



Maternity Strategy hits the right note

I was delighted that the Canterbury Maternity Strategy was signed off by the Board last week. That might not seem like such a huge achievement, unless of course you were involved in its making, but to paraphrase a comment made by a Board member, its gestation has been longer than an elephant's, and it's not been an easy birth.

Hopefully, too, when you read on, you'll understand why this achievement was worthy of such a beautiful waiata, which for me symbolised that having listened to many voices, we were now hearing them in beautiful harmony, singing a single song.

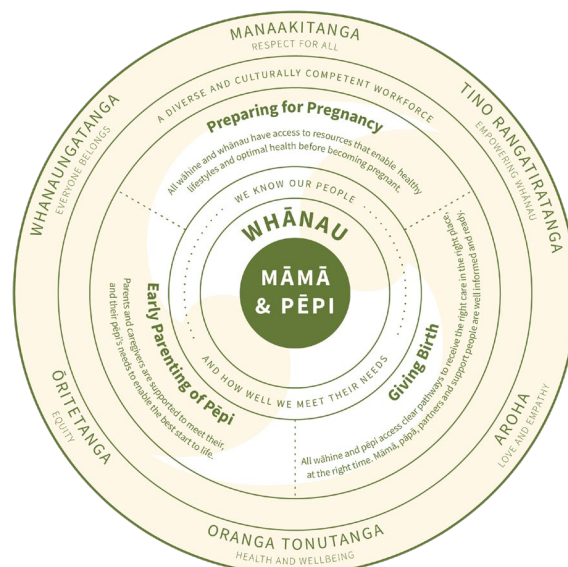
There's a bit of a history to that 'long gestation' comment, with some uncomfortable truths along the way that thankfully have helped us make necessary changes to a strategy that we now believe is a fully inclusive one.

A first draft of the Canterbury Maternity Strategy Framework was originally supported by the Board in April and, along with a workplan, it was duly sent out for wider consultation.

While much of the feedback was positive we also received some, as it turns out, hugely welcome feedback that has enabled voices to be involved that have helped create the final framework.

The draft strategy did not adequately meet principles and values of tangata whenua and as a result, would not sufficiently address the equity issues facing our population.

That feedback was the biggest positive of all, because it was about not only truly engaging but also listening to what is really being said when meeting with communities



The Maternity Strategy Framework places māmā and pēpi at the centre, supported by whānau

about their needs for the future. Only by having open and trustworthy discussions will you both be able to have the discussion about what is not right. I'd like to acknowledge a few key people (but by no means all who made a valuable contribution to the strategy).

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Norma Campbell, our Director of Midwifery, has orchestrated the whole process. She acknowledged that making a meaningful connection with our multicultural community was key to the final strategy.

She also acknowledged the vital roles Ngaire Button and Finau Leveni played in making connections and ensuring the three hui ensured contributions and perspectives from Māori Health, NGOs, Te Pūtahitanga o Te Waipounamu, Whānau

Ora, public health, primary care, Pacific peoples and CALD (Culturally and Linguistically Diverse) communities were woven into the final strategy. Finally, Project Specialist, Intelligence and Transformation Nicky Smithies who was the person who was able to bring all of this together into the documents that were then debated and discussed until we reached the final.

From the three hui, and with further recommendations from Community & Public Health and the Disability Support Advisory Committee, the Canterbury Maternity System Strategic Framework, 2019–2024:

- › Places māmā and pēpi at the centre, supported by whānau
- › Builds on six values:
 - whanaungatanga (everyone belongs)
 - manaakitanga (respect for all)
 - tino rangatiratanga (empowering whanau)
 - aroha (love and empathy)
 - oraanga tonutanga (health and wellbeing), and
 - ōritetanga (equity).
- › Has three pillars:
 - Preparing for Pregnancy
 - Giving Birth
 - Early Parenting of Pēpi.
- › Our work programme supports these three pillars and supports further development of a diverse and culturally competent workforce to meet the needs of Māori, Pacific people and all within our community.



Some of the team involved with the Maternity Strategy sang an emotional waiata to mark the Board's approval last week

The Canterbury Maternity Strategy is ambitious, as it needs to be, to continue to make the desired changes a living strategy requires. The strategy also depends on support from across the system – and I believe there is no system that does that better than ours, and it needs our commitment to build on existing partnerships and develop new relationships.

An important part of the Canterbury Maternity Strategy is to deliver services that meet the needs of Māori, Pacific people and others in our community, and ensure we start to see equity in outcomes as well as service provision.

We will do this through our work programme and by improving the cultural competency of our existing workforce and working to grow an increasingly diverse workforce that truly reflects the people we serve.

Well done to Norma and team, and to all who contributed to this living strategy. It's a reminder of the importance of engaging our community in shaping services that impact them, and an example of how important relationships and trust continue to be in keeping people, māmā and pēpi at the centre of all we do.

One important note, before I close, is to acknowledge the commitment our Board Chair Dr John Woods asked of those who gifted us such a moving waiata – he asked that they come back in a year's time and tell us if we are getting it right, or if we aren't.

We look forward to hearing from them between now and then and, if we are listening as we should, my sincere hope and expectation is that we will still be singing close harmonies in a year's time.

Congratulations to Rebecca George – announced winner of the Clinical Informatics Leadership Award at HINZ last week

A champion of digital technology in the health sector was recognised last week with the inaugural Clinical Informatics Leadership Award. Congratulations to Rebecca George, Canterbury DHB's clinical lead for allied health informatics who was chosen by public vote and received her award at Digital Health Week NZ.

