



Canterbury making its mark on the world

It's absolutely awesome to see Canterbury gaining some pretty significant recognition of late for the way we work together to improve the health of our region.

The latest good news to come out is from the Productivity Commission in its [More Effective Social Services report](#) released this month.

The commission has endorsed the Canterbury Health System approach and how we have transformed over the past decade, particularly through alliancing under the Canterbury Clinical Network, and efforts to create people-centred health care along with the technology and systems to support and enable our staff to do the right thing.

The Commission sees significant opportunities for the health and social services sectors to improve outcomes through better choices of service models.

We agree. We are 100 percent behind better integration and collaboration across social services. The Canterbury Health System has been working this way for a long time and know it is a very sensible step in continuing on this path to include social services. Together we can achieve so much more.

It's rewarding to see the way we do things being recognised at this high level.

The commission's report acknowledges Canterbury's goal of coordinating services for people with complex needs to help ensure they experience seamless care that improves overall health outcomes.

It also quotes a case study commissioned by the World Bank. Earlier this year The World Bank

commissioned a review of our Canterbury health system to identify what is transferable to other health systems seeking to develop People Centred Health Care.

This report looks at how having meaningful engagement with health professionals, community leaders and our patients has been the backbone of developing and driving change here in Canterbury – and has also helped us through the significant disruptions of the Canterbury quakes.

Ensuring we are managing acute demand appropriately through better linkages between primary and secondary care and identifying opportunities for capacity development have all contributed to improving patient care.

We've done this through seeing the value and potential for improvements by creating strong alliances across professional and organisational boundaries.

Key strategies to achieving people-centred health care have involved new ways of working and having the technology to back it up.

It's been about enabling the people working in our health system to do the right thing with the patient. The community-based acute demand management service where general practice teams are provided with the support, skills and funding to manage acute patients in the community has been a hugely successful programme in

terms of avoiding hospital admissions.

Information Technology systems like HealthPathways, HealthOne, ERMS, E-meds and Signal For Noise (Sfn) are just some of the major IT success stories that have enabled us all to provide better care.

Efforts to increase the clinical sustainability of services while living within our means is something we can never stop striving to achieve. Improving quality by putting the patient at the centre of thinking and our service design has profoundly impacted how we work.

It's great to see other major organisations recognise our journey of transformation and supporting our way of thinking. Much of what we do isn't unique to Canterbury but how we seek to do it in a seamless joined up process organised around our patients and our communities is envied by colleagues in other health systems.

Canterbury DHB looks forward to ensuring the connections across the Canterbury Health System continue to gain strength to help enhance the health and wellbeing of our communities. Better integration across health with social services is a no brainer and it's tremendous this is being acknowledged at a high level. Canterbury is ready.

David Meates
CEO Canterbury District Health Board

In this issue

- » Smokefree workshop...page 4.
- » Canterbury Grand Round...page 5.
- » Step Ahead Trust Art Exhibition...page 6.

- » TPMH goes global for Rugby World Cup...page 7.
- » Calderdale Framework: Q&As...page 8.
- » Palliative Care advice...page 9.

- » Walking Festival...page 9.
- » Meet Hannah Soper, Paediatric Haematology & Oncology Pharmacist ...page 11.

Monday's Facilities Fast Facts

Burwood

Concrete pours have been ongoing at Burwood, this week's for the Outpatients building and the Psychiatric Services for the Elderly (PSE) block.

The photo shows a new colonnade for one of the corridors connecting the old and the new parts of the hospital.



Christchurch

News from the Ministry of Health

Leighton Contractors has been appointed as preferred contractor for the pre-construction phase of Christchurch Hospital's Acute Services building.

The pre-construction phase, which will last four months, will determine the final contract. This approach will enable Leightons to submit a fixed price contract to the Ministry of Health for consideration. It does not guarantee appointment for the construction phase.

Leightons was appointed as a result of a competitive tender process. Five companies registered their interest in the tender, four provided bids and the Ministry worked with two companies before making the appointment.

Leightons has experience on major hospital development projects in Australia and recently worked on Christchurch's new bus interchange.

Facilities Development office relocating

The Facilities Development office is relocating from 278 Antigua Street. CDHB staff on the Facilities Development team are moving to the Lower Ground Floor of the Parkside building at Christchurch Hospital – the rooms that used to house the Resident Doctors Support Team. All contact details remain the same. The site at 278 Antigua Street is in line to be redeveloped as part of the Health Precinct: the portacoms will be removed soon.

