



Acknowledging the past and looking to the future

The majority of Cantabs who took part in a recent All Right? survey reported feeling lucky, happy or excited about the future.

The 22nd of February will always be a significant day for Cantabrians as we remember the 185 people who died in the devastating quake in 2011. For those of us who experienced that day, it's also a time to reflect on how much our lives have changed and how far we've come over the past five years.

At the end of last year the All Right? team commissioned a survey of a representative sample of 800 randomly selected individuals, aged 15 years or older, living in Christchurch and the Waimakariri and Selwyn Districts, as well as eight focus groups.

The [research](#) was released last Friday and here are the key findings:

While there has been some improvement in how people are feeling since the survey was first carried out in 2012, more than 60 percent of those surveyed are still grieving for what they've lost.

The research shows there is a lot of hope and optimism in the region with 79% of those surveyed saying they feel lucky, 91% happy and 73% excited about the future.

It is also clear that the earthquakes and recovery related-stressors are still affecting Cantabrians' wellbeing. Unsettled insurance claims are having a negative impact on how people feel.

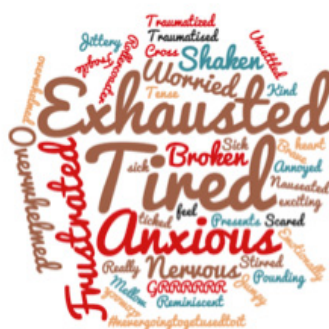
More than a third of those with an unsettled claim say their living situation is currently getting them down – nearly three times as many as those with settled claims (12%). And half of those with unsettled claims say their life is much worse than before the earthquakes, compared with 26% of those with settled claims. These findings reflect international experience.

We know from overseas research that psychosocial recovery after a natural disaster can take up to 10 years. We also know that Canterbury had more than one natural disaster, a long period of a large number of aftershocks and has had a high number of secondary stressors. That means we expect the recovery to be even longer here.

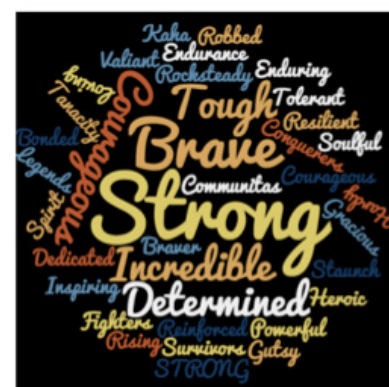
I know many found the Valentine's day quake and last week's aftershocks unsettling. We still need to take extra care of our mental health and wellbeing. If we look after our mental health we will cope with stress better. Just like eating healthily and exercising improves our physical health, there are things we can all do to improve our mental health – even when life is really stressful.

Routine and focusing on the things in your life that you can control is really important - that's things like getting together with family and friends, taking time to relax and enjoy life, exploring new places or exercising.

HOW CANTERBURY FEELS AFTER AN EARTHQUAKE



HOW NZ SEES CANTERBURY AFTER THOUSANDS OF EARTHQUAKES



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Jody Cartwright, one of our clever transit care nurses has been making these crocheted road cones to mark the 22 February quake.

The 'Five Ways to Wellbeing'

The Five Ways were put together by the UK Government and are based on international research into what is proven to lift mental health and wellbeing.

They are:

- » to give (your time to helping others – even just a smile),
- » connect (with other people),
- » keep learning (new skills boost confidence),
- » take notice (of the good things in your life) and
- » be active (even a little helps a lot).

It's easy to see just road cones, cordons and empty sections but we need to notice the good things that are happening in Christchurch too. For example, the new buildings, roads being reopened, the street art and innovative projects by groups like Gap Filler. All of these things bring hope and are signs of how the region is genuinely recovering from all we've been through.

While it's likely the Valentines' Day earthquake and the resulting aftershocks affected the region's collective mental wellbeing, we expect that for most people that will only be temporary.

If you're one of those finding things hard going, whether it's with external agencies, sleep, or concerns about your own or a family member's wellbeing, remember that free confidential counselling is available through [EAP services](#) 0800 327 669.

Mental Health

There has been significant coverage and discussion across the community relating to the ongoing impacts on the mental wellbeing of our community. While the pressures remain unrelenting across many parts of the Canterbury Health System, I do want to acknowledge the incredible contribution that you have all made to the well-being of our community. Despite all the pressures and the ongoing disruptions, everyone that has and continues to work as part of the Canterbury Health System has gone way beyond what anyone could reasonably have expected over these past five years to ensure that services have remained open and that services have continued to meet the needs of the community. Thank you all for your incredible efforts and contribution to the recovery of Christchurch and Canterbury – your efforts and sacrifices have made such a huge difference to this community. While we will continue to be faced with extraordinary challenges, it will be many years before health in Canterbury will be back to anything that could be described as “business as usual”. I am so incredibly proud to be part of the Canterbury Health System.

