



## International Day of People with Disability tomorrow

**International Day of People with Disability is now celebrated worldwide on 3 December each year, officially sanctioned by the United Nations. It aims to increase public awareness, understanding and acceptance of people with disability and encourages a celebration of their achievements and contributions to an inclusive society.**

We'll have more of a celebratory note in next week's *CEO Update*, when we cover the 'graduation' of our first intake of Project SEARCH interns, which is happening tomorrow evening. Recruitment of next year's Project SEARCH interns has been completed, and we will once again have eight interns starting in February 2020.

I would like to acknowledge and celebrate some of the key staff that have been involved in Project SEARCH to date. Group Operations Manager Sally Nicholas, Project SEARCH Tutor Linda Leishman and many of the department heads at Burwood Hospital have done a fantastic job of encouraging and enabling the development of the internships, supported by all the mentors who work with the interns on a daily basis. Maureen Love from the People and Capability team has also played an important role. Linda has done an amazing job in pulling the programme together, aligning it to New Zealand needs and making sure it meets educational as well as work experience goals.

I'd also like to highlight some Canterbury DHB initiatives which demonstrate our commitment to develop a workforce that truly mirrors our population. We still have a way to go, but I'm proud of the progress we've made. We are building momentum in meeting two key organisational goals of being an equal opportunity employer (which includes employing more people with disabilities), and increasing the awareness, knowledge and skills of our staff in respect to our attitudes to the contribution people with disabilities can and want to make.



1. We hosted an employment forum in July to develop a set of strategic recommendations on how we can increase the number of people with disabilities we employ. As a result, we held two further meetings with the Ministry of Social Development to discuss partnering to employ more people with disabilities.
2. We have developed a Diversity and Inclusion Policy that addresses workforce inequity and our commitment to diversity and inclusion, which received the unanimous support of our Executive Management Team.
3. People and Capability has engaged with people across the organisation on the policy and found many people willing to contribute to shaping our Diversity and Inclusion Strategy. Workshops have been held during the past month and it is hoped we will be able to release the strategy by end of December.
4. We audited our recruitment and placement processes as they related to our equity, including from the perspective of people who live with disabilities. This led to the removal of the "Fit for Work" question on

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our application form, and all advertisements now include our commitment to being an equal opportunity employer. Our aim through these actions is to encourage people with disabilities to consider us as an employer of choice and to make it easier to apply for jobs.

5. Last month we released an awareness module called "Why Diversity Matters" on [healthLearn](#). It's not exclusively about disability

of course, but it does feature strongly. If you can access healthLearn, I encourage you to go through the module and you can provide feedback which will help improve it.

6. Last, but not least for our data-driven, clinically-led system, we are improving our capture of diversity data so that we can create an accurate base against which we can measure our progress. You will hopefully have noticed an update

in max. which prompts visitors to the portal to update their personal details. Please take the time to check and amend your information as it's an important step in gaining a more accurate understanding of the people who work for us.

I look forward to sharing some of the highlights from our Project SEARCH interns' graduation and to hearing their thoughts about what the programme has meant to and for them.

## Summer holidays – have you booked your leave yet?

If you're working through the Christmas/New Year period, now's the time to plan ahead and book some time off once your colleagues are back at work. Our hospitals and rural health centres can be super busy over the holiday season, so thank you to everyone who is working through to enable some of your colleagues to take a break.

I encourage everyone to check out the giveaway on page 3 where we have two family day passes to Hanmer Springs for two lucky winners this week – a fantastic day trip for anyone with a day off wanting to get out and have some fun.

## Something For You summer edition – a special thank you from the Canterbury business community

As it is nearing the end of the year, 24 different businesses from the Canterbury business community have contributed to a giveaway for our people to say thank you for all that you do, especially for all the hard work throughout this tough and busy year. To find out more about the prizes and enter the giveaway visit the Something For You homepage on the intranet between now and 15 December. Remember to enter and be sure to let your colleagues know about it.



## Canterbury Maternity System Strategic Framework is now available online

Last week I talked about the process worked through to create this [Strategic Framework](#). I think it provides a useful guide for a wide range of service planning. At eight pages long, it's a very easy read.

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

# Working through the holidays and planning to take a decent break later on?

Why not plan some closer-to-home day trips to make your days off memorable?

There are so many options for Cantabrians to get away from it all without leaving our region.

Even if you're working through it's good to get away for a day to clear your head.

Check out Christchurch & Canterbury NZ's [top 9 day trip](#) recommendations.

