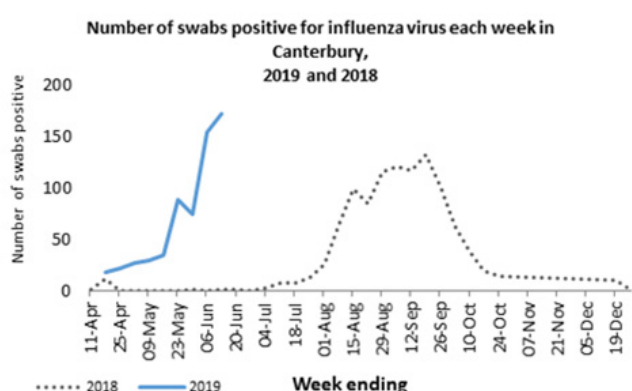




Influenza is making its presence felt throughout our health system

The 2019 'flu season' in Canterbury is well and truly with us, and as you can see from the graph below, the number of people who have tested positive for influenza has been rising in spectacular fashion.



The dotted line shows last year's influenza rates. This year we've seen an early onset after the past few winters with very little flu. Over the past three weeks we've had between 35 and 48 patients in Christchurch Hospital per day with influenza or influenza-type symptoms.

Our influenza immunisation rates have increased since last year, but despite this large numbers of people are becoming unwell. Sadly three patients who were admitted to Christchurch hospitals between March and May, all with pre-existing conditions, died from complications of influenza.

In Canterbury 198,756 doses of influenza vaccine were distributed (to 31 May 2019). This is 10,000 more doses than were distributed for the entire 2018 year (to December 2018).

How is our system coping?

It would be fair to say everyone is feeling the strain – wherever you are in our system – community or hospital-based. Christchurch Hospital is experiencing a June like no other this year.

The early arrival of influenza has given our forecasters a bit of a start – we could be looking at between 450 and 500 medical admissions a week in August, based on previous winters.

By administering record numbers of flu vaccine in April and May, we have gone some way to manage these numbers in the first instance. We're also fortunate that we have an excellent 24 Hour Surgery in Canterbury, which takes a lot of strain off our Emergency Department, as they are able to admit people to their observation beds and provide an 'around the clock' service. They, along with the other extended hours Urgent Care practices Moorhouse Medical and Riccarton Clinic, and primary care teams in General Practices throughout Canterbury, do a magnificent job keeping many of our older community members in particular out of hospital.

As we've said before, for the whole system to work, the whole system needs to be working, and everyone is playing their part.

Our robust and effective Acute Demand Service caters for between 32,000 and 34,000 people a year, and we have more patients able to stay in their own homes where they can heal and recover faster and often better than they would in a hospital ward.

We're also changing things up in the Emergency Department, increasing staffing levels over winter to better identify and cater for those patients who could be more effectively treated by the Acute Demand team or their own General Practice team.

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General Practices are also working proactively to provide Winter checks for patients who are known to be at risk of becoming acutely unwell over winter.

So while we've had a bumpy start to the year, it's not catching us by surprise. We're keeping a very close eye on all our services to make sure this unprecedented flu season has as little impact on our patients and our staff as possible.

Watching our data and using real-time information helps us understand the changing needs of our population. We continue to focus on improving productivity by doing the right thing the right way at the right time. Our goal is to

always get the best outcomes possible within the resources we have, and make decisions based on what is best for the patient and for our health system.



What can you do to help?

If you or someone you know becomes unwell with an influenza-like illness there are some things you can do to help them recover and stop the spread:

Top tips for coping with flu at home

1. Call your general practice team 24/7 for advice rather than visiting in person. After hours follow the instructions on the answerphone to be put through to a nurse for free health advice.
2. Stay home if you're sick – practical advice on caring for someone with the flu is available in the 'resources' section of our flufree.co.nz website. Importantly it lists symptoms you should look out for and when to seek health advice. The '[Coping with the flu at home](#)' brochure is available online in the following languages: English, Māori, Hindi, Korean, Samoan, Simplified Chinese, Traditional Chinese and Tagalog.

And to protect yourself and others:

- › Wash your hands often with soap and water or use hand gel – especially after coughing, sneezing or blowing your nose.
- › Avoid touching your eyes, nose and mouth with unwashed hands.
- › Stay away from people who are sick.
- › Practice good cough and sneeze etiquette: always cough and sneeze into a tissue or into your elbow (completely covering your mouth and nose).

And on that note, I'll sign off and wish you a healthy flu-free week.

Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board





Bouquets

Enrolled Nurse Sharyn, Ward 24, Christchurch Hospital

I would like to thank Enrolled Nurse Sharyn. She is outstanding, helpful and kind to the patients. Thank you.

Ruth Spearing, Haematology, Christchurch Hospital

We want to give heartfelt thanks to Dr Ruth Spearing. She is an incredible doctor. Her support, expertise and wisdom are greatly appreciated. We appreciate all that you do. Thank you.

