have been there for my treatments. You have all been so amazing and I really appreciate your wonderful service, you are all stars.

### Day Surgery Unit, Christchurch Women's Hospital

I have just spent a wonderful day in hospital. I came in for Iliac Angioplasty at 7am not having had much sleep the night before and feeling very tense and worried. But I was met by a lovely nurse (Carmel) who sat and talked to me about what the procedure was all about. She put me at ease. I had my operation and again every nurse who came by was so polite and very caring. Thank you so much Christchurch Women's Hospital, now I can go home and have a lovely sleep.



### **Day of Surgery Assessment/ Oncology Christchurch Hospital**

My youngest daughter is having surgery in this department. I am very impressed with the loving and friendly care and assistance that she has experienced. Thank you to all the staff and may God bless and keep you in his care.

### **Ward 19, Christchurch Women's Hospital**

To all the dear nurses and doctors in Ward 19. Thank you so much for taking care of this girl who has so much trouble taking pills and difficulty sleeping at night. Thank you for showering me with lots of patience and love while I was in the trauma unit and also in the normal wards. I can't remember all your names but deep down in my heart I'm really thankful to each and every one of you. Little talks to encourage me that I'm progressing well, showing empathy when I was feeling sad, and most importantly the smiles on every one of your faces, really mean a lot. Someone told me "don't worry you are in the right place", and yes I was definitely glad to be under the care of you angels. Not sure when our paths will meet again but until then please take care and cheers.

### **Ward 10, Christchurch Hospital**

Great help, great nurses. Thanks so much.

### **Ward 15 and Surgical Progressive Care Unit (SPCU), Christchurch Hospital**

I would like to thank Dr Mercer, Dr Michael and the team of doctors for putting me back together so that I am able to return home to my family. Thank you Phoebe for taking care of me in the SPCU, helping me stand on my feet. Thank you Ward 15 nurses who also took care of me during this week, nursing me back to health. Philippa, Anna, Crystal, Giselle, Wilma, Naomi, Keri, Olivia and Esther, words can't express how thankful I am to you for taking care of me during my stay and cheering me on as I practise walking. I knew I was in great hands because of you guys. Lastly I would like to thank the St John paramedic who brought me in. The hospital is very lucky to have this dedicated team of professionals.

### **Bone Shop, Emergency Department, Christchurch Hospital**

The staff – doctors and nurses etc – were all lovely and friendly. Keep up the good work guys!

### **Intensive Care Unit (ICU) South, Christchurch Hospital**

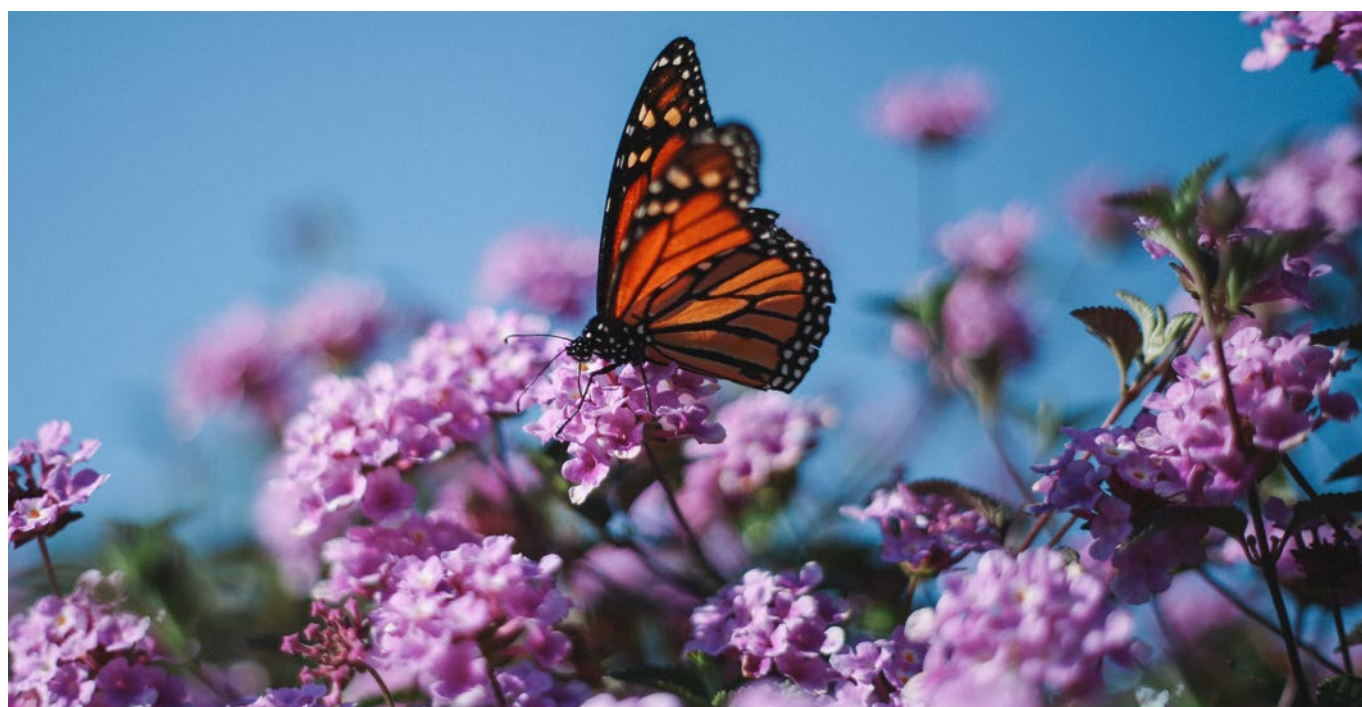
ICU South is number 1. Thank you.