With something new and unexpected around every corner in Canterbury, with many gems within only a few hours' drive of Christchurch! They've done the thinking and planning for you, with info on transport, activities, photo opportunities and insider tips on the best things to do and places to eat to help you make the most of your precious

time off. Make a day of it. #holidayathome #we♥staycations

- > [There's the ultimate day in Kaikoura](#)
- > [Fun-filled Akaroa](#)
- > [Experience Hanmer Springs](#)
- > [Take a day trip to Arthurs Pass](#)
- > [Enjoy action in Mid-Canterbury](#)
- > [A day in Waimakariri](#)
- > [South Canterbury Countryside](#)
- > [The bays of Banks Peninsula](#)
- > [Explore Hurunui](#)

## Enter to win one of two Mini Group Passes to Hanmer Springs Thermal Pools & Spa

\*Valid for a single entry for two adults and up to three children aged 3-15 years

Hanmer Springs pool complex is open 10am – 9pm, 7 days a week.

For more info visit [hanmersprings.co.nz](http://hanmersprings.co.nz).

This could be your chance to check out New Zealand's largest waterslide, the Conical Thrill, or chill out in the most sustainable thermal pools in the country – the Cascades, a series of five new thermal pools which have recently opened in Hanmer Springs. There's a total of 22 pools and four hydrosides, so even on a busy day there's room for everyone.

Take your whānau, treat your cousins, nieces, nephews, grandchildren... and be sure to pack your own togs as it sounds amazing. Don't take our word for it, check the review below from our secret shopper:

**Canterbury DHB Chief Medical Officer, Sue Nightingale, recently tested the new Conical waterslide ride at Hanmer Springs.**



Tahlia and Tenesha, two of the first people to experience the Conical Thrill

**Sue gives it 5 screams (out of 5) on the NTS - Nightingale Thrill Scale 🤯🤯🤯🤯🤯**  
**How will you and your whānau rate it?**

To enter the draw to win one of two family passes to the Hanmer Springs Thermal Pools & Spa simply email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz) with **Hanmer Thrill & Chill** in the subject line, along with your name and contact phone number and you'll be in the draw. Entries close at 5pm this Thursday 5 December.

Winners will be drawn randomly by CEO David Meates and announced in next week's *CEO Update*.



## Bouquets

### **Bone Marrow Transplant Unit (BMTU), Acute Medical Assessment Unit (AMAU) and Emergency Department (ED), Christchurch Hospital**

My recent experiences in the BMTU, AMAU and ED left me with nothing but admiration for the wonderful nurses and doctors who are employed by Canterbury DHB.

### **Lesley and Cara, Medical Day Unit, Christchurch Hospital**

I wanted to write in to thank Lesley and Cara from the Medical Day Unit. I was in for a simple iron infusion. They noticed something was off with me and ended up chasing up doctors and taking me to ED. They both were so lovely the whole time, making sure I was okay and keeping me calm. I want to thank Lesley for all the chasing around and calling different departments to figure out what to do with me and taking me to ED, especially since it was very confusing and took a wee while to sort out. I want to thank Cara for being patient with me whilst my veins were terrible to get blood from and being so lovely. They are two of the nicest nurses I have ever had, and I just want to say a massive thank you for everything they did for me.

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

I have to say I have had wonderful care from all the staff in Ward 27, it's the

care we receive that helps us. The food was really great. Fantastic, thank you.

### **Rachel and Caitlin, Ward 18, Christchurch Hospital**

I had two extremely helpful nurses, Rachel and Caitlin, who took care of me in Ward 18. I felt they did a phenomenal job of taking care of me and always made sure I was comfortable. They kept me well up to date on my surgery information. Always made sure I had adequate medication and food. These nurses made sure I thoroughly enjoyed my stay. Five stars!

### **Cathy, Community Dental Service, Burnside Primary School**

I wanted to let you know that we had such a good experience with Cathy at the Burnside Dental Clinic. My six-year-old son needed a filling and Cathy was outstanding in the way she dealt with him. She did an amazing job of talking him through exactly what was happening and was so caring and compassionate. Thank you so much for all your efforts today. We are so grateful.

### **Ryan, Emergency Department, Christchurch Hospital**

During a visit to Christchurch Hospital on 22 November I had the pleasure of being looked after by a nurse named Ryan. He was very caring and continually checked in on me. He took the time to make sure I ate, as I hadn't

all day, and went above and beyond his duty of care. He is an amazing asset to your team and more staff should strive to care for their patients the way Ryan did.

