



It takes an integrated health system to provide seamless care from home to hospital and home again

PLEASE NOTE:

This story featured the health journey of a named person who has since withdrawn their permission to publish.

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» Article continues on page 2

In this issue

- » It's all happening - Burwood moves underway...page 3 & 4
- » Facilities Fast Facts...page 5
- » Canterbury Grand Round...page 6
- » Flu can be anywhere...page 8

- » Kaumatua walk to mark World Smokefree Day...page 9
- » Alignment with National Pharmacy Action Plan...page 10
- » Burwood, beginnings & endings...page 11

- » Men's Health Month 2016...page 12
- » Staff Wellbeing Programme...page 13
- » One minute with Rebecca Pilbrough, Registered Hospital Play Specialist...page 14

» Article continued from page 1

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» Article continues on page 3

» Article continued from page 2

It's all happening - Burwood moves underway

First it was radiology, then the Brain Injury Rehabilitation unit, and today the first two older persons' health inpatient wards have moved across to their brand new facilities at Burwood.

I'll leave it to one of the first patients to move, Mr Geoff Peach to share his thoughts on his new room at Burwood: "I'm snug as a bug in here" and when he saw his ensuite bathroom: "You could hold a party in here, it's so spacious".

Other patients commented on how impressed they were with the high level of organisation and felt well informed about the move— things went like clockwork.

I would like to acknowledge, Dan Coward, GM of Older Persons' Health and Rehabilitation along with his team, and everyone else who is moving to Burwood for the additional effort you've all made to ensure a smooth transition to the new facilities. The contractors, the team from Information Services along with cleaners, kitchen staff, the facilities project team and a cast of hundreds behind the scenes. Thanks to each and every one of you all for the extra effort you've gone to, to ensure our staff and patients can benefit from everything these new facilities offer. I know many of you are working long hours at the moment – I hope you can take some time out to rest and refresh once these moves are over.



David Meates
CEO Canterbury District Health Board



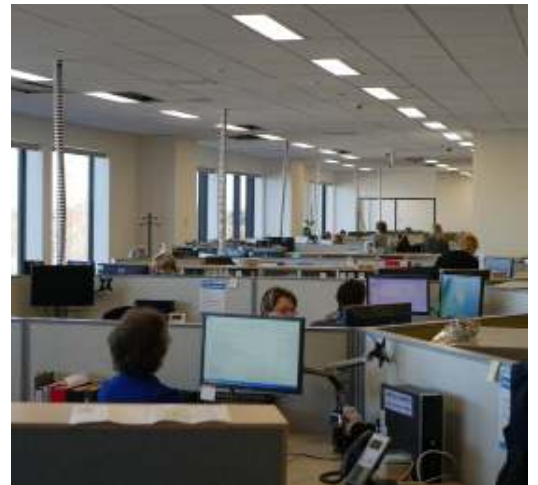
Above: Mr Peach arrives at Burwood Hospital.



Above: Dan Coward, GM of Older Persons' Health and Rehabilitation (middle) busy helping organise the move to Burwood.

» Article continues on page 4

Burwood moves underway...continued



Above: Patient, Mr Peach in his new room at Burwood.

Above: The shared workspace at Burwood.



Above: One of the first patients to move, Mr Ken Ralph, loves his new room, boasting views of the snow-capped Southern Alps. Pictured here with Occupational Therapist, Ella List (on the lhs) with OT assistant Pip Clark. "It's like a 5-Star hotel!"

Above: The new, super-sized Travis Cafe at Burwood.

Facilities Fast Facts

Fast Facts – Burwood

We made it! From Monday 13 June, the new main entrance to Burwood Hospital is at 300 Burwood Road.



Last week, the new Radiology Department was in operation at Burwood, and the in-house Pharmacy was moved to its new location. The Brain Injury Rehabilitation Service (BIRS) was the first ward welcomed into the new facilities, on Friday 10 June. BIRS is now the new Ward CG.



Above: Moving vans were on site on Friday 10 June to begin the big shift of services into the new facilities at Burwood Hospital.



Left: Julianne Johns (Speech and language therapist) and Belinda Greenstreet (Activities coordinator) unpacking puzzles and games in the activity/computer room of Ward CG (Brain Injury/Adult Rehab) during the ward move.

