



You need a whole system to work for the whole system to work

Having the right care in the right place, provided by the right person at the right time, are key to a well-functioning integrated health system.

Right now, our system is being put to the test by large numbers of acutely unwell people. Emergency departments around the country are seeing increasing numbers of people. Christchurch Hospital's Emergency Department (ED) provided care to more than 10,000 people in March. This is the largest number ever recorded.

Clearly, we cannot keep accommodating this growth. The system is fast running out of flex, and a large number of people are working on how we can do things differently, provide care in different ways or in different places to help reduce the ever-increasing numbers of people coming to our hospitals.

Almost a third of people coming to ED need to be admitted to hospital. For many who present to the ED, there are alternative care pathways. We are lucky to have so much data about the types of people and conditions that cause people to come to ED, and this data will help us find solutions and target our efforts to help people avoid a trip to hospital.



I would like to add that it's not as simple as referring everyone to their general practice, as primary care is also experiencing high demand. We have some of our brightest and sharpest minds analysing the data and making recommendations, so watch this space as we work to improve the flow of people through our health services to help manage the increase in acute demand.

In this issue

- › Regulars – Kōrero ai... pg 4-5
- › Nurse's Excellence Award... pg 6
- › Scientist's valuable research on vitamin D in newborns... pg 7
- › Pink Shirt Day celebrated... pg 8
- › Community Services referrals to go digital... pg 10
- › Selwyn Health Hub... pg 11
- › Rangiora Health Hub... pg 12
- › Managing our information properly – a guide for all staff... pg 13
- › Computer equipment donations gratefully received... pg 14
- › What does a healthy future for the people of Waitaha/Canterbury look like?... pg 15
- › One minute with... Adam Gartner (Eye Registrar)... pg 16
- › Notices – Pānui... pg 17-19

Think before you click – and if you haven't already, please complete the phishing online training.

While the focus of the recent cyber-attack is on Waikato DHB, it could just as easily be any other DHB or large organisation, who are living with the impact and consequences of a cyber security attack. I am grateful that Canterbury has invested in the latest cyber security protection, and that's been serving us well – countering more than 1.5 million attempts to infiltrate the 'perimeter' of our IT systems. A huge thanks to Savita, Mike and the ISG team who spent time last week ensuring our systems are as safe as possible.

We all have a part to play, by thinking before we click. If you don't know who an email is from don't click, if news of a massive inheritance from a long-lost relative sounds too good to be true – it's probably a con, so don't click.

Clicking on a dodgy link can potentially bring a DHB to its knees, and severely impact patient care.



To learn more about some of the tricks and click-bait used by phishers, do the online [healthLearn training](#) to ensure you're up to speed, and don't inadvertently click in error.

Every week I'm grateful and impressed

We really do have outstanding, skilled people on Team Canterbury and every week I get to take a deep dive into the day-to-day reality for a number of our people.

Last week I got to meet the Community and Public Health team who cover all things public health for us in Canterbury, including Healthy Housing, Mental Health & Wellbeing programmes including [AllRight? And Getting Through Together](#), along with the WAVE programme in schools – Wellbeing and Vitality in Education and ensuring a strong health voice via the Health In All Policies team. They also cover West Coast and South Canterbury. They continue to play a huge role in our COVID-19 response and vaccination programme, with staff working at our borders, in managed isolation and quarantine and playing an integral role with the vaccination rollout.

The [Community and Public Health team's Resource Centre](#) has a wide range of information flyers, posters and other collateral available on a variety of health topics. Check their online site to order free resources for your workplace.

I also met with our orthopaedic team, and as a result have a much better understanding of the challenges and demands on this busy team. They make such a difference to people's lives, by providing surgery that improves mobility, reduces pain and provides so many life-enhancing benefits for their patients.

This week I'm looking forward to meeting the team in Ashburton and hearing from the staff there.



Peter and General Manager of Community and Public Health, Evon Currie listen to a welcome from Manager of South Canterbury Community Public Health, Neil Brosnahan. Also pictured are (L to R) Public Health Analyst Kristi Calder, Analyst Hongfang Dong, Development Specialist Chris Ambrose and Public Health Analyst/Team Leader Information Team Nicola Laurie

Tangata Ora | Thanks for your time and ideas

Thanks to everyone who managed to complete the survey. We're already seeing some important themes emerge around teamwork and staff engagement. The team's going flat out now to compile and analyse what you've told us. Key themes and ideas will be turned into action plans for improvement and I look forward to being able to share more information over the coming weeks.

