



ceo update

Monday 22 September 2014

Wellbeing – where are we at?

The high level findings of CDHB's Staff Wellbeing survey were discussed at this week's General Manager's meeting and I wanted to share some of the findings with you.

Firstly thanks to over 2,300 staff who completed the online survey – that's almost a quarter of our staff employed directly by CDHB. We suspect that your experience may be similar to that of your 9,000 community-based colleagues who work in our health system.

It is evident that although we are a well-educated bunch of people who know the importance of living a healthy lifestyle, we're not always good at doing the right thing for our own health. For example, the number of staff achieving the minimum recommended level of physical activity has dropped from 22% in 2012 to 14% this year.

Overall, there hasn't been a huge shift in our collective wellbeing since the last Staff Wellbeing Survey carried out in 2012. This isn't surprising given the multiple stressors many of you are experiencing – such as your work environment, dealing with housing and financial issues as a direct result of the quakes.

The World Health Organization have a wellbeing index, and in our 2012 survey almost 39% of male staff and 36% of our female staff rated as having poor emotional wellbeing. This has improved slightly for our male staff this year with 35% falling into the 'poor emotional wellbeing' category and 37% of our female staff in the same situation and highlights the importance of the wellbeing strategies that have been in place over the past few years. It also highlights the importance of continuing to provide the right ongoing interventions as we continue to deal with the real and ongoing challenges that we face with continued shifting of services as we deal with earthquake repairs and new builds.

Lack of sleep and feeling fatigued was a very common theme, and we are looking at providing staff education, information and seminars on this topic. 53% of respondents said they would attend a seminar on sleep – so watch out for information on this over the coming weeks.

Staff who are home owners reported that 33% of you have earthquake claims that are partially resolved and almost a quarter of homeowners have unresolved issues. 13% of you were directly impacted by flooding events.

Heavy workloads, not feeling valued, and poor working conditions such as noise and overcrowding were mentioned by around a third of respondents. A number of managers/supervisors reported feeling burdened by their responsibilities and in some areas relationships with teams are strained.

It was pleasing to see that 64% of respondents felt that CDHB offered sufficient resources and help; 74% were aware of CDHB's wellbeing coordinator and 47% have already visited the new Staff Wellbeing Intranet page.

If you're not familiar with what's on offer, click [here](#) for more information or see further details on page 16.

With wellbeing in mind, it's a good time to talk about getting a team of workmates together to sign up for the Wellbeing Game!

We are taking this information seriously, and looking at practical ways we can support staff to address issues and concerns that were raised in the survey.

Further details about the survey results will be provided over the coming weeks.

In the meantime, I encourage you to do something for you – and remember that to care for others you need to look after 'No. 1' first. So take time for a walk, move more, and check out what's planned for Mental Health Awareness week where the focus is on keeping learning.

***Have a great week,
David Meates***

Register for the Wellbeing Game today and give yourself a boost

While the past four years have had their share of challenges, they've also led to the development of some world-leading innovations. The Wellbeing Game is definitely an example of something positive which has come out of the earthquakes.

The Game was developed by staff from Community and Public Health and the Mental Health Foundation in the immediate aftermath of the earthquakes, and is based on the Five Ways to Wellbeing (connect, take notice, give, keep learning and be active). Players form teams of any size and watch their team's wellbeing hours accumulate on an online leader board.

An evaluation of last year's Game showing that wellbeing improved for people who played the Game for at least three days.

This year the Game is being played nationwide. Our region has received a lot of support from right around New Zealand post quakes, and it's great to be able to give something proven to boost wellbeing back to the people of New Zealand.

The Game runs from 6 October – 31 October 2014, and registrations start today.

Now's the time to register and get your team together! You could even win some prizes! Go to www.thewellbeinggame.org.nz and give yourself a boost.

BOOST YOUR FEEL GOOD FACTOR

Gather your team and register for
The Wellbeing Game today.

all
right?

 Mental Health Foundation
mauri tū, mauri ora
www.mentalhealth.org.nz



It's your life - play it!
thewellbeinggame.org.nz

Burwood

Temporary closure of Gate One and driveway

As mentioned last week, a sewage line for the new Burwood hospital buildings needs to be laid. To complete the work, Gate One and its driveway will be closed from Monday 22 September for approximately three weeks. A traffic management plan will be in place with clear signage.

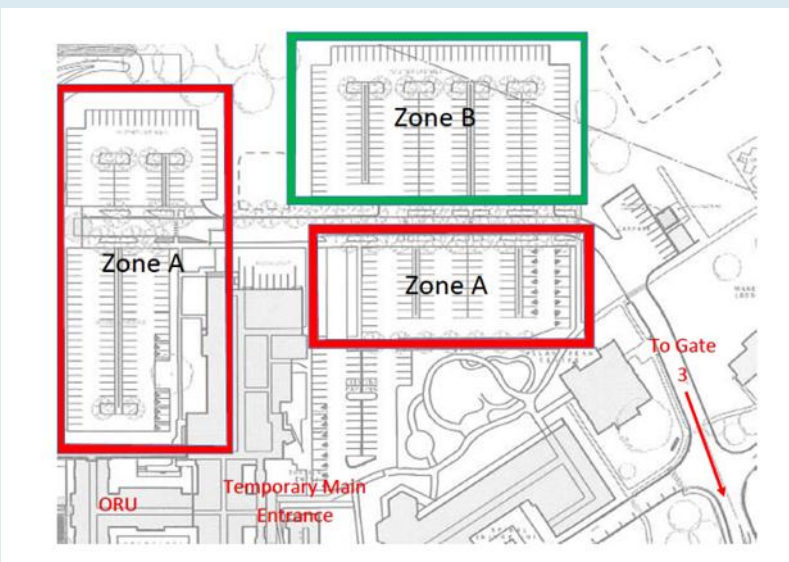
This driveway closure applies to all traffic except for the Fire Service and St John Ambulance. Please ensure no taxis are directed to Mairehau Road Gate One entrance at this time.

Pedestrians will be able to use the footpath which runs beside the Physical Medicine Building. Staff are encouraged not to use the Mairehau Road parking spaces outside Gate One to allow patient access via the footpath.

No parking will be available in any of the current parks accessed via gate one. Please direct people to use the parking at the main entrance (gate three). Patients with mobility issues can use the accessible car parks outside the main entrance.