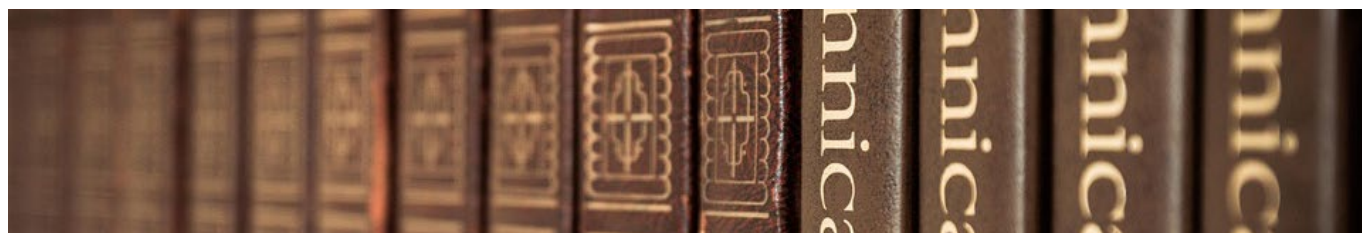
### **Ward 27, Christchurch Hospital**

Thank you so much for caring for Mum in her final days. It was so nice to know she was being looked after so well at such a tough time. It made the world of difference to us.

### **Kidney transplant, Christchurch Hospital**

Went well and very happy with staff.





## The Library

Browse some of the interesting health-related articles doing the rounds.

["Simple test may help predict long-term outcome after stroke"](#) – A new test takes less than 10 minutes and may help predict how well someone will have recovered from a stroke up to three years later. Having this insight can help counsel people who have had a stroke, and their families, and determine any interventions that may be beneficial. From *Science Daily*, published online: 17 October 2018.

["Diagnosis and management of rheumatoid arthritis"](#) – Research and a greater understanding of rheumatoid arthritis has made a significant difference to patient outcomes over the last 20 years. Nowadays, early diagnosis and treatment of rheumatoid arthritis can avert or slow progression of joint damage in up to 90 percent of patients. From *Journal of the American Medical Association*, published online: 2 October 2018.

["Specialized psychotherapies for adults with borderline personality disorder: A systematic review and meta-analysis"](#) – Psychotherapy is the treatment of choice for borderline personality disorder which affects up to two percent of the population. This study looked at the effectiveness of four specialized psychotherapies in reducing patient symptoms. From *Australian and New Zealand Journal of Psychiatry*, published online: 9 August 2018.

If you want to submit content to **The Library** email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz).

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** [www.otago.ac.nz/christchurch/library](http://www.otago.ac.nz/christchurch/library)
- › **Phone:** +64 3 364 0500
- › **Email:** [librarycml.uoc@otago.ac.nz](mailto:librarycml.uoc@otago.ac.nz).

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# Facilities Fast Facts

## Acute Services Building and the Link

Progress is steady on the fit-out of the Acute Services building. Level 3 is almost complete and ready to be locked up. Level 3 West Tower will be home to 32 beds for General Surgery and Progressive Care Units (PCU). The East Tower has 32 beds for General Surgery and Surgical Assessment Review Area (SARA) and in the centre there is a shared space with kitchen areas and a heart space – for families to relax, staff stations and patient/staff education rooms.



Linear multi-bed ward showing bedhead panels and test bed

The scaffolding has come down from around the helipad and the PAL (Pilot Activated Lighting) system has been installed – this is a system that will enable aircraft pilots to control the lighting of the helipad as they approach the hospital. At night when the PAL system is activated, the lighting can be seen from approximately eight kilometres away.