Community Stroke Rehabilitation Service

My wife and I are writing this letter to acknowledge and thank your fantastic team of community stroke officers for their continuous professional work with us. Since my wife's stroke last month, we have been so well guided and cheerfully helped by your caring professional team and we just could not thank them enough for their thoughtful commitments. My wife's medical condition has been very tough and an unexpected challenge on all of us, but your team's great support, has been a much-needed gentle wedge to alleviate our load. For this reason, we just want to say, 'Vinaka Vakalevu' (a big and hearty thank you) for all they've done. We will continue to be thankful and will always be grateful for your team's continuing heartfelt interventions.

Tracey, Emergency Department (ED), Christchurch Hospital

I brought my seven-year-old nephew, with his father, into ED, as requested by his general practitioner. We were taken through for his consultation and were greeted by a nurse named Tracey, who was incredible, amazing and absolutely fantastic. My nephew is on the lower end of the Asperger's spectrum. This was his first hospital visit so there were many areas of the consultation that could have not gone well from both his and the hospital staff's point of view. Tracey spoke directly to him and gave him lots of information on what she was going to do and why she was doing it. She totally engaged with him from the first point of contact, which was reciprocated by him. This was a first for us to witness as he is usually reserved and won't engage at all with new people. He allowed Tracey to do everything she asked of him, remaining engaged with her. I thanked Tracey for the care she had taken with my nephew and she replied, "He was a delight". To receive this feedback was an amazing feeling for us. I feel the level of care Tracey provided to my nephew was extraordinary. I wanted to let your organisation know what awesome people you have working for you. Please pass on our thanks to Tracey. You have a superstar employee.

Oncology Department, Christchurch Hospital

Many thanks to all the staff who are giving my wife fantastic care and treatment.

Bone Marrow Transplant Unit (BMTU), Christchurch Hospital

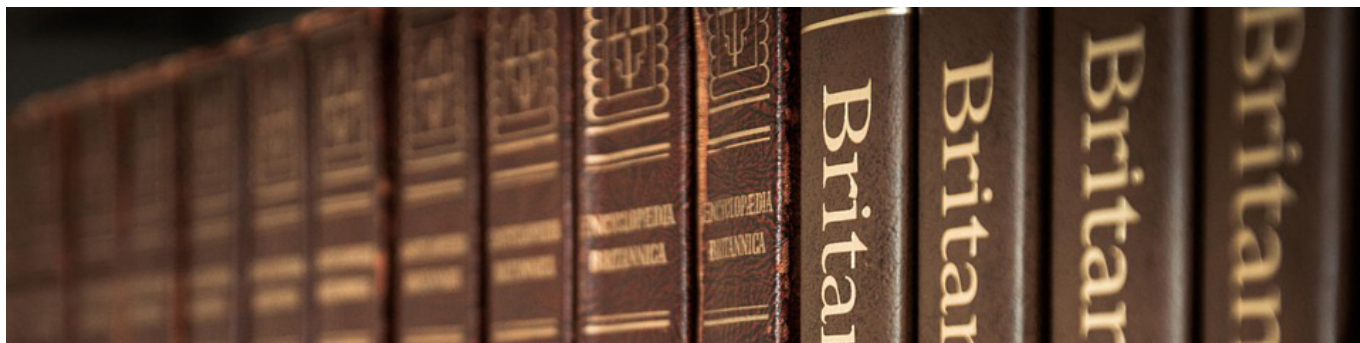
To all the staff of the BMTU, doctors, nurses, orderlies, everyone. Thank you for the amazing work that you do. Your support is amazing and very much appreciated. We think the world of you.

Wards 28 and 19, Christchurch Hospital

In February 2014 I spent some time in Ward 28 after an operation, then a week's rehabilitation in The Princess Margaret Hospital. I had intentions of writing a letter thanking all the staff for their compassionate care. That letter never eventuated. I am now home from Ward 19 followed by rehabilitation at Burwood Hospital, for a broken hip. This letter is to sincerely thank staff in all the areas I have been. I was completely overwhelmed by the dedication shown to me while in their care. Much appreciated.

Maternity, Christchurch Women's Hospital

Please pass on my thank you to the midwives who looked after us while we were in hospital. They really cared and supported me in my recovery, and helped with my baby boy. I felt they went above and beyond to care for us. I appreciate everything they did.



The Library

Browse some of the interesting health-related articles doing the rounds.

"[The role of websites and apps in self-managing pain symptoms](#)" – New research from the University of Otago suggests technology could complement face-to-face care and help people living with chronic pain by offering self-management strategies. From *Health Central*, published online: 18 June 2019.