Over the weekend of June 11-12, Outpatients clinics, Orderlies, the Reception area and the café were moved. The shared administrative workspace on Level 2 was also scheduled to be available for staff, although there is still work being done in that space.

In the week ahead, the new Outpatients Department at Burwood will go live, and patients in the Older Persons' Health wards at The Princess Margaret Hospital will be relocated to Burwood. By Thursday 16 June our moves are planned to be complete.

[Click here](#) for a more detailed move timetable.

Staff should keep an eye on the daily staff global emails and the intranet over the next two weeks, as there will be a lot of Burwood information being posted.

» Article continues on page 5

» Article continued from page 4

Fast Facts - Christchurch

The tower crane has already been busy with the steel framing, as the photo shows. The steelwork up to the third floor of the western tower is now largely complete.

Health planners have begun a strategic scoping exercise of facilities around the Christchurch Hospital campus. The review will assess how our current buildings - Parkside, Riverside, Labs, Clinical Services etc – should be configured to remain fit for purpose and effective in delivering our services in the future. A series of workshops is being run to consult and engage staff in the scoping exercise and to help the planners understand our models of care, which in turn will help to inform the review of the future design of our facilities. The review will take until September.



Outpatients news

The design team ran two detailed design workshops this week with the Outpatients User Group. They reviewed a number of topics with the users to check that what has been documented is in alignment with the clinical requirements. Topics included lighting, nurse call, joinery, emergency power requirements, ICT requirements, security and infection control requirements.

Canterbury Grand Round

Friday 17 June 2016 , 12.15pm to 1.15pm, with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker one: Dr Pam Buffery, Chief Medicines Information Pharmacist, Clinical Pharmacology

“Medicines Information – who we are and what we do”

Questions, drugs and information. What we do, who we help and what we could do for you!

Speaker two: Dr Edward Coughlan, Clinical Director, Sexual Health

“Mycoplasma genitalium – a tale of resistance”

Mycoplasma genitalium has been unrecognised for a long time and can cause significant symptoms in those afflicted. Unfortunately treatment is getting progressively harder.

Chair: Dr Alistair Humphrey

Video Conference (VC) set up in:

- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital
(Please note the level three F block VC is no longer available and the level 1 F block VC will move to Riley Lounge on Thursday 16 June.)
- » Room two, 160 Bealey Avenue

All staff and students welcome

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

Next Grand Round is on Friday 24 June 2016 in the Rolleston Lecture Theatre.

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



Bouquets

Ward 28, Christchurch Hospital

To all the wonderful, caring, funny and awesome staff on Ward 28, I add you all to my story and it's a beautiful story. Your care for me after my fall was inspirational. Carry on the wonderful work from the bottom of my heart. Thank you.

Emergency Department

Thank you all for taking such great care of my wife.

Ward 11, Christchurch Hospital

Could not have received better care in a hospital. Friendly and helpful staff. Caring and considerate and have excelled in the specialised care I have received. Will be writing to the newspaper when I get out of here.

Ward 23, Christchurch Hospital

I found the nurses and doctors very helpful and caring and also the kitchen lady who brings around the meals. Very helpful and friendly.

Acute Medical Assessment Unit, Christchurch Hospital

Thank you very much for the service that I received. It's been excellent. Again thank you so much.

Ward 21, Christchurch Hospital

Our daughter told me the staff and nurses have been really, really helpful, especially Larissa who is the best nurse of all. Everyone both pre-op, during and post-op have given us the utmost 200% of caring, attentiveness, patience, friendly and informative care. As a family we could not have had our daughter in better hands or ask for anything more. We appreciated being able to stay overnight with her. It made it a much

easier experience to deal with for her. Thank you Christchurch Hospital.

Birthing Suite - Christchurch Women's Hospital

My wife and I just wanted to thank the staff for the amazing service we received when our daughter was born. We were kept informed and had so much amazing support! One midwife really stood out, her name was Amanda in the recovery ward. She was incredibly kind, patient and taught us a lot. She put us at ease and it was such a blessing having her considerate support after such a stressful labour. Please pass on our gratitude.