Number five concrete pour

Yet another large concrete pour was run on Friday 25 to Saturday 26 September for the foundations of the Acute Services building. This pour – number five in a sequence of eight – was an estimated 2100 cubic metres.



User group news

The Outpatients User Group is working on finalising the Functional Design Brief document with the design team as part of completing the Concept Design phase of the project.

User Groups for the Acute Services building met with services engineers this week to review security, lighting and nurse call plans.



Bouquets

Ward 14, Christchurch Hospital

Spent five days here and was very impressed with my care and all staff were fabulous. As a RN myself felt questions were answered well and care was exemplary. Thank you for your care.

Neonatal Intensive Care Unit (NICU)

They are very amazing and kept me updated with everything. They are all polite and they are all easy to talk to. I just wanted to compliment everyone on the NICU team for their amazing service.

NICU

Fantastic staff, really felt at home in a time of need. Helpful and really enjoyable.

Activity Room, Christchurch Women's Hospital

The play room is fun. The people are helpful and fun to join in with. It's a cool break away from being in your room.

Maternity Ward, Christchurch Women's Hospital

Excellent service. Attentive and knowledgeable staff. Thank you.

Haematology Unit

Hello to everyone at Christchurch Hospital. I made it back to New Mexico safe and sound! I'm missing New Zealand already, but it is good to be home. Just wanted to say thank you again for taking such good care of me. I couldn't have been in a better place to get such crazy news. The hospital tour of New Zealand wasn't scheduled on my list of touristy things to do, but it did turn into one of the

most meaningful parts of my trip. Definitely a five star rating on Trip Advisor... right up there with horse trekking in Glenorchy (who needs platelets anyways!)

Thanks Dr Spearing. (Name withheld) is ensconced in...hospital in Albuquerque and is supposed to start treatment today. I think the biggest disappointment has not been her health issues, but the fact that she had to leave New Zealand. Please let the nursing staff know that she is making major comparisons to the treatment she received in Christchurch and the hospital here...Christchurch is winning by a landslide. Thanks again for taking such good care of her. We will do our best to get her better and send her out into the world again!

Coronary Care Unit, Christchurch Hospital.

I was treated in Christchurch Hospital after having a heart attack at home on the night of 24 July 2015. The care and treatment I received from the Emergency Department, the subsequent angioplasty and stent insertion in the cath lab, and the care and rehabilitation I received in the Coronary Care Unit was second to none and unable to be faulted. All of the staff were excellent and I am very pleased to have been treated by them. Please pass on these comments as all the staff do a great job and I couldn't have wished for any better.

Eye Clinic, Christchurch Hospital

In the past week my father has been twice to the Eye Clinic in

Christchurch. I would like to thank all the staff from the receptionists to the clinicians to the doctors. They were all extremely friendly, helpful and efficient and made my parents feel completely at ease. At our second visit the staff greeted my parents as if they knew them. Once again, thank you for providing such a wonderful service.

Physiotherapy, Christchurch Hospital

I have been incredibly impressed with the wonderful service offered to patients in the physiotherapy department. Keep up the good work and the smiling friendly faces made a tough day more manageable. Thanks to all the friendly staff.

Christchurch Hospital

The nurses, the doctors and cleaners and food and drink people were absolutely wonderful, could not fault anyone. Cheery and helpful meals were very good with what I was allowed.

Ward 20, Christchurch Hospital

Congratulations to all the staff whom are so tolerant of the odd, intolerant patient.

Ward 20, Christchurch Hospital

Thank you for your professional care. Special thanks to Malcolm Ward, Terry Creagh, in surgery. Also thank you to Celine, Louise and Nikita in Ward 20, they were friendly, caring and professional and went above and beyond their normal work to ensure I was comfortable and happy. All three give nursing a professional caring reputation.

» Article continues on page 6

» Article continued from page 5

Emergency Department, Christchurch Hospital

They were brilliant, also Dr Robertson.

Ward 28, Christchurch Hospital

On behalf of who passed away... we, her family, would like to say thank you. Thank you for all the wonderful care you gave her. For treating her with love and care until her last breath. Thank you for your care and support to us as a family. You are all an amazing, caring bunch of wonderful people.

AAU – Ashburton Hospital

We would like to acknowledge the wonderful care and support and information we received from Dr Scott Wilson when our father was admitted due to a heart condition. He was very thorough and explained things in our terms very well.

