

Influenza hits Canterbury



Influenza has well and truly hit Canterbury. Last month we had 135 discharges of people with flu-like symptoms from Christchurch Hospital. The number of people seeing general practice teams with influenza-like illnesses has sky-rocketed in recent weeks. Schools and workplaces – including our own, are also being affected by a high numbers of people on sick leave. People are either sick themselves, or looking after family members who are unwell.

Influenza is a serious disease. It's not a cold. It comes on quickly, and when you are hit by influenza you are very unwell – often with fever, body aches, extreme tiredness and a dry cough. It can lead to serious health problems such as pneumonia, and bacterial infections which require hospital treatment.

The good news is, influenza immunisation is still the best protection available against influenza. If you haven't had yours yet, please get protected. For your own sake as well as the sake of your family and friends and our patients. Influenza immunisation is free for staff and we are still offering the quadrivalent vaccine, which provides protection against four strains of influenza virus. There are a limited number of [clinic times](#) across all sites.

Canterbury remains just within the 'normal range' of our influenza rate (the dark blue line below) however, it's climbing steeply. Our data capture and ability to [See our System](#) via the operations centre portal are providing real time visibility of the flow of patients through our services.

This helps identify any hot spots or blockages in the system.

Thanks to primary care for helping us keep the flow going. I know some practices are working extended hours to cope with the current demand, and are triaging same-day appointments for people who need to be seen urgently. Our acute demand service which provides treatment and care to people in the community is also in overdrive supporting people to stay well at home.

Thanks to everyone who is putting in extra effort to help keep Cantabrians well.

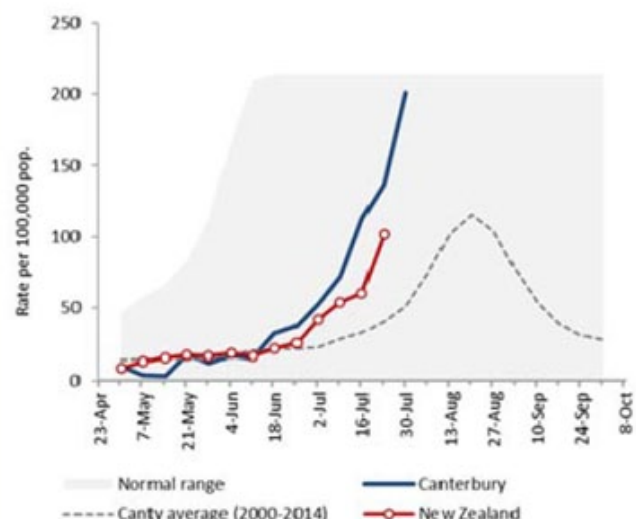
If you do get sick and think it's influenza, remember to phone your general practice team and let them know your symptoms before heading in to see the doctor and sitting in a crowded waiting room. In Canterbury you can phone your own general practice team after-hours (on their usual number) and your

call will be put through to a registered nurse who can answer your call and provide health advice over the phone.

What can you do?

- » Stay home if you're sick. Your colleagues and patients won't thank you for sharing your bugs.
- » Cover coughs and sneezes. Remember the 'dracula sneeze' into the crook of your elbow.
- » Clean your hands often – particularly if you're sneezing.
- » Remember, viruses can live on hard surfaces and a sneeze on a shared keyboard or phone, for example, can affect quite a few people.

Canterbury and NZ Influenza-like Illness rates



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Limited release - Handimals posters

Due to popular demand, we've had a few hundred posters printed – it's very much first in, first served. So if you'd like a poster for your workplace, get in touch with communications@cdhb.health.nz

You can share the handimals love with an email signature – you can pick up an e-image [here](#).

Have a great week.



Builders enjoy the weekend snow.

David Meates
CEO Canterbury District Health Board

Dry July – still time to donate

Donations for Dry July can still be made – as at time of print our total (Canterbury) was \$54,357.14

Congratulations to our CDHB & Christchurch Hospital Team which has thus far raised almost \$5,500.

The Christchurch Campus raffle raised more than \$580. Organiser Sharon Minchington says it was awesome to have the support. The winners were:

- » Bronnie Rate – steak knives/ forks
- » Rob Hallinan – gourmet hampers
- » Jan Armstrong – lotions and potions
- » Avinesh Shankar – rice cookers
- » Jo Souness – hair products
- » Peta Buxton – Bunderberg drinks
- » Lyndall Baker – hair products
- » Pamela Gordon – coffee vouchers etc
- » Kelly Mako – salad set
- » Judy McIntyre – Bunderberg drinks.

In addition the Radiation Therapists at Christchurch Hospital have been raising funds through their mufti day Fridays during June and July.

There's still time to donate to our [CDHB/Christchurch Hospital DJ Team](#). A check on the [website](#) shows other Cantabrians doing their own thing for Dry July. We'll feature one of these wonderful supporters in next week's update.



DRY JULY[®]
Clear your head, make a difference[®]

Monday's Facilities Fast Facts

Burwood

Signage roadshow

Examples of the new style of CDHB signage are now on display in the Travis Café at Burwood Hospital. The distinctive blue colour and font were recommended by wayfinding consultants Minale Tattersfield and have been approved by CDHB governance.

These are examples of a reception desk sign (left) and a door sign (right).