Rebecca has been instrumental in leading allied health in the informatics space across New Zealand, including as chair of the National Allied Health Informatics Group and as a member of the Health Information Standards Organisation.

In accepting the award Rebecca said: "There cannot be a single point of failure when you are engaging with your workforce and your staff and I am grateful for the inordinate amount of support around me."

Rebecca has created a huge amount of interest in data and digital across the allied health community. Her efforts have achieved tangible benefits for clinicians and patients, as well as informatics infrastructure that benefits the wider health system locally and nationally.

You can hear from Rebecca in this short [video](#), and read her 'One Minute with' on page 18.



Director General of Health, Dr Ashley Bloomfield, with Rebecca George receiving her award last week.

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

David Meates
CEO Canterbury District Health Board

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](#).

Take six days leave to get 16 days off over the Christmas holidays

If you don't have plans for the holidays, why not make it a staycation this year. If the prospect of 16 days in a row without being woken by the alarm clock sounds appealing, talk to your manager about taking 6 days leave to get 16 days off work. When you make home your holiday destination you avoid the queues at the airport, the long wait to get on a ferry, or the frustration of being stuck behind a campervan while on the open road – and best of all, you don't need to pack or put the pooch into kennels/ kitty into the cattery. No visas, foreign currency or insect issues.

With a staycation there's no mad scramble out of the house to get to work, you can enjoy a sleep in, a leisurely brunch and have the luxury of time to catch up with friends and family, or with that pile of unread books on your bedside cabinet.

There are so many places to discover in Canterbury, whatever you're into, you can hike, swim, kayak, bike or stroll through gardens. Take a drive to Kaikoura, Hanmer, Methven, Ashburton, Akaroa, Rangiora or Sumner. Visit an art gallery, treat yourself to a massage, or hire an e-bike and hit the cycle trails around town. Check out the new look Christchurch CBD. Have you walked along the Terraces, explored the new retail scene and taken time to discover the amazing farmer's markets around the place?

Why not keep it local and help keep Cantabrians in business. Think about a staycation these holidays, after all, the travel authority, Fodor named Christchurch as one of the top 10 cities in the world to visit in 2020 – you can get in early and beat the crowds. Christchurch was only one of just three places in Australasia named in the top 10! Read what they have to say about Christchurch [here](#) (you'll have to scroll past Bora Bora and Brisbane to get to the good stuff!)

Make a 'to do' list:

1. Talk to your manager
2. Apply in max. this week!
3. Plan your staycation itinerary: <https://www.christchurchnz.com/new-zealand/>



Cycle the Port Hills



Explore French Farm Bay in Banks Peninsula



Check out the recently opened Riverside Market in town



Bouquets

Ward 20, Christchurch Hospital

To all the dedicated doctors, nurses, nurse aides, catering staff and cleaners who have treated me with concern, friendship, respect and professionalism. My personal journey during my stay here was challenging. I would have found it very difficult to finish without your input. Thank you from my heart. Keep up the fantastic work.

East Crisis Team, Hillmorton Hospital

Over a few months near the end of 2018 I received a lot of help and support from the East Crisis team at Hillmorton Hospital. I suffered a period of anxiety and depression at the end of my study. At the end of last year, I successfully completed my study and started in my dream job. I've now been in this job for a year and am loving it. I'm feeling great and am very thankful to have made it through that period of anxiety and depression. I'm sending this very overdue email to thank the East Crisis Team. Without their help and support I wouldn't be where I am today. Everybody I dealt with was wonderful and I'm so grateful for their support. I hope they all feel proud of the work that they do.

Ward 27, Christchurch Hospital

Thank you for looking after my mother. She has the best of care from staff.

Medical Oncology, Christchurch Hospital

It's been a hell of a journey. The good news is that with your help I have finally reached the best possible destination – full health. I just want you all to know what a big part you all played in this journey. Over the past 32 months I came to view my visits to you as a special, calm, sanity break in my fight with 'the big C.' I would have run over any doctor who might suggest my regular spot in the chair would not be available! The peaceful oasis that you all gave me was something that I treasured. It just allowed me to relax and recharge for the next segment of my personal battle. Your company, humour, patience and support were big contributors to me getting to where I am today. To all of you, you have my heartfelt thanks.

Christchurch Hospital (first printed in *The Press Letters to the Editor*)

I would like to say that I had an appointment at Christchurch Hospital and would like to thank the staff that looked after me for the time I was there. I think that they perform a professional, helpful and friendly service to the patients when in their care.

Plastics Outpatient Department, Christchurch Hospital

As a consumer I have found the clinical experience, professionalism and customer focus to be exceptional. My huge thanks to Dylan, Stephanie and all the fabulous nursing staff. I cannot fault

a thing. Keep up the awesome work. Our patients are very fortunate to be treated by your very proactive service. Big respect to you all.

Ward 14, Christchurch Hospital

Lovely, helpful nursing team.

Ward 28, Christchurch Hospital

During my stay I was treated well by your nursing staff, well done. I give top marks to your nurse aide staff. We had a wonderful food services person by the name of Shirley who helped me a lot because of the things I could and couldn't have. What a great lady, lovely laughter and smile with a positive attitude to life.

Oncology Department, Christchurch Hospital

Without exception all the staff who have helped me through the second process and programmes have been excellent. I have been kept informed and treated so well. I am very grateful for the level of care and expertise given to me.