Emergency Department and Ward 12, Christchurch Hospital

I would just like to say thank you for the wonderful teams in ED and Ward 12 who looked after my husband during the weekend. I am sure people do not realise how much the hospital staff do for patients and I would just

like to voice my appreciation for their excellent care.

Day Surgery Unit (DSU), Christchurch Hospital

I couldn't have had a more pleasant experience. Thank you to everyone at the Day Surgery Unit. :-)

Ward 18, Christchurch Hospital

Dad is 90 years old and has had a fall and broken his hip. He is very confused, hurt and a bit scared. Every person I have dealt with from the reception thru the Resuscitation area and up to the ward has been exceptional, kind and professional. Dad is proving to be a difficult patient as he is so confused and wants to get out of bed and go home (to the retirement village) but with that all the staff are so good with him and when I walked up to the ward tonight the nurse looking after him (she didn't know I was there) was chatting away to him even though Dad was speaking gibberish.

A Doctor came in and told me exactly what was happening and what to expect over the next few days and an anaesthetist rang me to explain what was going to happen with the

operation and asked if I had any questions. I am honestly amazed at the level of care that Dad is receiving and I just can't fault it. All these people seem to genuinely care and it is a real credit to everyone involved. Whatever you are doing is working - thank you.

Community Dental Service, Lincoln

What an asset Jo and Janelle of the Lincoln Community Dental Service are. My 12 year old daughter had to have a tooth filled and they made the whole experience stress-free. From the warm welcome to explaining everything they were doing – to both my daughter and myself, we both felt safe and in professional hands. Thanks so much.

Wards 23 and 24, Christchurch Hospital

Thank you all so much for taking care of our dad and husband after his fall. We could see that he was being well looked after and you all work tirelessly to look after all the patients. He is now recovering well at home. Thanks so much again.

Smokefree workshop

On Monday 21 September Community and Public Health (CPH) took part in a "Partnerships as Pathways to Smokefree 2025" workshop held at the Christchurch City Council and sponsored by the Cancer Society.

This was a workshop targeted at local government and policy makers to engage them in their role in Smokefree outdoor places policy towards a Smokefree 2025. CPH has been a long term member of Smokefree Canterbury, a network that promotes Smokefree work within the community. A significant part of this work has been with local councils on the development of their smokefree outdoor places policies.

The workshop included presentations from all areas of the Smokefree sector including local research, Smokefree outdoor dining initiatives, Smokefree dairies, as well as hearing from national leaders in Smokefree planning. The key note speaker was Councillor Richard Foster from the city of Melbourne, who spoke about his key points to a successful Smokefree city.

The workshop attracted significant media attention and successfully created further discussion about Smokefree public areas as well generating lots of ideas from Melbourne's journey so far.



From left, Melbourne City Councillor, Richard Foster, CDHB Health Promoter, Heather Kimber and Martin Witt from Smokefree Canterbury.

Canterbury Grand Round

Friday 2 October 2015 – 12.15 to 1.15pm, with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker one: Susan O'Malley, Cardiologist and Physician in Nuclear Medicine.

Title: An Isotope's Journey

This is a presentation on the journey of the Nuclear Medicine's workhorse Isotope, from its origin to its demise

Speaker two: Juliet Gray Special Needs Dentist & Martin Lee Clinical director of the Community Oral Health Service.

Title: Oral Health Challenges in Canterbury

Poor oral health is experienced daily by thousands of Cantabrians. Dental treatment is often ineffective at managing caries and unattainable due to cost barriers. In the absence of water fluoridation, important determinants of oral health are poverty and sugar consumption.

Chair: Mary Olliver, Clinical Director Obstetrics & Gynaecology.

Video Conference set up in:

- » Burwood Meeting Room
- » Board Room, Level 5, TPMH (**note change of room**)
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome

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

Next Clinical Meeting is Friday 9 October 2015

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



The National Breast Screening Programme

Important Life-Saving Message

Breast Screening is **FREE** for eligible
Women aged 45 to 69

*Don't Put It Off
It Could Save Your Life*

Ring now for an appointment

0800 270 200

www.breastscreen.govt.nz

Make the most of every day

EARLY DETECTION IS YOUR BEST PROTECTION



Step Ahead Trust Art Exhibition

This year, for the first time since the Canterbury earthquakes, the Step Ahead Trust is holding its annual art exhibition at the Eastside Gallery on the corner of Worcester St and Stanmore Rd.

The exhibition opens on 28 September and runs through to 8 October coinciding with Mental Health Awareness week.