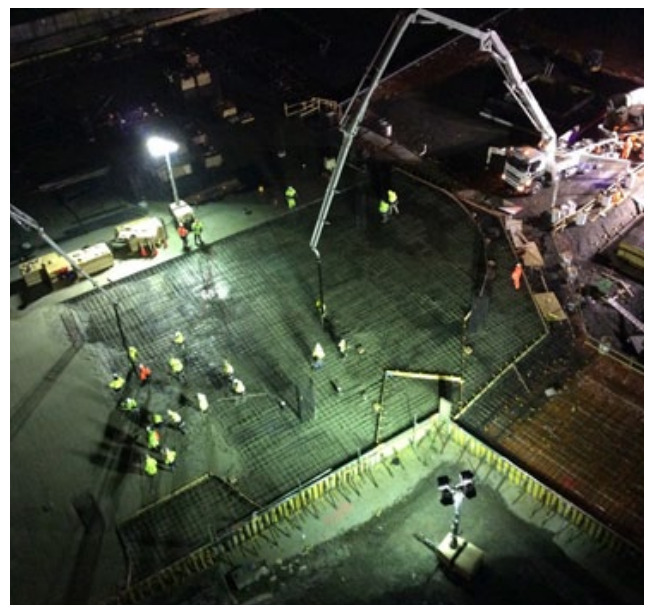
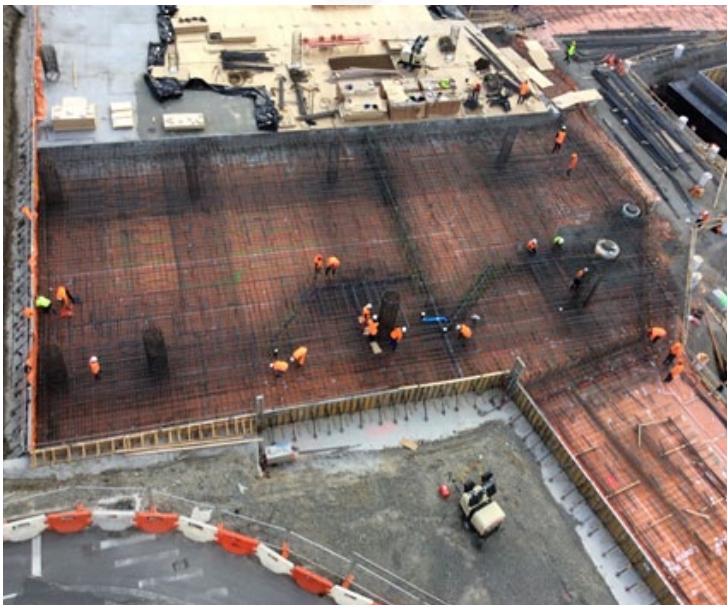
The new signage style will be progressively applied across the CDHB, including to the new buildings at Burwood and to Christchurch's Acute Services building.

Any comments on the signage can be sent to itsallhappening@cdhb.health.nz

Christchurch

The second main concrete pour for the foundations of the Acute Services building took place overnight on Friday 7 August to Saturday 8 August. The pour was not as large as the first one, coming in at an estimated 900 cubic metres.

During last week, 44 truckloads of concrete were also poured to form one of the lift pit foundations (on the right of the photos below).



Ground preparation for the hospital's new electricity substation building has been continuing at the rear of the Eyes Department. Because of proximity to other buildings containing sensitive equipment, the groundwork has needed a new ground remediation technique, largely vibration-free and noise-free, which has been used successfully at several other sites in Christchurch including at the new Wainoni Pak 'n' Save.

The photo to the right shows the pile drilling rig preparing to create one of the 211 piles that have been needed. The hopper at the top of the rig contains a mixture of gravel and grout. For each

pile, the rig drives the mixture into the ground to form a 12 metre-deep and 1.5 metre-wide column. The mixture fills up any subsurface cracks or voids, then sets solid to provide a stable ground surface, on top of which the building's foundations will be constructed.

User group news: The design team had a second round of meetings with the Outpatients User Group this week. The focus is currently on confirming and updating the brief that was developed last year. The design team also visited the current facilities of a number of the key services planned for the Outpatients building, to help them understand how the services work and the key service

delivery features which need to be incorporated in the building design.





Bouquets

Cardiology, Coronary Care Unit, Ward 12, Christchurch Hospital

The staff in CCU and also the girls in Ward 12 are absolutely BRILLIANT! You all do an outstanding job with beautiful smiles and caring, kind dispositions. Thank you for looking after my mother... during her stay. She's had a rough time and you've all helped make her stay more bearable. Thank you again, special people need special recognition. You're all AWESOME.

Day Clinic, MDU, Christchurch Hospital

Very efficient and pleasant staff for all visits.

Lincoln Maternity Hospital

To all the lovely ladies who helped care for me and my baby, thank you so very much! My baby girl is doing well and I feel confident to breastfeed and care for her because you have helped so much with your tips and kindness.

Lincoln Maternity Hospital

Staff were very accommodating and friendly. They provided us with everything we needed and taught us how to handle our baby properly. Special thanks to Ness for the patience, Anne, Lisa and Jean for checking on us and the hot drinks.

Lincoln Maternity Hospital

The stay was great. Midwives and food were awesome. Will definitely recommend to friends in future.

Lincoln Maternity Hospital

I chose to come back to Lincoln post-partum for our second child as I'd had such a good experience the first time I stayed. Again my two day old daughter and I were kindly, gently and

professionally cared for. I wish I could name every midwife from every shift, but all of them exceeded expectations and cared for us above and beyond their duty I believe. Thank you so much.

Lincoln Maternity Hospital

Awesome. Loved my stay. Will be back if dare to have another. Thank you very much ladies, better than a hotel. Couldn't appreciate your time more. Most pleasurable. I will recommend to everyone.

Ward 21 and Christchurch Hospital

Although we stayed in Ward 21, I would like to pass my gratitude to every member of the staff that we dealt with or even passed by. The last time I was in a hospital, it was an uncomfortable and unsupported occasion leading to the thought of "horrible places!" Because of the treatment we have had here, my opinion has changed to the complete opposite! Thank you all so much!

Christchurch Women's Hospital

Very friendly staff. Good Job. Keep it up.

OOPU, Christchurch Hospital

Just wanted to say that I had two great experiences at the OOPU, I really appreciated the kindness of all the staff, from the volunteers to the doctors. Most of all, I really appreciated how the doctors illustrated what was going on in me - through being informed of my condition by the doctor and using some of my own knowledge I was able to get an understanding of the situation, gold! A great service, thanks so much.

Christchurch Hospital

Wonderful staff, so helpful in every way. Recommend to anyone.

Rangiora Convalescent Unit, Women's and Children's Health

I think the hospital is run very well and the staff are excellent, I have no complaints at all and have enjoyed my stay here.

Gynaecology ward, Christchurch Women's Hospital

I would just like to say to all the nurses in the Gynae Ward they are absolutely wonderful. They are all very caring, very professional and made my stay comforting and reassuring. I could not have asked for a better team to have looked after me. Please acknowledge this as they are AMAZING!