Mobility enhanced by Cementoplasty

I was diagnosed with Myeloma. By the time my diagnosis was confirmed, I had numerous fractures along my spine and was bent over shuffling on a walking frame, to hold myself up. I had read about Cementoplasty as a possible option for assisting my mobility. I was happy to hear that Doctor Colin Chong had recently come to New Zealand and was performing this procedure.... following an MRI, Dr Chong performed [my] Cementoplasty.... This procedure has made a dramatic difference to my mobility and my daily living. Following this and daily physiotherapy exercises to build my strength, I now walk upright and unaided. If I had not had this procedure, it is very likely I could have become bed ridden. Cementoplasty is something I can revisit if I need to with my disease. I would do this without any hesitation. Doctor Chong was very reassuring and answered all my questions thoroughly and he was positive and uplifting when he visited me following the procedure.

I feel very lucky and grateful for the physical and psychological benefits that the Cementoplasty has had on my life

Burwood Physiotherapist - Ann O'Callaghan

I would like to compliment Ann O'Callaghan for the excellent service she has provided to me over several years. Ann is unfailingly friendly and helpful and nothing is too much of a problem for her. I appreciate her knowledge and the ongoing training she undertakes to understand the conditions of her patients. She also offers helpful suggestions and ideas. At each visit she remembers details we have discussed previously and our conversation flows freely and easily. Personal touches like this are rare...and are appreciated.... Ann has always been sensitive when offering suggestions and we have discussed diet and exercise regimes easily and comfortably. I have followed up on several of her suggestions because I have felt comfortable with them....For the past few years Ann has bandaged my legs for a week at a time....this is no easy task but again Ann's caring and sensitive nature shines through when she is tasked with this job. If your department has an employee recognition award then I would like to nominate Ann as a worthy recipient of such an award. Please also feel free to share this complimentary email with Ann's colleagues. Thank you.

Ward 20, Christchurch Hospital

Molly, on ward 20, was amazing with my Nana. She was extremely caring and gentle and deserves some recognition. Thanks Molly – you're amazing.

» Article continues on page 6

» Article continued from page 5

Ward 27, Christchurch Hospital

All nursing staff and care givers are excellent on this ward, by far the best of the wards I have been on in this hospital. The food is well presented – a great variety to choose from. I didn't eat much of it – I am a terrible eater but what I did have was very nice and everyone in room 10 loved the food without any complaints. Showers, toilets etc are clean no matter what time of the day you use them. One of the catering staff stood out from the rest. Thanks to everyone.

Emergency Department, Christchurch Hospital

I was seen in emergency between 9pm and 11pm on 5 June 2016 after half of my face stopped working properly. I was diagnosed with Bell's Palsy. While in the

department I was seen by two nurses in triage and in work up. Both of these nurses were awesome and should be praised for awesome bedside manner. I watched them try not to smile at my lopsided grin which was pretty funny if I'm being honest. I unfortunately cannot remember names as there was a lot going on in my head. The doctor I saw was great also and was reassuring and communicated my condition very clearly. This helped a slightly scary situation pass a bit easier. Keep being awesome ED team!

Ward 17, Christchurch Hospital

Polite, courteous, helpful nurses/aides/ doctors. Made my stay here wonderful. Gabrielle is a delight. Lee is great too. Thank you.

Intensive Care Unit (ICU), Ward 25, Christchurch Hospital

The care and support that I received in both units was exceptional. The doctors were clear with all information and answered all questions I had. The nursing staff was other worldly, their care and discretion during my stay was great. One of the most amazing qualities was the support that was given to my family when I was in a coma. Thank you very much to all the staff that helped me through this difficult journey, my family and I are truly grateful.

Ward 23, Christchurch Hospital

Overnight team in Ward 23 were lovely, I enjoyed their hospitality and banter. Shout out to Noel the nurse. He deserves a raise and a big mac.

Flu can be anywhere – protect yourself

Influenza (flu) can be anywhere, the light switch you've just flicked on, the handle of the supermarket trolley your child is leaning against or the handle of the spoon you're using to dish up dinner.

Getting vaccinated is your best form of protection against catching the flu but you can protect yourself in other ways too. Good hygiene can also help – clean your hands regularly, cough and sneeze into your elbow or a tissue, then throw it in the rubbish. Stay away from people who are sick. Stay away from work and community activities if you are unwell.

All it takes is for an infected person to cough or sneeze near you or for you to touch something they have touched. A high fever, headache, a dry cough and other symptoms usually last seven to 10 days but to get back to your normal energy levels can often take longer still.