Step Ahead Trust Assistant Manager Di Cockburn says the exhibition is an opportunity for members to showcase their talent to the wider community and to sell some art work.

“The exhibition provides a goal for trust members to work towards and an opportunity to recognise and celebrate their skill and achievement.”

About 30 trust members are exhibiting drawings, painting, photography, mosaics, stone carving and other crafts.

Step Ahead provides social, physical, creative and educational activities for people with mental illness in Christchurch, Rangiora and Ashburton.

Items for sale can be purchased at the exhibition opening Monday 28 September, 3.30pm, or by contacting Step Ahead on 389-4001, 0800-688-732 or info@stepahead.org.nz



TPMH goes global, and all for the sake of an odd-shaped ball

We know we're an old hospital, and are deeply saddened to be no longer fit for purpose, but there's life in the old girl yet. One word springs to mind and it's 'festooned'. Actually many words spring to mind but festooned is by far the best of them. As always, pictures tell the story best.

Apparently there's some kind of sports competition on that people are getting excited about. The fifth floor of TPMH are more excited, and more expressive, than most - Time for some chamomile tea I think.



This explosion of colour, this burst of exuberance, this cacophony of cultural expression is the brainchild of one quiet and unassuming person who didn't want the Rugby World Cup to pass by unnoticed - and had to be none-too-gently persuaded to have her picture taken.

Jenny Gardner has of course been ably aided and abetted by a veritable army of enthusiastic and some might say mischievous minions. Who'd have thought for example that Braveheart (or Mel Gibson for that matter) was an Englishman, and yet he screams "Freedom, fair dinkum" above the cross of St George on a wall that is forever England.

"It's a great way to celebrate our friendships as we prepare to shift. We often have wee celebrations and any excuse will do," Jenny says.

"We have been thinking of ways to draw people out of their shells and quite literally out of their offices as part of our preparation for the move to Oxford Terrace, which will be happening early next year. This was a kind of icebreaker."

"Teams were randomly assigned a RWC team to 'support',



which has kindled both competition and collaboration. There are some really clever, inventive and fun displays but people have also lent one another flags and cultural iconography (non-kiwiana). As well as revealing many hidden talents, it has got people talking, and laughing and appreciating other cultures."

Here are just a few highlights, with apologies to people who created a magnificent display that we haven't space to mention:

Italy features smouldering rugby players stripped down to the basics, and they're a bit more stylish than Jockeys. Japan has fun facts such as their fondness for cuboid watermelons, LEAN thinking and sleep spaces at work. Ireland has lots of green, shamrocks and whatever the Irish is for joie de vivre. France has, well, joie de vivre and of course, cuisine and mime – a national skill best kept quiet.

"We are looking forward to how the RWC and the icebreaking unfold over the next few weeks. Despite the colours flown in the corridors, most of us are obviously hoping to see black ribbons on the Webb Ellis trophy. Either way, there will be winners among us and an excuse for a celebration.

"There will be mischief and probably sabotage and at the end of it all, perhaps morning tea on the theme of the final game. Let's hope a copy of the Edmonds cook book is all we will need."



South Island Workforce Development Hub

Allied Health: Implementation of the Calderdale Framework

September 2015



Calderdale Framework: Questions and Answers

What are the key features of the Calderdale Framework?

The Calderdale Framework is a clinically-led workforce development tool to facilitate a 'best for patient, best for system' approach. It provides opportunities to standardise patient care and achieve service efficiencies.

The 7-step process of the Calderdale Framework is led locally by trained facilitators, with planned initiatives identified by staff through service analysis. Key aspects of the approach in the Allied Health context are more effective use of the allied health assistant workforce to support patient-centred care and appropriate allied health professional skill-sharing.

Where did the Calderdale Framework come from?

It was developed in the NHS and has been applied widely in the UK. It has since been adopted by Queensland Health, particularly to address the needs of health services in cities and towns outside Brisbane. There is now a range of projects using the Calderdale Framework completed or underway in Australia. The clinical and research experience from implementation of the Calderdale Framework in UK and Australian settings is a rich source of material to help support implementation here.

Why implement the Calderdale Framework to Allied Health Services in the South Island?

There are lots of challenges to health service provision in the South Island. This includes the needs of an ageing and geographically spread population, an ageing workforce and limited health funding. The South Island Directors of Allied Health support the implementation of the Calderdale Framework as a means of developing a more flexible and competent allied health workforce for the South Island health system – in primary care, secondary care and community health care.

What is currently happening with the Calderdale Framework in our DHB?