"[Treatment for common cause of diarrhea more promising](#)" – Symptoms caused by the intestinal parasite *Cryptosporidium* can be treated, but until now, research into more effective treatments has been limited because the parasite could not be reliably grown in a lab. For the first time, researchers have been able to grow one of the two most common species of the parasite in a lab, paving the way for scientists to develop an effective treatment or prevention. From *Science Daily*, published online: 20 June 2019.

"[Traumatic imagery following glucocorticoid administration in earthquake-related post-traumatic stress disorder: A preliminary functional magnetic resonance imaging study](#)" – This study compared the brain activity of people exposed to earthquakes who had post-traumatic stress disorder with those who didn't have the disorder. Findings indicated that exposure to earthquake trauma impacts brain activity regardless of whether the person goes on to develop post-traumatic stress disorder. From *Australian & New Zealand Journal of Psychiatry*, published online: 31 May 2019.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz.

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](#).



Our password policy is changing and this could be the end of password resets

Most people find selecting a high-complexity password with numbers and special characters cumbersome, especially when they have to reset it every 90 days.

As a result, we often use passwords that are increasingly harder to remember but easier for computers to crack!

It is now recognised that password length can also provide the security we need to protect our accounts. Therefore, ISG's policy is changing so that passwords can be easier to remember, but harder for others to guess, while still complying with minimum standards.

From today, 24 June, Canterbury and West Coast DHB staff will have the choice of switching to a long network password that does not need to be changed every 90 days, or staying with the current arrangement (short password with higher complexity and 90 days expiry).

If you select the non-expiry option, your new network password will need to contain at least 16 characters. This may seem like a lot, but it is necessary to ensure tight security. If you think of a phrase that is meaningful to you and link the words together, it becomes much easier to remember and type.

ISG will never see your password but, when you enter it, a security tool in the background will check for appropriateness. Here are some things to keep in mind when selecting the new non-expiry option:

- › It will only apply to the network and applications linked to the network, for example, Health Connect South or South Island Patient Information Care System (SI PICS).
- › Your password cannot be similar to your previous 24 passwords.
- › It cannot contain your username, first, last or middle name.
- › Your password may be rejected if it contains common words that have previously been hacked on the Internet, or if other people in the DHB have chosen the same password.

- › It may need to be reset if there is suspicion that someone else knows what it is.

- › There will be some accounts that will still need their passwords changed on a regular basis, for example, vendor accounts.

Here are some tips to practice password safety whether at home or at work:

- › If you write or store your password, keep it secure in a sealed envelope locked away (and periodically check it hasn't been opened), or store it on a secure electronic password programme.
- › Do not share your password.
- › Do not use the same passwords for work and personal use.
- › Do not use a work login ID for personal use.
- › Do not use information easily obtained about you as your password (for example, the name of your street).

If you are interested in switching to a long and simple non-expiring password, please click this link to enrol: [Canterbury District Health Board IT Portal](#).



Facilities Fast Facts

Christchurch Hospital Hagley (Acute Services building)

You'll see the lights on late in the Hagley/Acute Services building as the building nears completion. Teams are working up until 11pm weekdays and until 5pm over the weekend.

It's exciting to see the rooms move from two-dimensional plans to complete rooms. The images (right) show the plans of a children's bed bay in the Emergency Department on the ground floor, and what the room looks like as it nears completion.



The Link



Now the windows are in, contractors will begin later this month to start to attach the cladding to the exterior of the Link

The windows for the Link (connecting Christchurch Hospital Hagley with Christchurch Women's Hospital) are all in place. Over the next few weeks, teams will be working on the ends of the Link where it joins the two buildings. These are referred to as the 'seismic ends'.

A big thank you to everyone in the vicinity of the end near Christchurch Women's for your ongoing patience during the recent construction work. It has been noisy for some time and we appreciate how challenging this can be. Remember that ear protection is available from the Facilities team. The areas most affected are being contacted directly, but if you would like to get in touch, please email itsallhappening@cdhb.health.nz.

Tuam Street super stop

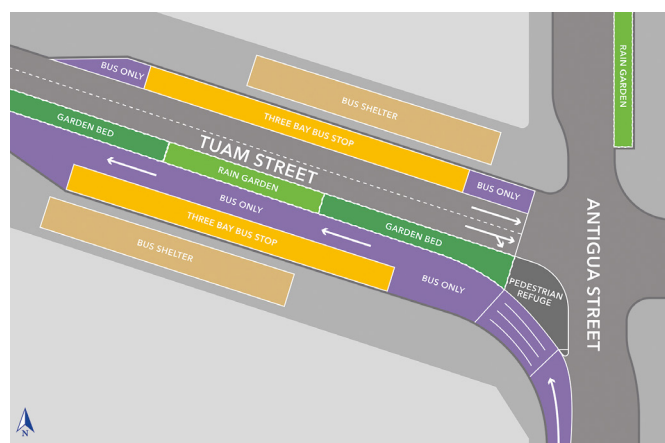


Diagram of the proposed Tuam Street super stop scheduled for completion in mid-November

Work is progressing on the Tuam Street super stop outside the Christchurch Outpatients building with most of the underground services complete. The contractors have started paving the area.