### **Judi and Nicki, Community Dental Service, Oxford Area School**

I would like to commend Judi and Nicki, two dental therapists who looked after my five-year-old daughter for some dental treatment at the Oxford Area School dental clinic/van. It was the second appointment my daughter required for dental treatment. I booked the second appointment based on how well the dental therapists looked after my daughter with their gentle reassurance, clear directions and kind bedside manner. My daughter needed some fillings in her baby teeth and the way they explained it was non-scary for her. The speed and efficiency that they went about the necessary tasks was impressive, which meant my daughter only spent the minimal amount of time needed in the dental chair. My daughter came away from both appointments smiling and very happy with the whole process and procedure. They were able to multi-task really well, doing the tasks needed but at the same time quietly praising and supporting my daughter. We both came away very happy with the whole process and appointment.



# Let's get ready to move

## Christchurch Hospital Hagley

The move to Christchurch Hospital Hagley will bring with it many new ways of working. Over the coming weeks, we'll be looking at some of the main changes. Many of these are included in the [healthLearn](#) module, which all staff are expected to complete before migration begins.

### Now what?

There have been a number of delays in getting into Christchurch Hospital Hagley, and there's some confusion around the latest hold up and what happens next. Several things have to happen before Canterbury DHB can take ownership of the building, which will then allow us to make firm plans for orientation and migration.

#### Practical completion

Before Canterbury DHB can take over the building, allowing access for staff and so we can begin orientating and preparing for the patient migration, the building has to achieve Practical Completion.

This occurs when all the contract works are complete, and the building has been fully commissioned. It means everything that has been asked for has been done, and the building is ready for occupation.

**Commissioning** is when Canterbury DHB staff (predominately Maintenance & Engineering (M&E)) check that all the services are working as they should, that is, they're fit for purpose and fully functional. These services include the likes of medical gases, power, water, ventilation, and the Building Management System (BMS) which alerts M&E to any faults in systems essential to clinical safety.

#### Certificate for Public Use

The Certificate for Public Use or CPU would be issued by the City Council before a Code Compliance Certificate is issued if public access is required

before works are completed. A CPU certifies that the premises are safe for members of the public to use while final aspects of the building works are completed. If the building is ready for a Code Compliance Certificate, a CPU would not be necessary.

The four basic principles of a Certificate for Public Use are:

1. Premises are intended to be open to the public (whether by charge or no charge).
2. The public must be able to enter without passing by or through the building work.
3. The building site and any tools or material must not be accessible to the public.
4. The public must not be able to access any part of the premises where the structural integrity is compromised by the work, or where the public safety is jeopardised.

#### Code of compliance

A Code Compliance Certificate (CCC) is an assurance that the building work was done to the appropriate standards, making it safe, healthy and durable.

This certificate is issued by the council under Section 95 of the Building Act 2004, confirming that the council is satisfied on reasonable grounds that the building work complies with the building consent.

Once Practical Completion is achieved, and the CCC has been issued, the



contractors will hand over the building to the Ministry of Health. The Ministry will then ask Canterbury DHB to manage the building on its behalf while the legal process to sign it over to the DHB takes place, once we're ready to move in.

#### Ministry of Health Certification

Ministry of Health Certification is required before we can take patients into the building and this will likely be issued following an audit when the building has been handed over and is near ready for occupation.

We are very fortunate to be allowed access to the building while work continues and before it is ready for occupation, which is why visits must comply with Personal Protective Equipment (PPE) requirements. Christchurch Hospital Hagley is still an active building site. Dispensation has been allowed in some instances, but unless you are told otherwise, please be prepared to wear full PPE for access.

## Clinical emergency call bells

In addition to the standard call bells, there is a clinical emergency button located in the corridors of the wards and at some staff bases. This will activate the hospital resuscitation team.

If the Clinical Emergency team is required, a staff member will push one of the green clinical emergency buttons (pictured) in the ward. This will come up on the annunciator as a clinical emergency but will not indicate the location of the emergency.

Staff in the location of the clinical emergency must also activate the red staff emergency button. This must remain on as this tells the exact location of the clinical emergency on the annunciator screen.

The green clinical emergency button also has a symbol of a bell with a cross through it above the large green button.

This does not just cancel the sound of the alarm but also takes the clinical emergency activation off the annunciator screen.

This cannot be cancelled until the whole Clinical Emergency team are on site.

When any call bell is activated from the shared space between the wards in the tower blocks, the notification will come up on the annunciator screens in the ward in the A tower of that floor.

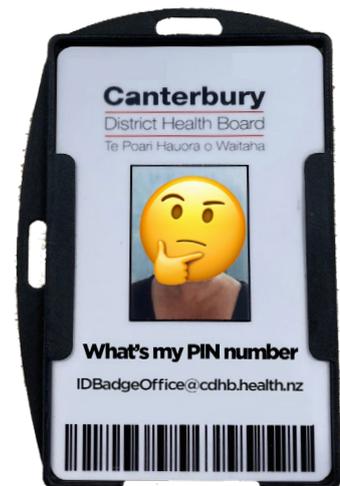


## Know your PIN

Some doors and all drug safes in the new building will be accessed by swipe card and PIN. All nurses accessing drug safes in the new building need to know their individual PIN. This is associated with your employee number and your card number. If you don't know your PIN, you can email the [ID Badge Office](#) and request it.