There is a trained Calderdale Framework Facilitator working in Allied Health in each South Island DHB. These Facilitators undertake awareness raising sessions and also Foundation Day training to develop Calderdale Framework 'champions'. Each DHB has one or more pilot projects in planning for completion in the coming year. Projects are tailored to specific services and primarily involve delegation to allied health assistants and delegation/professional skill-sharing between allied health practitioners.

Use of the Calderdale Framework can increase health service capacity and allow Allied Health Professionals (AHPs) to work at the top of their scope:



"With training and support from AHPs, assistants have the potential to increase capacity for service provision by enabling the limited AHP resource to concentrate on complex assessment and intervention, for example."

Stella Ward Executive Director of Allied Health Canterbury and West Coast DHBs. Chair of the South Island Directors of Allied Health. Executive Sponsor.

South Island Workforce Development Hub (SIWDH) is an innovative health network coordinating training and education for health professionals, and developing the health workforce across the South Island.

SIWDH Contacts

Anne Buckley Allied Health Facilitator
anne.buckley@siapo.health.nz

Catherine Coups Allied Health Facilitator
catherine.coups@siapo.health.nz

Palliative Care Telephone Advice After Hours

To date, formal access to advice and support from the Specialist Palliative Care service has not been available to hospital staff outside office hours.

This is due to the service being too small to sustain a roster. Together with staff based at the Nurse Maude Hospice we have been building our capacity over recent years and are now able to commence a phone advice roster, starting Friday 2 October 2015.

From 2 October there will be a senior clinician (SMO, Senior Hospice Doctor or Nurse Practitioner) available to be contacted for verbal advice. Requests for support would be appropriate for patients known to the hospital or community palliative care teams and for patients not yet referred to palliative care but being managed with a palliative approach

where there are issues causing concern.

Verbal orders will not be given so ideally it should be an RMO or SMO who makes the phone call so that medication plans can be agreed on, following a discussion with nursing staff as needed. Onsite patient reviews will not be possible.

General practitioners and district nurses have always been able to contact the hospice for advice and if nursing staff in the hospital wish to get help or guidance on nursing issues then we encourage them to phone the hospice 24/7 on 375 4274.

If you require our assistance after hours, please contact the Hospital Switchboard and ask for the Palliative Care Clinician on call.

Dr Kate Grundy, Clinical Director, Palliative Care

Walking festival – there's a walk for you

The Breeze Walking Festival (Saturday 26 September - Saturday 10 October) encourages people from Christchurch, Waimakariri and Selwyn to get together and enjoy a wide variety of walks in our beautiful region.

This year the festival has been extended to cover the duration of the October school holidays with plenty of choice. From child-friendly jaunts to a more energetic trek for the experienced walker, some include activities which will cater for all interests and ages.

The festival includes 16 days of 37 free walks for all terrains, ages, and interests over Saturday 26 September - Saturday 10 October 2015.

Whether you're a fan of the outdoors, local history, art, wildlife, socialising, or keeping fit, there's a walk for you.

Have a look at the [full programme](#) on the Christchurch City Council website.



PDRP New Portfolio Submission Dates

It has recently come to the attention of the PDRP office that some nurses are putting off submitting a new portfolio submission until September, October, and November.

Nurses can submit a new submission at any time during the year except September, October, and November when nurses are required to book in their portfolio for assessment.

Currently all October and November portfolio submissions are fully booked with some nurses on a wait list. The PDRP office is accepting PDRP portfolios for the February submission date 2016.



Staff Wellbeing Programme: Understanding Incontinence – presentations at main hospital sites

Understanding Incontinence - due to the success of the presentation at Christchurch Campus in July we have arranged for it to be delivered at other main hospital sites. Next presentation will be at Ashburton on Wed 28 October. [Click here](#) for more information and [click here](#) to register. See www.continence.org.nz for more information on incontinence

FREE Retirement/financial planning advice and information about house buying/home loans/mortgage restructure

Next clinics at Hillmorton

- » Tuesday 29 Sept – Retirement/Financial planning
- » Wednesday 30 Sept – House buying/Mortgage structure

See an Authorised Financial Advisor or Home Loan Expert free of charge at main hospital sites. [Click here](#) for more information

Free counselling available to all staff

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

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

Andy Hearn, Staff Wellbeing Coordinator
Canterbury and West Coast DHB
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924
andy.hearn@cdhb.health.nz

Invitation to attend annual environment address



Canterbury DHB has received an invitation from Interim Vice Chancellor at Lincoln University Dr John Hay, for staff to attend the Annual Lincoln University State of the Nation's Environment address.