Heavy lifting

A huge 32 tonne concrete panel that needed a double lift was slotted into place in the Back of House earlier this week. Other internal building walls and steelwork are now being installed. *See photo on right.*



Car parking

Elsewhere on site, sections of the northern car parks near the temporary main entrance will be closed temporarily to remove excess stone chip. This will be completed in two parts to minimise disruption.

Zone A will be done on Friday 19 and Saturday 20 September. Zone B will be done on Saturday 27 and Sunday 28 September (*see map*). The work areas will be coned off, but the contractors will make sure that staff cars already parked will be able to exit.

Mataamua

Finally, the large Oamaru stone carving – Mataamua – will shortly be moved from his current position at the old main entrance next to the Travis Café. This is ahead of work to temporarily convert the Travis into the main staff café. Mataamua will eventually move to the new front of house.

Continues on the following page...

Christchurch

On Monday, CDHB Kaumatua Maurice Gray (centre) conducted a karakia/ blessing with hospital chaplains Rev Hilary Barlow (Christchurch Women's), Sister Mary Hanrahan, Rev Alexa Evenden and Rev. Moega Lasei on the site of the new Acute Services building.

The main body of works is expected to begin at the end of September, the first part of which will be reconfiguring traffic flows around the front of the campus. The site prep team is currently presenting the likely changes to groups across the site – if you would like one of us to come and talk at your team meeting and to answer any questions you may have, please get in touch with [David Brian](#) or [Daniel Park](#).



Sample staff lockers are now on display in the Radiology main corridor (Riverside, first floor) for staff to have a look. Please send any feedback to Andy Savin in the Facilities Development Team.

Staff have been busy at the Design Lab this week, testing a simulation of the new linear multibed concept. Various scenarios were mocked up and tested, including ward rounds and cardiac emergency. "Patients" at the session reported a good balance of patient privacy and the ability to communicate with neighbours.

Canterbury Medical Grand Round

Friday 26 September 2014 – 12.15-1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speakers: Chris Morison, Team Leader Bioengineering & Les Snape, Oral and Maxillofacial Surgeon

Title: 'Medical Physics & Bioengineering Health Innovation Challenge'

Chris Morison; Medical Physics & Bioengineering (MPBE) Department and Via Innovation will present the "MPBE Health Innovation Challenge", with a prize of \$10,000 for research and development to help turn your idea into reality.

Les Snape will present some clinical scenarios where the work of MPBE including their 3D biomodelling and titanium technology has helped with reconstruction of facial fractures and jaw discrepancies.

Chair: Lance Jennings

Conveyor: Ruth.Spearing@cdhb.health.nz

DVD recordings available within two weeks on majority of sessions.

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

Annual Staff vs Student debate

The annual staff verse student debate is happening on Friday 26 September at the Rolleston Lecture Theatre. Join us to watch as the students argue that 'the next generation of doctors will be superior to the current generation' and the staff defend their reputation. It is bound to be an entertaining night, so come along. The debate kicks off at 7pm with drinks and nibbles beforehand.

The debate is kindly sponsored by Medical Assurance Society (MAS).

Bouquets



Hagley Outpatients, Christchurch Hospital

Excellent care. I am an elderly lady in my 80s. I had to come in and visit my daughter. We had an emergency situation at home, the lady on the counter – Jannene Johnson was lovely, she had a nice smile and was so helpful in locating my daughter. You are lucky to have such a helpful lady on the front counter.

Ward 19, Christchurch Hospital

Martin was an excellent nurse for our mother while she was in the Orthopaedic Trauma Unit. Great to have someone who communicates and is respectful of the elderly. Thanks to all the nurses and aides who helped.

Ward 17, Christchurch Hospital

After spending four days in the care of Ward 17 after surgery. I am very impressed by the level of care and quality of service provided. Very friendly staff and I'm left with high expectations after seeing the abilities of the students coming through.

AMAU, Christchurch Hospital

Really good service and Marjorie was really good to me thank you so much.

Orderly, Christchurch Hospital

I would like to pass on a compliment for one of your orderlies – Nic who was extraordinarily polite, helpful and encouraging while my wife was here.

Could you please pass on our gratitude to Nic – wonderful service needs to be recognised.

Ward 21, Children's Christchurch Hospital

My son was admitted on Sunday 31 August as he had broken his wrist... We have found all the nursing staff to be very helpful, friendly and kind. In particular I would like to mention Emma, Bianca, Janine and Janelle who went out of their way to be kind to our son. It has been a pleasure to know that these nurses go out of their way to help. It would be great if a picture/ photo was put up on the wall to identify nurses. Thank you from all of us, keep up the fantastic work.

Emergency Department, Christchurch Hospital

My husband visited the ED two weekends ago for acute abdomen pain. We just wanted to pass on how grateful we were for the care provided to him by the nurse Jane - she was so lovely and calm, reassuring and very efficient and is a real credit to the clinical area.

Thank you also to the doctor Matthew who was very polite, gave clear explanations and was very thorough. Please can you pass on our thanks.

Emergency Department and Ward 17, Christchurch Hospital

All of your staff were extremely polite and pleasant, to me. I would like to pass on my gratitude and special thanks to LUCIA FENWICK. She was nursing in the Admittance/Receiving Area. She made me very comfortable, right from the start. Nothing was a bother to Lucia, and she really acted in a most professional and considerate way. I'm not sure if you have a 'Brownie Points' system, for staff, but Lucia is truly worthy of a mention in dispatches. Thanking you, for helping me regain my health.

Ashburton Hospital

I was admitted to the unit in early August while on my way home to Christchurch and had to spend a few days with you. I am indeed most grateful to you all for the tremendous care that I received, which I could only describe as "Five Star" treatment. Nothing was too much trouble for you.

Continues on the following page...

Ashburton Maternity

To all the wonderful ladies at Ashburton Maternity,

A huge thank you for looking after us and for all the help and advice.

In special appreciation to the wonderful staff at the Ashburton Hospital. My husband and I have had occasions to be in Ward One over the past year. We both cannot fault the caring attention of all the staff that cared for us— as well as the great meals. Thank you all.

- Published in the Ashburton Guardian.

To the awesome staff of the Maternity Ward, Thank you so much for the care and support. We appreciate everything you've done for us.

Well done Ward 6!

Thank you to the hard working staff of Ward 6 who have coped admirably through the recent Norovirus outbreak. Several of you were also affected by the virus and your horrific personal stories have been very difficult to listen to.... Well done

Jill Gerken, Clinical Nurse Specialist - Infection Prevention & Control

Serology/Virology Department at CHL (National Measles Reference Laboratory)

This team has been involved in confirming measles cases and establishing epidemiology. Below is a thanks from the team in the Waikato involved in the recent outbreak.