The revamp will create three dedicated bus bays on either side of the road, similar to what has been developed on Manchester Street. The central strip will feature a traffic island and rain garden. Work is due to be completed by mid-November.

Ōtākaro recently released a video that shows the progress to date. You can watch it [here](#).



Let's get ready to move

Christchurch Hospital Hagley

Update No:9

Where are you going?

As part of the new work environment, ward names are changing to reflect Canterbury DHB's Wayfinding Strategy. The diagram shows the 'stack' of the building with the new ward names. All wards now reflect the tower they are in (either A or B) and the level they are on (3 to 8). This is to make it easier for staff, patients and visitors to find their way around the building. On the diagram, the ward names shown

in red will be on the signage. The small print below is what the wards are currently known as. The rationale for the change is to move away from technical names and lean more towards what the general public understand and can relate to.

	Helipad			
Level 8	Ward A8 Vascular and Stroke (+ PCU) (Ward 10) + (Ward 24)	Shared	Ward B8 Neurology and Neuro Surgery (+ PCU) (Ward 28)	<i>Future Tower</i> <i>N.B. There are links to Main Hospital at LG, G and Level 1, (located approximately here on each level)</i>
7	Children's A7 Children's medical (Ward 22)	Shared	Children's B7 Children's surgical (Ward 21)	
6	CHOC A6 CHOC	Shared	Ward B6 BMTU and AYA	
5	Ward A5 General Surgery (Ward 17)	Shared	Ward B5 Oncology (Ward 26)	
4	Ward A4 Ortho + PCU (Trauma) (Ward 19)	Shared	Ward B4 Ortho (Ward 18)	
3	Ward A3 General Surgery + PCU (Ward 15)	Shared	Ward B3 General Surgery + SARA (Ward 16)	
2	Workspace (IC) And staff room	Workspace (PeriOp) And Sterile Services and Periop staff Room		Plant
1	Intensive Care <u>Children's High Care</u>	Operating Theatres 3, Recovery 3, Adult and Children's Surgical Admissions		Interventional Radiology
G	Emergency Monitored (MonWU), Observation	Emergency Radiology	Acute Care (Orthopaedics/ ambulatory) and Children's Emergency Care (Children's ED/CAA)	ED, AMAU and Radiology Staff Room
Medical Assessment (AMAU)			Main Radiology	
LG	Workspace (Emergency) Orderlies	Meeting and Training Rooms	Plant and Medical Gas store	Shared Changing Area
				Equipment Store

Key: Red font – new wayfinding name, Black font – existing service

N.B. Red underlined is the main department sign for area with internal signage for specialty areas within the department, where approved.

You asked...

Where is the main reception for Christchurch Hospital?

The main reception at Christchurch Hospital will remain where it is at Parkside. While there is a reception desk and foyer in Christchurch Hospital Hagley, all visitors are expected to make their way to Hagley via the main entrance, and reception, and then through the Link (connecting Christchurch Hospital Hagley with Christchurch Women's Hospital). The area directly in front of Hagley is for ambulances and emergency drop off.

Let's get ready to move...

Big Shout Out

Project Manager – Hagley Operational Transition Team

...for masses of enthusiasm and effort in planning and organising the transition into the new Hagley building. Thank You!

Stay in touch – you can do this through the [Facebook page](#) or email us at letsgetreadytomove@cdhb.health.nz

Looking after yourself

Bowel Cancer Awareness and Men's Health

A couple of health campaigns are being promoted in June throughout New Zealand. As we near the end of the month, it's a good time to consider these topics in this week's Looking After Yourself.

Bowel Cancer Awareness Month



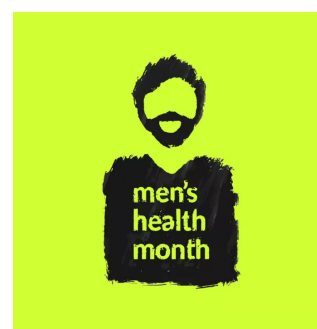
According to Bowel Cancer NZ we have one of the highest rates of bowel cancer in the world. Bowel cancer is treatable if caught early. So let's raise awareness, educate ourselves, and make the loo a common topic of conversation! If people are more comfortable talking about their symptoms, there's a better chance of detecting bowel cancer early.

Check out [this brochure from Bowel Cancer NZ](#) for more information on signs, symptoms, tests and treatments.

Men's Health Month

Men's Health Trust NZ wants us to use this month to raise awareness of men's health. The little ones, the partners and husbands and, most definitely, the parents and grandparents. In June 2019, the focus is on #MenStartTalking – to encourage men and boys to talk about their health concerns, and ask their mates how they're doing. While Kiwi men may typically like to keep things to themselves, talking about health and wellbeing concerns with your beloved blokes could save their life! About 3,000 New Zealand men die every year from conditions that could have been prevented.