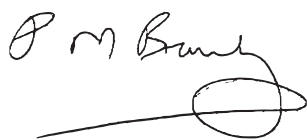
Tāngata Ora
Our People Survey | 2021

Patience is a virtue – be kind to the call centre team

If you're calling for help to book your COVID-19 vaccination please be patient, as the lines do get extremely busy at times. The call centre operates 24/7 so perhaps try calling back after business hours. Please be patient and kind to the team who are managing all manner of queries. They are doing an amazing job in a dynamic space where things are constantly changing.

Have a great week.

Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board

**This week
with Peter**

24 May 2021

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. Please note the deadline for story submissions is midday Thursday.

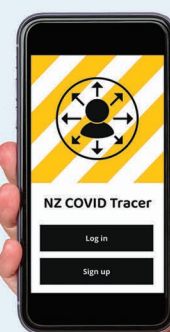
If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).

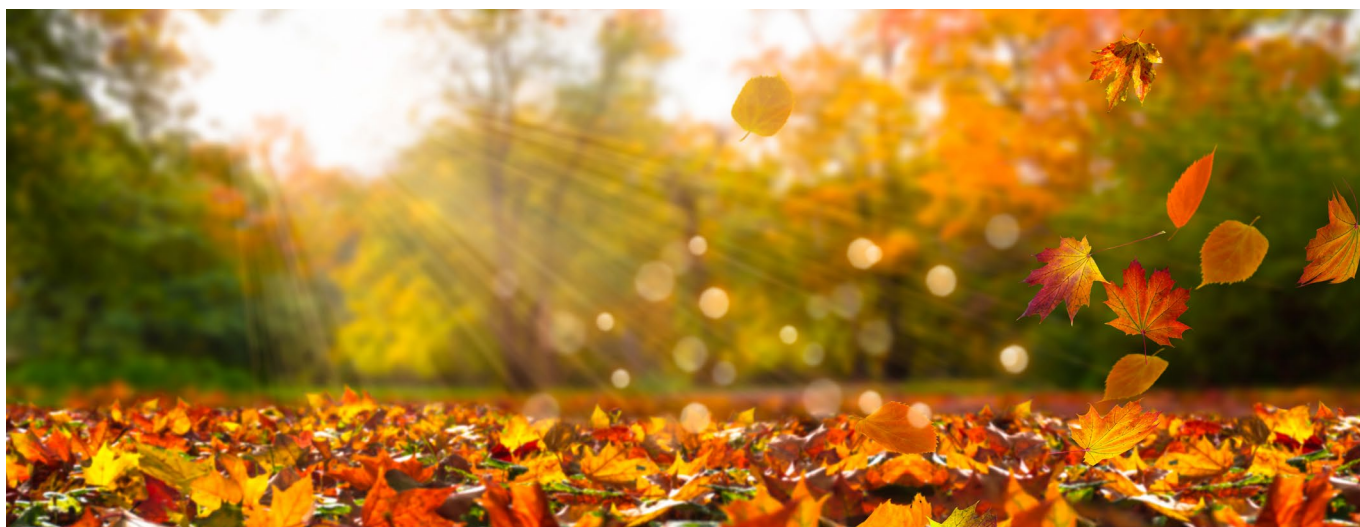
Scan. Scan. Scan.

Everywhere you go, everywhere you can.

All staff should scan in daily using the
COVID-19 Tracer App.

Unite
against
COVID-19





Bouquets

Helen Lappin, Seating and Wheelchair Therapist, Adult Community Therapy Service

I would like to recognise how great Helen has been over the years getting my son the equipment he needs without any stress. She puts more than 100 percent into meeting his needs. She has always gone above and beyond, and you can see the passion she has for her job and patients with the outcome she gets. Nothing is ever a problem and we have really appreciated her friendly approach to any situation.

Orderlies Phil and Dianne, Ward 27 and Dr Ashley, Christchurch Hospital

My elderly mother had a recent stay ... can we please pass on a very big compliment to your orderly team, in particular, Phil and Dianne. What fabulous team members - so polite and couldn't be more comforting in difficult times. Thank you also to the Team in Ward 27 and Dr Ashley, she was very thorough in her approach and manner.

Wayfinder volunteers, Christchurch Hospital

Fantastic support from your people that help you to find your way around the hospital.

