

Many happy returns to Māia Health Foundation

Māia turns five this week, and as part of the celebrations, they have decided to ‘gift it forward’ by launching a fundraising drive for 20 special chairs for Christchurch Women’s Hospital. The target is to raise \$44,000 to buy the chairs that will provide a comfortable place for a support person to stay in hospital alongside a new mother and baby.

The chairs are designed for hospital environments. During the day they can be used as a sofa chair for visitors or a great breastfeeding chair for new mums. In the evening the chairs convert to a lie-flat bed. With more than 5500 babies born in Christchurch Women’s each year, it’s a very busy place to stay and these chairs will be very welcome. You can read more about Māia’s campaign [here](#) and on [page 11](#).

Auditors complimentary about care in Canterbury

Last week we hosted a team of auditors from around the country, who came to assess the quality and standards of care throughout our organisation. Thanks to everyone for your preparation and making yourselves available to meet with the auditors last week. They were hugely complimentary of the care they observed in a range of our services. They also fed back on things we can work on to improve care, but overall the feedback was extremely favourable, and we can all be proud of the high standards of care provided every day to people in Canterbury.

Māia is turning
5!

Let’s gift it forward to support families with a new pēpi (baby). **#GiftItForward**

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Taking the Rātā Foundation to great heights at the Waipapa Helipad

Another highlight of last week was to host both the Māia and Rātā Foundations on a recce up to the helipad. Rātā Foundation donated \$500,000 for the future-proofed helipad on the roof of the Waipapa building. Their donation was an integral part of the "13-minute" campaign that Māia ran to raise funds for the helipad with the public. For every dollar gifted by the public, Rātā matched it dollar for dollar up to \$500,000. Over the six-week campaign

period the public contributed approximately \$600,000 and with Rātā's \$500,000 they raised \$1.1 million for the helipad.

Having a rooftop helipad saves at least 13 minutes for every patient coming in for life-saving treatment and care. Previously the only option was to land in Hagley Park and be transferred to an ambulance then brought into ED.

See the story on [page 10](#).

Celebration for 11 new graduate nurses who spent their NETP year working in our managed isolation and quarantine facilities

I was delighted to be part of the celebration for the 11 nurses who marked the completion of their Nursing Entry to Practice programme (NETP) year in our Managed Isolation and Quarantine Facilities. I doubt any of them would have imagined beginning their nursing career in the middle of a pandemic and working in such a facility. By all accounts they have had a fantastic year and contributed enormously to keeping our borders safe and supporting mostly New Zealanders who returned to our country in the midst of a COVID-19 outbreak, so a huge thank you to each of you. It was wonderful to be able to celebrate this milestone with you.

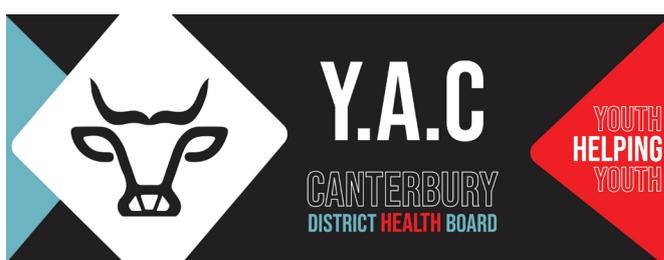


Standing, from left, Yuko Neiman, Hannah Grose, Lucy Smith, Grace Munro, Haley James, Molly-Rose Mansfield, Christopher Zhu, and Gemma Kelley. Seated, from left, Olivia Mills, Jake Lockington and Jessica-Rose Snow-MacDonald

Having a yak with our YAC – the Youth Advisory Council

On a cold winter's night last week, I also got to meet the Youth Advisory Council. They are an energetic and passionate group of young people who really want to support us in making sure we understand the needs of young people in our community. They have some great initiatives underway and are a useful sounding board for any services for youth. They are setting up a mentoring programme for those transitioning from our paediatric service into our adult services. If you have an idea you want to tease out or want to understand more about what our youth are experiencing or the challenges in negotiating the health system, don't hesitate to get the Youth Advisory Council involved!

You can email them at cdhbyouth@gmail.com.



Meeting with members of the YAC was a highlight of my week

A milestone week for our COVID-19 vaccination team and a shout out to PHOs and general practices

I ended last week on a high with our COVID-19 vaccination team celebrating the 100,000th vaccination being given last week. It's been such a big job for so many people as we've increased the numbers of vaccinations given over time. Another milestone for the team was starting to offer vaccinations to Chatham Island residents at the end of last week – a logistically challenging place, but our people pulled out all the stops to ensure a smooth start to the programme at New Zealand's most remote location – fantastic work team!