People in Disasters Conference

I'm sure those people who have registered for this week's People in Disaster's Conference being held at the Air Force Museum of New Zealand are looking forward to the experience. With such distinguished keynote speakers and input from our own local health professionals it's sure to provide some powerful insights into disaster management.

There's a story all about what conference goers can expect further on in the update plus a peek into a memorial book from the Christchurch 22 February earthquake put together by staff at the Cotter Medical History Trust. Don't forget also our earthquake website which has many of our stories captured soon after the February quake www.cdhbquake.org.nz

Take care,



David Meates
CEO Canterbury District Health Board

Facilities Fast Facts

Burwood

Countdown: it's just 13 weeks to go until our moves get underway!

Five years after the February 22 quake, Burwood Hospital is close to being transformed.

Compare these two pictures; the first taken in July 2013 looking east from the old Pain Management building, the second, from almost the same spot, in February 2016, facing towards what will be the new main public entrance, with the outpatients' department on the right.

There's now a new area for staff on the intranet that contains the [latest information on migration to Burwood](#). It includes information on how to recycle or dispose of unwanted items such as furniture or equipment according to the correct CDHB guidelines.

Remember – even if something is obsolete it remains CDHB property, so should not be given away to charity / friends / other organisations etc. Speak to your manager or the support services team (extension 66882) if you have items surplus to your requirements, and they will initiate the correct process.



Above: Taken July 2013 looking east from the old Pain Management building at Burwood Hospital.



Above: Taken February 2016 from almost the same spot as the above photo, facing towards what will be the new main public entrance, with the outpatients' department on the right.

Christchurch

Site sheds are now installed at the rear of the Acute Services Building site for the new contractors.

The first steel for the building's framework will be shipped to New Zealand in late February. There is so much steel coming, and some of the steel beams are so large, that it will be delivered to a special lay-down yard before being brought to the hospital site.

Engineering preparations are also underway for the two tower cranes that will be constructed on the site.

Christchurch Outpatients building

This week, the first round of Developed Design meetings begins, looking at the detail of what goes into each room in the building. This is a significant milestone for the project – thank you to everyone who has given their time to get to this point.



Above: Members of the Clinical Leaders Group take a look around one of the patient lounges that are nearly finished in one of the ward blocks at the new Burwood Hospital.



Bouquets

Park & Ride

Congratulations on the brilliant Park and ride shuttle service. We come to Christchurch Hospital on a regular basis from Waimate and my stress levels have decreased considerably since this service has been operational.

Park & Ride

Great having a shuttle service from the old sale yards. Lovely staff.

Emergency Department

Dear Professor Ardagh and Mr Meates, I am writing to you both to thank you both so much for the A and E Department and all the work you have done on it. Last Sunday morning I was taken in by ambulance. [I was injured] from the earthquake 22-2-11. My health had begun to really improve and out of the blue I suddenly dislocated my hip....all that was happening would normally leave me panicky. Not so in this case.... Smiles and time to listen and the feeling of security to relax in care of A&E meant I went to observation ward and home in the evening. Thank you both and please thank the wonderful staff...I am truly grateful.

Emergency Department, Christchurch Hospital

I met my mother (89 years) at ED after she had a fall at home. I would like to compliment all the staff who looked after Mum. I found them all to be compassionate and caring. Please pass on my appreciation.

Intensive Care Unit (ICU) South, Christchurch Hospital

The best caring-sharing-helpful-staff we have ever come across, we thank you. It would be really helpful if they had a microwave up there, for after hours when the cafes are closed.

Emergency Department, Christchurch Hospital

Thank you so much for your care, love and support of with his conjunctivitis. Thank you so very much, for a shy old man it meant so much.

Eye Clinic, Christchurch Hospital

Visited the eye clinic with my father today. All staff were very helpful, friendly and coping extremely well. Considering the effort of bringing a senior citizen to appointments I was grateful and appreciative of the efforts and team work of staff. Thank you.

Diabetes Screening

I want to acknowledge the great team here, reception, nurses, everyone today made my visit easy and painless. Great staff, thank you.

Eye Clinic, Christchurch Hospital

Good service today at the clinic, Dr Duff and his nurse. Thank you.

Intensive Care Unit (ICU), Physiotherapy, Christchurch Hospital

We would like to thank Cathy (Physio) and her team for the amazing work and support provided to during his recent illness and stay in ICU. The care received was above and beyond and his recovery is thanks to the dedication shown.