Progressive Care Unit with test bed and sample privacy curtains



Orange PAL lights around the edge of the helipad

## Christchurch Outpatients

If you haven't had a chance to see inside the new Christchurch Outpatients building, there is a 360-view online at <https://kuula.co/post/7PyKG/collection/7ftvn>.

The first move into the building takes place this Friday. Pre Admission, Haematology and Ophthalmology are moving into Level 2. The building will be open from 7.30am to 5.30pm Monday to Friday. All after-hours access is by swipe card. Staff need to carry their ID access cards with them at all times.

Ōtākaro and Christchurch City Council have created a temporary shuttle stop at the back of the building on Antigua Street. This will be in place until the Oxford Gap opens about mid-December. There is more information on the [intranet here](#) and [public website here](#) about parking for the new Outpatients building.





## BETTER TOGETHER

### Destination Outpatients



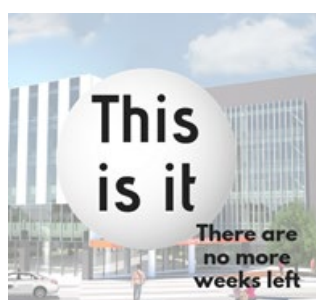
The first of the three weekend moves into the new Christchurch Outpatients starts on Friday. Pre Admission, Haematology and Ophthalmology have all received their red crates, boxes and BLUE stickers.

Remember: Unlabelled items will NOT be relocated.

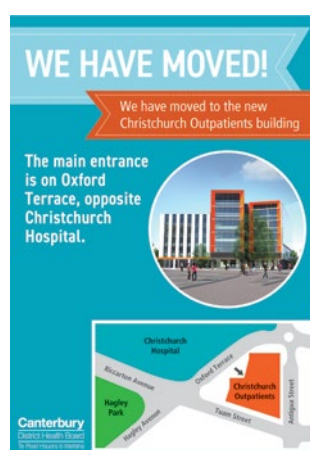
Labels need to be fixed to the ends of boxes and crates (not the top) so the label is visible when the boxes/crates are stacked.

Red crates will be delivered to Hagley Outpatients, Genetics (in Christchurch Women's Hospital) and Rheumatology and Immunology (in Riverside) on Tuesday 23 October for you to begin sorting and packing.

WE ARE MOVING and WE HAVE MOVED posters can be downloaded from the [intranet here](#). Please make sure some of these are put up in your old offices to direct any patients to the new building.



Click here to watch this week's video



Posters to let patients know what's happening. There is also a November version of the 'We have moved' poster.

### Huddle up!

Once the building is fully operational, there will be a daily building huddle, as well as quick stand-up meetings with teams in the building and the project and facilities teams.

The huddles are five to 10 minutes long and cover any operational concerns, patient flow obstacles/barriers, safety or staffing issues, and also compare actual activity against the plan.

Floor huddle – led by the CNM/NIC/Team Leader of the floor and held at a time determined by the clinical staff on the floor. Huddles are as follows:

- › Ground Floor – 0830 hours
- › First Floor – to be advised
- › Second floor – speciality huddle 0800 hours, floor-wide huddle 0815 hours
- › 3rd and 4th floor – 0800 hours combined floor huddle
- › Building huddle – 0915 hours so it can include information from the floor huddles.

More information about how the huddles will work is on the [intranet here](#).

### Information about meeting rooms

The meeting room principles are on the [intranet here](#). These will be busy rooms so please respect the systems in place. All meeting rooms are booked using MS Outlook. These have been loaded in the system already.

Rooms are not department, group, or person specific and to ensure transparency of bookings, please make sure you identify the subject of your meeting, at the time you make your booking.

### Paging You!

The pagers for Outpatients have been configured. They are as follows:

- › **8030** – Ground floor
- › **8001** – 1st floor
- › **8002** – 2nd floor
- › **8003** – 3rd floor
- › **8074** – 4th floor

A distribution group has also been set up so that if anyone pages **8484**, the five pagers above will all receive the message. The pagers will be distributed on Thursday 25 October once the paging interface has been completed.