Finally, a shout out to our public health organisations (PHO): Pegasus Health, Waitaha and Christchurch PHO, who along with their general practices sent out more than 100,000 texts and 18,000 letters to people who are in COVID-19 Vaccination Group 3.

I am loving getting out and meeting more of you every week. I am sure this week will also be full of challenges for us all as we manage increased demand for all of our services.

Thank you for the contribution you're making to ensure people can receive the right care in the right place at the right time, provided by the right person.

Have a great week.

Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board



More than 118,000 Canterbury people in Group 3 were sent text messages or letters last week



Click [here](#) to watch the This week with Peter video

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

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](#).



Bouquets

Ward 18, Christchurch Hospital

Words seem so inadequate to express the extent of my admiration for you all, and the true blessing you were in my life as I underwent surgery. At all times I felt wrapped in the arms of people who bring heart as well as head to the care of others at their most vulnerable. My fears all but disappeared. I have enjoyed much success over a 40-year career in the service sector, yet rarely have I seen competency, compassion and care so seamlessly – and what appears effortlessly – integrated to deliver outstanding service. In my experience, this is only possible when people are authentically invested in the wellbeing of others. Being in your care was a truly humbling and inspiring moment in my life, and I will continue to sing your praises far and wide. My heartfelt thanks.

Ward B3, Christchurch Hospital

I would like to express my deepest gratitude to the staff in ward B3. I was admitted with a rather serious condition and my family and I were treated with dignity, respect and made to feel like my situation was as important as any other patient. The staff, from senior doctors to the people providing meals and cleaning services, were professional and displayed an amazing understanding of my requirements both medical and emotional, being supportive and explaining all facets of my treatment as things went along, ensuring that I understood what was happening and why. Over a period of eight days I received excellent care and have nothing but the highest admiration for the staff and the amazing job they do.

Gynaecology ward, Christchurch Women's Hospital

I have just had my first ever surgery and stay in hospital and I want to pass on my compliments to the surgical team and nurses in the Gynaecology ward. Dr Moreton and her team put me at ease from the first ever meeting right through to all the follow-ups. The nurses were amazing and supportive. One nurse in particular I was lucky enough to have on the day shift multiple times. Emily-Rose, I think her name was. I can't speak highly enough of her. Extremely supportive, friendly, caring, helpful and put me at ease throughout my stay. A brilliant registered nurse.

Birthing Suite, Christchurch Women's Hospital and Rangiora Community Maternity Unit

I recently gave birth at Christchurch Women's and then had my follow-up stay at Rangiora Community Maternity Unit and all staff at both hospitals were exceptional! Thank you for all you do, we are extremely grateful for all your hard work.

Ward 25, Christchurch Hospital

I just want to thank all the nurses in Ward 25 for doing everything they could to make my dad feel and be okay. The patience and compassion you showed him means a lot to me and my family. I know he appreciated everything you did for him.

Trish, Respiratory Physiotherapist, Christchurch Hospital

Trish has been amazing in her care, she had a lot of patience with me and explained what we were trying to do. After the first visit I went home feeling very positive about what I needed to do. On my second visit I was greeted by a very cheery Trish who complimented me on my progress. We discussed a few changes. I am very grateful to have met Trish, who was a great help. Thank you.

Intensive Care Unit, (ICU), Christchurch Hospital

I would like to thank the amazing staff you have in ICU. Their professionalism and commitment to high quality care, empathy, compassion, knowledge and expertise was appreciated so much. Nothing was too difficult, and we were never made to feel insignificant or undervalued. This includes doctors, nurses, specialists from other areas, and receptionists – everyone was amazing.

Cardiac Rehabilitation Programme, Christchurch Hospital

A wide variety of interesting and informative speakers. Plenty of time for questions and a variety of handouts to take home. The time over a cuppa gave one the chance to compare experiences with others. I enjoyed the circuit exercises. All the staff were friendly, and it was lovely to see some familiar faces among them.

Karyn, Podiatrist, Diabetes Outpatients, Christchurch Hospital

Today we had the pleasure of meeting with Karyn. She was exceptional in her care in that she listened well. I felt heard and able to express myself and I could understand the information and explanations she gave. Karyn was genuinely kind and that made it so much easier to talk about my circumstances and needs.