Orthopaedic Trauma, Christchurch Hospital

I just wish to offer some positive feedback to all of my carers I was lucky enough to have during my time at this hospital. I was delighted by the humanity, sense of humour, genuine care and help I received.

I am currently on my first outpatient visit and wanted to pass on a positive message to the staff here. It is a very tough job you do, and I bet the support and thanks of the public will go a little way to bolster your job satisfaction. Thanks.

Ward 28, Christchurch Hospital

We can't say how much we appreciated the care given by the staff on Ward 28 they were always there, helpful and answered our questions and allowed family visits which made my stay so much easier. Thank you very much.

To everyone in the Canterbury Health System



Congratulations! It is thanks to your commitment and dedication that our health system has proudly accepted a stream of accolades in recent months.

Canterbury's health alliance, the Canterbury Clinical Network proudly accepted the Prime Minister's Award for Public Sector Excellence at the 2015 Deloitte Fujitsu Public Sector Excellence Awards recently, recognising outstanding performance and achievement in the New Zealand public sector. We were also awarded the Treasury Award for Excellence in Improving Public Value through Business Transformation.

Most recently, the alliance has also been named a finalist for the Ko Awatea International Excellence in Health Improvement Awards for Working Seamlessly across Organisations, recognising excellence in health innovation and quality improvement on an international basis.

These awards are not to be taken lightly. Nor is the bevy of awards that our alliance partners such as the Canterbury District Health Board have also achieved recently. Such accolades provide an opportunity to stop for just a moment to celebrate what we are achieving for the health of Cantabrians.

As a result of your work, Canterbury people are increasingly taking greater responsibility for their own health and accessing care in the community closer to their own homes. This has

enabled shorter waits for care, higher rates of elective services and reduced pressure on our hospitals. A range of conditions that were once treated purely and mainly in hospital are now provided in general practice and older people are staying in their own homes for longer. Last year alone almost 30,000 people who would previously have been admitted to hospital with acute medical conditions received their treatment in their own homes.

Whether you've been directly involved with health service transformation or you've been behind the scenes implementing and embedding the changes, we would like to commend and congratulate you all on these considerable achievements.

To get involved with the Canterbury Clinical Network visit www.ccn.health.nz/JoinCCN or email info@ccn.health.nz.

Sincerely,

Sir John Hansen

Alliance Leadership Team Chairperson

Canterbury Clinical Network

Kim Sinclair-Morris

CCN Programme Director

Canterbury Clinical Network

Canterbury Grand Round

Friday 14 August 2015 – 12.15 to 1.15pm
with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker one: Dr Sarah Metcalf, Infectious Diseases

Title: Metronidazole: Back to PK / PD basics for a new dosing regimen

Topic: The antimicrobial guideline committee will be recommending a new dosing regimen for metronidazole in the 2016 Pink Book. This is based on better understanding of the PK / PD of metronidazole and is in line with other international dosing recommendations.

Speaker two: Matthew Reid

Title: The End of AIDS?

Topic: "I spent more than two years in South Africa managing a project aimed at reducing new infections with HIV, taking an approach known as 'Treatment as Prevention'. Using that experience, I reflect on what is needed in the coming years to eliminate HIV/AIDS as a global epidemic."

Chair: Ross Roberts

Video Conference set up in:

- » Burwood Meeting Room
- » Meeting Room, Level 1 TPMH
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome.

Talks (with Speaker approval) will be available in two weeks on the CDHB intranet at the following link:
<http://cdhb.intranet/SitePages/Canterbury-Grand-Round.aspx>

Next Grand Round is on Friday 21 August 2015.

Convenor: Dr RL Spearing ruth.spearing@cdhb.health.nz

Burwood Volunteer Jan Austin

Jan Austin was nominated for one of the recent Volunteering Canterbury Recognition Awards. Her story recently appeared in a newspaper feature – here's a summary.

Jan was on track to retire from paid work before the February 2011 earthquake. After the event she "went home to her family and never went back to work."

Instead Jan sought out ways to help others. A phone call to Christchurch Hospital led to a volunteers' role at Burwood Hospital, where she looks after the Mobile Shop trolley. Jan's been there for the past four years and says she gets immense pleasure from the work.

"I'm happy to fill in when needed. The volunteers have regular get-togethers, and it's good to meet the others and get to know them, says Jan.

She also recognises the boost that volunteers can give to patients – having someone to talk to and take an interest in their day can really brighten them up. It also takes pressure off the nurses when volunteers are available for a chat with patients.

Jan shares trolley duties with Ken Hird, a volunteer who was injured in the February earthquake and spent six months in the Burwood Spinal Unit. When repair work was being done

at Burwood she spent six months volunteering in the Hospital café for one morning a week.

Rachael Walker, volunteer co-ordinator for the New Zealand Spinal Trust at Burwood says that volunteers like Jan bring relief to patients from the pressures of their stay in hospital.

"They make the patients feel welcome and bring a real sense of connection to the community," says Rachael.



Jan Austin

Retirement of Peter Thornley

A function was held to mark the retirement of Respiratory Physician, Dr Peter Thornley.

It was a great farewell and send off and he enjoyed the function immensely. Peter has served the people of Canterbury as a Respiratory Physician for 36 years and has played a lead role in the development of the Respiratory Medicine

Service to being recognised a national leader well recognised internationally. Many people present took time to thank Peter and congratulate him on his exceptional dedication to individual patient care. We all wish Peter an enjoyable retirement to pursue his many interests. Christchurch Hospital is much the better for his contribution and he will be missed by many.



Senior Dietitian retires

Madeleine Price commenced her training to become a New Zealand Registered Dietitian in 1966 at The Princess Margaret Hospital (TPMH). Once registered, she went north to Waikato Hospital and returned to TPMH in 1968 in the metabolic kitchen; as First Assistant Dietitian and then Acting Dietitian in Charge. After a break to raise her two children, Madeleine returned in 1980 in a variety of roles including the Diabetes Centre Dietitian, Tutor Dietitian, First Assistant Dietitian and Clinical Manager.

As a senior dietitian, Madeleine worked in Nephrology for over 20 years, then more recently in the Bone Marrow Transplant Unit and Haematology. She has taken an active role in student training, representing the Canterbury DHB (CDHB) on the advisory panel to the University of Otago and has been a supervisor to many new graduates working in Canterbury.