Ward 24, Neurology, Christchurch Hospital

To the nurses, doctors, orderlies, health care assistants and the whole team caring for Thank you, thank you, thank you for all you do, you are heaven's helpers. God bless you all.

Acute Medical Assessment Unit (AMAU), Christchurch Hospital

Excellent care from all the staff during my short stay. Kept me informed at

all times on what they were doing, helped a lot. Thank you.

Urology Unit, Christchurch Hospital

Thank you so much for the care you provided for me, especially Ayla, Libby, Gina and Kaye (nights). And others who were also awesome. All the team was wonderful. I found a professional and caring team who helped me through an embarrassing and awkward time and allowed me dignity, Thank you all.

Nga mihi ki a, koutou e nga neehi mo to manaaki raua ko awhina ki a... Arohanui.

Urology Unit, Christchurch Hospital

Thank you all for your wonderful kind care you gave to my family member. Greatly appreciated! Special thanks to Eugene and Libby for their special care.

Urology Unit, Christchurch Hospital

I thank you all so much for the wonderful care you provided me over my recent stay.

Ward 14, Nephrology and Cardiology, Christchurch Hospital

Doctors, specialists and nurses amazingly kind and sweet. Really appreciate their care of my sister. Thank you.

Ward 16, General Surgery, Christchurch Hospital

Many thanks to the staff I dealt with whilst in for my care and too the staff who work in the background and made my stay pleasurable. Keep up the good work guys and girls.

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» Article continued from page 4

Ward 19, Orthopaedics and Trauma Unit, Christchurch Hospital

Karen Wilson and the staff – medical, nursing and dietary were fantastic. I received excellent care and they were also wonderful with my husband. Thank you for everything.

Ward 18, Orthopaedics, Christchurch Hospital

With great compliments for the friendly nurses. They are always helpful. It was possible to go out of the hospital by wheelchair. Francisca was very efficient arranging everything. Finally for me a good solution to move to Burwood Hospital for my surgery. Thanks that was possible.

Ward 18, Christchurch Hospital

There is a hospital aide on Ward 18, Margaret is her name, she must be the ward's treasure. She always goes above and beyond for anyone in need. I would feel honoured to be one of her patients. I only hope she knows how much she is appreciated by so many people. So to you Margaret from Ward 18, nocturnal shift, I thank you so very much on behalf of all those who have had the pleasure of either being cared for by you or those who have the honour of working alongside you. Thank you Margaret.

Orderlies, Christchurch Hospital

Our 16 year old son was transferred from Ward 11 to SARA (Surgical Assessment and Review Area) on 18 January. Phil was the orderly who came to move him. We would like to

acknowledge his gentle, professional and caring nature which left him feeling very relaxed in an unfamiliar environment. With the warmest regard.

Ward 26, Oncology, Christchurch Hospital

Heather was my nurse on Ward 26 and she was next level. A true star, went well out of her way to make sure I was having the best possible stay, and didn't beat around the bush when sharing bad news. Which is pretty hard to find. Thanks.

Ward 14 and Emergency Department, Christchurch Hospital

I cannot praise enough about the staff at the above wards. They are all so professional and friendly. The food and service was excellent. Thank you.

Emergency Department, Christchurch Hospital

Wonderful, kind doctor and nurses. Wonderful, kind social worker. Thank you all very, very much.

Ward 20 (Plastic Surgery), Christchurch Hospital

The staff are excellent – helpful, kind, knowledgeable. The food is excellent and I really appreciate the variety of the menu. The girls who have been making the coffee and tea are lovely but sometimes they look quite tired – long shifts?

Thank you all for being such a great team and helping to make my time in hospital manageable and pleasant.

Ward 20, Christchurch Hospital

First mention goes to the nurses – professional, knowledgeable, friendly. They were the core of my care and nothing was a bother to them – and efficient! Doctors, professional, got on with their job. Cleaners, courteous. Food staff, an unexpected highlight, food was great, staff friendly and efficient. Overall this is a well-run ward with well-meaning professional people. I can't say enough good things about them.

Ward 24 (Neurology), Christchurch Hospital

I have cancer and had to spend five days in Ward 24 after a small stroke. I want to say thank you to the nurses, orderlies, doctors and cleaning staff, in fact everyone involved in my care. All are so warm and caring, competent and capable. No matter how many times I've needed the sheets changed, they have done it with good grace. It's all 'just part of the job', they say. I have appreciated their attention and care immensely.