This speaker at the event, hosted by the Faculty of Environment, Society and Design at Lincoln University is Sir Alan Mark.

Sir Alan will discuss some recent achievements with sustainable lake management and improved high country management. His address will also look at how human and environmental welfare is being seriously threatened around the world, especially through the major threat of global warming.

He will talk about what we can learn from smaller-scale successes to help address global challenges in our own backyard.

Refreshments will be served at the end of the address.

- » Date: Wednesday 30 September 2015
- » Time: 5:30 – 7:30 (doors open at 5:15)
- » Venue: Stewart Lecture Theatre 1, Stewart Building, Lincoln University
- » RSVP: [Click here](#)
- » If you require further information please contact shona.mardle@lincoln.ac.nz / phone (03) 4230473

One minute with... **Hannah Soper, Paediatric Haematology and Oncology Pharmacist**

What does your job involve?

I am a rotational Pharmacist, currently stationed on the Haematology and Oncology Pharmacy team. My primary role in this team is as the Child Haematology Oncology Centre (CHOC) Pharmacist. My job is varied, from construction of chemotherapy proformas (like a prescription/protocol, a word document that I build which tells the consultants what chemotherapy to prescribe for the patients), clinical screening of chemotherapy charts, checking the physical chemotherapy when it is delivered, medications counselling of new families to making the odd paper plane and racing toy cars along the floor!

Why did you choose to work in this field?

When I finished high school I wanted to get a degree that had a definitive career at the completion of it. I studied health science first year at the University of Otago and from there managed to secure a place at the University of Otago School Of Pharmacy. Being a Pharmacist appeals to my need to have everything 'just so' (enough said). I have been working at Canterbury DHB for five years (in December) and have had the honour of being the Pharmacist on CHOC for three and a half years now. Being part of CHOC suits me down to the ground as I have always had a particular special interest in oncology and I am essentially a 'big kid' at heart, CHOC ticks both boxes!

What do you like about it?

I love working with the kids in CHOC. You can learn a lot from the wee buttons. On the whole they're not that bothered by the tubes and 'horrible medicines', what does concern them is whether or not you've seen the Minions movie. Or that you know what happened on Peppa Pig this morning! I recently learned from one little guy that pet rocks need pet rock food regularly. If you put out jelly beans for your pet

rock, they disappear... the rocks must eat them! (Dad has been helping the pet rocks out!).

What are the challenging bits?

Seeing patients relapse, despite treatment and knowing that there is nothing else you can do to help. This doesn't happen often, but its human nature to want to do everything within your power to make things better.

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

It would have to be the nurses on the CHOC ward, with the consultants coming a close second. The team down there have a fantastic rapport with the patients and families. In what can be a very confronting and challenging environment, both emotionally and physically, the team take it all in their stride. Everyone always has a smile or a kind word to say, if you're having a tough day, there is always someone who will turn your frown upside down and put a 'smile on your dial'. I admire their ability to come back to these confronting situations day after day with the same level of enthusiasm and drive to make things better for their patients. I think they're awesome and I aspire to be like 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?

These values are not too dissimilar from my own belief system and are good guidelines for life in general. I strive to do my best for my patients and my colleagues on a daily basis by incorporating these values. Someone once told me that 'when the going gets tough, the tough get going', so if it all gets a bit challenging, I try to fall back on this as a way of 'being responsible for (my) outcomes'.

The last book I read was...

My Sisters Keeper, by Jodi Picoult. A little bit cliché given my area of work, but



Hannah Soper

at least now I understand what they're talking about in the book. One of those ones I've been meaning to read for some time.

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

Sitting on my longboard, 'out the back' in Sumner, waiting for the next (little) wave...

My ultimate Sunday would involve...

Pottering around Sumner beach with my partner, attempting to catch some waves (in reality floundering around!) for the majority of the day, then a BBQ at home with friends, a nice bottle of wine and some good music. Perfect.

One food I really dislike is...

Not such a huge fan of kidneys... why anyone would want to eat a filtration organ boggles my mind!

My favourite music is...

We have a very eclectic music collection at home... to pick a favourite would be challenging... currently Tracy Chapman, Elton John, The Beach Boys and Alt-J are all vying for competition on the record player. Like I said... eclectic!

If you would like to take part in this column or would like to nominate someone please contact

Naomi.Gilling@cdhb.health.nz

In brief

em@il
tips & tricks

Quick Keys

While in outlook you have four main options for view – Mail (inbox), Calendar, People (contacts) and Tasks.