Flu can be particularly severe if you are pregnant, older than 65 or have long-term health conditions such as asthma, cardiovascular disease, diabetes or mental illness. For these groups the vaccination is free. If you don't qualify for a free flu vaccination or have it offered by your employer, it will typically cost \$30-50 at your general practice.



FLU
CAN BE ANYWHERE
GET IMMUNISED!

How to get your vaccination

It's time to protect yourself, your whānau, your patients and your community from influenza (flu).

[View how to get vaccinated here.](#)



FLU
CAN BE ANYWHERE
GET IMMUNISED!

MAKE AN APPOINTMENT WITH YOUR GENERAL PRACTICE TEAM NOW

FIGHTFLU.CO.NZ

Kaumatua walk to mark World Smokefree Day

Kaumatua attended this year's World Smokefree Day event with a 2km walk around Little Hagley Park. The rain did not deter the highly spirited group who came armed with walking frames and walking canes.

"It was wonderful having our dear kaumatua participate in this worthwhile event," says Health Promotion Officer, Community & Public Health (C&PH), Christina Henderson.

Diane Shannon, also from C&PH, was instrumental in having singing group, Rockers of Ages, attend. Up to 100 kaumatua who were all Smokefree enjoyed a shared kai.

Christina would like to say a special thanks to Shaun Farrell from the Shoe Clinic, Riccarton, who kindly donated shoes to those kaumatua who attended the walk. She would also like to thank Rehua Marae Manager, Henrietta Latimore, and her staff for their important contribution of participation, venue and facilities.

"Thanks too Stop Smoking Practitioner Christine Solomon for making her secret vegetable soup recipe."



Above: From left, Maxine Tupe and Errol Turei.



Above: From left, Rehua Marae Manager Henrietta Lattimore and Riwa Barrow with the walking group.



Above: Kaumatua enjoying their shared kai.



Alignment with National Pharmacy Action Plan

Pharmacy and general practice teams have come together to discuss how they can continue to work together better in line with the release of the National Pharmacy Action Plan.

Joined by consumers and health system leaders, the workshop at the Design Lab recently aimed to explore the next steps for encouraging integrated ways of working that best meet the needs of Cantabrians.

Canterbury Clinical Network Pharmacy Service Level Alliance Facilitator, Koral Fitzgerald said it was the opportunity to build on the progress already made and begin the conversations that will enable local alignment with the National Pharmacy Action Plan.

“In Canterbury we’re continuing to work towards increasingly integrating pharmacy into the healthcare team. Pharmacy is an important component of people’s healthcare team and we are already demonstrating how pharmacists can contribute to keeping people healthy in their own homes and out of hospital.”

“The National Pharmacy Action Plan released on 3 June maps out how pharmacy can extend their current services to meet patient-centred health literacy needs and care of minor ailments, through to functioning as a member of the multidisciplinary primary care team to plan care for patients who are vulnerable or have complex care needs.”

“The workshop provided an opportunity for participants to explore ways pharmacy can extend the services they provide by being ‘patient-centred’ and collaborating with the primary healthcare team.”

Participants heard from Canterbury District Health Board General Manager of Planning and Funding, Carolyn Gullery about the national context and the opportunities it presents.



Pharmacy consumers then sat down for an “On the Couch” chat, where they gave participants some insight into what they expect from their pharmacy, how they feel pharmacy can assist them to stay well and how they feel their pharmacist can better work together with primary care.

The group then came together for an “Open Space” session where they discussed what they felt would enable better integration of pharmacy with other health services in order to support Canterbury’s vulnerable populations.

“It was great to be able to bring together so many people and hear their thoughts and ideas,” Koral said. “These are the people leading, working in or impacted by pharmacy services in Canterbury, so we’re looking forward to utilising their ideas as we go into the next stage.”

The findings from this workshop will inform the next stage design process, which includes the formation of four design groups. Each design group will work over a 2-3 month period on how the National Pharmacy Action Plan can be ‘bought to life’ in Canterbury for four specific groupings: mental health; vulnerable children; those with chronic conditions and the frail elderly.

[Read the National Pharmacy Action Plan.](#)

[Click here for more news from the Canterbury Clinical Network.](#)

Burwood, beginnings and endings

Burwood Hospital has an interesting history, dating back to 1872 when smallpox reached epidemic proportions in the then small town of Christchurch. Smallpox (declared 'eradicated' in 1962) was highly infectious and the hospital board of Christchurch needed somewhere to build a small hospital which would allow people with the disease to be cared for, isolated from the rest of the population.