Gastroenterology Clinic, Christchurch Hospital

Thanks to all the staff who were so professional and caring when I had my procedure. I felt completely at ease and everyone concerned was pleasant and helpful. As a member of Canterbury DHB staff, it was great to see this from the other side as a patient.

Emergency Department (ED) and Security, Christchurch Hospital

Dr Kathryn Maltby was really nice, so helpful and professional. Many thanks for detecting my husband's heart problem. The nurses and security were lovely too. Thank you all so very much.

ED and Intensive Care Unit South, Christchurch Hospital

My family and I would like to thank all the lovely staff who have helped with our family member's current stay. Thank you very much.

Pauline, Level 3, Outpatients, Christchurch Hospital

I would like to compliment your receptionist on Level 3. Pauline always has a ready smile and kind word. She is professional at all times and also welcoming. Her manner is much appreciated.

Trish, Physiotherapy Department, Christchurch Hospital

I have been attending the Physiotherapy Clinic at Christchurch Hospital on a regular basis for chest/lung physio every six to eight weeks, seeing Trish. This has been fantastic in helping to keep me free of lung infections throughout the year.

ED, Christchurch Hospital

I came in about a month ago with a dislocated shoulder. I was playing sevens rugby, so was in all my gear. Thank you so much to the whole team. I know it wasn't a textbook relocation and would really like to thank the nurses and doctor who put it back in.

Ward GG, Burwood Hospital

Could not be in a better place. Meals good. Staff 10 out of 10.

Dr Ramez and Vanessa, Orthopaedic Outpatients, Burwood Hospital

Today we met with Dr Ramez and Vanessa after x-rays for my son. Dr Ramez was so informative and fantastic at providing information regarding my little boy and where he felt he was from a medical perspective. I appreciate the time and care Dr Ramez and Vanessa gave my son and me. It was encouraging to meet with a doctor who had the time to answer questions and took the time to explain everything so clearly. Amazing work!

Big Shout Out

James Higgins, Security

My bike was stolen on Monday. I spoke to James and he found the exact time it was removed. He went even further, said there were other cameras, and he sought these out to have ready for the police. I retire on 27 November, and my favourite toy is now gone. Very distressed. But my thanks to James. You made a distressing experience easier to bear with your understanding.

Registered Social Worker Jill Summer

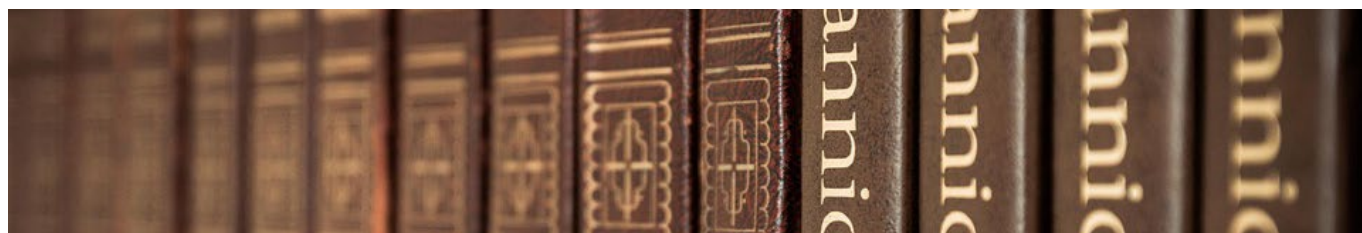
#carestartshere



Enjoy some extra downtime over the summer holidays – have you applied for leave?

Being and
Staying Well
Orangatonutanga





The Library

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

[“Humans placed in suspended animation for the first time”](#) – Using a technique called emergency preservation and resuscitation, doctors are trying to buy themselves more time to help save patients with traumatic injuries. They have trialled placing trauma patients in suspended animation by replacing their blood with ice-cold saline in order to rapidly cool their bodies and reduce the body’s need for oxygen while surgeons work to fix the injuries. From *New Scientist*, published online: 20 November 2019.

[“First major HIV discovery in 20 years”](#) – A new HIV subtype has been identified by scientists thanks to advances in next-generation genome sequencing. From *Health Central*, published online: 15 November 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.

ĒTAHI ARA E RIMA KI TE NGĀKAU ORA WHAKATŌKIA NGĀ RAUTAKI MĀMĀ NEI KI TŌ AO KIA RONGO AI KOE I NGĀ PAINGA





Let's get ready to move

Christchurch Hospital Hagley

The move to Christchurch Hospital Hagley will bring with it many new ways of working. Over the coming weeks, we'll be looking at some of the main changes. Many of these are included in the [healthLearn](#) module, which all staff are expected to complete before migration begins.

healthLearn

You do not need to complete the [healthLearn](#) module to attend one of the planning/familiarisation sessions that are currently being run. However, you must complete the online learning before the orientation tours, which are expected to commence once the Christchurch Hospital Hagley building

has been handed over. A separate healthLearn module has been developed for senior medical officers and resident medical officers and this will be released soon. Check the [intranet page](#) for the latest updates and links to online learning.

Ch-ch-ch-changes

As we're becoming more familiar with workspaces at Christchurch Hospital Hagley, there are many change requests coming through. While this is to be expected, remember that these spaces have been specifically designed with new ways of working in mind. A large number of change requests are being received, and these need to be prioritised. Not all change requests will be able to be – or need to be – actioned.