Madeleine has been a dedicated and loyal member of Dietitians NZ and CDHB throughout her career. She is renowned for her passion for the dietetic profession; her extensive knowledge and dedication to nutrition through current best evidenced practice and research; being a teacher, supervisor and mentor to colleagues; and a champion for Dietitians. She has always ensured and advocated for her patients to receive optimal nutrition support. She is highly regarded and respected by her dietetic and medical colleagues and will be missed by us all.

Now it is time to say farewell and from everyone whom she has worked with or trained in the CDHB, please join me in wishing

Madeleine the best for her future adventures. She leaves big shoes to fill!

Helen Little, Clinical Manager Nutrition services.

This message from Dr Mark P Smith, Clinical Director Haematology, Chair CDHB Research Committee, is typical of many messages I have received over the last week:

"This is sad news for our service, as we and (most of all) our patients have benefitted much from your expertise and enthusiasm. You have always kept us rightly focussed on calorific balance, and the importance of keeping ahead of the nutrition play, as our patients move through treatment.

The research you have helped generate appears to be fruitful, and we should strive to do more.

Thank you for all your good efforts, and good wishes for your next professional adventure."



Above: Madeleine Price

em@il tips & tricks Help with email

One of the standard ways many of us communicate at work is via email.

Email messages can be time consuming – writing, sending (appropriately), reading, responding – it all takes time out of our day.

There are ways to do this efficiently and each week we'll share a tip or trick with you as provided by our Information Services Group.

Look for the image above in the update to find the weekly tip.

This week: Have you got a CDHB email signature?

Have you ever been frustrated when you got an email from someone, wanted to phone them back but they didn't provide any contact details on the bottom of their email?

When you send emails from work you are representing Canterbury DHB, therefore you should have a professional email signature.

In our [communications guide](#) we have some guidelines on

email signatures which are summarised below (thanks to ISG)

To set up a default signature

- » From the Tools menu, select Options
- » Select the Mail Format tab
- » Click on Signatures and New
- » Enter a name for the new signature (i.e. Formal) and OK
- » Choose your default signature and select if you would like it to automatically apply to new messages or replies
- » Type the signature text under Edit Signature and click OK

To insert a signature manually

- » From the open message, click the Insert tab
- » Select Signature
- » Select the Signature you want

You can find some suitable images (including the new hand hygiene ones) and instructions on how to add them, on the [Communications Team intranet image page](#).

Evacuation Exercise with the Ashburton Fire Brigade

On Wednesday 22 July, Ward 3 was inundated with firemen from the Ashburton Volunteer Brigade for a training exercise involving hospital staff.

The exercise involved the majority of the local brigade, who were interested in testing out equipment for an evacuation, as well as seeing how many resources it would take to evacuate a hospital ward.

Staff volunteers picked from a range of "injuries" and two patients from Ward 6 were also involved.

The exercise proved to be a great learning curve for both the brigade and staff, some of whom assisted in a nursing role as

would happen in an actual evacuation.

Equipment used included lifting sheets and a stokes basket, while the firemen also relished the opportunity to test out the evacuation chair from Ward 6.

The chair proved popular and the ease of use was praised, particularly because it only took one person to operate.

Thank you to the staff who came in during their spare time to be involved in the exercise.



Quality Improvement and Innovation Awards

The submissions for projects has now been closed but the submission for posters is due 28 August.

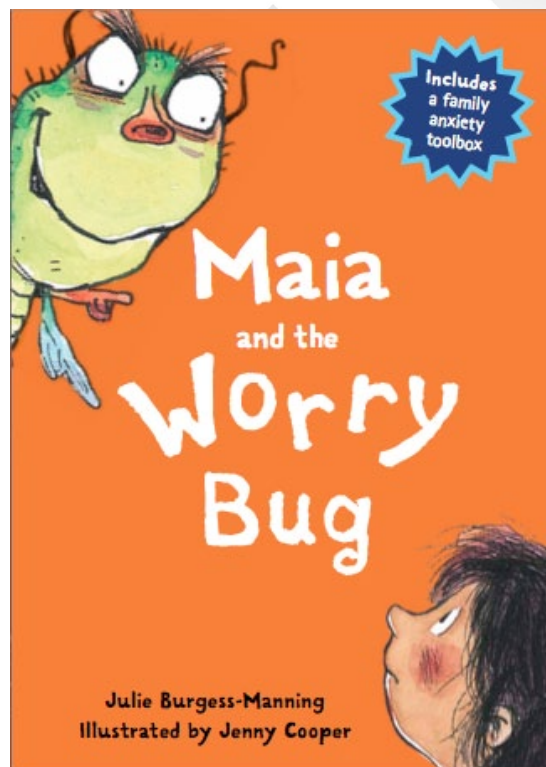
In 2015, for the first time, we are inviting staff to submit their initiative in poster format as part of the Canterbury Health System Quality Improvement and Innovation Awards. The purpose for the inclusion of posters into the Awards this year is to ensure that we recognise and celebrate a broader range of quality initiatives.

The poster submission is instead of completing a written project submission. Please see link cdhbintranet/corporate/Quality/SitePages/Quality-Awards.aspx for more information.

Posters that have been presented at previous conferences or seminars will be accepted. Please note that these posters will be judged using the same criteria as posters created for the purpose of the Awards.

To submit a poster for the Canterbury Health System Quality Improvement and Innovation Awards, email the completed Poster Submission form with a PDF version of your poster to amanda.bielski@cdhb.health.nz by 28 August 2015. Any enquiries contact irena.derooy@cdhb.health.nz.

The Worry Bug: a new resource to support Canterbury children



A unique new resource, The Worry Bug Project, is being unveiled in Canterbury to help support children with anxiety as the region recovers from the earthquakes and related stressors.

The Worry Bug Project consists of two books 'Wishes and Worries' (for use in classrooms) and 'Maia and The Worry Bug' (for use at home) that have been written by registered psychologist Julie Burgess-Manning and teacher Sarina Dickson who are both Christchurch mothers.

The books are illustrated by award-winning artist Jenny Cooper and each contains a story and activities to help children and families overcome anxiety. The books will be distributed for FREE to every new entrant to Year 4 class and their students in Christchurch city and the Selwyn and Waimakariri districts.