Emergency Dental Service, Christchurch Outpatients

Amazing job team. Thank you. I have now been into this service a few times. I would like to thank all the staff in the Emergency Dental Service, they do a fabulous job at both the work they do on your teeth but also with managing patients' fears and anxieties. You guys are gold. Thank you again heaps, you made a very anxious girl feel so much more at ease and made the experience nicer than expected.

Glenda, Woolston Community Dental Clinic

I visited Woolston Community Dentist with my nine-year-old daughter. She had two treatments with dental nurse Glenda. I was impressed by Glenda's treatment. She was kind, caring and thorough. She explained what she was doing and went the extra mile to make sure my daughter had the best care. I totally trusted her ability in providing excellent care to my daughter. Thank you, Glenda.

Children's Surgical Admission, Christchurch Hospital

I'd like to say thank you to all the staff who took care of us for my son's operation. You guys were very professional, accommodating and approachable. We felt less worried because we knew he was in good hands. Thank you so much and keep up the good work.

Nurses and Play therapists, Paediatric Outpatients, Christchurch Hospital

The nurses and play therapists at Paediatric Outpatients are amazing. Del, Tanya, Olivia, Brenda, Gilly and Nicky are incredible. Taking blood from children every day with a smile. Upset children (and parents) can be exhausting but the staff are brilliant. Thank you all so very much.

Gastroenterology, Christchurch Hospital

We wish to have our appreciation, thanks and praise for the following ward staff members, officially recorded: Michael Burt, who arranged for [patient name] to be admitted into hospital. We wish to thank and compliment the ward staff on their professionalism, empathy and care. [Patient name] needs assistance in all areas of mobility. I was welcomed and felt accepted as her caregiver. This was extremely important to both of us. The staff we'd like to thank are Registered Nurse (RN) Cath, RNs Emily, Ellika and Harikoko. Their student assistants from Otago Medical School (Jessica, Merekara and Drishti) were also exceptional.

Surgeon and breast care nurses, Christchurch Hospital

I write to compliment the excellent service I have experienced from the surgeon and the breast care nurses. My breast cancer has been dealt with in the most caring and helpful manner. I am extremely impressed with the information given to me regarding every aspect of my surgical treatment and the education from the breast care nurses. My surgeon was excellent and the follow-up with the breast care nurses who continued the care, was extremely reassuring and made a huge difference to my understanding and knowledge of what I had to go through. Thank you very much for an excellent service.

Receptionist Level 4, Outpatients, Christchurch Hospital

The level 4 receptionist is incredibly friendly, supportive and helpful.

Anaesthetist Robyn Scott

I would like to thank Anaesthetist Robyn Scott for doing such a great job with my anaesthetic. Thank you so much that I had no vomiting or feeling dreadful. That was the one part of the operation I dreaded, but no need. Thanks also to the rest of the great team.

Oncologist, Michelle Vaughan, Christchurch Hospital

Medical Oncologist Michelle Vaughan, who I have just had a consultation with, is wonderful. She is positive and very knowledgeable and offered me an ongoing preventative treatment. Bless her.

Ward 14, Christchurch Hospital

I was very impressed with the care and professionalism of all the staff with whom I had contact. They were always pleasant, cheerful and efficient. I thank them very much for all that has been done for me.

Emergency Department, Medical Assessment Unit, and Ward 14, Christchurch Hospital

The medical specialist care was thorough and inclusive. The nursing care was professional, pleasant and they appear very supportive of each other. A pleasure to deal with. The meals are outstanding, tasty, well-cooked and well-presented.

WellFood, Christchurch Hospital

I would like to acknowledge the WellFood staff for their efficiency and pleasant manner when I asked for a special tray of food at short notice.

ED, Christchurch Hospital

To everyone working in ED when I got rushed there, you're all absolutely amazing. You just blew me away with your kindness and understanding and genuine concern. I can't thank you enough and just want to send my heartfelt gratitude and love!

Big Shout Out

To: Rochelle, Site Maintenance, Christchurch Hospital

I wanted to recognise the awesome effort that Rochelle from Site Maintenance did on the Riverside lower ground floor, lift lobby recently. After removal of numerous signs this area was looking shabby and run down. Rochelle worked tirelessly to redecorate this area and what a difference it has made.

This area is very busy, but Rochelle took this in her stride and did a fantastic job.

From: Anonymous

#carestartshere

PUT THE RIGHT THING IN THE RIGHT BIN

Tissues, paper towels,
takeaway coffee cups and
plastic lids can't be recycled.