Some of the new ways of working will be unfamiliar at first but will be quickly adopted once we're on site. Please consider this when making change requests – is this really something that needs to be changed or is it something that needs time to be tested and bedded in? If you have questions about why something has been designed the way it is, check in with your representative on the design team. They will have the background and the rationale for the design and may be able to help you understand the thinking behind it.

When submitting a change request, please ensure you're clear on the reasons for the change request and you have discussed it with – and have the support of – your entire team, including your leadership group, before submitting it.

Please also note that during the first six months in the building there will be a moratorium on change. This means that no new items can be added, and no renovations or movement can be undertaken for the first six months of occupancy. This will be strictly enforced by the Governance Group by way of the Facilities Development Projects team.



Staff were involved right from the early stages of the design process, so some new aspects of your space might need time to bed in rather than be changed

Undercroft parking

There are a number of car parks beneath Christchurch Hospital Hagley. These have not yet been designated, and the final decision on who will use these rests with the Operational team.

Some of these spaces will need to be made available to those services that are moving and have current parking spaces near the existing Emergency Department for clinicians called in for emergency procedures, psychiatric consult, air retrieval, etc.

A final decision on the allocation of parking spaces in and around Christchurch Hospital Hagley will be made after the building has been handed over.



The parking spaces underneath Christchurch Hospital Hagley have not yet been allocated and won't be until the building is handed over. (Image taken during Fire and Emergency New Zealand training last month)

Specialised service for children with epilepsy now available South Island-wide

A ground-breaking service in Christchurch for children with epilepsy has been extended to the whole South Island.

Paediatric Ketogenic Dietitian, Charlene Tan-Smith, began Ketogenic Diet Therapy (KDT) at Christchurch Hospital in August 2016 for the most severely affected children who may have up to hundreds of seen and unseen seizures a day.

The diet is a high fat (up to 92 percent), low carbohydrate (restricted to 10 grams a day) treatment that causes ketosis and tricks the brain into thinking it is starving. A custom 'food prescription' is created for each patient, their food must be weighed very accurately (down to 0.1 grams) with medical scales and careful monitoring is required.

KDT can significantly reduce seizures, with some children becoming totally seizure-free. In the past three years that the service has been running it has reduced epilepsy-related overnight stays in hospital for these children by an average of 85–100 percent.

Stephanie Emery, whose daughter Amaria is a patient of Charlene's, says Charlene's work has changed Amaria's life "and given us so much hope for a better future for her".

The KDT service was extended after Canterbury DHB put a case to the South Island Alliance's Child Health Service Level Alliance and some critical processes and technology came together to make it possible, Charlene says.

For children and their families in the South Island who live outside of Christchurch, the service is done remotely via Zoom conferencing sessions (remote conferencing using cloud computing), email and phone calls.

Reaching more children is very rewarding, says Charlene, who is the South Island Clinical Lead.

"Extending our service to the whole South Island is really exciting for the whole team. It means we're able to provide expertise in areas where the patient count doesn't justify up-skilling local dietitians and wouldn't enable them to remain current."

The extension to the South Island would not have been possible without some home-grown New Zealand technology – a world-first automatic recipe and meal balancer developed in a registered dietitian-led project in Christchurch and Ontario, Canada, Charlene says.



Paediatric Ketogenic Dietitian Charlene Tan-Smith (on screen) using Zoom technology (remote conferencing services using cloud computing) to communicate with Stephanie Emery



Paediatric Ketogenic Dietitian Charlene Tan-Smith (right) on a home visit with Stephanie Emery and her daughter Amaria

"This reduces the amount of time for practitioners and patients to balance recipes for individual food prescriptions and means complex recipes appropriate for the whole family can be created and balanced, aiding in compliance of the therapy."

KDT came to Christchurch after the Brydie Lauder Charitable Trust funded Charlene's training at Matthew's Friends Keto College in the United Kingdom (UK) and to visit keto services in Australia, the UK, Canada and Singapore.

The trust, named after four-year-old Christchurch girl, Brydie, who died from drug resistant epilepsy in 2010, was formed by her mother Anna and other family members. In Canada Charlene met Ketogenic Registered Dietitian Jennifer Fabe who has provided ongoing mentoring and support to the service at Christchurch Hospital.

‘Communities make the difference’ – the message this World AIDS Day

When Princess Diana shook the hand of an AIDS patient in 1987 without wearing gloves, there was a big shift in the public perception of AIDS (acquired immune deficiency syndrome).

It highlighted the fact that the virus can't be transmitted through this kind of contact/touch, and some of the unfounded fear and stigma surrounding the condition began to subside.

More than 30 years later, science and medicine has advanced significantly in the knowledge and management of the human immunodeficiency virus (HIV). It is no longer considered a 'death sentence', but is a chronic, manageable condition. Treatments are well-tolerated, and people can live normal, fulfilling lives.

Body fluids such as saliva, sweat or urine do not contain enough of the virus to infect another person. You can only catch HIV through unprotected sexual intercourse, sharing needles, and/or direct blood-to-blood contact with an HIV positive person.

World AIDS Day is held annually on 1 December and is one of the eight official global public health campaigns marked by the World Health Organization. The day aims to raise awareness of AIDS and the virus, HIV, that causes it, and encourage testing.

This year, the theme is 'Communities make the difference.' The focus is on how communities of people living with HIV, and community health workers, have played a key role in the HIV response, and how these communities need to continue to be engaged with in order to strengthen primary care.

The incidence of new HIV infections in New Zealand has decreased for the second year in a row, which is fantastic news, going from 243 in 2016 to 197 in 2017, says Infectious Diseases Specialist and Clinical Director Sarah Metcalf.