Please note: the email must come from your Canterbury DHB email address and should include you:

- › employee number
- › access card number
- › full name as it appears on your ID card.



## Hagley champion

Each week we introduce you to someone integral to the continued success of the campus and the project. They're our unsung heroes who just get on and get things done, and we thank them all.

**Name:** Roy Chelley

**You'll find me:** manning security on the bridge off Rolleston Avenue.

**I've been here:** just over four years.

**The key part of my job:** is ensuring access to the hospital site is

restricted to contractors, staff and those who need to come through. I have to keep the traffic flowing, sign contractors and mobility parkers in and out, stop people walking through, and tourists and members of the public driving through.

**The best part of my job:** is meeting plenty of new people and interacting with everyone.

**What people don't know:** is that I feed the birds every day and keep a supply of birdseed in the office.



**The weirdest thing that's ever happened:** was a stalker running past one Thursday morning. But he was on the right side of the fence and the cops caught up with him down Rolleston Avenue, so it was all okay.

# Looking after yourself

## Tō Tātou Ora Wellbeing Seminar Series – mental health and nutrition

This month, as part of the Tō Tātou Ora Wellbeing Seminar Series, Specialist Mental Health Service Nutrition and Dietetics Clinical Lead Jane Elmslie will speak about the following topics:

- › Benefits of eating well on mood and mental wellbeing
- › Eating well is not just what you eat but how you eat
- › How to discuss eating well
- › Barriers to eating well
- › Micronutrient supplements

This free seminar is available for all staff to attend and there's no need to RSVP. For those who are unable to make it on the day, the seminar will also be filmed and made available soon afterwards on the home page of the intranet.

The Tō Tātou Ora Wellbeing Seminar Series provides you with an opportunity to learn new information that relates to health and wellbeing. Previous seminars are available for you to view online on HELM [here](#).

If you have a topic you'd like covered or know of a speaker that you're interested in listening to, please contact Health Promoter [Rachel Morton](#).

### Tō Tātou Ora Wellbeing Seminar Series:

## Nutrition and Mental Health



**Tuesday 17<sup>th</sup> December**

12.00pm - 1.00pm

Room 102, Manawa Building  
(Corner Tuam and Antigua Streets)

The session will be filmed and shared throughout the organisation

### Presented by:

Dr Jane Elmslie, PhD, NZRD  
Clinical Lead, Nutrition and Dietetics,  
Specialist Mental Health Service

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha



# Improving the accuracy of enrolled GP information in SI PICS and Health Connect South (HCS)



HCS holds a wealth of knowledge relating to our patients. One key piece of information is the patients' enrolled general practitioner (GP). This is used to send discharge summaries, letters and other documents to GPs. It ensures that they are informed of the care their patient is receiving and any follow up activities that may be booked in, or the GP needs to action.

HCS receives GP information from the patient management systems, so it was necessary to take a step back in the process to check the information in those systems.

## Where we were

When we first started looking at the accuracy of the enrolled GP information in HCS, Canterbury DHB was still using Homer, SAP and Caresys. The introduction of the South Island Patient Information Care System (SI PICS) (and retirement of Homer and Caresys) has reduced the number of patient management systems passing information to HCS, although there are still others in use across the South Island.

To help us improve the accuracy of data we compared an anonymised sample of the GP information held

in HCS against the information held in HealthOne. HealthOne is a rich data source and includes details of the enrolled GP with the information coming from the GP practice itself. These findings helped us identify ways we could improve our data.

## Where we are now

To improve things, and with assistance from the HealthOne, Orion Health and SI PICS teams, a decision was made to import the HealthOne enrolled GP data into SI PICS.

Further to this, SI PICS has seen standardisation in the codes which are used to identify the GP and the practice, making it far easier to maintain accuracy.

Recent analysis has shown that GP information in HCS has greatly improved, and on checking the discharge summaries, those with no GP information were for scenarios such as a North Island patient or patients with no enrolment recorded on HealthOne. As the initiative has focussed on Canterbury-enrolled patients with a HealthOne record, finding just these exceptions indicates that the backload of information going into SI PICS is working as expected.



## Where we're going

Now we need to focus on keeping this level of accuracy. For users of SI PICS, please keep enrolled GP information up to date and advise the Service Desk if there are missing GPs or the information is not coming through to HCS.