Julie Burgess-Manning says anxiety can display itself in unexpected ways.

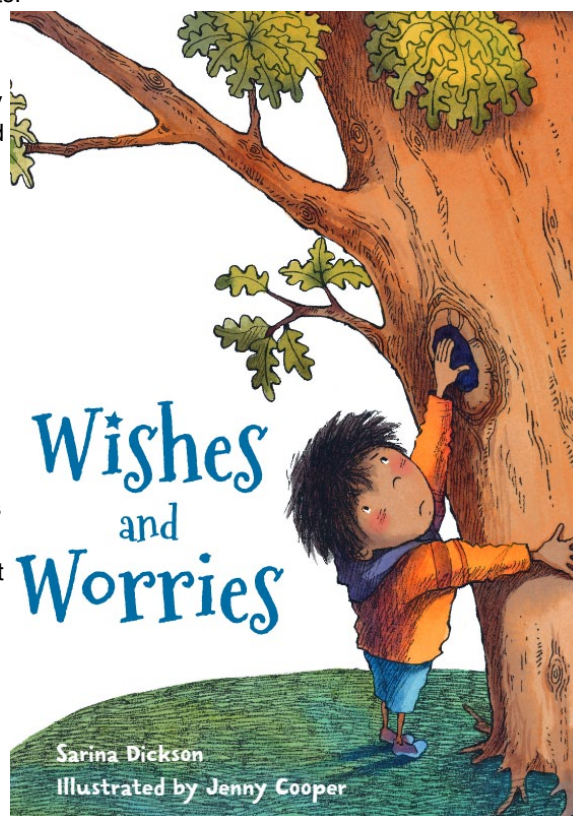
"Anxiety is tough on parents as well as children - it can manifest in numerous ways and it is easy to mistake anxiety

for bad behaviour. Things like sleep issues, an inability to pay attention, obsessive behaviour or even rudeness can be linked to anxiety."

Research released in February 2015 from the All Right? campaign shows that nearly a third (32%) of Canterbury parents 'agreed' that their children were anxious or clingy. Manager Sue Turner says The Worry Bug Project is sorely needed.

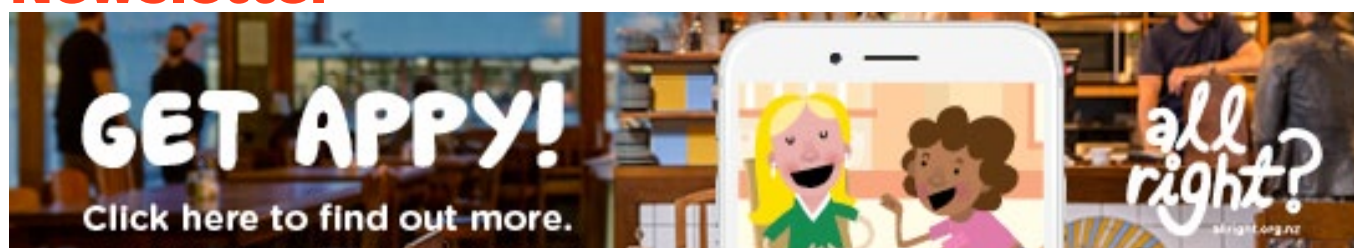
"Canterbury's children – like all of us – have been on an emotional rollercoaster since 4 September 2010. The emotional effects of natural disasters can linger for up to a decade so it's not surprising many of our children are showing signs of anxiety. We are delighted to see The Worry Bug launch and hope schools and parents make the most of this wonderful resource," says Sue Turner.

For more information: theworrybug.co.nz



Read the latest All Right? Newsletter

Far out - it has been an incredibly busy time for the All Right? team. The All Right? app is going great guns with more than 2,000 downloads (and counting), they've launched a new bug to help Canterbury families cope with anxiety and are about to embark on a major project, #ThatTimeYouHelped, to celebrate all the wonderful people in our community (more on that next month!). [Read more here.](#)





Countdown Kids Hospital Appeal launched

The Countdown Kids Hospital Appeal was launched in Christchurch last Thursday and funds raised will go towards purchasing medical equipment.

We are all encouraged to dream as children, Countdown Group Manager, Aaron Murray, told those attending the launch.

“Sometimes unfortunately kids have to put their dreams on hold to battle illness. We hope this appeal will help make children better so they can get on with their dreams for the future.”

Of all their community activities Countdown was most proud of this one, he said.

“And the great thing about it is everyone can participate by making a donation. Its success comes down to a team effort.”

The Countdown Kids Hospital Appeal helps raise money for medical equipment for 10 children's wards across the country. Since 2007 \$8.2 million dollars has been raised. Of that sum close to \$870,000 has gone to Christchurch Hospital's Child Health Division.

With the money, it has bought items such as bedwetting alarms, resuscitation units, monitors and infusion pumps.

Canterbury DHB General Manager, Medical and Surgical and Women's and Children's, Pauline Clark, said the Child Health Division is very appreciative.

“It's such a huge effort and an amazing amount of money.”

From 4 August - 31 October, Countdown stores are working alongside their local children's wards to host fundraising activities. From quiz nights, car rallies, cake stalls and raffle tickets, thousands of Countdown and hospital ward staff will be rallying their communities to support the Countdown Kids Hospital Appeal.

To donate, simply:

- » Visit your local Countdown supermarket and donate at the checkout;
- » Purchase a Countdown Kids Hospital Appeal wristband or raffle ticket in-store; or
- » Donate while you're doing your online shopping at shop.countdown.co.nz



From left, Maddie Collins, and Countdown Kids Hospital Appeal Chairperson, Ruth Krippner, cut the cake.



Help Kiwis Build Safe, Sustainable Houses In Nepal

Even before the recent, major earthquakes, Nepal was a country struggling with poverty, political violence, and poor housing. Habitat for Humanity (HFH) is building good quality, locally sourced, affordable houses for struggling Nepalese families. This project is based in Pokhara, which was not badly affected by the earthquakes but still has many families in need of a home.