I just wanted to say a big thank you to you and your team for all your patience, help and support over the measles weeks. J

Ward 12, Cardiology Department

...My dear husband and our family's father and grandfather passed away in Ward 12 of the Cardiac Department. We would like to express how touched and overwhelmed we were at the sincerity and genuine empathy we felt from so many of your staff including the medical staff, nurses, food and cleaning staff....Nothing was too much trouble for them and they made us very comfortable during a difficult period. As one of your cardiologists said, "he is no longer a patient; he is our friend and we will look after him here." The promptness of the Emergency Department staff was also deeply appreciated. We will certainly be telling all we meet of the care and attention we received and wish to thank you most sincerely. Please pass on our thanks to all people concerned.

Linda Craig, Public Health Nurse

...We would greatly appreciate it if you could pass on sincere thanks from the Banks Avenue School staff and community to Linda for all the support, guidance and assistance she has given our school community over the past four years. Linda has worked closely in partnership with our school community. During this time, we have greatly appreciated her practical, sensible approach, along with her great sense of humour. We wish her well as she begins her new role....

Cervical Screening

Just a wee personal email to say thank you for all the cervical smear information you've been sending out – it has worked! For me at least – just went for my first smear in 10 years!

Nurses undertaking CPIT courses in 2015

The procedure for applying for funding for CPIT courses in 2015 is changing.

Instead of applications being processed all year, there will now be twice-yearly funding rounds.

The first funding round will open on 1 September and close on 10 October 2014.

A second funding round will be held in March/April 2015 for papers later in the year.

CPIT are releasing the timetable for 2015 shortly but anticipate the papers offered will be the same as this year. Please apply for the paper you are interested in and dates of study will be confirmed with you once the timetable is finalised.

Applications for the first funding round are now being accepted. Please apply using the on-line application form on the Nursing page of the intranet: <http://cdhbintranet/corporate/NursingInformation/SitePages/CPIT.aspx>

Further information is available from Jenny Gardner on jenny.gardner@cdhb.health.nz or Vicki Christoffersen on Vicki.Christoffersen@cdhb.health.nz

Long-serving nurse retires

Charge Nurse Manager Wenda Meechin, couldn't decide what to do after leaving school.

One day her mother told her she had made an appointment for Wenda to see the hospital matron.

"I asked her why, as I wasn't sick," Wenda says.

The appointment was an interview for student nursing. Wenda's mother perhaps wisely saw qualities in her daughter that would make for a good nurse.

It was a formal application process that included a full physical. Wenda passed and began her training at The Princess Margaret Hospital (TPMH) on 19 September 1967.

Last Friday, Wenda walked out of the familiar red-brick building for the last time as an employee, retiring from her nursing career of 47 years to the day from when she first entered it as a student nurse.

Over her career Wenda spent time working in England, Italy, Nelson and Timaru, including working "on and off" at TPMH until 1999 when she went back there permanently.

Wenda says she was "terrified of making a mistake" when she first started nursing.

However the apprentice-style of training ensured student nurses were never doing tasks they hadn't been trained to do.

"We were in charge of a whole ward on night duty in our third year but we always felt supported."

Back then student nurses had to live in the Nurses' Home for the first two years - first year student nurses lived on the first floor, second on the second floor and so on. Each year level sat at separate tables in the dining room.

Looking after frail elderly is very demanding, but rewarding, she says.

"Gerontology nursing is one of the hardest that there is as it demands every skill a nurse has. However, it's also my favourite type of nursing."

The interdisciplinary teams in older person's health at TPMH mean all are working together for the same outcome.

"It's TPMH's forte," Wenda says.

Service Manager, Linda Wood, says Wenda has been a great patient advocate and contributed very well to the Interdisciplinary team.

"Her passion for nursing is always foremost. Thank you Wenda for your knowledge, skills, great humour and many a robust conversation. You will be greatly missed."

Wenda is looking forward to travelling and spending time with her new grandchild in her retirement.

"At the end of my life if I have achieved nothing else I know I have done a very good job of caring for the frail and vulnerable. It's been a nursing life full of achievements," she says.



Above: Wenda Meechin

ceo update

Put some spring in your step!

The Walking Festival kicks off on Saturday 27 September – what better way to put some spring in your step and boost your wellbeing!

The Festival is great a chance to get active, socialise, learn about local history and see beautiful wildlife and wetlands.

There are more than 38 free group walks catering to people from all walks of life: from child-friendly jaunts to more challenging treks for the experienced walker.

The Festival closes on 5 October with the All Right? Amble. Previously known as the Walk for Wellbeing, the All Right? Amble will be based at the Botanical Gardens and comprises five wellbeing stations – each based on one of the five ways to wellbeing. What other 2km stroll gives you the opportunity to connect, take notice, give, learn and get active!?

[Click here](#) to find out more.



Mental Health Awareness Week

6-12 October 2014



Plans are afoot to celebrate Mental Health Awareness Week with extra activities organised on World Mental Health Day (WMHD) 10 October.

The Mental Health Foundation has been organising New Zealand's annual Mental Health Awareness Week under contract from the Ministry of Health since 1993. The week is marked in over 150 countries. The 2014 NZ Mental Health Awareness Week theme is 'Keep Learning.'

CDHB's Specialist Mental Health Service (SMHS) is working with community groups to provide a range of events and activities for the week. This includes:

- Education sessions at Hillmorton Hospital and The Princess Margaret Hospital
- Dissemination of a 'daily word'
- Creation of an e-cooking book
- Displays in CDHB facilities

"The theme of this year's awareness week is 'Keep learning' and we're offering activities that do just that. We'll be inviting people to take part in salsa classes, shared Waiata sessions and Liangong exercises. We are also offering information on topics like Ways to Better Sleep. There will be something for everyone," says Cathy King, Specialist Mental Health Services (SMHS) CDHB Nurse Educator.

A highlight of the week will be a Mad Hatter's Tea Party being held on Wednesday 10 October. This is being organised by Awareness Canterbury. See the flier later in this update.

The organising team is currently looking for recipes for the e-cooking book. Please email them to cathy.king@cdhb.health.nz by 1 October. For more information see fliers later in this update.

More details about the week and what's on offer will follow in upcoming CEO Updates and daily staff emails.