Orthopaedic, Christchurch Hospital

Thanks to Hazel, Leanne in the bone shop. Also thanks to Paul Phillips for completing a successful operation.

South Island Alliance February Newsletter

The latest issue of the [South Island Alliance newsletter](#) is now available.

In this issue:

- » Educating stroke services
- » Faster Cancer Treatment projects
- » Improving child health
- » SIA job vacancies
- » ACP seeks feedback on resources
- » HealthOne in South Canterbury
- » Meet the communications team
- » Chair interview: Mike Hunter, Major Trauma workstream

**Canterbury Children's Team: Update Four**

[In this issue:](#)

- » Training and workforce development news
- » Core competency framework test to be rolled out in Canterbury
- » Important safety checking and RealMe requirements
- » Engaging professionals and practitioners to work together around each vulnerable child
- » Meet Sine Stewart, Children's Team Coordinator
- » Overview presentation on the Children's Action Plan and Canterbury Children's Team

Canterbury Grand Round – back this week

Friday 26 February 2016 – 12.15 – 1.15pm
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker one: Jane Nugent, General Practitioner

“EWS Scores – not just for nurses”

Jane is back by popular demand after her very good presentation last year.

Speaker two: Pauline Clark, General Manager of Christchurch Campus

“Medical Student and Clinical Teacher Awards”

Pauline will introduce the second half of the Grand Round where the top medical students and clinical teachers will be awarded prizes by the Dean.

Chair: Lutz Beckert

Video Conference set up in:

- » Burwood Meeting Room
- » Meeting Room, Level 1 TPMH
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome.

Talks (with Speaker approval) will be available in approximately two weeks on the [intranet](#)

Next Clinical Meeting – Friday 4 March 2016

(Rolleston Lecture Theatre)

Convenor: Dr RL Spearing, ruth.spearing@cdhb.health.nz

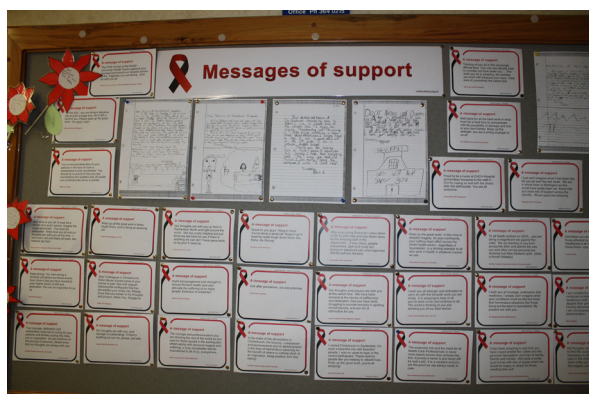
Earthquake messages of support on display

Participants in this week's People in Disasters Conference will be able to feast their eyes on a wide range of visual exhibits. Among them will be a humble scrapbook that contains many of the messages of support Canterbury DHB staff received from people all over the world after the 22 February 2011 earthquake.

The original idea for a board to display the messages came from Richard Hamilton (Business Development Unit) and Brian Dolan, (Director of Service Improvement, Business Development Unit). The pair noted that there was a lot of international support and interest from healthcare connections overseas asking what they could do and offering support and encouragement. Richard had the idea of AMOS - creating A Message of Support platform and contacted Public Health who provided the platform. They also offered it to other services like Fire, Police, Council etc so others could offer their fraternal support too. Brian collated the messages and pinned them up on notice boards in TPMH, Christchurch Hospital (both by the pharmacy and outside Great Escape), Burwood and Hillmorton.



Above: Cotter Medical History Trust volunteer, Cath Smith with the scrapbook she put together of earthquake messages of support for CDHB staff.



When the messages were taken down, Jane Trolove, Operations Manager, Christchurch Hospital and Pauline Clark, General Manager, Medical-Surgical and Women's & Children, Christchurch Hospital knew they were too important to just throw away. The messages were packaged up and made their way to the Cotter Medical History Trust.

Upon receiving the large envelope, volunteer Cath Smith thought “I think I will pop out and buy a scrapbook to keep these safe in.”

The result is 20 pages of heartfelt messages from people as far afield as the United Kingdom, United States and Australia. If you are attending the conference we encourage you to have a look through the words of support that made such a positive impact on our staff.



RESPONSE RECOVERY RESILIENCE : 24-26 FEBRUARY 2016

People in Disasters Conference

Whether your particular interest in disaster management is focussed on international aid, psychological response, traumatic stress or resilience, you'll find lots of resources at the [People in Disasters Conference](#) which kicks off tomorrow with a pre-conference workshop on media skills.