In the future, the intention is to receive an automatic feed of enrolled GP information to SI PICS in the same way that we receive patient demographic information. This then flows into HCS as records are updated in SI PICS.

If you have any questions on keeping GP information in SI PICS up to date, email the [Service Desk](#).

# Canterbury's Health in All Policies a model for city in Victoria, Australia

Health authorities in the city of Bendigo, Victoria, Australia, are looking to Canterbury for help to develop their Health in All Policies (HiAP) strategies.

HiAP is an approach to working on public policies that systematically takes into account the health implications of decisions and avoiding harmful health impacts in order to improve population health and health equity.

The HiAP team at Community and Public Health (C&PH) is involved in building strong partnerships and working collaboratively with other sectors to consider the positive and negative impacts that policies and decisions have on the health and wellbeing for people in Canterbury, South Canterbury, the West Coast and the Chatham Islands.

Recognising the established HiAP approach here in Canterbury, Director of Health and Wellbeing for the City of Greater Bendigo in Victoria, Vicky Mason, took some time out while on holiday in the South Island this year to connect with the C&PH HiAP team and Christchurch City Council about our joint HiAP work, says Public Health Physician Anna Stevenson.

"Because HiAP practice here is based on relationships with local and regional government, staff from Bendigo thought we might be a useful model for growing their own HiAP work."

In Victoria, local governments must prepare a Municipal Public Health and Wellbeing Plan that identifies strategies to promote, improve and protect the health of residents. In Greater Bendigo they have created a [whole of community plan](#) that requires working closely with a range of community partners both on its implementation and to jointly build capacity, Anna says.

"The meeting with Vicky led to an invitation to be part of a conference in Bendigo aiming to bring together planners and health professionals to explore how to work together for a healthier and more liveable region."

Anna delivered a keynote address at the conference on the HiAP journey in New Zealand and how to include wellbeing in planning. C&PH Health Promotion Team Leader Sandy Brinsdon presented on how integrated planning works in Canterbury.

Before the conference, Anna and Sandy provided 'Broadly Speaking' workshops to a wide audience, including the Mayor of the City of Greater Bendigo, Councillor Margaret O'Rourke.



From left, Belinda Conna of the Greater Shepparton City Council, Melanie Davern of RMIT University (an Australian public research university in Melbourne, Victoria), Canterbury DHB's Public Health Physician Anna Stevenson and Trevor Budge of the City of Greater Bendigo

'Broadly Speaking' is a free training workshop that brings together people from across the health sector, local government and a wide variety of organisations to unpack the complexities of wellbeing in our population.

Margaret says the training was thought-provoking and well-facilitated, broadening her understanding of factors that shape the health of communities.

"The materials and format sparked important conversations about how we can bring others to the table and work together to create a healthier and more liveable city"

Sandy says it was wonderful to see the HiAP work done in Canterbury recognised in Australia.

"We were particularly impressed with the wide engagement of people. There is a clear commitment to creating healthy and liveable communities."

More information on 'Broadly Speaking', including 2020 course dates, is [here](#).

# Gold recognition for Facilities Development Projects group

The regular Facilities Development Governance Group (FDGG) meeting last week was interrupted briefly for a very special presentation from Mike Pearce, Project Manager for Leigh's Construction. The company and CCM Architects were recently awarded the Gold Award in the New Zealand Commercial Project Awards in the Health section for the Christchurch Outpatients building.

The Gold Award is given to projects that achieve more than 95 percent in the judging criteria and is highly sought after in the construction industry.

During his presentation, Mike paid tribute to the Facilities Development Team for their attention to detail and willingness to work alongside the builder to ensure a positive outcome for all parties.

"Your input into (the build process) just makes our lives a dream. When we walk out, you walk in," Mike says. He also says it can be difficult to get that kind of buy in to the details from some clients and the Canterbury DHB's willingness to get it right the first time made all the difference.

"I can't say enough how wonderful your team is, and thank you very, very much."

Canterbury DHB Chief Executive David Meates said the true testament of the building was the pride the staff who use the building have in it.

"At the end of the day, that's what these things are about, supporting people to deliver care. And you know you've got it right when those who deliver that care are saying this is fantastic."

The New Zealand Commercial Project Awards were designed by a group of commercial contractors and backed by Master Builders and are committed to celebrating team work and excellence in their craft. The awards recognise



Canterbury DHB CEO David Meates accepts the Gold Award from Mike Pearce of Leigh's Construction on behalf of the Canterbury DHB



Facilities Development Projects (FDP) team members: Project Managers Shirley Butcher, Christine Corin and Dale Kennedy with Leigh's Construction Project Manager Mike Pearce (centre)  
Absent: FDP Programme Manager Angela Mills, and Project Managers Andy Savin and Irene Crombie

excellent processes and practices and craftsmanship, but also highlight the importance of the construction relationship in projects.