World Alzheimer's Day - 21 September 2014: Dementia care Canterbury going from strength to strength



This Alzheimer's Day, Canterbury people with dementia and their families can take comfort in the fact that better quality care is increasingly available, according to the South Island Alliance's Health of Older People's group (HOPSLA).

The dedicated dementia care training programme 'Walking in Another's Shoes (WIAS)' continues to grow from strength to strength, with more health professionals and carer/support staff across both islands now accessing the innovative programme.

To view life from another person's perspective, or to 'walk in their shoes', is at the heart of the learning programme, specially designed for carers working in dementia care. Almost half of those to complete the training in the past year were from Canterbury.

Dr Jenny Keightley, Chair of HOPSLA, says the training course is popular because it is designed with the user in mind and because of the high quality of the course content.

"The programme is still viewed as the 'gold-standard' for residential care for people with dementia," Dr Keightley says.

"And because it focuses on what a person can do rather than what they can't, it means that hopeful, achievable goals are identified in rehabilitation as well as pragmatic goals around support and minimising harm."

Since 2013 the training has been rolled out across the South Island and is spreading north with two programmes now established in Hawkes Bay DHB and an educator recently employed by Mid-Central DHB.

HOPSLA plans to extend the programme over the next year by developing two new resources.

"We are planning a master class for people who have completed training, which is a support and educational group to help keep trainees current and up to date with their skills," Dr Keightley says.

"We also hope to develop new resources which are specifically designed for managers of aged residential care facilities, to assist them in fully supporting the delivery of the programme."

WIAS joins forces with Careerforce and Alzheimer's NZ on new training project

During the past few months the Walking in Another's Shoes (WIAS) trainers have been sharing their expertise in delivering person-centred care thanks to a collaboration with Alzheimer's NZ, Careerforce and Health Workforce NZ, to support a new training programme for people delivering dementia care.

The \$1.2 million project, funded by the Ministry of Health, will give priority to training workers who provide home-based dementia care. This new initiative will see around 2000 workers gaining skills in recognising, understanding and supporting people living with dementia. From this July the WIAS trainers will be providing training material and supporting the 'train the trainer' model for home care staff.



Continues on the following page...

Graduates in Christchurch celebrated with a special WIAS cake.

In the last year, HOPSLA has helped progress a number of positive developments in the way dementia care is being delivered and supported across the wider South Island, including:

- 328 health care staff have completed 'WIAS' training – a threefold increase
- Dedicated training coordinators have been appointed for each South Island DHB
- Trainers have teamed up with Alzheimer's NZ, Careerforce, and Health Workforce NZ to support the delivery of people-centred dementia care training to home-based carers
- Regional services are reducing demand for dementia care beds.

One Patient's Story: How the Walking in Another's Shoes Programme Makes a Difference

The story below is just one example of how the WIAS programme can help transform a person's day to day life and the quality of care they receive:

George* is a 67 year old man who has Alzheimer's. He was living with his wife for a period, although after displaying increasingly resistive behaviour and after trying a number of different options and medications, it was eventually decided that being placed in rest home care was the best option.

George had been a businessman previously and had run several companies, so he liked to be in charge of his environment but this was hard to do in a dementia rest home setting. Also his verbal skills were better than his comprehension, so the staff thought that he could process requests and directions, which he wasn't able to do so well.

After obtaining some history on his life from his wife, the rest home staff used this information along with what they had learned through the Walking in Another's Shoes Programme and introduced some key changes. They set up his room with a desk and phone and when George became agitated he would go and sit at his desk – this seemed to calm him and helped avoid the need for additional medication.

George began to make this a routine and would regularly go and look through documents the staff had put there and worked his way through his day. After a period of a few weeks George started coming out to the staff and enquiring how they were and asking if he could see them in his room. The staff responded to this request and sat opposite him and were interviewed about how their time had been with the company, essentially completing a performance review. The staff were amazed with this and answered his questions as honestly as possible!

George appeared to feel that he had some authority and was more amenable to having support with his care. He seemed to recognise some of the staff and would seek them out for support. He does still need considerable assistance with all his daily cares and needed all these tasks broken down step by step, however when this happens in an orderly way he is still able to perform some daily tasks.

In addition, following a discussion about music in a training session, the staff spoke to George's wife, who provided an iPod with some of his favourite songs on it. George appeared to really enjoy listening to the music; he would sing along to it and it would calm him down.

The staff have found that these two strategies have worked well and they have been able to reduce the use of medication, which in turn has helped George to understand more of what is going on around him. His wife is also pleased to see how much calmer he was following the changes introduced in his care.



Graduates in Christchurch celebrated with a special WIAS cake.

* Name has been changed to protect privacy of individual.

New type of radiotherapy trialled

Oncology staff have just finished treating their first stereotactic radiotherapy lung cancer patient.

Stereotactic radiotherapy delivers precisely targeted high doses of radiation to a well-defined tumour over a shorter period of time than traditional radiotherapy.

It has been made possible by the development of highly advanced three dimensional radiation technologies that provide an exact location of the tumour and its movement during breathing.

These images guide the treatment plan which uses multiple x-ray beams to maximise the dose of radiation delivered to the tumour, with the minimum amount of damage to surrounding healthy tissue and organs.

The treatment at Christchurch Hospital is part of an international clinical trial.

Radiation Oncologist, Chris Harrington, whose patient was the first treated, says it was a team effort requiring complex planning by a Radiation Oncologist, Radiation Physicist and several Radiation Therapists.

The patient received four one-hour treatments over 10 days. This compared to the average radiotherapy session of 10-15 minutes over a period of four to six weeks.

Stereotactic radiotherapy is relatively new to the southern hemisphere, says Chris. It is more common in the United States and Europe but comparative trials had not been done.

Testing the new technique rigorously for effectiveness and quality assurance would provide good quality information.

"We don't have high quality evidence yet but there are a lot of encouraging reports and it is very good to be able to be part of this trial. The treatment is likely to become commonplace for a range of selected patients and has potential for other areas of the body such as spine and liver, Chris says.

Radiation Oncologist, Scott Babington, who organised funding for the trial to be run in New Zealand, says it is a great example of how research can bring real gains to patients.

"While the trial is gathering the only definitive evidence for the use of stereotactic body radiation therapy (SBRT) it is also introducing this complex and promising new treatment technique into the New Zealand Health System within the safety of the rigorous trial environment."

women's lifestyle expo®

Cervical Screening Awareness team at Expo

If you're heading off to the Women's Lifestyle Expo at the Horncastle Arena (Jack Hinton Drive) on the weekend of 4/5 October, you'll get to see our Cervical Screening team.