# Letting nature in at Canterbury DHB

## Team entries



The Planning and Funding team down by Avon River



The Mothers and Babies Outpatients team, having a meeting under the blossoms



The Community Dental team 'Letting nature in'



The Ward 16 (or SARA) staff out for a lunch at the Halswell Old Vicarage





## Individual entries



Registered Nurse at the Mothers & Babies Service Christina Taylor and her daughter



Data Coordinator, Anxiety Disorders, Wendy Costeloe enjoying the Port Hills with her family



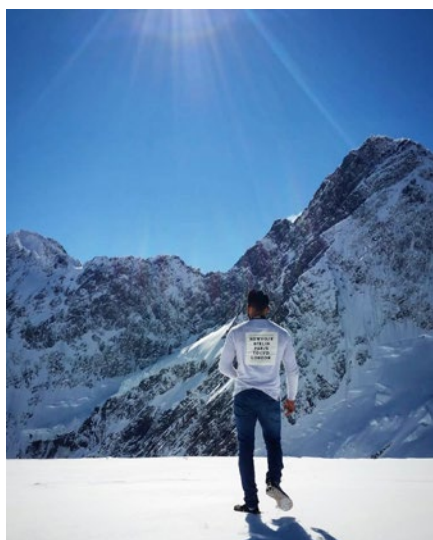
Clinical Nurse Specialist in Sexual Health Maureen Coshall at Moeraki Boulders



Management Accountant, Planning & Funding Natasha Sydorenko and her partner at Broken River Ski Field



Financial Analyst Winnie Li with her family in the Botanical Gardens



Left: SMHS Physiotherapist Mahesh Paramasivan at the top of a mountain at Aoraki Mount Cook National Park



Right: Registered Nurse at the Spinal Outreach Clinic Anita Beukenholdt with Koko, about to venture out onto Lyttleton Harbour

# Nurse passionate about making a difference in Pasifika community

The Kaupapa Māori and Pasifika non-government organisations (NGOs) based in Ōtautahi and known as the Maui Collective warmly welcomed their first NetP nurse last week.

They celebrated with Tangata Atumotu Trust the inaugural placement of Registered Nurse Suli Tuitaupe.

NetP is the Nursing Entry to Practice Programme (NetP) which supports nursing graduates as they begin their careers in clinical practice.

The role Suli accepted is a unique blended position working 0.5 FTE with Eastcare Health, a general practice in Breezes Road, and a 0.4 FTE position with Tangata Atumotu Trust, an NGO working in the community.

Suli will be supported by Pegasus Health's Nursing Development Coordinator Di Bos, Kaupapa Māori and Pacific Shared Services Clinical Coordinator, Elly Grant, and Canterbury DHB, as well as all staff in both Eastcare Health and Tangata Atumotu Trust.

Suli says he is passionate about improving Pasifika health and ultimately health equity for all New Zealanders and thankful for the insight that created his role which is significant for Christchurch.

"My aim is to make a difference to the wellbeing of one of the most deprived communities in this city."

As part of his role, he is visiting Pasifika people in their homes with the goal of creating therapeutic relationships based on trust, empathy and commitment.

Chair of the Tangata Atumotu Trust Tanya McCall told those gathered that Suli is an outstanding young man, a trailblazer.

"His academic achievements are immeasurable. He has a Master's in Health Sciences with an endorsement in Nursing, the first Pasifika student to have achieved that."

Outside work Suli is a fitness trainer, teaches Sunday School, and mentors children in health and physical education at Linwood College.

Suli has received several awards, winning a Ministry of Health Pacific Academic Scholarship, an Aniva Scholarship, a Pegasus Health Pacific Scholarship and a Health Research Council Summer Studentship for his contribution to the Pasifika health community.



Registered Nurse Suli Tuitaupe

He is a mentor, tutor and representative for the Pacific Development Team (PDT), as well as a recipient of a University of Canterbury Pacific Achievers Award for high grades.

The Maui Collective hopes to place its inaugural Māori NetP Nurse early February 2019 with a similar partnership model and the same unique blend of general practice and NGO.

Karaitiana Tickell of the Maui Collective, which represents Māori and Pasifika people, says the occasion was one to celebrate Suli's hard work and achievements and acknowledge the opportunity that's been given.

"However, I want to tell you it is not enough."

There needs to be a conversation about what equity looks like and the challenge of "where to from here."

"It is about ensuring that we honour the tenets of equity and ensure that there is a (health) outcome that's better than the status quo," he says.





Care  
Starts  
Here



# A story of Being and Staying Well from one of Our People, Hector Matthews

[Care Starts Here](#) is about how every one of us can help make our health system even better by *Doing the Right Thing, Being and Staying Well* and *Valuing Everyone*.

This month's focus is on *Being and Staying Well*, and we are collecting stories and experiences from Our People on how they can be and stay well as individuals and teams.

We recognise that each and every one of us is unique and has different needs and ways of *Being and Staying Well*.

This week, Hector Matthews, our Executive Director of Māori and Pacific Health, shares what *Being and Staying Well* means for him.