Pearce reinforced the importance of that relationship, saying that while the gong was awarded to Leigh's Construction, it was in fact a win for all the parties involved.

The 10,500 m<sup>2</sup>, six-storey Outpatients building that caters for more than 380,000 visitors annually has also won the 2019 Canterbury Architecture Award for Public Architecture.

# Duchess of Cornwall takes part in cooking class

The Senior Chef team had a special sous chef join them recently – Her Royal Highness, the Duchess of Cornwall.

Active Ageing is a key focus of her work.

Her Royal Highness included the visit to the Senior Chef programme while Prince Charles was at Lincoln University as part of their third joint visit to New Zealand. Christchurch was the third stop on their tour.

Her Royal Highness also launched the new Senior Chef cookbook, *Easy Recipes for One or Two*, at an event after the cooking session.

Pegasus Health Senior Chef Coordinator Wendy Scanlon invited Her Royal Highness on stage where she launched the book.

Wendy told those gathered that Senior Chef was all about connecting the community, combating loneliness and providing older people with a new sense of purpose.

Her Royal Highness said she was delighted to be invited to the event.

“It’s a real pleasure to be for once surrounded by people my age. I’m feeling a lot better and I’m so impressed by everything you’re doing here.

“I do think it is so important as you grow older to be able to cook... this school will re-energise older people to like cooking again, and eating good food for your body and your mind is vitally important as you get older.”

Her Royal Highness was gifted her own copy of the cookbook and an apron.

Senior Chef is a free programme jointly funded by Canterbury DHB and Pegasus Health that supports older people living alone or with one other person, to live with better health, through practical cooking skills, meal planning, budgeting, shopping tips and good nutrition.

It also provides social interaction which helps counter loneliness. The programme has had more than 2500 participants so far. You can find out more about Senior Chef [here](#).

photo by Amy Driver



Her Royal Highness, the Duchess of Cornwall, makes a meal with Senior Chef participants and far left, Senior Chef Coordinator Karen Ogg



Her Royal Highness, the Duchess of Cornwall and Senior Chef participant Reg

# The importance of exercise... (emergency response that is)

As described by Canterbury DHB Emergency Planner Jane Lodge.

## What is exercising in this context?

An important part of any emergency or business continuity plan is making sure the plans you make will work. Exercising tests your service or organisation's readiness to respond through using plans and procedures (standard operating procedures – SOPs) in a safe environment. This allows us to identify any gaps or changes that need to be made. We also use exercises to review how we work in with, and alongside, other health and emergency services and communities.

## Is there only one type of exercise?

No, they can be tabletop or operational. We mainly do tabletop because writing and directing an operational exercise takes a huge amount of resource. A tabletop is where our Emergency Operations Centre (EOC) or Emergency Coordination Centre (ECC), is activated and we work to a scenario that is pre-written. But we also tell any key stakeholders that we are having the exercise and they can be called during it to provide information or send resources to keep things moving.

Operational exercises include EmergoTrain exercises which work in real time using 'goobers' (pictured)



EmergoTrain exercises use 'goobers' or generic images to represent patients and resources

to represent patients and resources. That process requires only the players to be available, and not extra people to act as patients. You can find more information about this [here](#).

## What is the best thing about an exercise for the participants?

It gives people who will be responding the opportunity to learn, make mistakes, and provide feedback about how we can do things better in a safe environment. To participate without fear. People find strengths they didn't realise they have and go away knowing they can do it.

## Why do you think people get worried about exercises?

Because we use words like emergency, disaster, and life-threatening, and people take that on board and think that people's lives might depend on what they are doing. But it's about providing a coordinated response where many hands make light work.

What are some of the things you think about when you are planning an exercise for a service?

Making it meaningful to them. For example, when I planned the Ashburton Hospital exercise it was not only to test the plan and SOPs, but



Canterbury DHB Emergency Planner Jane Lodge

also the supply line, should transport be interrupted. This could be a real problem on the day, so everyone was able to relate to it.

## Do other emergency services get involved in health exercises?

Yes, and we encourage it, because we don't operate in isolation. We need to be able to work together in sometimes highly charged events. Feedback from other services is that they find the opportunity to work with us very valuable and it gives our staff the opportunity to see where they are coming from and what they can bring to the table.