Vivienne Back - Regional Manager/Register Coordinator for the National Cervical Screening Programme (NCSP) - Canterbury Region, says it's a great opportunity for the CDHB team to engage with women, and to answer any queries they may have about cervical screening.

"The NCSP Register team will be there to remind women just how important it is for them to have regular smears. We can remind them when they had their last smear and tell them when their next one is due," says Vivienne.

Some women may meet the criteria for a free cervical smear - women aged 20-69 years who are Māori, Pacific or Asian, any other woman aged between 30-69 years who has never had a cervical smear or has been overdue for a smear for five years. The women in these priority groups are more at risk of developing cervical cancer.

"The NCSP Health Promotion team will also be there to discuss with priority group women where they can go for a free cervical smear and answer any concerns they may have about the process. Since the September 2011 earthquakes many women have moved house so this is also a great opportunity to update addresses on the National Cervical Screening Register, ensuring that women receive results and reminder letters from the programme," says Vivienne.

Check out the back of the update for a voucher giving you a \$2 discount for entry to the expo. Just print it out and take it with you.

New national network established for research administrators

Maria Carney, Research Administrator from the Oncology and Haematology Clinical Trials Units at Christchurch Hospital was recently invited to be a guest speaker at the *New Zealand Association of Clinical Research Conference* held in Auckland.

Maria presented and promoted the Research Administrators Network – a national network she has developed “to communicate with other like-minded people”.

The network is aimed at supporting and providing learning opportunities for people employed in non-clinical roles involving medical research in New Zealand - generally people who are not clinically qualified, or undertake clinical activities within the research role. Clinical trials and health research are highly regulated and thoroughly monitored and involve significant record keeping, compliance and legal burdens, high level facilitation and co-ordination responsibilities and an understanding of the research process.



Maria Carney

Maria says the network now boasts more than 35 members from one end of the country to the other, all professional and talented people who are passionate about their roles in research administration.

Jane Trolove, Service Manager – Canterbury Regional Cancer and Haematology Service and Palliative Care and Rebecca Coombes, Research and Development Manager, CDHB & University of Otago, Christchurch provided guidance and support to Maria in the early stage of setting up the network.

Jane notes Maria instigated this on her own initiative, and due to her hard work and commitment has brought on board research administrators from most of the hospitals in New Zealand. It is valuable work and Maria's ideas include, but are not limited to:

- understanding the research process and where administrative support assists the researcher / organisation / clinical trials coordinator
- discussing the depth of administration support
- function and tasks of the administrative role
- sharing best practice in research administration
- defining key issues for administrators and how they impact on the role.

Rebecca adds that “Research is a vital aspect of improving our knowledge and practice in the health system and we cannot do it without the specialist knowledge of research administrators. Maria has seen the need and answered the call by providing this group of hard working administrators with a network within which to learn, discuss and further their development and thus the development of research. Thank-you Maria.”

Kay Strang, Administration Manager commends Maria for her initiative in setting up the Research Administrators network which is already benefiting members across the country who now have a professional network to tap into. In recognition of this work, an Oncology Trust fund has financed a significant professional development opportunity for Maria. She will travel to San Diego in October to attend the 4-day Society of Research Administrators.

Please contact Maria.Carney@cdhb.health.nz directly if you'd like more information on the Research Administrators Network.

Registered Nurses undertaking Postgraduate nursing study in 2015

Applications are now open for HWNZ funded places in Semester 1 and 2, 2015. The link to the online application form is: [CDHB Online Application Form - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website: [Postgraduate Nursing Education](#)

Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or margaret.bidois@cdhb.health.nz or to Jenny Gardner, Nurse Consultant, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz.

Closing date for applications is Friday 10 October 2014.

Latest from the Primary Care Liaison Team

You can read the full version of their [August newsletter here](#).



Here is some news in brief:

The team wishes to welcome a General Practitioner back to the team, Dr Rose Laing. Rose is a Christchurch GP who combines working as a GP in Woolston with her GP liaison role. She has worked as a liaison in child health, respiratory medicine, general medicine and now in the Health of Older Persons.

Rose spent 15 years working in GP education and training of new GPs before that. She is looking forward to working with the PCL team and gaining an understanding of the strengths and opportunities that exist in Canterbury for achieving better health for older people.

About the team: The PCL team focuses on the older patient's journey and how the relationships between Primary, Community and Secondary care are so vital to the success of that journey. Their work priorities echo those of the Canterbury Clinical Network's Health of Older Persons Workstream. We aim to inform our colleagues of services in Christchurch that may be of interest to your patients, whilst striving to understand barriers between services to try and facilitate change. To find out more, visit <http://www.ccnweb.org.nz/Activities/PrimaryCareLiaisonTeam.aspx>

*Please note Rose Laing's email address is incorrect in the newsletter. It should be rose.laing@ccnweb.org.nz.



National procurement – healthAlliance keen to help

It's been almost three months since National Procurement was launched, with healthAlliance becoming our service provider here in Canterbury. The purpose of National Procurement is to get better value for money from each health dollar through economies of scale and centralised negotiation, and to save time and money across the health sector by reducing duplication.

healthAlliance's goal is to work with DHBs to solve problems and develop innovative solutions but to achieve that goal, they need DHB staff to engage – to provide feedback and ask questions before issues become a problem. To help improve communications, they have created an eNewsletter. As we receive them, they will be posted on the intranet – [here is the link to the first one](#). You can subscribe and receive them directly, or look out for future information in the CEO update or for significant or urgent information, on the daily global email from comms.

healthAlliance have set up a Managed Service Centre which should be your first point of call for any enquiries and you can also make fast track requests via the MSC. The number to remember is 0800 426 727 and the centre is managed during normal Monday to Friday business hours. At other times, or if you prefer, you can email non-urgent enquiries to Cherwell.FPSC@healthalliance.co.nz

Welcome to the first newsletter from the SI PICS programme office

In this first edition they look at what's involved in getting ready to implement this innovative new solution across the South Island.

What is SI PICS?

The South Island Patient Information Care System (SI PICS) will become the regional solution for patient management and administration across the South Island District Health Boards....

Getting ready

To become the single, region-wide patient management and administration system, there's a lot of work that needs to go into making SI PICS suitable for each DHB....