Nick Cook (MPBE) and Phyllis Hyde (Cardiology) are heading to Nepal in November as part of a team from their church to help build houses with HFH. These houses instil pride and dignity, they help people move from a hand to mouth existence to a more established way of life: accessing children's education, generating income, and creating hope in the community. Many Nepalese families live in poor quality, single room houses with no amenities where cooking smoke can cause respiratory illness. Habitat houses have at least two rooms, are built from sustainable bamboo and have water and power supplied.



Phyllis Hyde

A team of 20 volunteers is going from Christchurch to Nepal for a week to help with the build. We will give our skills, time, and money to make this happen and we have a couple of fundraising evenings so we can raise more money to donate to the project:

» Quiz Night at Protocol (bottom of Colombo St) - teams of 6-8, prizes, \$10/ticket

» Ceilidh at CSI (Christchurch South Intermediate in Selwyn St) - Scottish dancing, auction, nibbles, \$30/ticket

Contact Nick - nick.cook@cdhb.health.nz in the Medical Physics & Bioengineering team.

Or Phyllis - Phyllis.Hyde@cdhb.health.nz in Cardiology for more info.

<http://www.habitat.org.nz/whatwedo/Global+Village.html>



Nick Cook



Information about ACC & Workplace Accidents

The Canterbury DHB is a member of the Accredited Employers Programme and works as an agent of ACC for the management and rehabilitation of employees work related accidents.

This includes the provision of entitlements under the Accident Compensation Act 2001.

Benefits include the opportunity for more effective rehabilitation of injured employees, greater ownership of injury prevention and a financial advantage that can be directed to health services.

To assist with the management of the programme, the DHB works with WellNZ a third party provider to register and administer claims and employs two Rehabilitation Occupational Therapists Their role includes:-

- » Working with injured employees and their Line Managers to manage the rehabilitation of any work-place injury
- » Working with injured employees to develop an Individual Rehabilitation Plan

Employees requiring rehabilitation may choose to have whānau/ family, friends, unions or workplace support services to support them during the rehabilitation and return to work processes.

Information on entitlements, rehabilitation and return to work, and the review process is available on the Canterbury DHB Health Safety and wellbeing Intranet.

Occupational Therapists:

louise.lyall@cdhb.health.nz

Ph. 337 8973

Ext 68973

mandy.hale@cdhb.health.nz

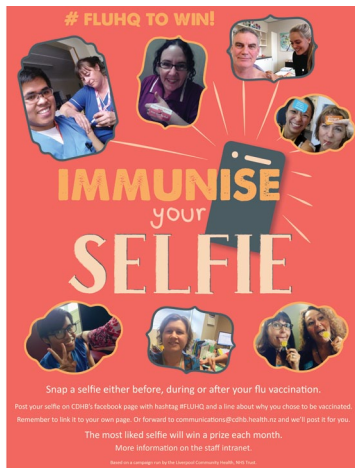
Ph. 337 8974

Ext 68974

Injury Management Coordinator

Russell.morrison@cdhb.health.nz

Ext 68206



Staff...there's still time to immunise your selfie

Influenza activity in Canterbury is on the increase with the numbers of patients attending general practices and hospital escalating. It's more important than ever to get your vaccination. The staff vaccination programme is almost over, but there is still time.

Further clinics scheduled

The Princess Margaret Hospital

Friday 14 August, 13.30 – 15.00, TPMH Outpatients

Christchurch Hospital

Wednesday 12 August, 13.30, 15.00- Endo Room off ward 26

Tuesday 18 August, 10.00 – 14.00, Great Escape

Thursday 27 August, 10.00 – 14.00, Great Escape

The above clinics are all combined flu and general vaccination clinics.

Specialist Mental Health Service

Vaccinations are available from the Clinical Services Unit, Te Awakura, Building 2, Hillmorton Hospital. But, please ring first to make an appointment ext. 33699.

Ashburton Hospital and Rural

Authorised vaccinators can vaccinate on the wards as able. Make contact with these people:

- » Paula Burgess – AAU
- » Deborah Hanrahan - AAU
- » Fay Jones - Ward 6
- » Sheila Lyons - Ward 1 & Home-based support
- » Sharon Greenslade - Ward 1

- » Amanda Van Asperen - Nurse Educator
- » Jill Gerken - CNS Infection Prevention & Control
- » Rural Hospital staff please contact your Nurse Manager for guidance.

Burwood Hospital

Authorised vaccinators can vaccinate on the wards as able. Make contact with these people:

- » Nerilee Kidd
- » Emma Lanyon
- » Saskia Gibbs
- » Fiona Graham

If you can't attend a clinic contact your local authorised vaccinator - [click here](#) for details or contact Kirsten.Herrick@cdhb.health.nz for assistance.

Did you get your flu vaccination at your General Practice?

If you received your flu vaccination at your General Practice please let us know by completing this quick [form](#).

People in Disasters Conference - Early Bird Registration extended to 31 Aug 2015

The People in Disasters Conference is pleased to announce that Early Bird Registration will continue until August 31, 2015. We have heard your pleas and recognise that we did not take the end of year finances into our initial planning of dates.

Visit our [website](#) for registration details.



Important information about calling 777 – our internal emergency number

Please do not use cell phones to dial 777 – our internal emergency number.

It should always be called via a land line

Further info: Jenny Ewing, Emergency Response Coordinator jenny.ewing@cdhb.health.nz

New Zealand Health Strategy update

We'll be keeping the health sector informed as the Health Strategy work progresses. This week we sent out the first sector update. You can view it here: <http://createsend.com/t/i-968E2F301C7EB184>

You can subscribe to receive the updates yourself via our website: www.health.govt.nz/healthstrategyupdates

You may also want to make your staff aware of these updates and how they can subscribe.

We are also keen to know if you would like us to provide you with content and imagery you can use on your intranet during the consultation and later once implementation of the updated Health Strategy begins.

We'll also continue to provide updates via these emails as this work progresses.

Ministry publications

Over the last few weeks the following publications have been released.