While HIV is most often associated with male-to-male sex (MSM), it is not the only group at risk. Last year saw



another significant drop in new infections in the MSM population, however it also saw a slight increase in new infections in people identifying as heterosexual.

It is essential that HIV remains on the radar of health professionals for all groups, and that regular sexual health check-ups are encouraged for anyone who is sexually active.

"If you don't test for it, you won't find it," she says.

Here in Canterbury, the Infectious Diseases and Sexual Health Services manage people with HIV, providing them and their whānau with education, treatment and holistic support.

HIV treatment is one of the great success stories for medicine over the past 30 years and we want to ensure all people living with HIV locally have a friendly, accessible service to provide the care they need and help to reduce the stigma some of them feel, Sarah says.

Did you know?

HIV and AIDS are related but different conditions. HIV is the virus that damages the immune system, while AIDS is a collection of signs and symptoms (a syndrome) resulting from the damage HIV does to the immune system.

Not everyone who has HIV will get AIDS, but if left undiagnosed and untreated, the infection will eventually progress to AIDS.

Big win for small Pacific trust

Canterbury NGO Tangata Atumotu has won the Community Excellence Award at this year's New Zealand Exercise Industry Awards. The awards were held in Auckland on Saturday night.

Tangata Atumotu provides Canterbury's Pacific community with nursing services and a range of physical activity and craft-based programmes to support Pasifika people to live healthy lives.

General Manager Carmen Collie says winning the award is a recognition of the difference Tangata Atumotu is making in the community.

"Our exercise programmes are more than just physical exercise. They are connecting people with their cultural roots and with their community. They are getting people out of their houses and providing an opportunity for them to celebrate their culture," says Carmen.

Collie says their Siva Samoa programme, which has an average participant age of 70, is a great example of the positive impact a group exercise programme can make.

"Every Thursday our matua come together and do exercise and dance to pese Samoa. To make it easy we provide transport to and from the venue, provide a nutritious lunch, and can even do health checks on the spot.

"You just need to listen to the laughter to know the programme is a success," says Collie.

The Siva Samoa programme is led by Tangata Atumotu registered nurse Suli Tuitape, who was also a winner at the Exercise Industry Awards, winning Group Exercise Instructor of the Year.

Suli says he is committed to helping Pasifika people's health by being a role model of fitness and wellbeing.

"I want to educate, inspire and motivate Pasifika communities of the benefits of living healthy lives and being physically active.

"My goal is to see smiles, hear laughter, and feel the sense of achievement every time."

"From 10 minutes of Siva in week one to up to 45 minutes of full-on Siva at the end of this year, these amazing group of elders are wanting more each week. It's a privilege to work with them."



Tangata Atumotu General Manager Carmen Collie with Registered Nurse Suli Tuitape



The Siva Samoa programme is led by Tangata Atumotu Registered Nurse Suli Tuitape who also won Group Exercise Instructor of the Year

Tangata Atumotu, which means "People from the Islands" was set up in Christchurch 19 years ago, to provide tailored healthcare and support to people from the islands.

Visit the [Tangata Atumotu Trust website](https://tangataatumotu.org.nz/) for more information.

WellFood staff enhance their service with additional training

Congratulations to the latest group of food services staff to complete a New Zealand Certificate in Catering Services Level 3 qualification in the service industry.

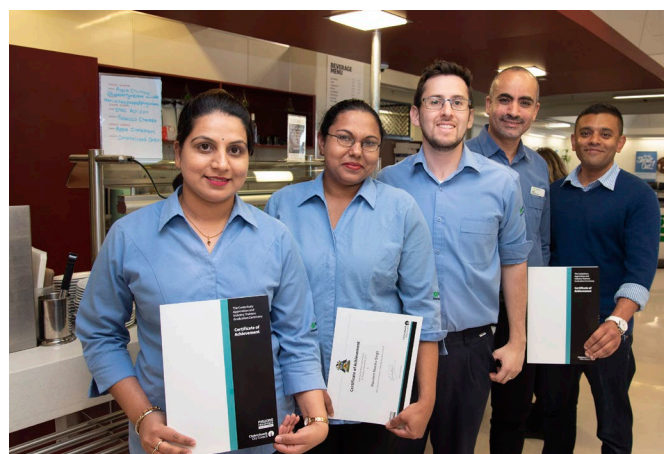
Over the past two years around 100 WellFood staff have completed the training, which Canterbury DHB provides to those interested in undertaking it. The course combines theory with practical on-the-job training and provides staff with new skills and knowledge in food safety, customer care, health and safety, teamwork and time management.

The recent group of Canterbury DHB graduates were also invited by Christchurch City Council to attend the Canterbury Apprentices and Industry Trainees Graduation Ceremony, celebrating the success of local graduates who have recently completed a qualification through one of the industry training organisations.

The ceremony is part of a joint national programme between the Mayors Taskforce for Jobs initiative and the Industry Training Federation, which aims to promote and recognise trade and service careers. The chosen graduates received a certificate of achievement at the ceremony held earlier this month.

One of the graduates, Roster Officer Rahul Ankim Krishna says, "I love learning, achieving goals and targets, and setting myself challenges. The training has given me the tools and skills and the little steps to get where I want to go when the opportunity arises."