[Read the full newsletter](#)



Department of Psychological Medicine, University of Otago, Christchurch & SMHS, CDHB Clinical Meeting

Tuesday 23 September 2014
12:30 pm – 1:30 pm

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

Title: “Cannabis use and cigarette smoking: Is there a causal relationship?”

Abstract: Recent research has found extensive evidence of co-use of cannabis and tobacco, but causal mechanisms in this relationship remain unclear. The present study used data from the Christchurch Health and Development Study, a longitudinal birth cohort of 1265 individuals born in Christchurch in 1977, examining cannabis use and cigarette smoking from ages 18 to 35 years. The study examined whether there was a causal relationship between cannabis use and cigarette smoking, using conditional fixed effects regression models, and structural equation modelling. The results suggest a reciprocal causal relationship such that the use of cannabis increases the risk of cigarette smoking, while cigarette smoking increases the risk of cannabis use. Possible causal mechanisms include the shared route of administration (smoking), and social practices related to the mixing of cannabis and tobacco.

Presenter: Dr Joe Boden
Chaired by: Dr Geri McLeod

Special notes

These meetings are 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.

Leadership for Patient Safety with James P Bagian

[Workshop with Dr James P Bagian \(please click to see full details\).](#)

When: 7 November 2014, 8:45am–5pm (includes *Open* hour, 4–5pm)
Where: Otago Museum, Great King Street, Dunedin
Cost: \$200

Spaces are limited. To register, go to jim-bagian-workshops.lilregie.com.
If you have any questions, please contact Maria Kempster –
maria.kempster@hqsc.govt.nz

Leadership for patient safety workshop with Dr James P Bagian

The workshop is a half-day interactive and practical session for senior healthcare leaders. It will focus on the role of leadership in patient safety, the importance of a patient safety culture, and the role of leadership in the development of a patient safety system. The workshop will include a presentation by Dr Bagian, a group exercise, and a Q&A session.

When: 7 November 2014, 8:45am–5pm (includes *Open* hour, 4–5pm)
Where: Otago Museum, Great King Street, Dunedin
Cost: \$200

Spaces are limited. To register, go to jim-bagian-workshops.lilregie.com.
If you have any questions, please contact Maria Kempster – maria.kempster@hqsc.govt.nz

Christchurch Communication Festival

A free community concert, aimed at raising awareness about the challenges faced by adults with communication disorders, is being held at Cashmere High School Performing Arts Centre next month (1-2pm, Friday, October 3).



The concert is part of the Christchurch Communication Festival and involves performers whose communication abilities have been affected by neurological conditions such as stroke, traumatic brain injury, Parkinson's disease and Multiple Sclerosis.

Amy Eastwood, Canterbury DHB Speech Language Therapist, says communication is the most fundamental aspect of human capacities.

"Just imagine if you couldn't speak for a single day, let alone a lifetime. Come and support these inspirational people in their quest to raise awareness about communication disorders."

The concert is also part of the [International Communication Project](http://www.communication2014.com/).

"This is a global initiative, which aims to highlight the importance of human communication – and how communication disabilities significantly impact every aspect of life," Amy says.

It follows closely on the heels of New Zealand Speech-Language Therapy Awareness Week (15 - 21 September).

"Guest performers at the concert include the Cantabrainers Choir, Jolt dance group and other inspiring individuals who will share their experience of living with a communication disorder."

The Cantabrainers Choir is a therapeutic choir for people with neurological conditions such as Parkinson's disease, Stroke and Multiple Sclerosis.

The choir aims to improve and maintain communication through physical, social and emotional means.

"It differs from other choirs as the singing is about learning to use the voice effectively, in a fun way; performance is less important. The choir is run by Therapy Professionals Ltd who provide a Music Therapist and Speech-Language Therapist to support the choir."

Consultation opens for three Central City transport projects

Christchurch City Council is inviting feedback on three transport projects needed to support key Anchor Projects in the Central City.

The three transport projects are:

1. Colombo Street – from Hereford Street to St Asaph Street
2. Lichfield Street – from Durham Street to Manchester Street
3. Tuam Street – from Durham Street to Barbadoes Street (including some associated changes to Manchester Street between Lichfield and St Asaph streets).

Consultation opens on Wednesday 17 September 2014, and will close at 5pm on Wednesday 8 October 2014. [More information here.](#)

Staff Wellbeing Programme: Money Week (October 13) – retirement and housing – financial planning

Money Week – meet with an authorised financial advisor or home loan expert at the main hospital sites

Free 30 minute appointments available the week of October 13.

For more information [click here](#) or visit the [Staff Wellbeing Programme intranet page](#)

Spring Walking Groups – spring is in the air! – get together with colleagues and start a walking group. Contact Andy andy.hearn@cdhb.health.nz or Lee lee.tuki@cdhb.health.nz for more information.

Earthquake Support Coordination (ESC) Service

ESCs will run drop-in desks at main hospital cafes from 1000-1330hrs during September as follows:

- Christchurch Campus – Great Escape – Tuesday 23 September

Our Earthquake Support Coordinators (ESC) are dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc.

Contact an ESC directly on 371 5598 or visit the [Staff Wellbeing Programme intranet page](#) for more information.

EAP Services – free counselling available to all staff

See the [Staff Wellbeing Programme intranet page](#) for more information.

Managing Menopause – if you missed this very popular session in February you can now view a recording of the presentation and download the speakers notes from the Tracksuit-inc website. Just go to www.tracksuitinc.co.nz and enter the company code: dnbstaffwellbeing . Then click on the 'Menopause Video' link.

Staff Wellbeing Programme intranet page – Pilates, Zumba, Yoga, Mindfulness...

<http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Check out this page for information on yoga, Zumba, Pilates, mindfulness, walking groups, Earthquake Support Coordinators, Employee Assistance Programme (EAP - free counselling for staff), and more...

Andy Hearn

Staff Wellbeing
Coordinator
Canterbury &
West Coast DHB

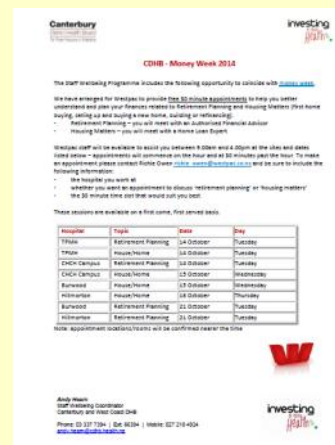
Ph: 03 337 7394

Ext: 66394

Mobile: 027 218 4924

Email:

andy.hearn@cdhb.health.nz











At ChCh Campus
(Lounge off the Great Escape)

Every Tuesday (Sandra)
5.30pm – 6.30pm

Only \$5
per Class

Bring along your drink bottle and comfortable clothing.