Ward 19 staff and others, Christchurch Hospital

Dear doctors, nurses, cleaners, WellFood staff, social workers and all other people who supported me during my stay in Christchurch Hospital in January. I will never be able to thank you enough for your patience, professionalism, joy, and responsibility! I arrived in New Zealand to participate in a research conference and on the last day, just before leaving, I had a huge car crash. The fact that I'm still alive is a miracle, thanks to the rapid intervention of the emergency service. When I was blocked in the car, unconscious, I only

remember this very particular atmosphere: everybody around me was doing their best to help me.

During the month I was in hospital I was supported by the staff of Ward 19. It was the most important human experience that I have ever had. I was considered as a human being. Nurses took the time that I needed, I also had answers to all my questions, and my opinion, and my demands were taken into account. They created a positive spirit and were a real help in everyday things. They took me in a wheelchair to the park, so I could take a walk. Two lovely ladies from social services helped me to fill in insurance papers. I received visits from the surgeon just to say that my operation went well.

A person from the emergency service came to explain to me what happened during the hours when I was unconscious after the accident. I was spoilt by the meal service. The WellFood chef prepared a soup especially for me because I couldn't eat a normal meal during the first days after intestine surgery. The day of my departure the WellFood staff member prepared my favourite drink and he wrote me a message with a smile on a napkin that I took with me back to France. All these big and small things had an enormous impact on my health and my mental state – so important in my situation. Thank you once again.

Reception, Endocrinology Outpatients, Christchurch Hospital

Thank you so much to Sharon and Paula at reception. A special thanks to Sharon who assisted greatly with my apprehensions and tensions. A seamless appointment with an extremely experienced doctor.

Dermatology, Christchurch Hospital

Although actually getting the appointment was challenging, I have to honestly say that it was probably one of the most enjoyable doctor's visits I have ever had. The visit was educational, I was given genuine and experienced answers to every question, along with information about common misconceptions. I was impressed. The conduct, experience, extensive knowledge, patience and courtesy was noted. Just very pleasant in general, so I opted to write.

Emergency Department (ED), Christchurch Hospital (first printed as a Letter to the Editor, The Press)

A thank you to ED staff. Recently, I had reason to present myself to ED. In spite of financial problems; in spite of violent patients attacking staff; and in spite of the combination of these two conditions resulting in a paper cup holding up a computer screen at the reception desk because a violent patient had earlier smashed the support bracket in an attempt to throw the screen at a staff member; staff were still able to smile and deal with my situation in a friendly and professional way. I would like to publicly thank them.

Ward 18, Christchurch Hospital

The level of kindness and care by all staff in Ward 18 is beyond words. Thank you all.

Registered Nurse Karyll Cuevas, Ward 24, Christchurch Hospital

Karyll is a lovely nurse.

Ward A8, Christchurch Hospital

Brilliant, can't fault the care, amazing. You all deserve a medal.

Ward 27, Christchurch Hospital

I would like to thank the doctors and staff who have attended to my mother. They have been kind, professional and very sensitive to her needs. She herself has also said this. Hospital staff are unsung heroes.

Ward 25, Christchurch Hospital

To all the staff who attended my sister who passed away this month. Many, many, thanks from the family for the great care, attention and concern shown to her and us.

Pip Shirley and Ward 22, Christchurch Women's Hospital

I had a gynaecological procedure performed by Medical Specialist Pip Shirley. I cannot speak highly enough of her. From the time of our initial consult the week before, through and after the surgery, I was so impressed by her professionalism, her ability to make me feel very comfortable with everything she explained, and with the decisions which were made.

Her explanations were very clear, and she answered all my questions, and I was very confident going into the surgery that the best decisions had been made, and that she was focused on the most successful outcome for me. She managed to do my surgery by keyhole surgery, which was by far the best result for me, but I was also aware that this may not have been possible. I am so grateful to her, and her team as I was confident and relaxed going into the surgery and knew that whatever happened they had my wellbeing at the forefront. They made sure that I felt at the centre of everything.

I would also like to commend the two nurses that I had while in Ward 22 (I think they were Clare on the night shift, and Victoria on the day shift). They were great, and nothing was a problem.

My recovery has gone really well, and I am sure that it is down to the high standard that Dr Shirley sets and attains. Her ability to explain everything, make me feel at ease, and her obvious ability as a surgeon is a real credit to her, and she certainly sets a high bar for others to follow. I think she is awesome.

Big Shout Out

To: Team Leader Jackson Roche, Security Officer Tim Pereira, Security Officer James Munro, and Security Officer Sui Okesene, and ED staff.

Security did a fantastic job of containing an individual, de-escalating him and gaining his trust. I'd like to commend the security team for their actions, especially the team leader who made some very good decisions. He really went above and beyond to help bring the situation to a successful ending.