Food Service Manager Jason Buchanan says staff achievements such as these are a very proud moment for



Some of the WellFood team who recently completed their Level 3 Certificate in Catering Services, from left, Christchurch Hospital Catering Assistants Jotishna Devi Prasad, Maureen Monika Singh and David A Perez Soler, along with Supervisor John Mourad and Roster Officer Rahul Ankim Krishna
Absent: Burwood Hospital Cook Angela Kloppe and Catering Assistants Brenda Norcliffe and Diane Toombs

the WellFood teams who provide the food services to our patients and customers.

"The skills, knowledge and confidence gained by working towards these qualifications has made an immense difference to those staff and the end result is that our patients and customers are the benefactors of that training."

KEEPING OUR COMMUNITY HEALTHY

WELL NOW

SPRING 2019

CANTERBURY

A snapshot of how we're doing

Your community health magazine is out now!

Keep an eye on your mailbox, or check it out on our website.

cdhb.health.nz

Don't let measles ruin your holiday – make sure your vaccinations are up to date before you fly!

With the Christmas and New Year holidays fast approaching, you may have overseas trips planned and be counting down to the day you jet off to an exotic location. However, with measles currently spreading in popular holiday destinations there is cause for extra vigilance when travelling overseas this summer.

If you're travelling to Samoa, Tonga, the Philippines or Fiji and you're aged under 50, you need to ensure your vaccinations are up to date.

Measles vaccinations are free for those aged under 50 and travelling to an area where there is a measles outbreak.



As the measles vaccination takes up to two weeks to provide protection, don't leave it until the last minute! Call your general practice team and check whether you and your family are all up to date with your vaccinations.

Current outbreak regions can be found on the [Centers for Disease Control and Prevention website](#).

Check in with your GP before you check in at the airport to ensure your vaccinations are up to date before take-off!

Dragon boating corporate challenge just what the doctor ordered

The Canterbury Orthopaedic Service recently sponsored a dragon boat in the Aoraki Dragons Corporate Challenge at Lake Rua.

A team from Orthopaedic Outpatients took part including medical, nursing and admin staff and acquitted themselves well, finishing in sixth place.

This was a great team building exercise and allowed staff to interact in a different fun environment outside the hospital setting. At this time of great change, stress and upheaval to the service, a day out together was just what the doctor ordered!

A big thank you to the Canterbury Orthopaedic Service and Jan Armstrong for their sponsorship and support of this event and to the staff who attended and took part wholeheartedly.



The Orthopaedic Outpatients team at Lake Rua

NESP graduation for occupational therapists and social workers at Specialist Mental Health Services

The 2019 cohort of Allied Health New Entry to Specialist Practice (NESP) Occupational Therapists and Social Workers at Specialist Mental Health Services (SMHS) celebrated the completion of their studies on 21 November.

The gathering acknowledged the contributions made by clinical mentors, supervisors, the Allied Health NESP Educator, and professional leaders in ensuring the success of the programme and underlined the importance of investing in the future of our work force.

Completing a Post Graduate Certificate in Mental Health and Addictions is no small thing while coming to grips with the challenges – and rewards – of mental health work. Since 2012 approximately 85 staff have completed the programme, and universally acknowledged the vital role it has played in getting them on a solid footing to work knowledgeably and effectively with tangata whaiora.



Back row, from left, Brenda Cromie, Graham Allan, Sandy Clemett, Peter Stewart, Zoe Ruskan, Claire Simpson, Emma Feringa, Suzanne Patterson (AUT), Sarah McLaren, Hannah O'Brien, Douglas Tafireyi, Jenny Montagu
Front row, from left, Aleisha McMurray, Rachel McAllister, Shivani Sharma, Lauren Jackson, Celerina Neuhoof

Staff help raise awareness of World Antibiotic Awareness Week

Last week was World Antibiotic Awareness Week (18–24 November).

To mark the week around 70 antibiotic awareness ambassadors, comprising Pharmacy and Infectious Diseases staff wearing 'Together, we can keep antibiotics working' t-shirts, made their way around Christchurch Hospital to spread the word on antibiotic resistance and the importance of antibiotic stewardship.

"The t-shirts have been really good conversation starters with the public and other staff – this helps to get the message across that we all need to do our bit, before we lose this valuable resource," says Antimicrobial Pharmacist Sharon Gardiner.

Thank you to everyone who participated!



Help give your staff kitchen the green light on green waste

Some motivated staff members from across Canterbury DHB are calling on like-minded colleagues to help divert green waste from staff kitchens out of landfill and into compost for gardens.

Doing so creates a resource out of a liability and saves Canterbury DHB a significant amount of money.

Green waste from Canterbury DHB catering kitchens is collected and composted off-site at significant expense.

Medical Physicist Steven Muir from the Medical Physics and Bioengineering Department (MPBE) has started a green waste collection on the second floor of Christchurch Hospital Riverside for the MPBE and Nuclear Medicine departments, using four-litre recycled catering spread containers which are readily available from the kitchen.

"The containers are robust, have a lid which can be kept completely sealed at all times to reduce the risk of attracting rodents, and are easy to fit in a bike pannier to take home every day," he says.

The container also has a sticker on the lid instructing users to remove non-biodegradable items, such as fruit stickers, glad wrap, tea bag tabs and so on to avoid the unpleasant job of sorting them out later.

Health Promoter Meg Christie has been collecting the green waste from Community and Public Health for 10 years and estimates she has saved Canterbury DHB around \$375 each year.

She says her garden and chooks benefit greatly from the extra nutrients and it's been worthwhile persevering through some of the early challenges.

"Initially staff wanted a container with a lid so they didn't have to look at the mess in the bin, but they didn't want to have to lift a messy lid by hand for hygiene reasons.