## *Kia rite tonu te ora – We are what we regularly do*

Being and Staying Well for me is first and foremost about whānau, te taha whānau. Being with my whānau, laughing, eating, singing, crying ... keeps me well and is essential to my spiritual and mental wellbeing, te taha wairua and te taha hinengaro.

I live in a home of three generations, with our tamariki (children), their partners and our two mokopuna (grandchildren). Having our mokopuna and tamariki around us every day brings me endless joy and keeps me well.

Our whānau places te reo Māori at its heart and being able to kōrero (talk) and waiata (sing) in te reo also supports our wellness as a whānau.

On the physical side, te taha tinana, remember the aphorism, "we are what we regularly do; success therefore is a habit not an act." To be physically well and stay well is simple: eat well and exercise daily.

I love my kai but I know that I need to do my best to eat well. I do this by avoiding processed foods, as much as I can. Eating whole, unprocessed food from the land and sea are best for my health and wellbeing. I eat plenty of fresh fruit and vegetables every day balanced with meat, protein and fat. Being physically healthy and staying healthy starts with the food we eat and I've learned over the years that you cannot exercise your way out of a poor diet.



Hector with his mokopuna (grandchildren)

I walk 8–10 kilometres every day with my dogs. I'm fortunate to live next to Canterbury Agricultural Park and the Waimōkihi (Heathcote) river so the dogs get to run around off-lead and I get to walk in nature everyday among the trees, birds and fields. Walking is fantastic for keeping me well. It provides me with regular physical activity without too much risk of injury, time for reflection and thought, and it's a great way to kick-start every day.

It's a great discipline to get up early every morning and go walking for one-and-a-half to two hours, regardless of season or weather. It can be difficult, especially when it's freezing, raining or a bitter wind is blowing, but dogs have taught me that weather is irrelevant. They simply don't care what the conditions are, they just accept what is and get on with it.

We are what we regularly do.

Kia rite tonu te ora.

If you have a story to share about how you keep well we'd love to hear about it. Email [carestartshere@cdhb.health.nz](mailto:carestartshere@cdhb.health.nz) or share it on the staff [Care Starts Here Facebook page](#).



Hector's dogs enjoying their morning walk



# Christchurch Hospital Nurses' Memorial Chapel reopening

It is with much joy and anticipation that we look forward to the reopening of the Christchurch Hospital Nurses' Memorial Chapel this weekend, says Ward 20 Charge Nurse Manager, Sharon Minchington, a member of the Friends of the Chapel committee.

"The chapel, situated in front of Christchurch Women's Hospital on Riccarton Avenue, provides a wonderful juxtaposition of cherished heritage against new buildings that are now so much a part of the Christchurch landscape."

Despite being threatened with demolition twice, and suffering extensive damage during the 2010–2011 Canterbury earthquakes, the heritage building has been fully restored thanks to the funding from the Christchurch City Council which now owns the building, she says.

It will be officially opened at a ceremony on Saturday 27 October and the public will be able to visit on Sunday 28 October between 12.30 pm and 4 pm.

The chapel was built in 1927 as a memorial to nurses who died in military service during the First World War, particularly those who perished as a result of the sinking of the troop ship, *Marquette*. It is also a memorial to those who died during the 1918 influenza epidemic.

Set in the beautiful surrounding gardens, the chapel has a lot of architectural and historical significance, Sharon says.

"It also has a number of glorious stained glass windows and a small museum of associated items, plus access to educational material."

As we enjoy the beauty of renewal in springtime, how apt that we will soon be enjoying the renewal of the Nurses' Memorial Chapel, Sharon says.

Ongoing, the chapel will have regular open hours for visitors and be available to host small functions, ceremonies and events. Details will be available on <http://cnmc.org.nz/> or by emailing [chapelfoc@gmail.com](mailto:chapelfoc@gmail.com).

Two other events coincide with the chapel reopening:

## Mount Felix Tapestry Exhibition

During the First World War the English town of Walton-on-Thames cared for 27,000 New Zealand soldiers at the No 2. General Hospital at Mt Felix. A century later the town's residents worked to create a tapestry to celebrate their historic Kiwi connection and tell the real life stories of bravery, love and loss from the hospital.



The Nurses' Memorial Chapel pre earthquake



The chapel after earthquake damage

Designed by Andrew Crummy, the 44-panel tapestry is on tour around New Zealand and on display at the Canterbury Museum until 3 November.

For more information on the tapestry go to [www.mountfelixtapestry.co.uk](http://www.mountfelixtapestry.co.uk).