Ideally they were looking for a remote, unwanted, and therefore cheap piece of land. The hospital board settled on a swamp which covered a large area where the Avon meandered to the estuary near a small lake, known locally as Bottle Lake. They built a small shack from wood and galvanised iron, solely for the care of people with smallpox.

In 1900 The Public Health Act created the Health Department, which gave hospital boards the authority to build infectious disease hospitals.

In 1902 the Christchurch Hospital board realised that the shack at Bottle Lake would be insufficient for the outbreak of plague that was threatening at that time, so they chose a site about a quarter of a mile away. Due to the urgency of having somewhere for plague victims, a makeshift 'hospital' consisting of a row of 4 bell tents and 6 smaller tents was set up.

The hospital board bought an additional 20 acres of the land, and in 1903 ownership of the whole area of 187 acres was transferred to the hospital board. At the time it was covered with broom, manuka, gorse and lupins. It was an isolated, wet area, full of mosquitoes.

Eventually a building was erected which consisted of two wards with nurses' quarters, a kitchen and a storeroom. This hospital became known as Bottle Lake Hospital and was added to as necessary to cover for smallpox and scarlet fever epidemics and the 1918 influenza pandemic. The latter claimed more lives worldwide than the First World War.

The hospital was renamed Burwood Hospital in 1916 when a review of the buildings resulted in demolition of many of the additions, and new wards were built as replacements.

In 1946 there was a population explosion as soldiers returned to family life following the Second World War. A maternity annexe or ward was set up at Burwood Hospital to accommodate the increasing number of births and alleviate the scarcity of maternity beds. What is now known as the Burwood Birthing Unit has faithfully served the community since that time.

On 30 June, the Burwood Birthing Unit will close - An official Poroporoaki (a farewell) will mark this significant occasion.

As a separate event, staff also wanted to celebrate the contribution the Burwood Birthing Unit has made over the past 70 years. They have organised a 70th Jubilee Celebration on 26 June, and a Commemorative Journal will later be available for purchase for those interested in the history of the Burwood Birthing Unit.

Historical facts in this article have been taken from Leslie Dixon's 'Celebrating 60 years' (2006).



Above: Burwood Hospital post WWII.



Above: A collection of huts in the sandhills.



Above: Nurses from Burwood's time as an infectious diseases hospital



Above: The Burwood Birthing Unit shortly after its completion

Men's Health Month 2016



It's Men's Health Month here in Aotearoa for the entire month of June 2016. Men's Health Month is a great time for New Zealand men and whānau to have a think about their health, how important being healthy is, and to start making some changes to become healthier. It's also an opportunity for the wāhine in our lives to support their tāne in living full, healthy lives.

#MenStartTalking is the theme for Men's Health Month 2016. When our mates seem down or in trouble the easiest option is to not talk about it. We don't know what to say or we think it will be the wrong thing. Not talking is killing hundreds of Kiwi men each year and stops many others from enjoying life to the fullest. A lot of guys only turn up to see a doctor when they are in a lot of pain. Many of these situations are avoidable by talking earlier and not leaving it until the last minute.

As part of the workplace programme being championed by the Men's Health Trust this year there is a small weekly activity to get whānau thinking about the health of our guys. Log onto the [website](#) and take a look at the resources, information and links. There are no tests, exams or massive events you have to attend. It's the small things and the small conversations that might make a difference to the important men in our lives!

Te wero tuarua - the focus of the second week: Signs and symptoms

When we get unexplained pain, lumps, rashes or problems with the waterworks or in the bedroom, most of us hope it will go away by itself or we adopt a "she'll be right" attitude. If there is something we feel isn't quite right it's a good idea to get it seen to. It might just be harmless or we might actually dodge a bullet. Kiwi dad's are great at putting the health and wellbeing of our kids first and if we have a choice, we save our cash and send them off the doctor or the dentist before we take care of ourselves. Focussing on those aches and pains and getting them all checked out during Men's Health Month might make the difference for our kids to enjoy having their dad's and uncles around for many years to come. If you don't have a doctor go to [Canterbury DHB website](#) to find one near to you.