Sandra: 022 185 9171

Please notify instructors before attending a class

ceo update

Wanted – wannabe dancing queens and John Travoltas

Has your ward or team been waiting for an opportunity to shine? Wait no longer!

Now's your chance to get together with workmates and come up with your own dance routine as part of the 'do a little dance' workplace dance challenge.

It's limited to 30 teams so get registered and get dancing! If your team has what it takes to dominate the dance floor, email adam@thebody.co.nz. (please – no dance skills required!).

The challenge is supported by All Right? as part of this year's Body Festival.

DO A LITTLE DANCE!

GUIDE TO ENTERING CANTERBURY'S WORKPLACE DANCE CHALLENGE!

Step 1. Grab your workmates.

Step 2. Choose a song.

Step 3. At least ten minutes a week, down tools, clear a space and create your dance routine.

Step 4. Share sneak peaks of your progress at: fb.com/alittledance

Step 5. Challenge other businesses to get involved.

Step 6. Come together for our 'Workplace Dance Off' in late October/early November (details coming soon).

Register your team today by calling 366 7709 or emailing adam@thebody.co.nz



BODYFESTIVAL
dance and physical theatre

all
right?

thebody.co.nz
allright.org.nz

What does your job involve?

Working with primary school aged children with mental health difficulties, and their families. This can involve a whole range of things including psychological assessments, helping families understand and manage their children's psychological needs, individual interventions with children, running groups, doing cognitive assessments, liaising with schools, and helping families access community supports. No two days are ever the same.

Why did you choose to work in this field?

It sounds incredibly cheesy but... the children are our future! I really believe in intervening when children are young so that hopefully we can change their outcomes for the better, rather than being the ambulance at the bottom of the cliff later in life.

What do you love about it?

I love that I learn so much every day, and the variety of work I get to do is great. Also, working with children can be really fun. Sometimes I get paid to play games and draw pictures, which is pretty awesome.

What are the challenging bits?

Seeing many families trying to cope with multiple stressors, particularly financial and housing-related pressure, and not always being able to do much to help with this. This can really have an impact on how able families are to support their child through the treatment process.

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

My colleagues all bring a huge amount of passion to the job, which is really inspiring. I particularly admire Carolyn Doughty for her professionalism and level-headedness.

The last book I read was...

The Goldfinch by Donna Tartt. It's the best book I've read in a long time.

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

On a deserted white sand beach somewhere in the beautiful Pacific.

My ultimate Sunday would involve...

A sleep-in, a walk at the beach, a reality-TV binge, then relaxing with a book while my husband does all the gardening!

One food I really dislike is...

Eggs!

My favourite music is...

It varies from day to day, but really anything from pop to old-school rock.



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



LATEST CDHB OPPORTUNITIES

[Workforce Development](#)

[Coordinator](#)

[Financial Analysts](#)

[Quality Facilitator](#)

cdhb.careercentre.net.nz

LATEST WCDHB OPPORTUNITIES

[Management Accountant](#)

[Dental Therapist](#)

westcoastdhb.careercentre.net.nz/

Executive Officer

The Health Precinct will be a world-class hub for health education, research and innovation. It forms one of the key anchor projects for the city of Christchurch, and will boost New Zealand's health workforce, provide new opportunities for cutting-edge research, and enhance the link between education and health.

To lead the project strategy an Advisory Council has been formed, building on existing collaborative relationships between the health and tertiary sectors. Delegates from the Canterbury Earthquake Recovery Authority, Canterbury District Health Board, Christchurch Polytechnic Institute of Technology, the University of Otago and the University of Canterbury have been appointed, and are chaired by an independent professional.

With the formation of the Advisory Council, we're seeking an Executive Officer to provide operational advice and support to assist the Chair and Advisory Council with timely and accurate decisions, develop recommendations, and prepare documentation.

As the Executive Officer, you'll provide insight, input and advice on a range of operational matters, facilitate and contribute to solutions, and maintain effective working relationships with key stakeholders. You'll also be responsible for providing strategic level communications advice, along with supporting and coordinating key programme outcomes for complex work streams and projects focused around the research and education activities within the Health Precinct.

You will thrive working autonomously, bring significant stakeholder engagement skills, highly developed analytical skills and the ability to synthesise complex information. Your problem solving and project management skills will be key, as will your understanding of both the health and tertiary sectors.

This is a 12 month, fixed term, full time position.

Don't miss out on your opportunity to be involved in this exciting piece of history - and it's all happening right here in Christchurch!

To find out more contact **Stacey Flintoff, Recruitment Specialist** on (03) 378 6676 or email: stacey.flintoff@cdhb.health.nz



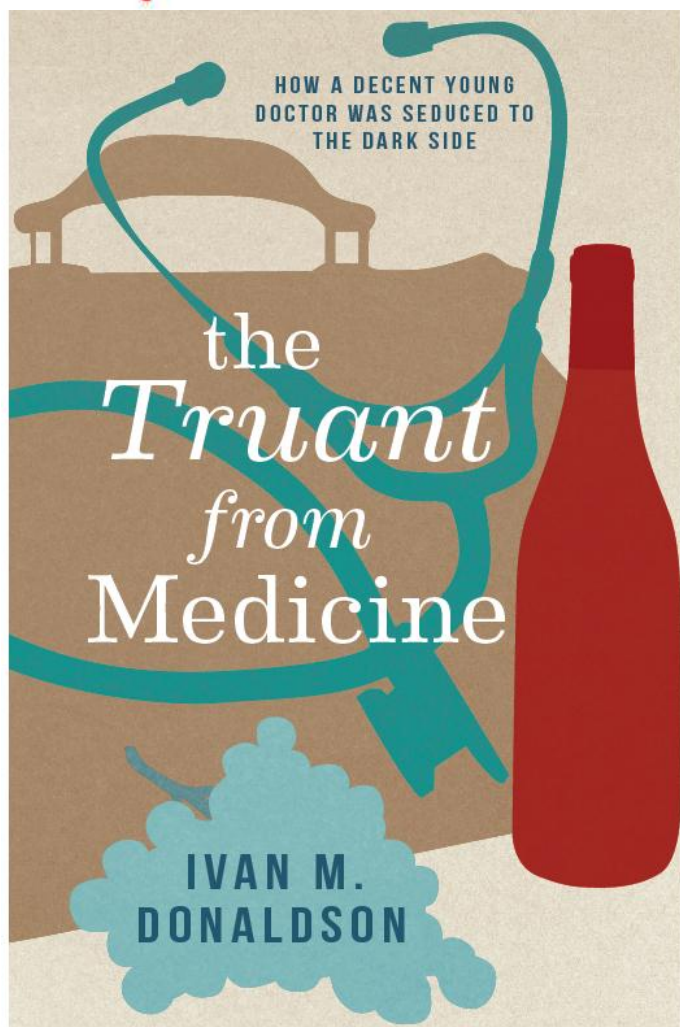
[LinkedIn](#)