For more information, check out the [Men's Health NZ website](#).



UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
Te Pori Hauora o Wairarapa



Launch of *Menemene Mai* online toolkit for oral health education

Canterbury's first online oral health education toolkit is being launched in early childhood settings across the region.

It was developed by Canterbury DHB Health Promoters Jenni Marceau and Belinda Smith, with and for early childhood educators (kaiako). Called *Menemene Mai* ('smile'), the toolkit has been created to support kaiako in promoting oral health so that children and their whānau can properly care for their teeth and prevent tooth decay.

The kit focuses on twice daily toothbrushing with fluoride toothpaste. There are two main parts to the toolkit: an online guide that includes activities for tamariki, whānau and kaiako and key oral health messages, and a physical '*Teeth Tools*' kit.

Menemene Mai is a collaborative response by Community and Public Health and the Community Dental Service to address:

- › the challenge of high levels of tooth decay in tamariki under five years in Canterbury
- › a gap in oral health education and resourcing identified by early childhood educators in Canterbury.

Community Dental Service Clinical Director Martin Lee says there is a real concern for the oral health and wellbeing of children. In 2010, 62 percent of five-year-olds had no fillings, decayed or extracted teeth. Last year this number was 65 percent, which suggests a gradual improvement.

"However, since 2011, rates of severe early childhood caries – an early-onset and aggressive pattern of tooth decay – has doubled."

One of the main signs of this decay are cavities in the front teeth. Referrals of children for dental treatment under sedation and general anaesthetic have increased by 50 percent since 2011, Martin says.

Rangi Ruru Pre-school Centre Manager Linda Scanlan says many early childhood leaders she talks to are alarmed at the increasing numbers of pre-schoolers who need surgery.



"We want to respond as much as we can to help children care for their teeth so it doesn't get to this. This new resource looks like a good first step to support us."

Head Teacher, Kidsfirst Kindergartens Edmonds Smith Street, Hilary Waller, says the toolkit looks like an exciting and helpful new venture.

"The children will love the catchy songs, and the games look interesting. The resources look inviting to use with whānau as well."

Jenni and Belinda say they would like to thank the tamariki, whānau and kaiako at early childhood education settings in Waitaha Canterbury for their energy, patience, and guidance in developing *Menemene Mai*.

In particular, Aratupu Preschool and Nursery, Kidditech Early Learning Centre, Kidsfirst Kindergartens Edmonds Smith Street, Hagley Community Preschool, New Beginnings Preschool, Tino e Tasi Preschool, and Rangi Ruru Pre-School.

The online toolkit is available online here: <https://www.cdhb.health.nz/menemenemai>

The '*Teeth Tools*' kit can be borrowed for free from the Community Health Information Centre by contacting chic@cdhb.health.nz or phoning 03 378 6721.

Kānuka café goes smokefree

The sign is up and it's now official! Kānuka café, on the ground floor of the Christchurch Outpatients building on Oxford Terrace, is now smokefree.

Kānuka's Fresh Air venue status came about after it joined the Fresh Air Project, a collaboration between the Cancer Society and Canterbury DHB. More than 50 venues are now participating across Canterbury.

Kānuka Retail Manager Nick Abernethy says wellness and caring for our people plays a big part in the philosophy of Kānuka, so it is important its space reflects this.

"Staff feel positive about the decision to go smokefree and are all on board. There's generally also been a good response from customers."

The Fresh Air Project supports the goal of Smokefree Aotearoa 2025 to reduce smoking levels across New Zealand, supporting hospitality venues to have outdoor dining areas that are totally smokefree and vape-free.

Venues are provided with a range of free signs, including wall signs and window stickers. The Fresh Air Project started life as a six-month pilot in Christchurch but since then many more venues have joined in projects across New Zealand.



Staff at Kānuka showing off the new smokefree signage

For more information about the Fresh Air Project or to find other Fresh Air venues near you, visit <https://freshairproject.org.nz>.

all
right?

IT'S
ALL RIGHT
TO TALK
IT OUT.



Nurse organises help for Samoans in need

Jason Watson, a Registered Nurse in the School Based Mental Health Team, has again answered the call for much-needed donations for Samoa.

Last year he organised two containers filled with student desks, chairs and other items for Manumalo Baptist School, which he visited on the spur of the moment while on holiday in Apia with his wife.

Soon afterwards the school was devastated by Cyclone Gita and much of its equipment was ruined beyond repair. Jason stepped in, co-ordinating donations that included chairs and tables from Canterbury DHB Service Manager Pauline Tootell, who was overseeing the re-purposing of equipment from The Princess Margaret Hospital.

A few months ago Jason received a phone call asking if there was any more educational equipment available as the school has grown and now has more than 800 students plus a satellite school.