Workplace activities:

Check out the [CDHB Wellbeing Programme](#).

For CDHB staff who are experiencing personal or work-related difficulties they can access EAP, an employee assistance programme ([EAP](#)).

Download a copy of the '[Signs and Symptoms](#)' or download some of the [posters](#) on the website to put up around the office. Start a conversation.

Many of us take a lead from people we know. If there are staff

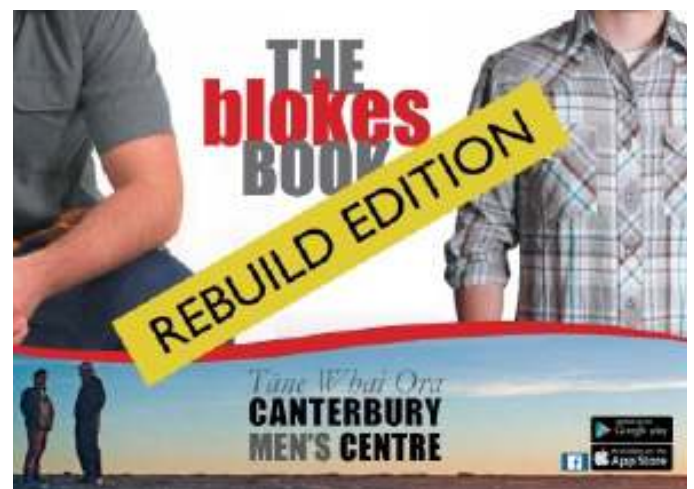
members that have been unwell or had a lucky escape, or even ordinary people doing extraordinary - ask them to share their story. Hearing stories from co-workers and work mates similar to us can make a difference. You don't need to be an ex-All Black or Silver Fern to have a great message for those around you. Everyday blokes are champs too.

Māori Men's Health

We've all been through a lot with the earthquakes. Talking about health isn't just about what's going on in our bodies. Holistic wellbeing looks at what's going on with the whole person and the whole family. That includes our tinana (physical), wairua (spiritual), hinengaro (mental) and whānau (family and relationships). There is also some great information on the [five ways to wellbeing](#) and what that means for Māori communities. Take a look at the [Tāne Ora Alliance \(T.O.A\) website](#) for more kōrero.

Feel free to share this amongst your networks. Change it, add things, put in some links to some of the services close to you that you know support men's health in your area. Ko te mea nui me kōrero tātou katoa mō te hauora o ngā tāne. Let's talk...

#MenStartTalking



The Blokes' Book

Canterbury agencies and services relevant to men's health and well-being. This is available free from [Community & Public Health's Community Health Information Centre \(CHIC\)](#).

Staff Wellbeing Programme

Wellbeing Workshops / Free Counselling

Wellbeing workshops – be in quick to secure your place

- 1 NEW strengths based workshop – available to managers / supervisors. [Click here](#) for more information and [click here](#) to register.
- 2 We are also running another series of the very popular Staff Wellbeing Workshops – this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register – available to all staff.

Free counselling available to all staff

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

Mindfulness sessions

Mindfulness is a proven technique to help manage stress and promote mental wellbeing.

Anyone welcome – no experience necessary. When you arrive just introduce yourself to one of our wonderful volunteers who run these sessions.

Available at main hospital sites. [Click here](#) for details

The single most important thing you can do for stress

Email this [link](#) to yourself and watch at home (11 minutes). Visit the [Staff Wellbeing Programme intranet page](#) for class timetables and other interesting information.

Over 30 classes a week across main DHB sites – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#)




Health Care Team Challenge

The Health Care Team Challenge is being held on Friday 17 June in the Beaven Lecture theatre at 12-00 (high Noon).

Two teams will be competing and the finalist will proudly represent Canterbury at the Auckland Nationals.

Come and support team Canterbury.



POROPOROAKI

A farewell to the Burwood Birthing Unit for staff and community

3.00pm, Thursday 30 June 2016
Burwood Hospital Chapel

Please assemble initially in
the Burwood Hospital Chapel
at 3.00pm.

A Mihi/welcome at the
Birthing Unit will be followed
by a blessing from the
Hospital Chaplains. We will
then return to the Chapel for
speeches and refreshments.

One minute with...**Rebecca Pilbrough,** **Registered Hospital Play Specialist**

What does your job involve?