The four-litre green waste collection bin



Meg Christie's pumpkins grown in Canterbury DHB green waste

"We now have a 10-litre bin with a foot-operated pedal to open the lid and use bin liners from Eco Warehouse, which are reuseable, washable and don't leak when I transport the waste home."

Interested in volunteering for your staff kitchen?

If you would like to trial a green waste collection service in your staff area, contact Steven on extension 80854 or steven.muir@cdhb.health.nz and he will arrange for a few containers to be delivered to your department, along with instructions on infection/hygiene issues. If you happen to collect vast amounts of green waste, Steven can also provide a bike trailer for you to take it home in.

Containers need to be emptied and washed out daily to avoid smells, and careful hand hygiene performed. Three containers are useful, to ensure one container is always available when the other is being emptied or accidentally left at home. You also need to have a backup staff member to call on when the main green waste person is on leave.

Options for biking to work

I'd like to bike to work, especially now that the weather is warmer and drier, but I am so unfit, it could be a bit of a struggle.

I used to bike a lot when I was younger and really enjoyed it but these days – I'm just not sure. An electric bike (e-bike) would be great, but they're so expensive, aren't they?

If those are your thoughts, we have been asking around and checking out your options. The good news is that the price of e-bikes has come down, and that, combined with special offers for Canterbury DHB staff, means they are now more affordable.

"I keep bumping into people who don't seem to know about these offers and are wanting to get an e-bike but struggling to afford it," says Public Health Physician Anna Stevenson, an early e-bike adopter.

Anna began using an e-bike after a hip injury made regular biking difficult. Several years later she's still using it to get to work and other tasks like a quick supermarket run or for easy parking at public events.

"Getting back on a bike can be a challenge but e-bikes encourage more people to do this as they help remove many of the physical barriers to cycling such as hilly terrain, distance and wind. If, like me, you need to boost your cycle confidence you could try the free cycle skills sessions offered by [Go Cycle Christchurch](#)," she says.

Senior Communications Advisor Jeanie Watson says she feels lucky to be able to ride to work.

"Especially as my route takes me straight through beautiful Hagley Park. The exercise and fresh air do wonders, I save money on parking, and it's just a great way to feel more connected to nature and the city. I notice the weather and seasons much more than when I drive."

Whether you e-cycle or just use a good old-fashioned full pedal power, cycling helps improve health and wellbeing and benefits the environment. Regular physical activity reduces the risk of premature death by 30 percent, yet the latest New Zealand Health Survey shows that only 54 percent of adults get the recommended amount per week.



Health Promoter Workplaces/ WorkWell Advisor Ann Vanschevensteen biking to work on her electric bike

One of the best ways to increase physical activity is to build it into daily life through walking and cycling. Cycling also provides co-benefits for the environment, congestion and transport.

Transport survey results from the Christchurch City Council show that of the 3500 people surveyed, 18 percent said they had travelled by e-bike more than once a month in the last year. Read more from the survey [here](#).

There are some good e-bike deals on [Something for You](#) on the Canterbury DHB staff intranet (look under Transport in Home Life and Maintenance). They include \$300 off any full priced e-bike from one retailer.

One minute with...

Rebecca George, Clinical Lead for Allied Health Informatics, Christchurch Campus



What does your job involve?

My job involves being a clinician who understands clinical processes and systems and can communicate about these to, and from, our technical and technology colleagues who are building and seeking to implement digital solutions. I need to understand the context of the staff's priorities, the importance of their collected information, data use and analytics. I am their advocate and choose to work so that they might directly serve their consumers more easily. The reason why we need to give staff visibility of activity information about themselves and their patients, is to enable them to make evidence-based decisions on staffing, priorities and service improvements. The more information our staff have that is easily accessible, the more responsive they can be and able to predict what they need to provide.

Why did you choose to work in this field?

I could see the opportunity for improvement – by giving visibility to the activity of our Allied Health professions and demonstrating the impact and value that they have every day on people's lives.

What do you like about it?

There is always more to do, and I have the most amazing colleagues, passionate about their work and meeting their consumer's needs.

What are the challenging bits?

Keeping up with our staff and what they need to keep on getting better and better.

Who inspires you?

In New Zealand we have some phenomenal senior Allied Health leaders who communicate and sustain a passion and vision for the Allied Health workforce.

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 resonate clearly with my work. I seek to provide care and respect by promoting partnership with the people we serve. Whilst integrity and trust are key, the action to trust and be trusted is essential within our work culture and often underrated.

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

I enjoy adventure racing.

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

The Marlborough Sounds for good fishing, hot sunshine and cool water swimming.

What do you do on a typical Sunday?

We usually join our family church in the morning and then cruise through the afternoon, taking moments where we can to relax and enjoy time with the kids.

What's your favourite food?

I love Vietnamese food.

And your favourite music?

Currently enjoying Postmodern Jukebox's recent remixes.

Final Canterbury Grand Round for 2019

Friday 29 November 2019 – 12.15pm to 1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre.

Speaker 1: : Professor Pippa Kyle, Obstetrician/Maternal Fetal Medicine Subspecialist. “The explosion of obstetric litigation costs in the United Kingdom (UK)”

An update of the UK complex legal system for poor obstetric outcomes with a comparison to ACC in New Zealand. Can the UK learn from us.

Speaker 2: Dr Sharron Bolitho, Obstetrician/ Medical Lead for PROMPT. “PROMPT – Practical Obstetric Multi-Professional Training – Is it the answer to reversing the crisis in Maternity Litigation?”