I've had a number of emails for the ED staff thanking them and stating how well they did in a very difficult and stressful situation. Thank you to all those involved for your outstanding contributions.

From: Service Manager Security Richard Boyce

#carestartshere

Nurse's Excellence Award

As part of International Nurses Day celebrations, the Canterbury Regional Cancer and Haematology Service (CRCHS) presented their Nurse's Excellence Award to a staff member on Ward B5. Registered Nurse Moana Dawson was nominated by her colleagues on the floor for this award, alongside a number of other nursing staff from each area of the Oncology/Haematology cluster. The nominations are collected by the Senior Nursing Team and a winner is determined in collaboration with Nursing Director Deb Hamilton.

Moana was presented with the award at a morning tea on Friday 14 May and also received money and a certificate for her portfolio.

Below are some of the accolades from her colleagues:

"Moana's kind and gentle demeanour is one her greatest attributes. Moana is seen as being open minded and approachable. Nothing is a worry and she always find the time to help someone out. She greets co-workers and patients each shift with such warmth and is always checking to make sure others are okay. These attributes are exactly the kind we need in a nursing environment that can be so emotionally challenging."

"She shows great empathy and caring to her patients and their families, doing anything to ease any suffering and enhance their hospital stay. She always offers help and answers anyone's bell."

"Moana is a nurse who can confidently care for patients with complex needs, something we see often on our ward. She shows comprehensive knowledge of both the general medicine and oncology specialities. Her care is unprejudiced, caring for those from all different aspects of life. Moana demonstrates care that is holistic. I believe her patients would feel listened to and respected. Moana shows safe and effective nursing practice by following policy



From left, Nursing Director Deb Hamilton with award winner Moana Dawson

and procedural guidelines as well as collaboration with all members of the multidisciplinary team. Moana has recently completed her chemotherapy administration course, something I know she will excel at."

"Moana is an excellent mentor and role model to students and junior staff."

"I believe Moana is a great attribute/asset to B5 team."

The award was originally commissioned by Lloyd Ellison, a patient well known to the cancer service. The work, entitled "Circle of Life", represents "Arohanui" which means "of nurturing, caring and love".

Scientist's valuable research on Vitamin D in newborns

Specialist Scientific Officer, Berit Jensen, is a key contributor to new research recommending that pregnant women take Vitamin D to help prevent acute respiratory infections in babies.

Berit, who works in the Specialist Biochemistry Service at Canterbury Health Laboratories (CHL), emigrated here from Denmark in 2007 and was surprised to learn that New Zealand didn't recommend Vitamin D supplements for infants.

"Vitamin D supplementation is routinely given in Denmark to pregnant women and infants," she says.

Years later Berit would find herself designing a method to analyse samples for research into Vitamin D levels.

"Studies have shown that over one-third of New Zealand women of childbearing age have Vitamin D levels below the recommended level, so it is clearly a problem here too, especially in winter and for people with darker skin or those who avoid sun exposure," Berit says.

"Babies born from Vitamin D deficient mothers will also be Vitamin D deficient, so it is important to get it right from the start."

The research shows that babies with lower levels of Vitamin D at birth are twice as likely to be admitted to hospital with acute respiratory infections. It suggests Vitamin D supplements be given to help boost the baby's immunity before it's born to prevent a deficiency.

In 2014, Berit, who holds a PhD in Pharmaceutical Sciences, worked with CHL Section Head Chris Sies to respond to a request for help in a research study sponsored by Auckland University Professor Cameron Grant.

As part of this research, a method was developed that analysed 'dried blood spots' punched from newborn Guthrie cards - archived as part of 'Growing up in New Zealand', this country's largest contemporary longitudinal study of child development.

The blood spot cards are used when a blood sample is taken from a baby's heel so that it can be tested for certain metabolic disorders.

"While more difficult to analyse, the dried blood spots are less invasive than having to draw blood samples and were also already available," Berit says.



Canterbury Health Laboratories Scientific Officer Berit Jensen

The method was later employed by Pamela von Hurst of Massey University who contacted Berit and Chris recently to contribute to her on-going Vitamin D research studies. This has led to published research on winter-time Vitamin D status and its related risk factors among children living in Auckland.

CHL has had a long history of being involved in Vitamin D research via analysis of serum samples, Berit says.

"It has been interesting – and challenging – to extend this by setting up a method that measures Vitamin D in dried blood spots so that Vitamin D research in infants and children can be carried out more easily."