## Book launch

Renowned New Zealand author Anna Rogers has written a book specifically for the occasion of the reopening of the Nurses' Memorial Chapel. *Stand for All Time: The Marquette Sinking and the Nurses' Memorial Chapel* contains stories of the nurses who died, information about the chapel, and many historic photos. The book will be launched and available for purchase at the chapel open afternoon on Sunday 28 October. It will also be on sale at bookshops and available [online here](#).

# One minute with... Sharon Cassidy, Clinical Nurse Specialist, Child Health Outreach Nursing Service

## What does your job involve?

I work 0.2 FTE as Clinical Nurse Specialist for the Child Health Outreach Nursing Service caring for children who have the rare blistering skin condition Epidermolysis Bullosa (EB). This is a genetic blistering skin condition caused by a change or mutation in one of the genes that code for the proteins which glue the skin together. EB can involve the mucous membranes from the mouth, right through the gastro intestinal tract to the anal area. The main focus of my role is to coordinate care for the children/families, advocate for their needs and keep the children infection-free to avoid hospital admissions. Education is a big part of my role, as many health professionals have not heard of EB.



There are 12 children in the Canterbury DHB region who have EB, one has a severe form and I visit on a weekly basis at bath/change of dressing time. I practice a preventative model of care and work closely with the local multidisciplinary teams. I also work 0.4 FTE for the Dystrophic Epidermolysis Bullosa Research Association (DEBRA NZ) caring for adults and children with EB who live in the South Island and lower North Island.

## What do you love about your role?

Helping to make the child/family's life a little easier. Finding ways for the children to experience as much normality and independence in their life as possible. Working alongside the families in their home environment and helping to troubleshoot so the children can have experiences they would not normally contemplate. Families are so grateful for my assistance and I feel really appreciated.

## What do you find challenging?

Watching the suffering that this condition causes. If the blisters are not lanced quickly they will continue to grow and create a bigger wound once they 'pop'. For some it can mean three hours of dressing changes a day, which can be very painful and can make daily living difficult.

## Who inspires you?

The children and families living with EB, plus health professionals I work with locally, nationally and internationally who are helping to make a difference for them.

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

Taking pride and ownership in what I do and the outcomes that are achieved from working in partnership using a preventive model of care to 'do no harm.'

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

The work I do with 'EB without Borders' and help to support others to form their own DEBRA groups.

I was honoured in 2016 when DEBRA Sri Lanka was established and asked me to be one of their patrons.

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

Somewhere in the sun, but I will settle for Denmark where I am heading in three weeks' time for a professional development event after winning a global wound care challenge. I am excited that I will meet and be taught by an expert in the world of wound healing – Madeleine Flanagan.

## What do you do on a typical Sunday?

Spend time with my husband, go to church, out for brunch and catch up with family/friends over a nice glass of wine.

## One food I really like is...

Any type of seafood.

## My favourite music is

Old school and easy listening music, which helps me to relax. From my teenage days I have fond memories of the album 'The Sound of Bread'.

International EB Awareness Week is in the last week of October and EB Awareness Day is on 25 October. If you would like to know more about EB visit [www.debra-international.org](http://www.debra-international.org) or [www.debra.org.nz](http://www.debra.org.nz)

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).





# Canterbury Grand Round

Friday 26 October 2018 – 12.15–1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

**Speakers: Carmen Collie, General Manager, Tangata Atumotu Trust and Kaiongo Tupou, Manager, Vaka Tautua**

***"Thriving, Healthy and Connected Pasifika People"***

Tangata Atumotu Trust is Canterbury's longest-standing Pasifika provider. We understand our community's specific health and wellbeing needs and work across a range of sectors to improve the health outcomes of our community. Our services include Mobile Nursing, offering in-home support for people with long-term medical conditions; exercise classes for Pasifika elders, helping to improve health and address social isolation; and Polyhood, our community radio programme, provides health and community news and updates for Pasifika Communities.

Vaka Tautua is a National provider of Pacific for Pacific health and social services. We are always striving to find innovative and creative ways to lead the ongoing development of health and disability support services for Pacific people. We aim to promote non-discriminatory

practices and to bring positive change to the lives of our service users. In Canterbury we provide support for Pacific people living with disability and those needing support for mental health with a focus on Pacific older people. Our programmes support families and navigate health services and we promote and safeguard the rights of our service users within the health and disability sector.

**Chair: Alistair Humphrey**

It is requested out of politeness to the speaker(s) that people do not leave halfway through the Grand Rounds.

This talk will be uploaded to the staff [intranet](#) within approximately two weeks.