No one wants their baby to suffer hypoxic brain injury during labour and birth. Is PROMPT part of the answer to preventing this problem for babies worldwide and reversing the crisis in maternity litigation?

Chair: Ruth Spearing

It is requested out of politeness to the speaker(s) that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the Grand Round page on the [intranet](#).

Video Conference set up in:

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

Next Grand Round mid-February 2020, Rolleston Lecture Theatre.

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

Something For You

Something For You is Canterbury DHB's employee benefits programme.

The deals offered are from the Canterbury business community to say thank you for all that you do. You can access all your deals right [here](#). Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.

This week's featured offer is from Noel Leeming. Until Tuesday 3 December, you and your whānau and friends can receive a good deal on a range of items instore. Print [this flyer](#) or show it on your device in store.

Check out [Something For You](#) for information on more special offers!



Have your say on the establishment of a mental health and wellbeing commission

The Health Committee is calling for submissions on the Mental Health and Wellbeing Commission Bill.

The bill would establish a Mental Health and Wellbeing Commission. The establishment of this commission seeks to improve mental health and wellbeing outcomes for New Zealanders. In particular, it aims to improve equity for Māori, Pacific peoples, disabled peoples, rainbow communities, and other groups that experience poor mental health and wellbeing outcomes.

This bill stems from the recommendation to create a mental health and wellbeing commission in He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction. That Government inquiry heard the stories of thousands of New Zealanders, and this bill has been built on the back of those stories.

For this stage in the process, the Health Committee intends to hear oral submissions from submitters who specifically address the focus of the bill: the establishment of the commission. The commission would:

- › provide system-level oversight of mental health and wellbeing in New Zealand

- › promote alignment, collaboration and communication between government and non-government contributors to mental health and wellbeing
- › monitor and advocate for the collective mental health and wellbeing of New Zealanders.

The commission would be established as an independent Crown entity. This is to ensure its independence from the Government of the day. The bill intends that the commission would hold current and future governments to account for improving mental health and wellbeing outcomes for New Zealanders.

Tell the Health Committee what you think about the establishment of this new commission.

[Make a submission](#) on the bill by midnight on 11 December 2019.

For details about the bill:

- › [Get more details about the bill](#)
- › [Read the full content of the bill](#)
- › [What has been said in Parliament about the bill?](#)

Holiday publication dates and deadlines for the *CEO Update*

The last *CEO Update* for 2019 will be a Christmas special, to be published on **Monday 16 December**, with a deadline of midday on Thursday 12 December.

Please send in your Christmas-themed photos – whether it's decorations, a tree, a festive team outing or activity. Share the love and help us spread some Christmas cheer.

The first issue for 2020 will be published on **Monday 20 January**, with a deadline of midday Thursday 16 January.



Feel free to share some holiday snaps to show how you made the most of some time off work.

Photos and stories should be sent to communications@cdhb.health.nz

We're always after new people to interview as part of our 'One Minute With' series – feel free to nominate a colleague or yourself.

Tō Tātou Ora Wellbeing Seminar Series:

Nutrition and Mental Health



Tuesday 17th December

12.00pm - 1.00pm

Room 102, Manawa Building

The session will be filmed and shared throughout the organisation

Presented by:

Jane Elmslie, PhD, NZRD

Clinical Lead, Nutrition and Dietetics,
Specialist Mental Health Service

Canterbury

District Health Board

Te Poari Hauora o Waitaha



Come and join us for a ***Christmas market***, showcasing some beautiful handmade items including jewellery, truffles, candles, pet accessories & apparel, black garlic, fudge, handmade chocolate, saffron products, knitted soft toys and honey!

Date: **Thursday 28 November**

Time: 1200–1400

Venue: Rolleston Foyer (School of Medicine)

SEE YOU THERE!

EFTPOS facilities available – percentage of profit will be donated to chosen charities.

KAITIAHI WHĀNAU EVENT

Te Rā Mokopuna
Safe Sleep Day

Save the Date;
6 DECEMBER 2019



**Aranui Wainoni
Community Centre
31 Hampshire St
FREE
10am-2pm.**





Are you a New Zealand-trained Medical Doctor or Registered Nurse?

How well prepared are you to provide palliative and end of life care?

This national survey aims to explore how medical and nursing students learn about palliative and end of life care in undergraduate education programmes in New Zealand, and how these learning experiences influence their self-efficacy and attitudes towards caring for people at the end of life.

What will you have to do?

Complete a 10 minute online survey about your self-efficacy and attitudes towards caring for people with palliative and end of life care needs (+/- a 30 minute interview, if you agree and are selected)

Who can participate?

- **New Zealand-trained Registered Nurses (RNs) and Junior RMOs (PGY1) who completed their BN / MB ChB programme in 2018 and;**
- Currently employed in NZ as an RN on the NETP programme, or PGY1 doctor and;
- New Zealand citizen (or hold NZ residency) and be fluent in English.

Exclusion criteria:

- Graduates who did not train in NZ; graduates who completed their training before 2018;
- Graduates of the fast-track BN MHSC, Competency Assessment Programme (CAP) or those on the NESP programme (Nursing Entry to Specialist Practice)

Interested? Please contact: lis.latta@otago.ac.nz or scan the QR code above to enter the survey

This study has been approved by the University of Otago Human Ethics Committee (Reference Number: 19/009). If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (ph +643 479 8256 or email gary.witte@otago.ac.nz). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.