Jason says he was informed that the school's families are still in the re-building phase after Cyclone Gita and the school wanted to know if there was any way to access household items, such as beds and bedding, clothes, shoes, kitchen utensils and general laundry items.

"After a few phone calls, all sorts of generous people and organisations started to say they could help."

First aid equipment and some other medical items were donated by individuals and the team at the Pegasus Health 24 Hour Surgery.

"The first aid kits will be of great help in the schools. The rural hospital across the road from the satellite country school will be given some equipment, too."

One of the needs was for female sanitary products.

"Many of the families can't afford to buy these so when the girls have their period they have to stay home from school. We organised some locals who could use a sewing machine and they made some re-usable sanitary products."

Money from fundraising created more than 60 care packages for families, which included sanitary products, sticking plasters, antiseptic cream and soap. "There were so many soft products, such as clothing and bed linen, they couldn't fit into the container. A local farmer agreed to compress the items in a wool press. This reduced the volume by about two-thirds."



Registered Nurse in the School Based Mental Health Team
Jason Watson with some of the donations



Members of the 3rd Combat Service Support Battalion of the New Zealand Defence Force packing the container



Unpacking the container in Samoa

There was also enough room in the container for about 200 school desks and 200 school chairs. Again, the New Zealand Defence Force helped out with collecting the gear, transporting it to Avonside Girls High and packing it all into the container.

"We simply could not have done what we did without them. I'd like also to thank the School Based Mental Health Team for allowing me to be involved in this endeavour."

Jason says he plans to visit Samoa again soon to see how the donated items from Canterbury have been used to benefit the school and its community.

Dementia volunteers win award

Dementia Canterbury volunteers have been recognised in the 2019 Minister of Health Volunteer Awards.

The Activity Volunteer team won the Community Non-Governmental Organisation Health Service Team Award. The award honours those who have demonstrated ongoing commitment within a health and disability non-governmental organisation, providing excellent services at community level and offering outstanding support and dedication.

Thirty volunteers at Dementia Canterbury help people with dementia take part in community-based activities such as gardening at local community gardens, walking, swimming, art, and guided tours of local attractions.

As well as supporting attendees at the events, they provide transport. There are around 25 activity groups each month, benefiting up to 120 people with dementia and their loved ones. The recipients say this has improved their mood, allowed them to reconnect with past hobbies and learn new skills, make new social connections, boosted their confidence, and given them something to look forward to.

Volunteer Coordinator Dementia Canterbury Jasmine Salam says Dementia Canterbury's Activity Volunteer team have been volunteering since the programme began in 2015.



Dementia Canterbury volunteers and Director-General of Health Ashley Bloomfield

"Our volunteer team are a group of caring, thoughtful, patient, selfless, and loving individuals who are passionate about helping people with dementia to live well.

"They dedicate many hours every week to make sure people with dementia can be involved in their community in a way that is safe, encouraging, social, and engaging. The transport volunteers go out of their way to make sure that those without access to transport are able to attend, the activity volunteers come alongside people with dementia to

help them feel valued and included in activities, and the volunteers from organisations such as Opawa Community Gardens provide the space, tasks, and resources for the activities to take place," she says.

The 2019 Minister of Health Volunteer Awards were presented on 17 June, during National Volunteer Week, at the Grand Hall Parliament. The Minister of Health Volunteer Awards are an opportunity to recognise the thousands of unsung heroes who support New Zealand's health and disability services.

One minute with... Graham Allan, Registered Social Worker

What does your job involve?

I have three roles. The largest full-time equivalent (FTE) is coordinating the education and mentoring of new graduate Allied Health staff (occupational therapists and social workers) in the Specialist Mental Health Service (SMHS). Next is coordinating Allied Health undergraduate student placements within SMHS – liaising with the University of Canterbury, Ara Institute of Canterbury, and other tertiary providers, arranging tutorials and group supervision. Lastly, I have allocated time for some family therapy, principally with the Child, Adolescent and Family Mental Health services.

Why did you choose to work in this field?

Becoming an educator was somewhat of an accidental destination. A few years ago I had joined with two colleagues to teach family therapy principles and skills at an introductory level. I enjoy the challenge of developing and fronting teaching opportunities.

What do you like about it?

Working with staff who are interested in developing their practice skills. Potentially being a catalyst or spark to new curiosity, new understandings, and greater potential in the work that health professionals do with people who have a health need – be it physical, psychological, psychosocial or psychiatric.

What are the challenging bits?

Sometimes the bureaucratic nature of organisations and institutions tests my patience.

Who inspires you?

People who confront their own significant personal challenges and emerge from dark and difficult places to a life less burdened by the events and forces of their past.

Mental health nurses, especially those who are in the wards after 5pm when everyone else goes home. Wonderful human beings.

And the many, many colleagues who can be with people in their darkest and most difficult places. These health workers don't have magic wands, but they do have perseverance and compassion in spades.

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?