Vitamin D supplementation in pregnancy is currently being debated and this research can help inform decision-making, she says.

Pink Shirt Day celebrated

There was a riot of pink around Canterbury DHB last Friday as staff donned varied shades of the hue, from pastel to neon, to mark Pink Shirt Day.

Celebrated annually around the globe, Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying, after a peer was bullied for wearing a pink shirt.

In Aotearoa, Pink Shirt Day works to create schools, workplaces, communities and whānau where everyone feels safe, valued and respected. The antibullying campaign celebrates diversity and creates environments where all people can feel safe, valued and respected.

Each year, workplaces, schools, organisations and individuals join the movement to make a stand against bullying.

At Canterbury DHB some People and Capability team members baked up a storm and their efforts raised \$147.90 for Pink Shirt Day.

Donations enable the Mental Health Foundation to run Pink Shirt Day, raise awareness about bullying prevention and provide resources that promote inclusive workplaces, schools and communities.

Thanks to Pink Shirt Day donations the Mental Health Foundation:

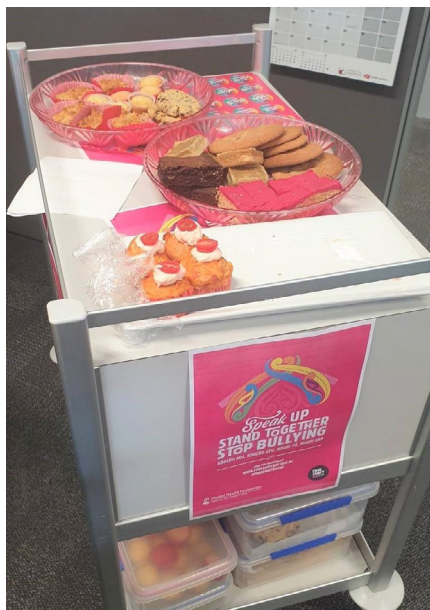
- › reaches more than 2,000 schools and kura nationwide each year to share messages and classroom activities that help prevent bullying
- › have funded InsideOUT to run Rainbow-inclusive school workshops
- › collaborate with communities to strengthen messages of inclusion
- › engage with workplaces to celebrate diversity and create fairer, more welcoming and respectful environments
- › continue delivering resources that celebrate diversity, spread aroha and prevent bullying



Pink superhero Chay Shea from Payroll



Peter with our People and Capability Team



The People and Capability team's bake sale which raised money for Pink Shirt Day

Rhonda Cox from Accounts Payable



ISG Team



Isaac Manickam and Frank Connor from Finance



The Recruitment Team



From left, Chay Shea, Kelly Gin, Philippa Kennerly and Lizzie Homer from Payroll

Community Services referrals to go digital

Last week social workers at Christchurch Hospital were the first to pilot a new process for making community service referrals using an electronic form – just one form designed to work for multiple services.

This week that ability is set to be extended to General Medicine and Oncology as stage 2 of the phased rollout. Stage 2 should be completed by the end of May.

The phased rollout will be introduced in the remaining Canterbury secondary care sites by the end of June.

Service managers for each section have been briefed ahead of the rollout so they know what to expect and when, and to enable all members of each team to complete the healthLearn package called 'Electronic Referral Form for Community Services'.

The initiative forms part of our overall strategy to reduce paper use and facilitate the phasing-out of old, insecure (also bulky and mechanically unreliable) technologies such as fax machines where there is no guarantee the fax will be picked up and acted upon at all, let alone by the right person.

Electronic referrals mean the information is all in one place and significantly reduces the likelihood of a lost referral or there being two or more sets of conflicting information.

To make the job easy and as efficient as possible for the referrer, much of the form pre-populates with the patient's details and to ensure the job gets done right first time, the



From left, Programme Manager Ernesto Galaz, Registered Nurse, Transfer of Care, Aiden Hegarty and Project Lead Andrea Davidson

electronic form is structured to include all the information the service provider will need - before it can be sent.

A clever algorithm identifies and selects the most appropriate community service provider using data such as the type of service being requested, location and previous referral history. It also triages requests according to urgency and the complexity of care required.

Another added benefit for both the patient and the community services provider is that an electronic referral can be viewed by our rural providers on the go.

Future developments will include functionality for an acknowledgement of the request from the receiving team to be sent to the referrer, completing the loop in the patient care journey.