They belong in the
general waste bin.



Increasing use of virtual consultations to manage Dermatology demand

Many people with skin conditions that don't meet the threshold for a specialist consultation are getting specialist advice anyway thanks to the hard work of Christchurch Hospital Dermatologist Caroline Mahon.

All referrals from general practitioners (GPs) for new Dermatology consultations go through Health Pathways. GPs submit referrals via the Electronic Request Management System, attaching photos of the person's condition.

For those who aren't prioritised to be seen by a specialist in hospital, their GP does their best to manage them in the community.

However, Caroline has been reviewing these declined patients, checking the photos, and emailing GPs with an extensive written plan of care, says Service Manager Dave Nicholl.

"As a result, the number of 'virtual consultations' for new patient referrals has risen from 887 from May 2019/20 to 1400 in July to May 2020/21. Caroline has almost doubled the amount of 'virtuals' from last year.

"She is really maximising her precious time to continue to provide this service to GPs. We don't know how lucky we are to have her."

There has been a lot of positive feedback from GPs about the high quality and detail of Caroline's treatment plan letters, Dave says.

Comments include:

"My colleagues and myself are hugely grateful for your input and the service you provide." (Rangiora GP)



Christchurch Hospital Dermatologist Caroline Mahon

"Just wanted to say thanks for the detail and quality of the letters we get from you." (Riccarton Clinic)

Caroline says doctors working in primary care have contributed to the improvement.

"The vast improvement in the quality of clinical photographs and the clinical information accompanying e-referrals to dermatology over the last 12 months, has really facilitated a huge growth in the rapid provision of written or telephone advice to referrers.

"This means we see and treat those needing in-person specialist assessment much faster than 12 months ago, and at the same time, rapidly help GPs manage those who can be cared for in the community," she says.



CCDM

Care Capacity
Demand Management

Safe staffing, healthy workplaces

Care Capacity Demand Management programme reaches new milestone

Discussions are beginning with wards and areas on what a year's worth of data showing patient demand versus care capacity for every shift means for them.

The Full Time Equivalent (FTE) Calculation workstream discussions are part of the [Care Capacity Demand Management](#) (CCDM) programme that Canterbury DHB began rolling out in 2019.

FTE calculation is about better matching nursing and midwifery staff capacity with demand.

The data that feeds into discussions on how to achieve this includes: TrendCare data such as daily patient hours over the last year (excluding the lockdown months), patient acuity and patient care provided versus what was rostered and the recommended hours per shift (automatically generated by patient acuity tool, TrendCare); data from other sources including total overtime, extra shifts, staff and patient incidents, unplanned leave, professional development time, shifts below target of ideal safe staffing provision, staff mix, staffing pool and agency use; and the standard roster plan prepared by the ward/area.

Recommendations for changing the roster model may be made - e.g. more or fewer staff hours for shifts/days; whether more or less FTE is required; or a different staff mix is needed, e.g. more/fewer enrolled nurses, registered nurses or health care assistants.

The data is also looked at across the system rather than in isolation. This means there may be recommendations for the system that impact wards/areas.

Recommendations are agreed by the charge nurse or midwifery manager, union partners, the director of nursing/director of midwifery, Finance, relevant service manager, and People and Capability, and go to the CCDM Council for approval.

New Zealand Nurses Organisation (NZNO) staff on the Trendcare steering group would like to acknowledge the high quality of TrendCare data entered by nurses, especially for teams/areas getting close to completing FTE calculations.

The NZNO staff also want to recognise the invaluable contributions clinical staff delegates and nurse managers have made to the FTE calculation discussions that have begun. Sharing the clinical context for their ward or area is essential to informing the discussion about what any possible changes to the existing roster might look like.

CCDM Programme Director Janette Dallas says it will take time to get the whole system right before staffing on a given shift or day starts to feel more stable.

"Nevertheless, it's exciting to be able to work together in a data-driven way to get there and know that we'll have the chance to review how things are going every year."



Minister of Health Volunteer Awards recognise local heroes

Minister of Health Hon Andrew Little has announced the Minister of Health Volunteer Awards for 2021.

The awards are an opportunity to recognise teams and individuals for their selfless commitment and dedication to improving the lives of others, he says.

"These local heroes freely share their time and energy to benefit others. Their generosity and hard work deserve our gratitude every day and these awards are one way of doing that."

To the volunteers, Minister Little says:

"Thank you for the contribution you make to our hospitals and communities."