My role is to minimise the impact of hospitalisation on children. I work within the Family-Centred Care Model to provide education, developmental supportive programmes, preparation and distraction for procedures and interventions. We work primarily in Wards 21, 22 and the Children's Haematology Oncology Centre (CHOC) although you may find me in the Bone Shop, Children's Acute Assessment (CAA), Paediatric Outpatients, Radiology and Radiography. We are sent referrals and a child is referred to us for a variety of reasons including anxiety with previous interventions, long-term stay management and procedures which could cause anxiety. We work closely with the immediate and wider MDT teams in partnership with the child and whānau in order to support their hospitalisation.

Why did you choose to work in this field?

I returned from teaching for 10 years in London and wanted to get into an education role which was not pre-school. A relieving position was available, and I am now a permanent member of the team and have recently become a Registered Play Specialist. In order to accomplish this I was required to accrue 3000 practical hours and submit a portfolio including case studies, procedural accompaniments of procedures and professional practice observations.

What do you like about it?

I like to be a positive influence on the child and whānau in this stressful environment.

What are the challenging bits?

A challenging part of this position is to change your way of educating when it comes to compromised children in hospital, our teaching goes beyond the norm.

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

I admire medical professionals who are able to take time to engage with the child and whānau. Time is a precious commodity in this environment and spending time with a family is incredibly valuable.

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

These values are vital to my role. With care and respect for others comes relationship building and with integrity comes trust. These need to be present to support the child and whānau effectively. I have a responsibility to enable the child to cope with their hospitalisation.

The last book I read was...

The Girl who Stole Stockings - The Story of Susannah Noon and the Women of the Convict Ship Friends, by Elspeth Hardie. The non-fiction work follows Susannah Noon, who arrived in Australia in 1811 at the age of 13 or 14. She was transported on a convict ship, the Friends, from England to Australia for

stealing several pairs of stockings. The book also focuses on the other women she was transported with.

Susannah Noon met and married Samuel Cave, Elspeth's great-great-great-grandfather. They started a new life in a whaling station in New Zealand, some years before the arrival of the country's first organised colonists. Later, Susannah becomes a first-hand witness to the events that led to the fight at Wairau between the 'land-grabbing' New Zealand Company and Te Rauparaha and his followers.

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

I would be in a villa in the Caribbean. I have not travelled to that part of the world yet and I'm imagining cool drinks, hot sun, warm breeze and calypso vibes would be ideal.

My ultimate Sunday would involve...

Sun, food, friends and a fruity cider.

One food I really dislike is...

Fancy foods such as salmon, asparagus and smelly cheese!

My favourite music is...

I have an eclectic range of music I listen to depending on my mood.



Above: Rebecca Pilbrough.

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

Submission on the New Zealand Health Research Strategy

The Ministry of Health has released a discussion document on the New Zealand Health Research Strategy. This is a joint project between the Minister of Health and the Minister of Science and Innovation and it is the first time New Zealand will have a health research strategy.

Full details can be found here; www.health.govt.nz/publication/new-zealand-health-research-strategy-discussion-document

The strategy will provide a clear strategic direction for research, including supporting progress towards the three health and wellbeing National Science Challenges: A Better Start, Ageing Well and Healthier Lives. The [discussion document](#) sets out the proposed Vision, Mission, Guiding Principles, Strategic Priorities and Actions and asks a series of specific questions about these.

Given the number of CDHB staff who are involved in research in some way, you may be interested to read it and have some comments to make. CDHB staff are free to put in their own personal submissions but it is important that only one single organisational submission is developed.

The Health in All Policies team at Community and Public Health will coordinate a submission on behalf of the Canterbury District Health Board. All staff are welcome to contribute. Consultation closes on July 29.

We recommend that you first talk to your colleagues and managers and then provide us with feedback from your team or department. Please get it touch ASAP if you wish to provide comment by emailing submissions@cdhb.health.nz

All comments must be received by 4pm on Thursday July 7 to allow time for our internal approval processes. Any comments received after this date cannot be included.

You can learn about the CDHB submissions procedure on the staff intranet

<http://cdhb.intranet/communitypublichealth/submissions/SitePages/Home.aspx>



Registration open for HiNZ Conference

[Four Conferences](#) in one dynamic week:

- » HiNZ Conference
- » NZ Nursing Informatics Conference
- » Global Telehealth (first time in NZ)
- » Successes & Failures in Telehealth (first time in NZ)

Choose from three day, two day or one day passes. HiNZ members can claim a \$300 discount on registration! SuperSaver rates close on 26 August.