Video Conference set up in:

- › Burwood Meeting Room 2.3b
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge
- › Pegasus, Room 1.02

All staff and students are welcome.

Next is: Friday 2 November 2018, Rolleston Lecture Theatre  
Convener: Dr R L Spearing – [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz).

# Vacancies on Statutory Health Boards

On behalf of Hon Dr David Clark, the Ministry of Health is advertising the following vacancies:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>› Health practitioner to the New Zealand Podiatrist Board, closing 28 October 2018</li> <li>› Health practitioners and a lay member to the Dental Council, closing 2 November 2018</li> <li>› Lay members and a non-lay member with expertise in observational studies to the Southern Health and Disability Ethics Committee, closing 26 October</li> <li>› Non-lay member with expertise in intervention studies to the Central Health and Disability Ethics Committee, closing on 26 October 2018</li> <li>› Health practitioners to the Midwifery Council of New Zealand, closing on 26 October 2018</li> <li>› Health practitioner (Sonographer) to the Medical Radiation Technologists Board of New Zealand, closing 26 October 2018</li> </ul> | <ul style="list-style-type: none"> <li>› Health practitioner and lay member to the Dietitians Board of New Zealand, closing on 26 October 2018</li> <li>› Health practitioner and lay member to the New Zealand Nursing Council, closing on 26 October 2018</li> <li>› Health practitioners to the Optometrist and Dispensing Opticians Board, closing 26 October 2018</li> <li>› Health practitioner and lay members to the Medical Council of New Zealand, closing 26 October 2018</li> <li>› Health practitioners and lay members to the Osteopathic Council of New Zealand, closing 26 October 2018</li> <li>› Health practitioners and lay member to the New Zealand Occupational Therapy Board, closing 26 October</li> </ul> |
|--|---|



MANATŪ HAUORA

Links to each of these vacancies are available [here](#). All nominations/applications must be made online via the Ministry of Health Careers system and be accompanied by a completed and signed Declaration Form (included with each advertisement).

Māia Health Foundation

# GARDEN PARTY

**Saturday 17 November 2018**  
The Tea House at Riccarton Park

It's #theplacetobe on NZ Cup Day – away from the crowd and close to the action. Gather your tribe for a day at the races and help Māia Health Foundation to land the rooftop helipad, for good! Kick up your heels and celebrate the best of NZ Cup & Show week at this fun charity event, including boutique silent and live auctions.

**Entry includes:**

Gourmet lunch and refreshments, pop-up pink gin garden bar, roaming fashion spotters, TAB facility and Trackside big screen, free rein of Members' areas and VIP parking.

Limited tickets: \$175 pp including GST / R18  
**[www.maiahealth.org.nz/garden-party](http://www.maiahealth.org.nz/garden-party)**

For more details phone: 03 378 6134  
[info@maiahealth.org.nz](mailto:info@maiahealth.org.nz) | [@maiahealth](https://www.instagram.com/maiahealth)





## MATTERS OF THE HEART

This free community event is brought to you by the Heart Foundation and Christchurch Heart Institute, a University of Otago Research Centre.

You'll learn about heart health and the cutting-edge heart research being led in Christchurch.

**Location: New Salvation Army Building, 853 Colombo Street  
(Corner Salisbury Street)**

**Date: Thursday 25 October – 6.30pm–8.00pm**

- **Dr Allamanda Faatoese, Assistant Research Fellow**  
**Heart disease risk in the Christchurch Pacific Community – is this you, or someone you know?** Pacific peoples have higher rates of death from heart disease and type 2 diabetes than the general New Zealand population. There is an urgent need to understand the impact of lifestyle and how genetic make-up contributes to heart disease with a view to reducing the high rates of heart disease in this population. To date, most studies on Pasifika heart disease has been based on North Island populations. Come along and hear how the CHI's Pasifika Heart Study, is capturing the risk profile of South Island Pasifika and how that differs between the two islands.
- **Dr Geoff Clare, Consultant Cardiologist**  
**Atrial Fibrillation – overview and advances**  
Atrial fibrillation is an abnormality of the heart's electrical rhythm that becomes more common with increasing age. Dr Clare will present an overview of what atrial fibrillation is, possible causes, the risks it may pose and the treatments offered. He will then focus on the latest research to combat this condition with particular reference to work performed in Christchurch.

**Light refreshments will be served.**

**Please email: [helenc@heartfoundation.org.nz](mailto:helenc@heartfoundation.org.nz) to register.**



# Using the Calderdale Framework

## for workforce redesign in health care

### The UK experience



A unique opportunity to hear about the Calderdale Framework from Jayne Duffy and Rachael Smith (EWS Ltd), the UK based founders of the Calderdale Framework.