The conference is being co-hosted by Canterbury DHB and the 'Researching the Health Implications of Seismic Events' (RHISE) group, and is timed to work in with the five year anniversary of the 22 February 2011 Christchurch Earthquake.

International keynote speakers (see list below) will be presenting alongside local, national and international guest speakers. Their experience in natural disasters from earthquakes and tsunamis to fire storms and hurricanes will be invaluable for people wanting to expand and improve on their disaster management plans.

Selected sessions will be video recorded and all proceedings will be documented for those unable to attend. Check next

week's update for ways to access these records.

[Keynote speakers:](#)

- » Sir John Holmes (currently Director of the Ditchley Foundation and chair of the Board of the International Rescue Committee – UK),
- » Jonathan Davidson (Professor Emeritus in the Department of Psychiatry and Behavioural Sciences at Duke University, Durham. North Carolina),
- » Dr. Jeanne LeBlanc (Registered Psychologist, specializing in Clinical Neuropsychology and Rehabilitation, Vancouver, Canada), and
- » Prof Alexander McFarlane (Professor of Psychiatry and the Head of the University of Adelaide Centre for Traumatic Stress Studies).

Administrator who epitomised Canterbury DHB values retires

A customer service "star", Haematology Outpatient Administrator, Loyis Melton, is retiring after a 28 year career with Canterbury DHB.

Loyis joined CDHB in September 1987 and worked at St Andrew's outpatients for 18 years. In 2005 she transferred to the Medical Day Unit (MDU) working as a Ward Clerk until 2013 then moved to the Haematology Outpatients clinic.

Right from the beginning Loyis always went the extra mile and kept patients at the centre of her focus, says Nursing Director Deb Hamilton.

"Customer service and a strong work ethic together with her 'can-do' attitude were factors in Loyis' success as a team member. Her mantra was that the patient always came first and patients and staff respected her for her dedication to the service."

She kept the MDU ticking along without fuss in a streamlined and organised manner.

Concurrent with long service is the challenge of responding to change, Deb says. Loyis was a key team member through the redevelopment and steady growth of the MDU.

"It was her willingness to go the extra mile in this busy working environment that demonstrated her commitment to her team and living CDHB's values," Deb says.

Haematology patients were the next beneficiaries of Loyis' dedication and customer focus. When she transferred to the Haematology Outpatients clinic her work ethic didn't waver and her commitment to putting the patient at the centre of each work day remained constant.

"On behalf of the organisation we would like to take this opportunity to thank her very much for her commitment, dedication and hard work and wish her well for the future and her retirement."



Above: Loyis Melton



Rugby Cup visit to Christchurch Hospital's Nephrology Department

Christchurch Hospital's Nephrology Department had a special visit last Tuesday from All Black Wyatt Crockett and the Webb Ellis Cup.

Wyatt says his motive for the visit was to say thanks to staff for taking such good care of his wife Jenna who received a kidney transplant last year right around the time of the Rugby World Cup.

"When I had the opportunity to bring the cup home... I thought it would be a great opportunity to bring it in here (to Christchurch Hospital) and take it around to some of the people potentially waiting for a transplant."

Wyatt says it was a pretty stressful time having a wife who had just had a transplant while he was off overseas competing for his country's biggest sporting event. But he knew she was in good hands with the team at Christchurch Hospital.

Jenna says she was particularly lucky because her best friend Kat was a donor match and kindly donated one of her kidneys.

"She sees the difference it's made to my and Wyatt's life and our kids. I'm now able to go out and do the things I want to.

"It's a huge difference energy wise... it's massive I can't really explain how huge having that gift from someone – it's life changing for us."

Jenna says most people would never think about kidney failure until they, or someone they know is faced with it. She encouraged people to talk about organ donation – particularly to have a conversation with their loved ones so they know their wishes around deceased donorship.



Liz Carrick with Wyatt Crockett, left and Nick Cross, Nephrologist.



Wyatt Crockett being interviewed by CTV.



Wyatt Crockett with Madison Sillifant and Barry Sillifant.

Number of pressure injuries reducing

With good identification and management of at risk patients, studies have shown that pressure injuries are in the main, highly preventable.

A repeated study of the prevalence of pressure injuries at Canterbury DHB has shown that the prevalence has been steadily reducing over the past five years, by nearly half in some areas.

Pressure injuries, sometimes known as bedsores, can cause significant harm and discomfort to patients. They are caused by pressure against the skin that limits blood flow to the skin and nearby tissues and/or shear forces that push one part of the body in one direction, and another part of the body in the opposite direction.