[More information about registrations.](#)

Submit a paper

Each of the four conferences has a separate call for paper process and its own review committee.

- » The [HiNZ Conference](#) (HiNZ 2016) accepts scientific papers, clinical case studies and innovation project case studies. Read more about [HiNZ submissions](#).
- » [Global Telehealth](#) (GT 2016) accepts full papers. Read more about [Global Telehealth submissions](#).
- » [Successes & Failures in Telehealth](#) (SFT-16) accepts abstracts. Read more about [SFT submissions](#).
- » The [NZ Nursing Informatics Conference](#) (NZNIC-16) accepts case studies. Read more about [NZNIC submissions](#).

[More information.](#) Submission for papers close 27 June 2016.

Before you register please talk with your line manager and get approval.

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In brief



eCALD®

Supporting the health workforce
to develop CALD Cultural Competence

eCALD June 2016 Newsletter Edition

This edition reminds you about the CALL FOR ABSTRACTS for the forthcoming International Asian and Ethnic Minority Health and Wellbeing Conference and brings to you information about the newly launched NZ Health Strategy, the latest issue of the Asian Health Review, news from the Cross-Cultural Interest group, new publications, a new migrant service, Chinese Families Autism Support Group, translated brochures and video resources. [Read it online](#)

Last Chance,
Free Insulation

Community Energy Action is offering the following insulation subsidies until 30 June:

FREE insulation for homeowners who have an income tested community services card, and a child under 18 (or a health condition, or a person over 65) living in the house.

60% OFF insulation for landlords whose tenants have an income tested community services card, and a child under 18 (or a health condition, or a person over 65) living in the house.

25% OFF insulation for all other households.

Conditions apply. Please note that this includes the cost of the insulation assessment, product and installation.

Community Energy Action is a charitable trust committed to ensuring all homes in Canterbury are warm, dry, healthy and energy efficient. Other services include a free Curtain Bank service, and free, independent energy advice.

Please call 0800 GET WARM, email info@cea.co.nz or visit www.cea.co.nz, for more information, or to organise a free, no obligation insulation assessment.

SEXUAL HEALTH SEMINAR

THURSDAY 30 JUNE 2016
FROM 1.00PM – 4.30PM

Community and Public Health
310 Manchester Street, Christchurch

1.00pm - 2.00pm	WELCOME Time to catch up with work we are currently involved in, to share information and new resources, and projects planned for this year.
2.00pm - 3.00pm	CHRONIC HEPATITIS B UPDATE PRESENTER: FLEUR EASTER, HEPATITIS FOUNDATION Fleur Easter is a Community Hepatitis Nurse Educator employed by the Hepatitis Foundation of New Zealand. She works in the South Island on chronic Hepatitis B, connecting with GPs and practice nurses, finding patients who have been lost from contact since the earthquakes, and educating and enrolling high risk patients.
3.00 - 3.30pm	AFTERNOON TEA
3.30 - 4.30pm	INSIDE OUT—A RESOURCE FOR GENDER DIVERSE YOUTH PRESENTER: ANNE NICHOLSON, Q-TOPIA YOUTH GROUP Anne Nicholson is from Q-topia Youth Group in Christchurch. She will present a new video based resource Inside Out which has been developed by MSD/Rainbow Youth/Family Planning to help decrease homophobic and transphobic bullying. It also explores how best people can support intersex, gender diverse and sexuality diverse young people. The resource is designed to work with the new sexuality guidelines for schools (2015).
4.30pm	CLOSING

There is no cost for these seminars and afternoon tea will be provided.

Please let me know if you will be attending.

Diane Shannon, Health Promoter
Community and Public Health
(a division of Canterbury District Health Board)

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Sexual Health Newsletter –
June 2016

Read the [June edition of the Sexual Health newsletter](#).

Canterbury

District Health Board
Te Poari Hauora o Waitaha

Influenza.
Don't get it.
Don't give it.

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**YOU COULD COME IN CONTACT WITH INFLUENZA
ANYWHERE, ANYTIME. GET IMMUNISED.
THE VACCINE IS FREE FOR ALL STAFF.**