Selwyn Health Hub

In February 2020, Canterbury DHB approved funding to lease and fit out part of the new Selwyn Health Hub, which is owned by the Selwyn District Council. The \$15 million facility, on Norman Kirk Drive in Rolleston, will provide a full suite of health services for the Selwyn District.

Importantly, the Canterbury DHB portion includes:

- › A new Primary Birthing Unit with two birthing rooms, 10 post-natal beds and two assessment rooms
- › A three-chair Community Dental Unit with an assessment/interview room
- › Community Services area with six clinic/interview rooms including those for Older Person Health and Rehabilitation, public health nurses and Specialist Mental Health services
- › Ten 'hot desks' for staff to work from

The lead contractor, Contract Construction, was appointed in March 2021 and work is well underway to create beautiful new spaces for healthcare in Selwyn. The walls are going up and interior fitout will begin in coming months. Colours, fixtures, fittings and equipment are being finalised and we will share the details with you as soon as they are available.



Drainage going into place in the Community Dental spaces

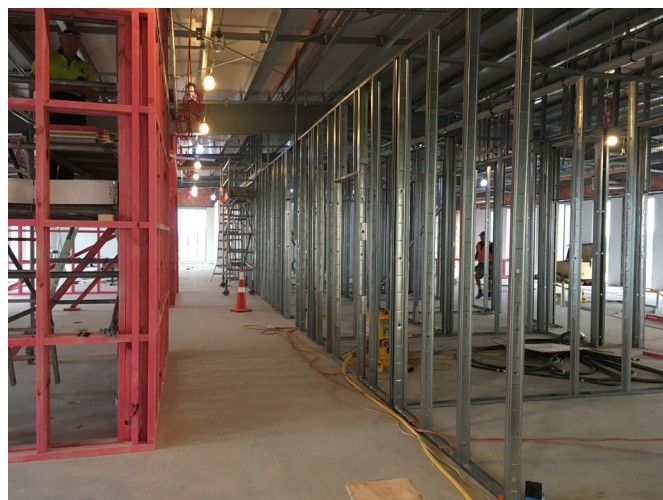


When it opens, the Selwyn Health Hub will be the new home for all maternity services in the Selwyn district. The continued population growth in Rolleston and the strategic location – just 50 metres from St John headquarters and a 15-minute ambulance ride to Christchurch Women's Hospital – makes it an ideal space for our new modern, safe maternity services.

The Hub will be more than twice the size of the existing facility and it will bring three key health services into the population centre of the region: maternity, community dental and Child, Adolescent and Family mental health services.

Pacific Radiology is confirmed as another anchor tenant, with room set aside for a pharmacy, a podiatrist, and a General Practice.

No decision has yet been made on what will be done with the old Lincoln Hospital site.



Steel wall framing for the offices and utility rooms down the centre of the maternity end of the building. The timber framing on the left outlines the birthing rooms

Rangiora Health Hub

Completion of asbestos removal at the old Rangiora Hospital is making way for South Link Health to build a new health centre for North Canterbury.

The demolition and site services works, which are being managed by the Site Redevelopment Unit, are expected to begin in July and will take around two months to complete.

The new 1,250m² facility, to be known as Rangiora Medical Centre, will bring together existing general practices Good Street Medical and Rangiora Family Doctors, alongside a pharmacy and other primary health services. It will be open for care seven days a week and extended hours.

The old Rangiora Hospital building served the community very well for many years. It was mothballed in 2018 when the new community services facility was opened alongside the Rangiora Health Hub.

The new facility is expected to open at the end of 2022.



Demolition of the old Rangiora Hospital will start later this year, making way for the new Rangiora Health Centre which will be run by South Link Health and bring together two existing general practices



Pictured above (in foreground) the former Rangiora Hospital Building

Managing our information properly – a guide for all staff

Imagine knowing you have discussed an important health issue with a health professional multiple times, only to be told later that your information can't be found.

Imagine asking for a copy of your records and being told you can't have it.

Imagine being asked for highly personal information by an online retailer, when you can't see any legitimate reason it might be needed.

These are real issues that the Public Records Act seeks to address.

There is now a short video called ["Information Management Principles"](#) that explains and simplifies some of the complexities of the Act.

People and Capability's Learning Design team has worked with Greg Brogden, Principal Sponsor and Senior Corporate Solicitor for Information management, to produce this video.

Greg explains the ins and outs of the Public Records Act, which governs the information we can keep, how we keep it and how we can use it.