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[Twitter](#)



The Friends of the Brain Institute take pleasure in inviting you to

The launch of Ivan Donaldson's engaging memoir

Thursday, 2nd of October 5:30-7:30 pm

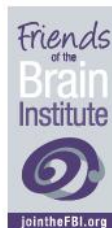
22 St Asaph St, next to the New Zealand Brain Research Institute and Hagley Radiology (council parking lot adjacent)

The truant from medicine is the true tale of a fresh-faced young Dr who was determined to devote his life to healing the sick. This simple goal became complicated when a nurse unwittingly lured him into the world of wine and lead them to starting **Pegasus Bay Vineyard, Winery and Restaurant**. Touching stories of Ivan's patients and their medical problems are skillfully interwoven with the couple's adventures in sun drenched vineyards and cool, dusty wine cellars, along with insights into the workings of both the medical profession and the wine industry.

Drinks and finger food will be provided and the evening will feature a celebrity roast of Ivan with Dr Phil Parkin, son Paul Donaldson, and Adjudicator, John Dunne. The book can be purchased on the night with payment by cash, cheque or credit card. Eftpos will not be available.

Please RSVP by the 26th of September by contacting Fiona Bellett on **03 3786 347** or fiona.bellett@nzbri.org. The book can also be purchased directly by contacting Fiona.

The proceeds from the sale of this book will be donated to The New Zealand Brain Research Institute to help support research into neurological disorders.





women's lifestyle expo®

Christchurch

4-5 October

Horncastle Arena, Jack Hinton Drive

10am - 5pm **Adults \$10** Children under 12 **FREE** **Over 200 exhibitors**

- Taste Zone • NZ Craft Zone • Parent & Child Zone • Fashion Parades
- Goodie Bags available inside Expo

    **06 354 0498** expos.co.nz

\$2 Off Entry with this Coupon (one per person)



Mental Health Awareness Week cook book

As part of our **KEEP LEARNING** Campaign the Specialist Mental Health Service committee thought it would be **FUN** to make a **Cook Book** full of all your favourite recipes.

For us to **BE ACTIVE** in the kitchen and **CONNECT** with others, as well as **KEEP LEARNING**, so **Give** a little of yourself. **Take Notice** to share those recipes

[For more information click on the image.](#)



Canterbury
District Health Board
Te Piri Hāora o Wairarapa

Specialist Mental Health Services
Mental Health Awareness Week October 6 – 12, 2014

As part of our **KEEP LEARNING** Campaign SMHS committee thought it would be **FUN** to make a **Cook Book** on all those wonderful favourite recipes out there. For us to **BE ACTIVE** in the kitchen and **CONNECT** with others, as well as **KEEP LEARNING**, so **Give** a little of yourself. **Take Notice** to share those recipes

We are looking for all food streams - recipes that people can make together as well as eat together, not too complex but yummy and healthy, the sort of recipes you could get the kids to help with - **SO COME ON EVERYBODY BE IN**




Please send your favourite recipe and a photo too (if able) through to Cathy King, email cathy.king@cdhb.health.nz or internal mail to - TRU Hillmorton

NB - Remember to acknowledge the author if not your own recipe

Awareness Canterbury Action on Mental Health and Addictions

MHAPS
Mental Health
Advocacy and Peer Support
together on the road to well-being



Mad Hatters Night

"WE'RE ALL MAD HERE"

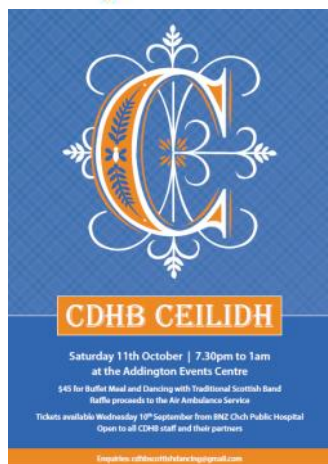
AN EVENING OF POETRY, MUSIC AND OTHER FORMS
OF PERSONAL EXPRESSION THAT CELEBRATE THE
MENTAL HEALTH VOICE,
WITH A SPECIAL PERFORMANCE BY TERRY LYNCH.

FRIDAY THE 10TH OF OCTOBER
7PM-11PM

SERIOUS SANDWICH 88 VICTORIA STREET

ON THE CORNER OF MONTREUIL STREET AND VICTORIA STREET

Like us on Facebook



CDHB Ceilidh

Date: Saturday 11 October, 7.30pm—1am

Venue: Addington Events Centre

\$45 for buffet meal and dancing with traditional Scottish band.

Tickets available now from BNZ Christchurch Hospital

[For more details.](#)



Artist Doctors present...Last night of the PROMS

Date: Saturday 4 October

Ticket price: \$30 adults, \$15 students

[For more details and how to purchase tickets.](#)



Donate for National Social Workers Day 24 September

Social workers play a key role within the Canterbury Health System and on Wednesday 24 September their work will be celebrated nationally. Social workers at Christchurch and Christchurch Women's Hospitals are holding a food drive for non-perishable items until 24 September.

Please give donations to your ward social worker.

Donations will be given to the City Mission Foodbank.

[More information about Social Workers Day](#)



Special event on Thursday 23 October 2014 at 4.00pm

Lest We Forget: Remembering the Marquette nurses

As the Chapel is closed, the venue is St Michael's School Hall, Durham Street, Christchurch [entrance between Oxford Terrace and Tuam Street].

Commemoration of the 99th anniversary of the torpedoing of HMT Marquette when 10 New Zealand nurses died in the sea off Greece. Find out how the wreck was finally discovered in 2009 and hear an update on plans to restore the earthquake-damaged Nurses' Memorial Chapel.



[Read the latest SCIRT news here](#)