Organisations can choose to nominate an individual volunteer or team of volunteers.

Nominations could be for long-term commitment and achievement, an outstanding success, or action above and beyond the call of duty.

If you know a person or a team of volunteers who deserve a shout out nominate them before July 16. The awards will be presented at Parliament in August.

For more information go to the Ministry of Health website [here](#).

Nominations
now open

Closing 5 pm Friday 16 July 2021

Nominate
someone today

health.govt.nz/volunteerawards

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Rātā Foundation visit to helipad

Members of the Rātā Foundation got to see first-hand the result of their substantial donation to the helipad on the roof of Waipapa, Christchurch Hospital.

The group, accompanied by Canterbury DHB Chair Sir John Hansen, and senior leaders, visited the future-proofed rooftop helipad last week, which the foundation donated \$500,000 to.

Their donation was an integral part of the '13 minutes' campaign that Māia Health Foundation ran to raise funds for the helipad alongside the public. For every dollar gifted by the public, Rātā Foundation agreed to match it dollar for dollar, up to \$500,000.

Over the six week campaign period the public contributed approximately \$600,000 so with the \$500,000 from Rātā Foundation, \$1.1m was raised for the helipad, Māia Health Foundation Chief Executive Michael Flatman says.

"This campaign wouldn't have been possible without the contribution from the Rātā Foundation. It's also important to note that of the \$600,000 raised the Canterbury Orthopaedic Services Group contributed \$150,000."

Canterbury DHB Chief Executive Peter Bramley says the helipad was realised in so many ways by the contribution of Rātā and Māia.



From left Canterbury DHB's Board Chair Sir John Hansen, Canterbury DHB Executive Director, Infrastructure Rob Ojala, Rātā Foundation Head of People and Administration Sandy Morton, CE of the Māia Foundation Michael Flatman, Rātā Foundation Chief Investment Officer Murray Lapworth, Rātā Foundation Trustee Josiah Tualamal'i, Chair of the Rātā Board Elizabeth Lovell, Rātā Head of Finance Cameron Gracy, CE of the Rātā Foundation Leighton Evans, Canterbury DHB CEO Peter Bramley and Canterbury DHB Senior Operations Manager George Schwass

"It was especially heartening on this visit to hear foundation members relate their experience of lives saved by helicopters able to land and directly access our emergency care.

"We look forward to future collaboration over other funding opportunities which will help to take projects from good to great."

The Rātā Foundation, formerly The Canterbury Community Trust, was established in 1988 and is led by a board of trustees. It is the South Island's largest philanthropic funder.

Over the last 30 years it has assisted hundreds of organisations through grants totaling over \$474 million to help communities in need across its four funding regions, Canterbury, Nelson, Marlborough and the Chatham Islands.

all
right?

IT'S
ALL RIGHT
TO TALK
IT OUT.



‘Chairs’ to Canterbury health charity’s fifth birthday as new fundraising drive kicks off

Māia Health Foundation is turning five, but rather than celebrating with birthday cheers they’re gifting it forward.

Today they launch a fundraising appeal to raise \$44,000 to buy 20 specialist chairs for the Maternity ward at Christchurch Women’s Hospital.

Currently a support person can stay at Christchurch Women’s Hospital but their choice of bed is limited. They are provided with either an uncomfortable chair or a vinyl mattress on the floor.

That’s not an ideal solution and it’s not very welcoming, says Director of Midwifery for the Canterbury and West Coast DHBs Norma Campbell.

“The mums who stay post-birth at Christchurch Women’s Hospital are either unwell themselves, have just had surgery or their baby is unwell, and support is vital.

“Our team does their very best, but we can’t be with all the mamas all the time. Often the new mums who stay with us find even the small things physically difficult – like walking around, pacing up and down with a baby, or lifting them and carrying them.

“It is tough and having a support person there with them during the day and night makes an enormous difference. The new chairs will be a comfy place for a loved one to stay to support a new māmā and pēpi.”

During the day they can be used as a sofa chair for visitors or breastfeeding mums, and in the evening, they convert into a lie-flat bed, Norma says.

Jenna and James Ward are supporting Māia’s fundraising appeal, because they know the difference that a lie-flat sofa chair will make.

Their baby boy, Brodie, was delivered in Te Nīkau, Grey Hospital by emergency caesarean section, however, the newborn became unwell with a fever. Jenna and Brodie were transferred to Christchurch Women’s Hospital by air retrieval, while James drove to Christchurch late that evening.