In the video, you'll learn about:

- › Individuals' right to privacy and ability to access to their own information
- › Our responsibility as a DHB to record information properly and make sure it's available to others as appropriate

Information Management Principles



West Coast
District Health Board
Te Pori Hauora o Waikato

Canterbury
District Health Board
Te Pori Hauora o Waitangi

- › Ensuring that information can be shared appropriately between agencies
- › Working smarter, so that you don't have to make a long and painful search for information you know you put somewhere 'safe', if only you could find it.

When you think about how you or a family member might feel when your information isn't kept safe, at the time when it matters most, you'll understand why information management is vital.

Watch the video now: [Information Management Principles](#)

Computer equipment donations gratefully received

Much of Canterbury DHB's old IT equipment finds a new home with grateful charities and community organisations.

Since April 2019 Canterbury DHB has donated over 5500 items, including computer monitors, keyboards, docking stations, cables, lithium batteries and conferencing equipment.

The items are given to Digital Wings, a trust that works with socially and environmentally responsible businesses and public sector organisations to donate quality IT equipment which is refurbished ready for reuse in the community. The programme was initiated by computer recyclers, Remarkit Solutions Ltd.

The support given by Digital Wings increases access to digital tools for community groups who might not otherwise be able to access them, says Enterprise Devices Team Leader Rahul Mukherjee.

"It's also ensuring a lot of e-waste is diverted from landfill."

The Champion Centre Christchurch, which provides multi-disciplinary early intervention services to infants and young children with significant disabilities and their families in Canterbury, is one the recipients.

They received five iPads last year just before the COVID-19 lockdown which enabled their families and children to continue with intervention programmes. The apps on the devices and subsequent Zoom meetings to assist caregivers, meant no time was lost in keeping children on task with their development.

Other grateful organisations include Playcentre, toy libraries, Riding for the Disabled, and the Gut Cancer Foundation.

Programme Director Digital Wings Dianne Daniels says Canterbury DHB is a crucial part of the Digital Wings charity gifting scheme.

"You are our most significant donor partner in the South Island. We are extremely grateful for your input."



From left, Enterprise Devices Team Leader Rahul Mukherjee and Project Facilitator, Telehealth Nicole Redfern with the bin for old IT equipment

All donated computers are refurbished to fit-for-purpose minimum spec, carry a 12-month hardware replacement warranty and are delivered free of charge to community organisations nationwide.

Digital Wings recycles and responsibly disposes of all donated equipment returned at end-of-life.

What does a healthy future for the people of Waitaha/Canterbury look like?

Cantabrians are being asked to complete a survey to share their thoughts on what they and their whānau need for their health and hauora/wellbeing.

The survey is part of a project called, Pae Ora ki Waitaha which aims to develop a health system that support people and their whānau/family to stay well.

Pae ora is a holistic concept and includes three connected elements, including Mauri ora – healthy individuals, Whānau ora – healthy families and Wai ora – healthy environments.

Pae Ora ki Waitaha Clinical Lead Lynley Cook says:

“We are particularly interested in hearing from priority community groups, such as Māori, Pasifika, Culturally and Linguistically Diverse (CALD), youth, older people, Rainbow, rural and people with disabilities.



“Please share this survey with your networks, so the information gathered is rich, diverse and reflective of our community,” she says.

Click here to access the [survey](#) – its quick, simple, anonymous and will help develop future services for our communities. The survey is open until 30 May 2021.

[Pae Ora ki Waitaha](#) sits under the Population Health and Access Service Level Alliance (PHASLA), which is part of the Canterbury Clinical Network.

What do you & your whānau/family need to be healthy & well?

What does health & wellbeing mean to you?

Pae Ora ki Waitaha -
What do Cantabrians need for a healthy future?

We want to hear your voice

Learn [more](#)

One minute with... Adam Gartner

(Eye Registrar)

What does your job involve?

Predominately my job involves assessing patients with acute eye problems. Patients are referred to us from GPs, the Emergency Department, optometrists, or other specialties. Most are seen in the outpatients building as there aren't too many eye conditions that require hospitalisation. From there we try to figure out what the problem is and either fix it or send them on to the appropriate clinic.

Why did you choose to work in this field?

I got in to medicine as I didn't know what I wanted to do when I finished high school and thought doing a medical degree probably wasn't a bad idea. From there I drifted towards eyes I think mostly because my father was quite involved in the ophthalmology world.

What do you like about it?

People are usually pretty happy if you can give them their sight back, that's pretty satisfying. It's often a less well understood area of medicine which I liked going through medical school and is also a very collaborative specialty with lots of people in close proximity who you can turn to for help when you come across tricky cases.