This can stretch and damage cells, even when there is a good blood supply to the tissues. Other factors related to limited mobility can make the skin vulnerable to damage and contribute to the development of pressure injuries.

The CDHB Pressure Injury Prevalence study has been carried out at CDHB from 2011 to 2015, with the most recent data showing positive results, says Nurse Coordinator Projects, Yvonne Williams.

This work has been endorsed by the CDHB Directors of Nursing and Quality groups.

The latest report shows:

The overall prevalence rate for the sample areas (eight wards involving an average of 160 patients each year) that have been involved in the study since 2011, decreased in 2015 to 18.6

per cent from 25.5 per cent in 2014. The prevalence rate for this group has decreased by nearly half since the start of the studies in 2011 where the prevalence rate was 39 per cent.

The number of pressure injuries remains low with 46 identified in 2015 with fewer pressure injuries of less severity identified per patient. Hospital acquired pressure injuries decreased in 2015 to 41 per cent.

“The results reflect the focus and commitment that nursing has made to reducing patient harm but there are still further possibilities to take this result closer to zero. Zero incidence remains our longer term goal,” says Heather Gray, Director of Nursing, Christchurch Hospital Campus.

There are still areas that need focus such as:

The standard of required documentation remains the same or in some areas has declined.

Device related pressure injuries remained an issue in 2015 with the current adult risk assessment tool used within the CDHB, the Braden scale not including the risk of devices. However upon review, currently no adult risk assessment tools include risk of devices. Risk of devices will continue to be a focus with the education provided, but perhaps it is timely to review the CDHB risk assessment process to include devices.

“We will be reviewing the study this year and may move to the study being conducted bi-annually with random sampling of areas,” Yvonne says.

Mountainbike race showcases New Zealand to the world

Clinical Pharmacologist, Matt Doogue, and Nephrology Clinical Director, John Irvine, had a great result in the inaugural The Pioneer Mountainbike Stage Race, coming fourth in their age group.

The seven-day race from Christchurch to Queenstown covers 569km, and involves 15,273m of climbing off road on a mountain bike.

Matt says it was a superbly run event showcasing New Zealand to the world.

For more information on the race go to thepioneer.co.nz.



Above: Competitors in The Pioneer Mountainbike Stage Race.

One minute with... **Katie-Ann Berry,** **Occupational Therapist** **(Child Development Service)**

What does your job involve?

At the Child Development Service we work with children with disabilities, and their families, to enable them to participate in their daily lives to their fullest potential. My job as an Occupational Therapist involves supporting families to work toward goals for the child's daily routines.

This can include anything from getting up and getting dressed in the morning, participating in play at preschool, or supporting parents to manage challenging situations at home. A lot of my role involves coaching; finding out what strategies parents have tried that have worked in the past, helping them to figure out what they would like to change, and helping them to make a plan of how to get there.

Why did you choose to work in this field?

When I was in my early twenties, I worked as a camp counsellor and high ropes course instructor at a camp for children with physical disabilities. I loved seeing how camp activities could be creatively adapted to enable all children to participate (including a high ropes challenge course).

My parents both work in children's mental health, so they suggested I look into Occupational Therapy. I was a bit resistant at first (what young person wants to listen to their parents?!), but eventually realised it was an excellent fit for my interests and strengths.

What do you like about it?

I love the variety of work that we do. I could be coaching a parent around the child's sleep routine, working with a preschool to teach a child to self-calm, and assessing for a wheelchair or other equipment all in the same day. We often visit families at home, and I love that families let us into their lives in that way.

What are the challenging bits?

We see such amazing families, and some of these families also face amazing challenges and stressors. It can be hard not to take those concerns home with you. Fortunately we have a very supportive team, which is extremely helpful in those tough situations.

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

This will sound a bit cheesy, but it's my mom! She is a Social Worker and she had a long career working in child and adolescent mental health, both on the front lines and in management. Whenever I met her staff they always spoke of what a supportive manager she was. She retired a few years ago, and has started to provide support and companionship to older adults in their 70s and 80s for a few hours each week. She is trying to learn some Bulgarian phrases so she can communicate with one of her clients. I admire how she never stops learning.

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?

I believe that as health professionals, we value the client in front of us. We see them for the person they are and consider their whole life, not just their disability. We follow through on what we say we are going to do. We do everything we can to make it right when we fall short (because no one is perfect and we will fall short at times).

The last book I read was...

I'm currently reading "Let my people go surfing" by Yvon Chouinard, the owner of Patagonia (outdoor clothing store). I don't usually read books about business, but this is a really interesting book about the philosophy of the company and how it came into being. I was particularly interested to learn they provide onsite childcare for staff and flexible hours to allow staff to go surfing or skiing etc when conditions are good. What a great idea!