**When:** Thursday 8 November,  
5-6pm

**Where:** Room 2.11, Level 2,  
32 Oxford Terrace,  
Christchurch Central

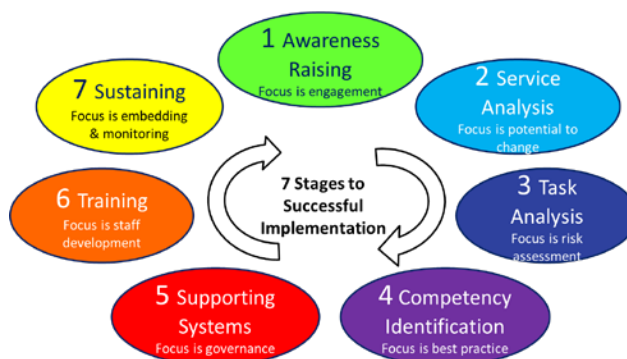
**VC details:**  
virtual meeting number 750524

**Who:** Clinicians, managers,  
service leaders, HR advisors and  
others keen to know about the  
potential of the Calderdale  
Framework within their work  
areas.

Light refreshments will be served.

A Q&A session will follow at 6-7pm for Calderdale Framework facilitators.

An opportunity to put your questions to the gurus!



RSVP (by Monday 5 November) to [admin.info@siapo.health.nz](mailto:admin.info@siapo.health.nz)



# Te Iti Me Te Rahi

## EVERYONE COUNTS

**Are you Māori and work in the health sector?**

**Do you know that by completing the Māori Health Workforce Survey: Te Iti me te Rahi, <https://www.surveymonkey.com/r/iti2018> will help us grow the Māori health workforce?**

**Please complete Te Iti me te Rahi and share amongst your friends & whānau.**



# TE RAU MATATINI<sup>©</sup>



## CANTERBURY DHB MATERNITY QUALITY AND SAFETY PROGRAMME ANNUAL REPORT

### Keynote Speakers:

Amber Clarke, Programme Leader –  
Kaiārahi Hauora, Te Rūnanga o Ngāi Tahu -  
**“Māori Health – Reducing Inequality”**

Suzanne Miller, PhD Candidate, Post  
Graduate Coordinator, Otago Polytechnic,  
School of Midwifery, LMC –  
**“Getting it right first time”**

We will also be presenting our clinical  
outcomes, showcasing our quality  
activities and what we have planned  
to achieve for the next year.

Wednesday 24  
October 2018

2.00 – 5.00pm

Rolleston Lecture  
Theatre,  
Christchurch  
Hospital

Afternoon Tea  
provided

Please RSVP for catering to  
Sam Burke  
MQSP Coordinator  
Phone 03 3644442  
Ext. 85442

[samantha.burke@cdhb.health.nz](mailto:samantha.burke@cdhb.health.nz)



# 2018 AIR RESCUE & EMERGENCY SERVICES OPEN DAY 2018

Join the **Westpac Rescue Helicopter Crew** and other local **Emergency Services** for an action-packed day of **activities & skills demonstrations** at the NEW GCH Aviation Emergency Air Centre.  
**Gold coin entry with FREE parking on-site.**

- NZ Police
- St John
- Fire & Emergency NZ
- NZ Flying Doctor Service
- Red Cross
- Alpine Cliff Rescue Team
- Sumner Life Boat
- Scenic Flights for \$70 p/p

**GCH Aviation Air Centre**  
**73 Grays Road**  
**Yaldhurst**  
*Suitable for all ages.*

**SUNDAY 28<sup>TH</sup>**  
**OCTOBER**  
**10am - 3pm**





# FUNDRAISING MOVIE NIGHT

Independently organised by a staff member of CDHB

*Proceeds donated to  
The New Zealand Red Cross Indonesian Earthquake and Tsunami Appeal*

**5.45PM , TUESDAY  
30TH OCTOBER 2018**

**READING CINEMAS  
– THE PALMS**



## A STAR IS BORN

M rated.

**STARRING:  
BRADLEY  
COOPER  
LADY  
GAGA**

**AND  
MARLON  
WILLIAMS**

**\$20 PER TICKET**

*Sorry no student or gold card discounts for this event*

**Ticket includes: Private screening,  
ice-cream, spot prizes!**

To reserve your tickets  
or for further information  
please contact event organiser:

**Natacha Maher CNS**  
Burwood Hospital

Wrk ph: 027 702 3080  
Email: [Natacha.Maher@CDHB.health.nz](mailto:Natacha.Maher@CDHB.health.nz)