- » 31 July - [Strategy to Prevent and Minimise Gambling Harm 2016/17 to 2018/19: Consultation document](#)
- » [Phase II of the Physician Assistant Demonstrations Evaluation Report](#)
- » 30 July - [Independent Life Expectancy in New Zealand 2013](#)
- » [Review of Mobile Surgical Services and related services](#)
- » 27 July - [New Zealand Cancer Health Information Strategy](#)
- » 24 July - [He Māramatanga Huangō: Asthma Health Literacy for Māori Children in New Zealand](#)
- » 22 July - [Guidance on Using Active Surveillance to Manage Men with Low-risk Prostate Cancer](#)
- » 20 July - [Informed Consent and Assisted Reproductive Technology: Proposed advice to the Minister of Health: Consultation document](#)

These publications feature on the home page of health.govt.nz under [Latest publications](#) with some promoted via our Twitter account: [@minhealthnz](https://twitter.com/minhealthnz).

New child health information available online

New child health information is now available on our website (see link below). It covers pregnancy, birth, the first year and under-fives as well as including information on the support available for families.

<http://www.health.govt.nz/your-health/pregnancy-and-kids?mega=Your%20health&title=See%20all>

Problem gambling

Last week (23 July) the High Court set aside the Ministry's decision to take services from the Problems Gambling Foundation and award them to another provider. The Ministry is currently considering the decision.

The Problem Gambling Foundation is the largest of the twenty two service organisations contracted by the Ministry for the delivery of regional and national services to prevent and minimise gambling harm. The Problem Gambling Foundation holds 39% of the overall service capacity. Our immediate aim is to ensure no disruption to ongoing problem gambling services.

Free GP visits for under 13s update

Free GP visits for under-6s were extended to 6-12 year olds from 1 July 2015. Enrolled patients in the 6-12 year age band make up about 9 percent of patients enrolled in a general practice. At the time of the scheme's launch this month, of the 1,012 general practices throughout the country 96 percent had opted in, including all rural general practices.

Better public services

The 6 July release of the report card on Better Public Services included the two health target results:

- » the proportion of immunised 8-month olds has increased from 84 per cent to 92.9 per cent
- » there has been a 14 per cent decrease in people being hospitalised for the first time with rheumatic fever

<http://www.beehive.govt.nz/release/report-card-better-public-service-targets-published>



Open for better care e-update Issue 19, 13 July - 2 August 2015

Included in this issue

- » The Health Quality & Safety Commission has developed a [table capturing Open for better care and Commission events](#) over the next 12 months, including expert advisory and steering group meetings. This is regularly updated and we hope it assists with planning. More upcoming events are available at the bottom of this newsletter.
- » [Register for our webinar on falls prevention initiatives – an NHS perspective](#)
- » [Everyday approaches to falls prevention in the home – free workshops with Professor Lindy Clemson](#)

Read the full newsletter [here](#).

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

Tuesday 11 August 2015, 12:30 pm – 1:30 pm

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

Title: "Catatonia returns?"

Abstract: This talk will discuss the syndrome of catatonia and its place in modern psychiatry. Case presentations will be used to provide context and assist in illuminating the discussion.

Presenters: Drs Ben Beaglehole and Carol Dean

Special notes

- » These meetings will be held on a weekly basis (except during school holidays).
- » A light lunch will be served at the School of Medicine venue, 7th Floor, from 12 noon.
- » Psychiatrists can claim CME for attending these meetings.
- » The sessions will be broadcast to the following sites:
 - » For TPMH attendees the venue is the Child, Adolescent & Family Inpatient Unit, Ground Floor. Access is from the main reception at TPMH.
 - » For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital
 - » The dial in address is: Psych Med Grand Round.
 - » If you have difficulties dialling in please call 0800 835 363 to be connected.



Help give sick kids a Fresh Future:

From 3 August to 25 October they will be raising much needed funds for the children's wards across the country.

<http://www.countdown.co.nz/in-the-community/in-the-communitycountdown-kids-hospital-appeal>

Please support the children's wards at Christchurch Hospital. Raffle tickets are available from:

Warren Nairn, Charge Nurse Manager	CAA	Ext. 89926
Chrissy Bond, Charge Nurse Manager	CHOC	Ext. 81824
Neroli Bull, Charge Nurse Manager	Ward 21	Ext. 86656
Robyn Richens, Charge Nurse Manager	Ward 22	Ext. 86657
Karen Larkins, Receptionist	Paed. Outpatients	Ext. 88491
Trish Graham, Research Nurse	Neonatal Unit	Ext. 85741
Tricia Connell, Charge Nurse Manager	Burwood Hospital	Ext. 99615
Kay Boone, Clinical Manager	Beacon House	Ext. 99918

Many thanks
from the Child Health Team



Sector Engagement Forum Palliative Care Workstream

The South Island Alliance Palliative Care Workstream invites stakeholders, service providers and members of the SI PC Forum (now disestablished) to attend a Sector Engagement Forum to receive an update on the work of the Palliative Care Workstream. The forum will also provide an opportunity for attendees to ask questions and share their thoughts.

WHEN: Thursday, 20 August 2015

TIME: 3:30—5pm

WHERE: Via video conference. Dial in number: 751 058.

There will be space for a limited number of attendees at the South Island Alliance Programme Office at Level 1, Unit 2B, 585 Wairakei Road, Christchurch.

The Sector Engagement Forum will follow immediately after the Palliative Care Workstream face-to-face meeting. All interested parties are welcome.

RSVP or for more information, contact:

Jane Haughey, Workstream Facilitator
South Island Alliance
jane.haughey@siapo.health.nz



a career with us...

CALLING ALL PHYSIOTHERAPISTS!

Are you looking for a new challenge? We have several exciting opportunities for you throughout the CDHB.

Take a look at cdhbcareers.co.nz or give one of our Allied Health Recruitment Specialists a call to learn more.

Reach Phil on 03 337 7958 or Philip.Adamson2@cdhb.health.nz and Heather on 03 337 7920 or Heather.Ewing@cdhb.health.nz

Canterbury
District Health Board
Te Poari Hauora o Waitaha

investing
in your
Team

[Physiotherapist \(Core II Non-rotational Oncology/ Haematology\)](#)

We're seeking expressions of interest to join our Physiotherapy Team. This upcoming position will see you providing effective assessment and treatment to patients in the Oncology/ Haematology wards.

Our Physiotherapy team work collaboratively to provide a comprehensive service across the Christchurch Hospital Campus.