James wanted to stay by Jenna’s side while she recovered from major surgery, with their sick baby.

“A lie-flat maternity chair would have been amazing for us. I want other families to have that – to be able to stay together. The difference will be huge”, Jenna says.



James Ward and his son Brodie in the current chair available at Christchurch Women’s Hospital

Māia Chief Executive Michael Flatman says that the need is so compelling the Māia team wanted to step up and act.

“Staff go above and beyond every day to care for our community. It’s time we cared for them and gave our newest families all the support we can in those first few days together. Māia’s fifth birthday is the ideal milestone to launch this fundraising drive.”

You can support the Maternity appeal and gift it forward [here](#).

Health partnership supports patients from Emergency Department to general practice

A collaboration between Pegasus Health Partnership Community Workers (PCWs) and the Christchurch Hospital Emergency Department (ED) has helped hundreds of people over the past five years to access primary care services and other health-related support.

Patients presenting at ED with non-urgent conditions who are not enrolled with a general practice (GP) are referred by hospital staff to the PCW team. PCWs then contact patients to gain an understanding of their health needs.

From a PCW's perspective - Emma Peek

"I'm really proud of the relationship we have built with ED staff. Hospital social workers are crucial to providing people care in a crisis, but once patients leave ED they can get lost in the system, with their health and wellbeing suffering.

"That's where we come in. For every referral, we make contact and meet the patient to understand their health needs and how we can help. Often, the first step is to get them enrolled with a GP. Where cost of the enrolment appointment is an issue, we can help to organise subsidies and can also accompany them to any appointments.

"One person I was privileged to help was a 60-year-old who lost his job because of his diabetes. When we first spoke, he said he was depressed. He hadn't been to the doctor for more than a year because of cost, so his GP didn't know about his decline in mental health. He didn't want anti-depressants or counselling and was reluctant to see a GP but agreed on the proviso I took him and used a health voucher.

"At the appointment he agreed to try anti-depressants. We also arranged a food parcel for him and budgeting advice. At his second GP appointment his mood had improved. He agreed to start insulin treatment after being told about free chemists and at a follow-up meeting, he said he felt he could manage his health with an improved mood."

From a client's perspective - Jess

Jess says she's had mental health issues over the years and a lot of contact with the health system.

"About three years ago I started to get terrible pain in most parts of my body. The doctors couldn't find anything wrong, but I knew I was not imagining it.



Partnership Community Worker Emma Peek

"One night I was in so much pain I called an ambulance and got taken to ED. It was because of that trip I met PCW Emma and she's helped me a lot. When my GP got me an appointment at Burwood Hospital with the musculoskeletal experts, Emma went with me to my first appointment and supported me. She's so compassionate."

How to access the PCW Team

If you know people who need support around their health and wellbeing but are unable to access this help for various reasons, then a referral to a PCW may be appropriate. The service is not an emergency or crisis service. For further information and a PCW contact list and referral form, visit www.pegasus.health.nz/health-professionals/partnership-community-workers/.

First Nightingale Nursing Now Challenge graduates

Launched at the 2019 International Council of Nurses Congress in Singapore, the Nightingale Challenge asked every health employer around the world to provide leadership and development training for a group of young nurses and midwives during 2020.

Coinciding with the Year of the Nurse and the Midwife and Florence Nightingale's 200th birthday, COVID-19 delayed the rollout of the programme here until September last year.

The then Executive Director of Nursing Mary Gordon and Canterbury DHB nurse leaders recognised the need to develop our nurse leaders for the future of the Canterbury Health System.

Sixteen nurses, all under 35 years of age, were selected by their line managers and endorsed by the division's Director of Nursing for having the skills and potential to be future nursing leaders. Over the next 9 months, in addition to their normal duties, the group undertook leadership training, mentorships, shadowed nurse leaders, attended leadership meetings and completed projects.

Last Tuesday, this first group to complete the Canterbury DHB Nightingale Challenge was recognised with a graduation that opened with a warm mihi and karakia from Pou Whirinaki at Burwood and Hillmorton Hospitals, Ruru Harepeka Nako Hona.

Following a waiata, Nurse Coordinator Projects Cathy King and Nurse Coordinator Sankalpa, Jenny Gardner led the proceedings and Executive Director of Nursing Becky Hickmott presented the certificates. In her speech, Becky praised the group for their commitment to the programme and the positive impact it had on the Canterbury DHB's nursing leaders.