Being a team-player, valuing every person who I work with (patients and colleagues), owning my knowledge and skills, but always being open to reflecting and learning, and converting training into better practice.

One of the best books I have read was...

James McNeish's *Lovelock*; Alan Duff's *One Night Out Stealing*; Truman Capote's *In Cold Blood*. All of these delve into the mind, the human condition, in one way or another.

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

Cycling around the coast of Sumatra or Sulawesi – I had my fourth trip there last August.



What do you do on a typical Sunday?

In recent years, many Sundays have seen me off up the Port Hills to lead the building of a new mountain bike track in Montgomery Spur Reserve (Taramea Loop Track). Playing in the dirt, enjoying the views in different light and weather, hanging out and swapping stories with a range of other mountain bikers, revelling in the creation of something thousands will get to enjoy – what's not to like? (Though I think my partner Chrissie feels like a 'track-builders widow'.)

One food I really like is...

A good Greek salad with anchovies.

My favourite music is...

Eclectic old-school with some contemporary stuff – Van Morrison, Little Feat, Joni Mitchell, Neil Young, Marlon Williams, Delaney Davison, Holly Smith, Calexico, Wilco, KD Lang, Electric Wire Hustle, Che Fu, The Miltones, soul, rhythm and blues.

Canterbury Grand Round

Friday 28 June 2019 – 12.15pm to 1.15pm with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre.

Speaker 1: Robert Green, Clinical Psychologist
"Meeting the Challenge of Borderline Personality Disorder"

The experience of the local adult mental health service in implementing international best-practice.

Speaker 2: Paul Cashman, Dental
"Prosthodontics at Canterbury DHB"

This will be a brief overview outlining the importance of oral health on quality of life (patient reported), and what we can provide at Hospital Dentistry.

Chair: Alistair Humphrey

It is requested out of politeness to the speaker(s), that people do not leave half way through the Grand Rounds. This talk will be uploaded to the staff [intranet](#) in approximately two weeks.

Video Conference set up in:

- › Burwood Meeting Room 2.6,
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge.

Next Grand Round is on 5 July 2019, at the Rolleston Lecture Theatre.

Convener: Dr R L Spearing ruth.spearing@cdhb.health.nz

Something For You is the Canterbury DHB Employee Benefits programme

Porters season pass

Porters is giving you the chance to win a 2019 season pass. Enter the draw [here](#). Entries close 28 June and the winner will be drawn soon after.

Flex Fitness Riccarton

Free 10-day trial memberships to give away. Sign up by emailing riccarton@flexfitnessgym.co.nz and you will also go in the draw to win a three-month membership. Competition closes 30 June.

Caci Clinic Merivale

Enjoy \$50 towards your first purchase when you book a free consultation at Caci Clinic Merivale, simply present your Canterbury DHB ID to redeem. Offer ends 31 July.

Christchurch Art Gallery - William Wegman: Being Human

Book your next team outing at the Christchurch Art Gallery, and receive a free coffee each from Universo Café. Tickets are \$10 per person, for groups of seven or more. Email info@christchurchartgallery.org.nz to book. Offer ends 28 July.





New Zealand Hospital Scientific Officers' Association Inc
Home of the Specialist Medical Scientist

NZHSOA Conference Programme 2019

The Bevan Lecture Theatre

Friday 28 June

Scientific and Clinical interfacing

Speaker		Title
Session 1. Chair: Vivienne Bickley		
9:00-09:10	Dr Vivienne Bickley	Welcome
9:10-9:30	Dr Alexa Kidd	A story of motor neurone disease: highlighting the importance of scientists, clinicians and family working closely together
9:30-10:30	Professor Peter Shepherd, University of Auckland	Towards the new age of precision medicine in New Zealand
10:30-11:00	Morning tea	
11:00-12:00	Dr Andrew Dodgshun Paediatric Oncology, ChCh Hospital	Methylation profiling in paediatric brain tumours – beyond the microscope
12:00-12:30	Dr Anthony Raizis	Novel DNA hypermethylation identified in retinoblastomas associated with promoter sequence variants affecting critical transcription factor binding sites.
12:30-13:30	Lunch	
Session 2. Chair: Kit Doudney		
13:45-14:15	Dr Sharleen Wu Dr Ian Phillips	Validation of A Liquid Chromatography Tandem-Mass Spectrometry (LC-MS/MS) Method for Determination of 17-hydroxyprogesterone in Serum
14:15-15:10	Ms Jordyn Moore Dr Steve Gibbons	Haemoglobinopathy and Thalassemia; combining protein analysis and genetics for diagnosis
15:10-15:30	Afternoon tea	
Session 3. Chair: Andrew Laurie		
15:30-16:00	Dr Caroline Allan	Monogenetic Primary Immunodeficiencies
16:00-17:00	Mr Trevor Anderson Dr Aaron Keene	Cautionary tale of a tiny Gram Negative bacteria
17:00	Close	

All are welcome

scientific staff, researchers, clinicians



Waka Toa Ora

Healthy Greater Christchurch

You are invited to a Waka Toa Ora lunchtime seminar:

Environment Canterbury - Air Quality

Christine Butler - Air Implementation Team Leader

Clare Pattison - Senior Strategy Advisor

Christine and Clare will speak about Environment Canterbury's Cleaner Home Heating Programme for households including joint work with Christchurch City Council to deliver free home performance assessments. Find out about avoiding unnecessary outlay to keep warm in winter, the latest on world leading low emission burners, how your log burner can keep you warmer for less cost, and what help is available if you can't afford a new burner.