Mail Calendar People Tasks

There is an alternative to clicking on each of these options as they appear on the bottom left of the screen.

Use the Following Quick Keys while in Outlook

- » Ctrl + 1 for Mail or Inbox
- » Ctrl + 2 for Calendar
- » Ctrl + 3 for People or Contacts
- » Ctrl + 4 for Tasks



a career with us...

We have vacancies available for Registered Nurses on Ward 27 - a general medical ward caring for a wide variety of medical conditions including eating disorders.

As a motivated and engaged Registered Nurse, your excellent assessment skills, ability to prioritise and quick thinking will see you excel as part of the multidisciplinary team in this fast paced environment. With your recent acute experience you'll provide high quality care to our patients whilst contributing positively to the team culture we have developed here.

We have two positions available. A full time (or close to) position for someone who ideally has a preference for nights and after-hours shifts. Also, a nine month fixed term position working 16 hours per week. Please state which role you are applying for in your cover letter.

Apply online, or to find out more information, please contact Kathryn Clark, Recruitment Specialist – Nursing, Phone: (03) 3377923 or email kathryn.clark@cdhb.health.nz

investing
in you

Quality & Patient Safety Presentation

Invitation to all staff

Topic: "Being Mortal: Medicine and what matters in the end" by Atul Gawande (Video Presentation)

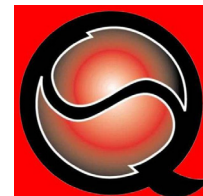
This lecture was part of the Department of Paediatrics Grand Rounds lecture series and was co-sponsored by the Bucksbaum Institute for Clinical Excellence, the Institute of Politics, and the MacLean Center for Clinical Medical Ethics at the University of Chicago.

Venue: Oncology Lecture Theatre

Date: Thursday 1 October 2015

Time: 1pm to 2pm

An attendance record sheet will be provided.



Video conference can be setup on request. Contact Shona.MacMillan@cdhb.health.nz, Quality Manager

Calling all Nursing, Medical & Allied Health staff!

You are invited to participate in a study exploring mobile phone ownership and use as a photographic tool in the hospital setting at your District Health Board.

Nursing, medical and allied health staff across all departments and specialties are eligible to participate and a report of the results will enable the researcher to assess the risk to patient safety and confidentiality in light of advancing mobile phone technology. Your contribution could be influential in shaping the best practice of mobile phone technology in healthcare for both today's and tomorrow's health professionals.

The online questionnaire requires only 5-10 minutes of your time and all responses are completely anonymous. This research will form part of a Master's dissertation in Health Science at the University of Canterbury.

The study has been approved by the University of Canterbury Human Ethics Committee.

The link below will take you straight to the online survey where further information can be found for potential participants.

<https://www.surveymonkey.com/r/YMPCV2Y>

Any questions or concerns should be directed to Emily Keefe at ejk49@uclive.ac.nz



Human Genetics Society of Australasia NZ branch meeting 2015

The Human Genetics Society of Australasia NZ branch meeting 2015 will be held in conference room of the YMCA in central Christchurch on Thursday 29 and Friday 30 October 2015. This exciting meeting will cover a wide range of topics currently at the forefront of genetic testing and research, such as new insights from exome sequencing, cancer susceptibility gene investigation, developments in NIPT and more. Registration is now open. [More information.](#)



Saturday 3rd October 2015
9am – 1pm

Avonhead Primary School Hall
55 Avonhead Road

SPONSORS



If you lose your health, you lose everything

Free health information, simple health checks, cardiovascular risk assessment and more. Diabetes is of major concern internationally. Learn how to address your risk factors. Presentations about your health entitlements and the services available. Interpreters will be provided (Chinese, Korean, Japanese)



Date extended to 2 October - Quality Improvement & Innovation Awards Poster Competition

Enter a poster you have already prepared or use our template to showcase your quality improvement initiative.

For more information go to [click here](#).

Posters due Friday 2 October, any enquiries contact Sian.Colenutt@cdhb.health.nz

Canterbury
District Health Board
To People's Health & Wellbeing

investing
in your health

Understanding Incontinence



Following last year's highly successful presentation titled **Managing Menopause** we are running **Understanding Incontinence** presentations at main hospital sites during 2015/16. The first Understanding Incontinence presentation was held at CHCH Campus in July and was booked out. **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
Ashburton Hospital	Wed 28 October	Museum room	1200-1300
TPMH	Wed 25 November	5 th floor lecture theatre	1200-1300
Hillmorton	Wed 24 February	Lincoln lounge	1200-1300
Burwood	Wed 30 March	The Chapel	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/>

WE'VE REGISTERED FOR New Zealand Shake Out™

At 9:15am on Thursday 15 October 2015 our staff are participating in New Zealand's largest ever earthquake drill.