## In your career what has been the most rewarding exercise you were involved with so far?

I was Exercise Director for Auckland City Council. The catchment area went to Great Barrier Island and included Waiheke. It was a tabletop and operational. We had a tabletop going in the ECC and we opened a welfare centre receiving impacted people from the community, registering them and providing the appropriate support.

## What are you currently planning?

A very top-secret exercise at a local campus... we'll tell you about it afterwards!

## Holiday publication dates and deadlines for the *CEO Update*

The last *CEO Update* for 2019 will be a Christmas special, to be published on **Monday 16 December**, with a deadline of midday on Thursday 12 December.

Please send in your Christmas-themed photos – whether it's decorations, a tree, a festive team outing or activity. Share the love and help us spread some Christmas cheer.



The first issue for 2020 will be published on **Monday 20 January**, with a deadline of midday Thursday 16 January.

Feel free to share some holiday snaps to show how you made the most of some time off work.

Photos and stories should be sent to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

We're always after new people to interview as part of our 'One Minute With' series – feel free to nominate a colleague or yourself.

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## Digital Literacy Survey for people working in the health and disability sector

Understanding the digital literacy of health and disability providers in New Zealand is the topic of a Ministry of Health survey, which staff are encouraged to complete.

The survey is designed to understand how the health and disability sector has incorporated digital tools and platforms; what people already know; and what they feel they lack. Digital expertise can take many forms, so they want to hear from everyone. You don't have to be a coder.

The information collected will be used to create a plan for increasing digital and data literacy in the health and disability sector and to write a report for the Clinical Informatics Leadership Network.

Questions include where you work, what you do and what you think could be done better support the digital transformation of the health and disability sector. The survey is anonymous, and no identifying data will be published in the analysis.

The survey is voluntary, and takes about 15 minutes to complete. At any point you can save your progress by selecting the 'save and come back later' option at the bottom of any question page.

The survey closes on Friday 20 December 2019. The link to the survey is [here](#).

# Staff discount for popular fundraising cookbook

One Mother to Another has been providing gift packs for mums with sick children in the Neonatal Intensive Care Unit (NICU) and the Children's Acute Assessment Unit (CAAU) in Christchurch Hospital for the last three years.

One Mother to Another was also privileged to be able to provide 300 special boxes for Christchurch Hospital staff in response to the 15 March attack, says Co-Founder Joy Reid.

"These boxes were filled with snacks, coffee, tea and a whole host of special treats for the staff who were working bravely and tirelessly over what were unprecedented times."

"As we reflect on 2019, we wanted to thank you for being part of One Mother to Another's fundraising EATS cookbook, which includes recipes



from both NICU and CAAU staff," says Co-Founder, Christina Buckland.

"It's helped us raise thousands of dollars this year and is ensuring we can continue our support of mothers with children in hospital. Our cookbook is full of more than 100 favourite recipes from celebrity cooks,

prominent Kiwi mothers, and local families. We are really very proud of it.

"We would love to also offer the staff of the hospital 20 percent off EATS as well."

To receive the discount visit [www.onemothertoanother.org.nz](http://www.onemothertoanother.org.nz) and enter the code "CHRISTMAS".

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# One minute with... Deb Bamber, Clinical Product Co-ordinator

## What does your job involve?

The Clinical Product Co-ordinator (CPC) Service interfaces between the Procurement team and clinical services. Our role is to facilitate the evaluation of new products and technologies, administer clinical product recalls and ensure new products being introduced into the DHB meet national and international standards. It's not all trailblazing stuff though, currently a large portion of the role is reviewing the PHARMAC medical device contracted items, so a lot of number crunching too.

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

To be honest I kind of fell into working in the health sector but I think it's the people I get to work with that keeps me here.

## What do you like about it?

That's simple – I find my role utterly fascinating. I am constantly learning something new and I get to work with some incredible people.

## What are the challenging bits?

I'd probably have to say the start of a new project. Working out what is involved and more importantly who are the clinical leads who need to be consulted.

## Who inspires you?

From an early age I have loved art and recall visiting the National Gallery in London and seeing JMW Turner's magical painting 'The Fighting Temeraire' for the first time. In more

recent times I admit to cheating on Turner a little in falling hard for the inspirational talent of New Zealand artist Tim Wilson. Known as the master of light, his work is totally captivating.

## 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. This role requires a high degree of personal and professional integrity.

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

Lol, I'm not on LinkedIn!

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

Paris, wandering the halls of the Louvre.

## What do you do on a typical Sunday?

I have several outside interests, so I'll either be in the studio painting or doing something with my horses. All going well I'm hoping to exhibit again at the Christchurch Art Show next June.

## What's your favourite food?

Hazelnut praline chocolate, yum!