In June 2021 the programme became the Nursing Now Challenge with the lofty mandate of creating leadership opportunities for 100,000 nurses and midwives in more than 150 countries by the end of 2022. The Canterbury DHB Nursing Leadership team is committed to ongoing participation in the Nursing Now Challenge. Information for those interested will follow.



Pou Whirinaki Ruru Harepeka Nako Hona delivers the mihi



Canterbury DHB Nightingale Challenge group, back row from left: Makerita Rodgers, Leah Hackney, Theo Lao, Alice Bustin, Kelly Litchfield, Grace Derrick, Emma Densem. Front row from left: Mariah Schwalger, Avi Gosai, Andrea Churcher, Tania Palmer, Joan Maglonzo, Jemma McWilliam. Absent: Emma Davies, Amanda Davidson-Black, Sian Gimblett

One minute with... Jack Newton, Registered Mental Health Nurse, Te Awakura, East In-Patient ward



What does your job involve?

Each shift I take responsibility for my own caseload, this involves assessment of patients' mental health needs, to identify and minimise risk to patients. The practical elements include administering medications, formulating interventions and exit planning. I also present at handover, contribute in the multidisciplinary meeting and take an advocacy role in medical reviews.

Why did you choose to work in this field?

I previously worked in education and was often away from my desk, working from the staffrooms and engaging with the people in the department. A colleague from another department (a registered nurse) encouraged me to explore working in healthcare. I always liked working with people so mental health seemed like a natural choice.

What do you like about it?

It's rewarding to see the patient journey and playing my part in their recovery. When a patient is admitted to the service there is often a charge of emotion or relief for them. My role is to get up to speed and adapt my skill-set so that patients get the support they need from the outset. I always make sure my patients feel as comfortable as possible, especially if they are new to mental health services. Asking questions or sharing a discussion on their expectations goes a long way to ensuring admissions go well.

What are the challenging bits?

Mental health is a fluid environment almost all the time, so we become adept at coping with constant change. No matter how much experience I gain, managing my time continually changes in response, and always keeps me on my toes. In practice this may include working with new outcomes from medical or Mental Health Act reviews or planning for overnight leaves; building a new picture while ensuring my patients have a clear plan.

Who inspires you and why?

My star-gazing buddy, Gary. He gave up his bricklaying job (in the UK) and created, then became CEO of a large public astronomical observatory. He's built three observatories at different places. It is inspirational to see his hard work and willingness to accept risk, following his true passion. Then he wrote a book about it all and got an honorary master's degree from Durham University! I'm impressed by his dedication and making his dream become a reality.

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 the heart of professional nursing practice. They support and help me to promote care and respect when managing patients on the ward as a whole; integrity and responsibility upheld by myself and other staff working together as the nursing team.

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

I gave up smoking and now I run up to nine kilometres once a week.

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

The Orkney Islands, I would love to experience all of the Neolithic history there, especially Skara Brae, the Ring of Brodgar, the Standing Stones O' Stenness and Maeshowe.

What do you do on a typical Sunday?

A family trip out to football or bowling with my 12-year-old son and my partner Diane (she also works at Canterbury DHB, in Child, Adolescent and Family Community Services North). Hi Diane! Depending on the weather I might be outside relaxing and gardening, working on antique restoration or DIY projects. In the evening I'll often listen to music -which always inspires me to play my guitar.

What's your favourite food?

Roast potatoes - in a chicken dinner with lots of veggies.

And your favourite music?

I like the Blues, anything from Robert Johnson to Muddy Waters to Jimi Hendrix. Every day for the past 20 years I have listened to singer-guitarist Chris Whitley. His voice is the best musical instrument I've ever heard.