The talk will also cover:

- Background to local air quality
- Recent trends
- Environment Canterbury's response
- How local organisations can be involved

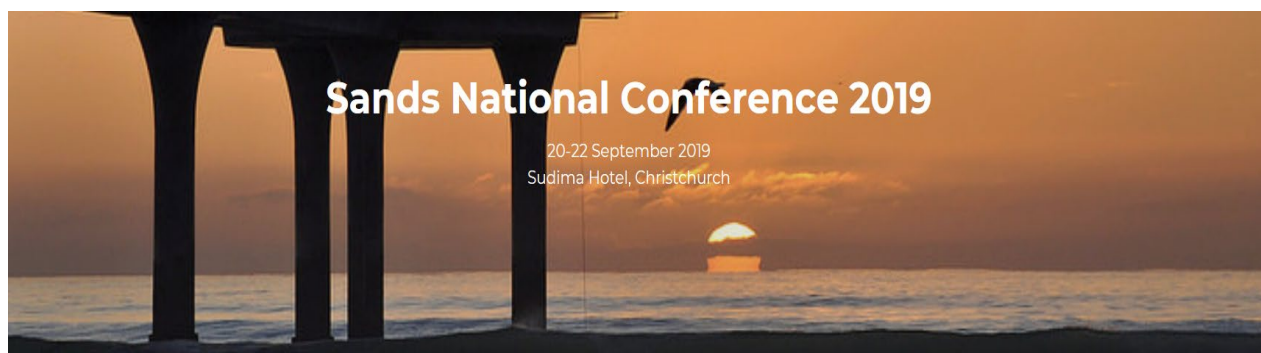
Date: Wednesday, 26 June 2019

Time: 12:15 to 1:15 pm

Location: Community & Public Health, 310 Manchester Street

[Register online here](#) – A calendar appointment will be emailed following registration.





Our Keynote Speakers:

Jane Weekes

Since surviving the loss of her triplets in a tragic fire in Qatar, Jane has completed a Bachelors of Counselling and is now working alongside people experiencing difficulties in their lives such as trauma, grief and loss, postnatal depression, relationship difficulties and addiction.



Janel Atlas

Janel Atlas is a PhD candidate of English at the University of Delaware. Her research centres on emotion and writing studies, particularly the importance of writing about loss, grief, and trauma. She is especially interested in ways in which a writing practice helps individuals process and grow through difficult experiences.



The conference will have something for all health professionals, social workers, counsellors, funeral directors and those who have experienced loss.

REGISTRATIONS OPEN: <http://sandsconference.weebly.com/>

Canterbury

District Health Board

Te Pōari Hauora o Waitaha

Nurse Maude

DONNY TRUST

PALLIATIVE CARE NURSE SPECIALIST TRAINING POST

The Donny Trust in partnership with Canterbury and West Coast Integrated Palliative Care Services is offering a two-year training post in Palliative Care Nursing.

The focus of the Donny Trust for this period is developing capacity and capability on the West Coast or rural areas of Canterbury to improve equity of access to palliative care services.

This unique opportunity is for Registered Nurses with at least three years post-graduate experience who wish to choose palliative care as their area of specialty practice or who would like to develop specialist skills in palliative care. They may be currently working, or would like to work on the West Coast or in rural Canterbury and be available to work with the specialist palliative care services in Christchurch during their training period.

The successful candidate will receive:

- Full salary for two years as a stipend
- The stipend also includes
 - a. Funding for postgraduate University study in palliative care (a requirement for the training post)
 - b. Funding for attendance at relevant national conferences.
- Regular supervision and mentoring from a Palliative Care Nurse Practitioner.
- High quality clinical placements in a variety of Palliative care settings including Hospice inpatient unit, community & hospital palliative care.

We would hope to commence the programme in July/August 2019 (negotiable).

If you require further information please do not hesitate to contact:

- Willem Vink, Palliative Care Nurse Practitioner, Canterbury DHB
willem.vink@cdhb.health.nz, phone 03 3641473 or 027 668 9917.

Should you wish to apply for this position, please submit your application by sending your CV and covering letter to:

Willem Vink Palliative Care Nurse Practitioner
 C/O Oncology Dept CDHB
 Private Bag 4710
 Christchurch

Closing date for applications is 4 July 2019.