## And your favourite music?

I like most genres, but a good classic rock ballad will always tick the boxes. Favourite concert of all time was Queen, 1986, Knebworth Park.



Deb Bamber with her oil painting of a Pukeko that she is currently working on



Deb Bamber's horse painting, 'Notorio', which she completed earlier this year. It sold during Darfield Art Week



**As the year comes to an end, the Canterbury business community has contributed to a giveaway for our people to say thank you for all you do.**

Head to the *Something For You* intranet homepage between 2–15 December to enter and find out more information. Winners will be drawn on 16 December.

A huge thank you to this week's featured businesses who have kindly supported the giveaway:



## Latest Community Health Information Centre newsletter out now

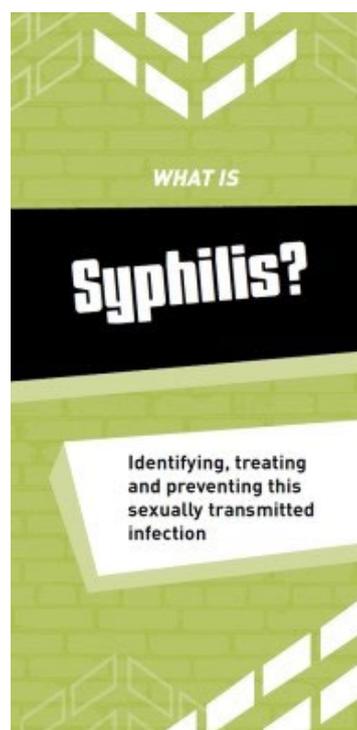
The Community Health Information Centre (CHIC) provides free health resources to any person or organisation in Canterbury, South Canterbury, West Coast and the Chatham Islands.

The resources are developed by Community and Public Health staff, and other health agencies.

The [November edition of CHIC's newsletter](#) is out now and highlights new and revised free resources available from your local CHIC office, as well as recently deleted resources.

This month's featured resource, **What is Syphilis?** (HE2576) is available in English and te Reo

For more information about CHIC and to order resources online visit the [Community and Public Health website](#).



# Canterbury Clinical Network, monthly update – November

The key messages from the Canterbury Clinical Network (CCN) Alliance Leadership Team's 18 November meeting are now available.

Read more [here](#), view previous key messages via the [resources page](#) of the CCN website, as well as dates of upcoming meetings via the [calendar](#).



## The latest edition of the Health Quality & Safety Commission's e-digest is now available

### Stories include:

- > New videos for the Choosing Wisely campaign
- > Summary and presentations from the second learning session for the 2019 Whakakotahi quality improvement programme
- > 2018/19 *Learning from adverse events report*
- > Upcoming events calendar

You can read more [here](#).



KEEPING OUR COMMUNITY HEALTHY

# WELL NOW

SPRING 2019

CANTERBURY

A snapshot of how we're doing

A close-up photograph of a bright yellow daffodil flower in bloom, set against a blurred green background.

**Your community health magazine is out now!**

Keep an eye on your mailbox, or check it out on our website.

[cdhb.health.nz](http://cdhb.health.nz)

## Exhibition on the Dunedin Study now on in Christchurch

Relive New Zealand's past through the lives of the 1,000 most-studied people in the world.

The findings of a landmark New Zealand study tracking the lives of 1000 babies born in the early 1970s is now on display in an exhibition at Canterbury Museum.

*Slice of Life: The World Famous Dunedin Study* provides an overview of the Dunedin Multidisciplinary Health and Development Study, its methods and its major findings.

The study has followed 1,037 babies born in Dunedin in 1972 and 1973 through their lives. It has been acclaimed internationally as one of the most significant projects of its kind and its findings have influenced health and social policy around the world.

*Slice of Life* was developed by the University of Otago Te Whare Wānanga o Otāgo and Toitū Otago Settlers Museum.

The exhibition follows the study's participants as they start school, learn to drive, experiment with sex, drugs and alcohol, find careers and start families of their own.



Visitors can look into rooms recreated in the styles of the 1970s, 80s, 90s and 2000s, and learn about links between lifestyle choices and health through hands-on interactive exhibits.

*Slice of Life: The World Famous Dunedin Study* is open now at Canterbury Museum and runs until 3 May 2020.

## Latest Sexual Health newsletter out now

This newsletter from Community and Public Health provides up-to-date information to health co-ordinators in schools and others working in the area of sexual and youth health in the Canterbury/West Coast region.

The November issue includes:

- > Abortion law changes
- > Long lasting contraception options now free
- > Endometriosis
- > 87 years old, one sex partner, diagnosed with AIDS.

Read it online [here](#).