At this time we will practise the right actions to take in an earthquake - Drop, Cover and Hold.

You're welcome to join us!



Visit www.shakeout.govt.nz for more information



PEOPLE IN DISASTERS CONFERENCE 2016

RESPONSE - RECOVERY - RESILIENCE



NATURAL DISASTERS

Have you
experienced one?

Have you worked
in one?

What can you
learn from those
who have?

How prepared
are you?

Register now to take part in this inspirational event

24 - 26 February 2016

Air Force Museum of New Zealand, Christchurch

Find out more: www.peopleindisasters.org.nz

CDHB – Investment/retirement planning & house buying September / October 2015

Results of the Staff Wellbeing Survey 2014 show that many staff would like support relating to financial/retirement planning and buying a house.

We have therefore arranged for Westpac to provide free 30 minute appointments to help you better understand and plan your finances related to Retirement Planning and Housing Matters (first home buying, selling up and buying a new home, building or refinancing).

- Retirement Planning – you will meet with an Authorised Financial Advisor
- Housing Matters – you will meet with a Home Loan Expert

Westpac staff will be available to assist you between 0900 and 1600 at the sites and dates listed below – appointments will commence on the hour and at 30 minutes past the hour. To make an appointment please contact Greg Mander greg_mander@westpac.co.nz and be sure to include the following information:

- the hospital you work at
- whether you want an appointment to discuss 'retirement planning' or 'housing matters'
- the 30 minute time slot that would suit you best

These sessions are available on a first come, first served basis.

Hospital	Topic	Date	Day
Burwood	Retirement Planning	23 rd September	Wednesday
Burwood	House/Home	24 th September	Thursday
Hillmorton	Retirement Planning	29 th September	Tuesday
Hillmorton	House/Home	30 th September	Wednesday
CHCH Campus	Retirement Planning	6 th October	Tuesday
CHCH Campus	House/Home	7 th October	Wednesday
TPMH	Retirement Planning	20 th October	Tuesday
TPMH	House/Home	21 st October	Wednesday

Note: appointment locations/rooms will be confirmed when your appointment is confirmed.

Andy Hearn
Staff Wellbeing Coordinator
Canterbury and West Coast DHB

Phone: 03 337 7364 | Ext: 66394 | Mobile: 027 218 4924
andy.hearn@cdhb.health.nz



Did you know New Zealand has one of the best screening programmes in the world? Since 1990 the number of women who die from cervical cancer has dropped by 60%. Are you due for a smear?

Best you book an appointment now. Call 0800 729 729.

facebook.com/nationalscreeningunit



THE PRESS
Summer Starter
CANTERBURY'S 10KM & 4KM FUN RUN & WALK
29 NOV '15

STARTER FOR 10
Sign up at summerstarter.co.nz

STRUGGLING TO GET GOING WITH TRAINING FOR SUMMER STARTER?

We know it's hard, and we want to help.
The Starter for 10 pack is guaranteed to kick start your fitness journey, and include a way to get fit that everyone will enjoy.

WHAT YOU GET:

- 8 week training guide designed by Bevan James Eyles of Extra Mile Runners, including running, gym and bootcamp classes, and health and wellness tips
- 6 week gym membership at Les Mills including group fitness classes
- Twice per week outdoor bootcamp classes run by Les Mills instructors
- Once per week running session by Extra Mile Runners, with coaching catering to all levels
- PT tip of the week delivered to your inbox
- Health and Nutrition seminars up to three times over the 8 weeks
- Gym explorer session to find your way around, including measurements before and after (if desired)

ALL FOR \$10 PER WEEK + ENTRY FEE, GET THE BOSS TO PAY AND IT'LL BE EVEN CHEAPER.

IT ALL KICKS OFF ON OCTOBER 4TH, DON'T MISS OUT!
Sign up at summerstarter.co.nz and add the Starter for 10 pack in the shop section. Email hello@summerstarter.co.nz for more details, or call (03) 943 2898.

THE PRESS | LESMILLS | Extra Mile RUNNERS | all right? | TRADESTAFF