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

I'm from Canada so my answer would be home visiting my family.

My ultimate Sunday would involve...

Doing something outdoors (skiing, going for a walk or learning to surf) and then relaxing with a coffee and reading something interesting.

One food I really dislike is...

This has been the hardest question to answer, I'm one of the least picky eaters ever. I'll go with that weird canned chicken, especially if it's in sushi.

My favourite music is...

I am a big music lover, so it's hard to narrow it down. This morning I listened to Michael Bernard Fitzgerald on my way to work – he is an indie/folk/singer-songwriter type (and is Canadian!)

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



Katie-Ann Berry

Department of Psychological Medicine University of Otago, Christchurch & Specialist Mental Health Service, Canterbury DHB Clinical Meeting

Tuesday 1 March 2016, 12:30pm – 1:30pm

Venue: Beaven Lecture Theatre, 7th Floor, School of Medicine Building

Title: Reflections on A Half-Century of Pharmacotherapy for PTSD: What's Effective, What Isn't and What Might Be.

Presenter: Professor Jonathan Davidson

Chair: Associate Professor Caroline Bell

Abstract: In the mid-1980s, Professor Davidson was among the first to conduct research into drug treatment of PTSD. He will describe the goals of pharmacotherapy, the existing research base relative to antidepressants, antipsychotics, anxiolytics (benzodiazepines), anticonvulsants, anti-adrenergics, investigational compounds, complementary and alternative ("CAM" or "integrative") modalities and the use of single dose drug therapy with psychotherapy. Additional topics will include how drugs affect resilience, and if they can prevent PTSD, whether relapse of established PTSD or unfolding of the disorder in the wake of trauma exposure.

Special notes:

These meetings will be held on a weekly basis (except during school holidays).

A light lunch will be served at the School of Medicine venue from 12 noon.

Psychiatrists can claim CME for attending these meetings.

The sessions will be broadcast to the following sites:

- » For TPMH attendees the venue is the Child, Adolescent & Family Inpatient Unit, Ground Floor. Access is from the main reception at TPMH.
- » For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital

The dial in address is: Psych Med Grand Round.

If you have difficulties dialling in please call 0800 835 363 to be connected.

Your Brain Matters: The Alzheimer's Prevention Programme - Christchurch



[Neurological Foundation Lecture](#)

10- 11.30am, 9 March, Cardboard Cathedral – Free, but you need to [register](#)

In his New Zealand lectures world-leading Alzheimer's disease expert, Dr Gary Small will outline that if we take charge of our everyday lifestyle choices, we can push back the age at which Alzheimer's symptoms might begin – perhaps by several years, which in some cases can mean for the rest of our lives. Even if scientists one day come up with a miracle drug that can cure dementia, it will always be easier to protect healthy brain cells than to try to repair damaged ones. For now, prevention is the key to protecting our brains.

Dr Gary Small is a Professor of Psychiatry and Bio-behavioural Sciences at the University of California Los Angeles, and director of the UCLA Longevity Center at the Semel Institute for Neuroscience & Human Behaviour. His Alzheimer's disease research has made headlines in the Wall Street Journal and the New York Times and he frequently appears on The Today Show, Good Morning America and CNN. He has written six books, including The New York Times best seller, The Memory Bible, and The Alzheimer's Prevention Program. Scientific American magazine named him one of the world's leading innovators in science and technology.

Staff Wellbeing Programme: New Canterbury Blokes Book : EAP post-quake information sheets



NEW Canterbury Blokes Book

[Click here](#) to view the 2016 edition of the Blokes Book.

EAP post-quake information sheets

[Click here](#) to view general support information.

[Click here](#) to view information on supporting children following a stressful event.

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

Understanding Incontinence

Continuation of the very successful presentations run throughout 2015.

Next presentation will be at Hillmorton Hospital on Wednesday 24 February.

[Click here](#) for more information or [click here](#) to register.

See www.continence.org.nz for more information on incontinence.

New Zumba Class at TPMH – every Thursday at 1645

Join Lillian for Zumba every Thursday from 1645-1730hrs in the Riley Lounge/Gym.

[Click here](#) for a full timetable of all Zumba classes.

How are you feeling?

This NHS tool may help you take control of your wellbeing by more actively managing your stressors. Answer a few online questions and you'll have access to information/tools that allow you to better manage your emotional wellbeing.

Click on the How are you Feeling? icon on the [Staff Wellbeing Programme intranet page](#). Note: the tool (at the bottom of this webpage) can be slow to load.