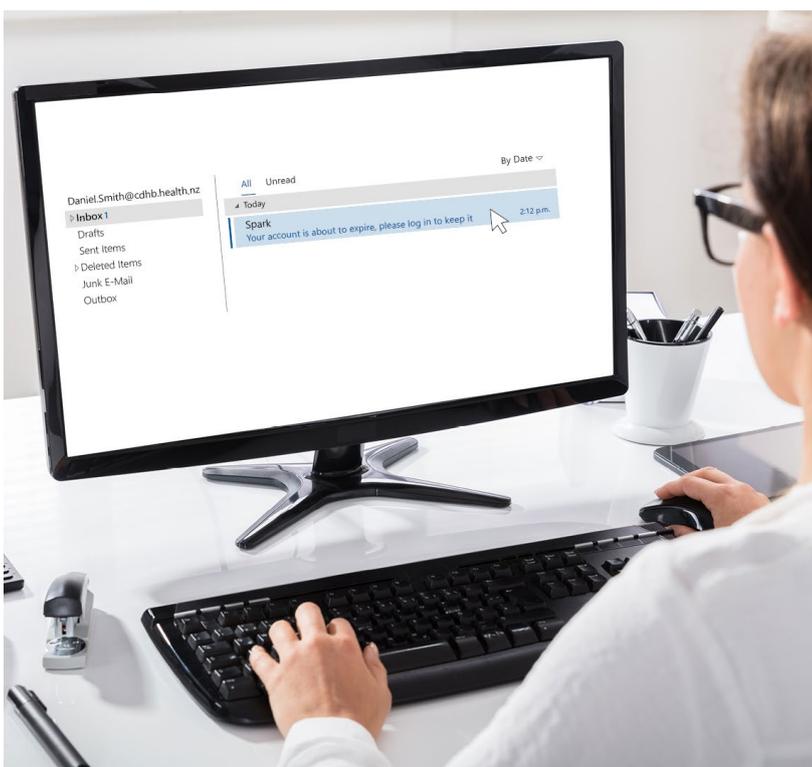
**TE PAPA
HAUORA**

The future of health

Newsletter

*Whiria te tāngata.
Weaving the people together.*

The latest Te Papa Hauora newsletter contains information on two exciting construction developments planned for the precinct; a number of events hosted with key Canterbury organisations, such as the Techie Brekkie and Future Leaders Programme; and a heads-up on some upcoming events such as youth education sessions on sexual health and endometriosis. Read more [here](#).



**Think before
you click.**

—
TOGETHER WE CAN STOP
CYBER-ATTACKS

Something For You



Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.

This week's featured offers are from Torpedo7 and Noel Leeming. You and your whānau and friends can receive some great deals instore and online. See the [Something For You homepage](#) for more information and the discount codes to use.

noel leeming
friends & family deals
Canterbury & West Coast DHB • 28 June - 11 July 2021

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Future of Health Challenge

Envision tomorrow's healthcare provision.

31 July & 1 August at CDHB Design Lab

Open to all tertiary students



UC Centre for
Entrepreneurship

canterbury.ac.nz/uce

The Future of Health Challenge

Te Papa Hauora is partnering with the UC Centre for Entrepreneurship (UCE) to hold a Future of Health Challenge for our tertiary students.

Challenge information:

- › The Future of Health Challenge is an opportunity for all tertiary students in Canterbury, from all levels and disciplines to work together in teams to envision tomorrow's healthcare provision.
- › The Challenge lets students engage with some of the biggest problems facing the health sector in Canterbury and New Zealand.
- › During the weekend of the Challenge, students work in multidisciplinary teams to tackle one of the Challenge questions set by Te Papa Hauora Health Precinct.

Throughout the Challenge students get coaching from UCE staff as well as mentoring and input from health sector experts.

At the end of the Challenge, teams pitch their concept to a judging panel of health experts with cash prizes up for grabs!

- › To be held at Canterbury District Health Board's Design Lab, 17b Print Place. Parking available.
- › Saturday 31 July and Sunday 1 August. 8.30am to 5.00pm.
- › Food and refreshments provided.

If you or someone you know would like to be a part of the challenge, [click here](#) for more information and to sign up.

Host a Roast at your place in July

Join Ronald McDonald House South Island this July for Host a Roast™ to raise funds to provide free accommodation and support for families who need a 'home-away-from-home' while their child receives medical treatment in Christchurch.

The concept of Host a Roast™ is simple: During the month of July, host a roast and invite your whānau, friends or colleagues to attend for a \$20 donation. This will go towards supporting Ronald McDonald House, Christchurch and the Ronald McDonald Family Room in Waipapa.

Host a Roast™ is inspired by the Family Dinner Programme, a meal service where volunteers come into Ronald McDonald House in Christchurch and cook dinner for families who have spent long days with their child in hospital. This simple act of eating together and sharing about their day provides families comfort, support and strength at a tough time.

Mandy Kennedy, Chief Executive of Ronald McDonald House South Island says Host a Roast™ is all about celebrating the precious moments created with family and friends around the table.

"While it's called Host a Roast™, past participants have really thought outside the box and hosted morning teas, lunches, and mystery dining experiences for their guests."

Visit the [Host a Roast™ website](#) to register and to start fundraising. You will also find useful tools to help you to spread the word!