What are the challenging bits?

I'm quite new and very slow. I like to do a good job and make sure that things are explained well but the eye department can be quite a busy place which often means that I'm pushed for time and running late. My patients generally forgive me for the delays as they appreciate that I am trying to do a good job for them.

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

I try to do what's best for my patients, I think that's probably a similar sort of idea.



From left, Eye Registrar Adam Gartner and his bandmate, drummer Rosie, with radio station presenter George

Who inspires you?

Kurt Cobain.

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

I don't have LinkedIn.

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

New Zealand.

What do you do on a typical Sunday?

Paperwork and making music.

What's your favourite food?

Pizza.

And your favourite music?

I play in a band called Stomp Goblin. It's an electronic rock band that I've been slowly chipping away at over the last few years. It's probably a bit vain to say it's my favourite music, but I certainly get a lot of enjoyment from it.



Last chance to win a free three-month membership at Flex Fitness!



Canterbury DHB employees who sign up for a free ten-day membership at Flex Fitness Riccarton, Lincoln or North Canterbury between 19th April and 31st May will go in the draw to win a free three-month membership at their preferred club. To claim your ten-day membership you can pop into your preferred club or email to organise a time to go in; riccarton@flexfitnessgym.co.nz, lincoln@flexfitnessgym.co.nz, northcanterbury@flexfitnessgym.co.nz. Winners will be drawn by 5th June 2021.

Terms and Conditions:

Ten-day membership can only be used during staffed hours, unless a \$40 deposit is paid for the key tag which is refundable at the end of the ten-day period if they decide not to join

Current members can enter the draw by offering a free ten-day membership to a family member or friend. If your referral claims the ten-day free membership, you'll be in the draw!

Canterbury Diabetes Consumer Group one day symposium

Canterbury Diabetes Consumer Group are hosting a one-day symposium.

All are welcome to come along and learn more about diabetes.

Date: Saturday 29th May 2021.

Time: 9am to 4pm. Sign in from 8am. Morning tea, lunch and afternoon tea provided.

Location: Te Hapua/ Halswell Centre (341 Halswell Road, Halswell).

Cost: \$60 per person.

[Find out more about the Canterbury Diabetes Consumer Group Symposium here](#), including how to register. You can also phone Diabetes Christchurch for more information (03 925 9972).

The programme will cover a range of topics and will feature the following speakers:

- › Dr Martin de Bock;
- › Dr Carl Peters;
- › Professor Grant Schofield;
- › Associate Professor Helen Lunt;
- › Dr Niranjala Hewapathirana;
- › Nick Denniston; and
- › Helen Heenan.

Diabetes Christchurch is having their 65th Sapphire Anniversary dinner after the symposium

[Find out more here](#).

Invitation to Techie Brekkie

Canterbury DHB's Via Innovations and Te Papa Hauora Health Precinct are hosting a Techie Brekkie event **Friday 28 May, 9am – 10am** as part of TechWeek 2021.

This is being streamed live so please join us **online** to hear from:

- › The Hon Dr Ayesha Verrall who will share observations and insights on the interconnectedness between the portfolios of Research, Science and Innovation, Health and Seniors that the Covid pandemic environment has enabled or accelerated.
- › The Chair of NZHIH, Steve Wakefield, who will discuss how NZHIH supports commercialisation for the health sector nationally and locally, and how to connect with NZHIH.

For more information and to register, click [here](#). All confirmed registrations will be sent a URL link 24 hours prior to the event.



Techie Brekkie

—

He kai mā te hinengaro me te wairua
A feast for mind and body

Logos on the right: health innovation hub, via innovations, TE PAPA HAUORA The future of health, Canterbury District Health Board Te Pori Hauora o Waitaha



Please use [this link](#) to read the key messages from the Alliance Leadership Team (ALT) meeting held Monday 27 April 2021.

You can view previous key messages via the document library on the CCN website, [here](#).



Canterbury DHB's Supply Department is on the move

Canterbury
District Health Board
Te Poari Hauora o Waitaha

From Monday, 31 May 2021, our Supply Department is moving from 211 Blenheim Road to 4 Rapide Way, Yaldhurst (near the airport).

Our contact details at our new home will be:

Supply Department

4 Rapide Way, Yaldhurst

Christchurch, 8042

Phone: 03 364 0080 (Monday–Friday between 07:30 & 16:30)

Email: supply@cdhb.health.nz

Please update your files and pass this information on to any of your suppliers or networks that need to know.

Thank you



4 Rapide Way
on Google Maps