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

Andy Hearn, Staff Wellbeing Coordinator

Canterbury and West Coast DHB

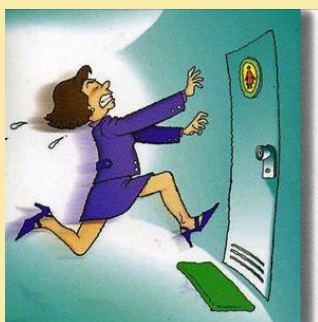
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924

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Canterbury
District Health Board
Te Pūnaha Matua o Te Whānau

investing
in your
Health

Understanding Incontinence



We are continuing to offer the very popular **Understanding Incontinence** presentations at main CDHB sites during 2016.

Presenter: Julie Day, physiotherapist CHCH Women's Hospital.

The session will cover:

- Types of incontinence
- Normal bladder function
- Role of the Pelvic Floor Muscles/Gadgets
- Bladder retraining and urgency strategies

Location	Date	Room	Time
Hillmorton	Wed 24 February	Lincoln lounge	1200-1300
Burwood	Wed 30 March	The Chapel	1200-1300
Community & Public Health	Wed 27 April (310 Manchester St)	Aoraki Room	1200-1300

Registrations will be processed on a first come, first served basis. The presentation is part of the Staff Wellbeing Programme and is free of charge. [Click here to register](#).

Contact Lee Tuki lee.tuki@cdhb.health.nz or 027 689 0285 if you have any questions

For information regarding incontinence visit <http://www.continence.org.nz/>



Alzheimers Canterbury

Community Education Seminar

1 March 2016

(Morning)

DEMENTIA, APATHY AND MOTIVATION

Dementia can affect people's motivation in many ways.

Connections between dementia, tiredness, apathy and (lack of) motivation as well as strategies to support people with dementia to continue to live life as fully as possible will be outlined by Maria Scott-Multani, Dementia Educator with Older Persons Mental Health service at The Princess Margaret Hospital.

There will be time for questions.

Everyone welcome

Date: Tuesday 1 March 2016

Time: 10.30am – 12 midday

Venue: Alzheimers Canterbury Meeting Room
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

314 Worcester Street
PO Box 32074
Christchurch 8147

T 03 378 2500
E admin@alzcanterbury.co.nz
www.alzcanterbury.co.nz

Making life better for all people affected by dementia
Kia piki te ora mo ngā tāngata mate pōrewarewa



In brief

CLIMATE CHANGE & HEALTH

Is food a major player?



Date 25th February

Session 1 12.30-1.30 pm Oncology Tutorial Room
Ground Floor, Oncology, Christchurch Hospital

Session 2 6.00 - 7.00 pm Oncology Lecture Theatre
Ground Floor, Oncology, Christchurch Hospital
(access via the hospital main entrance)

Safety 1st Health Check Update

Thank you for your feedback

Significant feedback has been received on the new electronic risk and incident management system, Safety 1st, through a survey completed by a wide variety of users.

The information is being used for continued system improvements, says Sue Wood, Chair of Safety 1st Control Group. "We were thrilled to hear our users consider the new system to be a definite improvement. We know we have a long way to go and are using your feedback to make it even better."

The survey was the first step in a comprehensive Safety 1st Health Check initiated six months after implementation.

The results

Overall, respondents said the new system is a more professional tool that helps promote patient and staff safety....[read more here.](#)

Opera meets art

The Friends of the NZ Brain Research Institute invite you to a special night of popular opera performed by The Opera Club together with a silent art auction.

The Christchurch Art Gallery, Montreal Street, Saturday 16 April 2016, 7pm.

Tickets are \$68 per person which includes refreshments, canapes from Lizzie's Cuisine, superb entertainment and a chance to own a beautiful piece of art.

Purchase tickets by emailing caroline@cmrf.org.nz or phone 03 353 1245.



Friends of the
New Zealand
Brain Research
Institute

Have your say on national Advance Care Planning Resources

The South Island Alliance, in collaboration with the Advance Care Planning (ACP) Cooperative, is seeking feedback on a series of national ACP resources via an online survey. Feedback is being sought from healthcare professionals and the public. [Take the online survey.](#)

New Zealand Rare Disease Day 29 February 2016



www.rarediseaseday.org.nz

New Zealand Rare Disease Day

@NZRDD

Rare Disease Day aims to raise awareness of all rare diseases in New Zealand. By working together we have a greater chance of improving the health and quality of life of our Rare Gems.



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

Dangerous caring: how good medicine can be bad for your health (and how to avoid it).

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

Queries to kim.thomas@otago.ac.nz