[Core II Physiotherapist](#)

Applications wanted from those seeking a Core II Permanent, Full Time position where you'll have a great time rotating through specialties including Orthopaedics, Spinal Injuries Unit, Burns & Plastics, ICU, General Surgery, Acute Stroke Unit, Brain Injury Rehabilitation, General Medicine, Hand Therapy, Musculoskeletal Outpatients, Cardiology/Cardiothoracic Surgery, Paediatrics, Pulmonary Rehabilitation, Pain Management and Oncology/ Haematology across our sites at Christchurch Public and Women's Hospitals, Burwood Hospital and the Princess Margaret Hospital.

Work in a friendly team and enjoy the support of senior colleagues as you rotate through these specialty placements. You will in turn support your Core I physiotherapist colleagues and students.

[Trainee Cardiac Physiologist](#)

We have opportunities for BSc Physiology Graduates and other relevant majors to join us in our two year post graduate training program.

Complete qualifications through Otago University via distance learning, and obtain a Certificate in Cardiac Physiology.

'Safe Manual Handling Course'

The 'Safe Manual Handling Course' has been updated on HealthLearn. It can be found under "Orientation for CDHB Clinical Staff". Staff will need to allow 90 minutes to work through the course and will be awarded a certificate of achievement on completion.

The course is intended for those with direct patient contact.

<http://www.cdhb.health.nz/Hospitals-Services/Health-Professionals/Safe-Patient-Handling/Pages/default.aspx>

'Cash Settlement' Info Night

Is your insurer or EQC suggesting a 'Cash Settlement' for your earthquake damaged property? Come and find out what you need to know and do before signing any offer. A free community meeting in Burwood presented by guest: Dr Duncan Webb, lawyer at Lane Neave. Tuesday 11 August, 7pm at Burwood Christian Centre, 54 Bassett St.

One minute with... **Gurjoat Vraich,** Charge Audiologist

What does your job involve?

Leading a team of audiologists for Canterbury DHB. We are based at Christchurch Hospital.

Why did you choose to work in this field?

It provides an excellent opportunity to work with people and help them in the difficulties they experience with their hearing and balance.

What do you like about it?

It's a very dynamic field that is constantly evolving. I enjoy discovering the new technological developments being made to help us understand the fascinating workings of the hearing and balance apparatus.

What are the challenging bits?

Trying to bring it all together clinically so that it is easily understood by patients.

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

My team! What would I do without them? They take the highs and lows in their stride, I live in complete awe of them.

The last book I read was...

The Art of Thinking Clearly by Rolf Dobelli

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

In the test room getting that hearing test out of the child who others said they could not test.

My ultimate Sunday would involve...

Digging up the garden.

One food I really dislike is...

Seafood.

My favourite music is...

Indian classical.



Above: Gurjoat Vraich

If you would like to take part in this column or would like to nominate someone please contact

Naomi.Gilling@cdhb.health.nz

Improvement Activities Library

The aim of the library is to make visible and share the summary of improvement learnings throughout the CDHB. The 'Learnings & Sharing: Improvement Activity' form follows the standard PDSA (Plan, Do, Study, Act) process approach. Teams will be using the form locally to think through, promote and communicate their activity as they move through the improvement cycle. The final completed form will then

uploaded into the intranet library.

The form has been developed in discussion with BDU, Planning and Funding and the Quality teams and will be used in quality education programmes such as Collaborate.

Congratulations to the first completed activities that have been registered.

Division	Department	Category	Improvement Activity
OPHR	PSE	No Waste	Psych Services for the Elderly (PSE) Upfront Project
Med Surg	ED	Our Staff	Focus on Violence and Aggression in the ED
Med Surg	ED	Effectiveness	Introducing Electronic Admission Handovers from ED to Inpatient Wards
Hospital Support and Laboratories	Genetics	No Waste	Cytogenetics
Hospital Support and Laboratories	Toxicology	No Waste	Toxicology
Corporate	CDHB wide	Effectiveness	Improved Hand Hygiene Compliance

Please use following link for more information '[Improvement Activities' library](#).

Following current divisional processes, staff can submit improvement activity by emailing to quality@cdhb.health.nz.

Staff are invited to consider submitting the completed improvement activity form for inclusion in the [Quality Accounts](#) or [Quality Awards](#).



Staff Wellbeing Programme: Free on-site legal advice for EQC/Insurance issues - RAS

Residential Advisory Service (RAS)

Residential Advisory Service (RAS) are running FREE 30 minute appointments with a lawyer to help progress your EQC/Insurance issues.

These sessions are run at main hospital sites. The RAS offers:

- » free independent and impartial legal advice to help home owners navigate through their rebuild, repair or resettlement issues
- » free technical advice on existing repair solutions (desk top review)
- » free facilitated meetings with Insurers and other interested parties to try and achieve agreement on a way forward

[Click here](#) for more information

Staff Wellbeing Workshops

Places remaining in the following three workshops only.

- » Tuesday 18 August – Hillmorton
- » Tuesday 25 August – Burwood
- » Tuesday 29 September - Hillmorton

[Click here](#) to view times and to register or [click here](#) for more information.

Social Interest Groups - new CDHB golf group coming soon!

[Click here](#) to visit the SIG intranet page. Have some fun with like-minded colleagues or start your own group!

For more information on all wellbeing initiatives visit the [Staff Wellbeing Programme intranet page](#)

Andy Hearn -Staff Wellbeing Coordinator

03 337 7394 | Ext: 66394 | Mobile: 027 218 4924

andy.hearn@cdhb.health.nz

Canterbury
District Health Board
Te Pahi Hauora o Waitaha



Free Legal Advice – Staff Wellbeing Programme

ARE YOU STUCK OR CONFUSED ABOUT YOUR INSURANCE / EQC MATTERS?

The Residential Advisory Service (RAS) provides:

- free independent and impartial legal advice to help home owners navigate through their rebuild, repair or resettlement issues
- free technical advice on existing repair solutions (desk top review)
- free facilitated meetings with Insurers and other interested parties to try and achieve agreement on a way forward

The service is focussed on progressing issues between home owners, insurance companies and the Earthquake Commission.

RAS is holding clinics for CDHB staff members where you have the opportunity to meet with one of our Independent Advisors, who are all qualified lawyers. You will be able to briefly discuss your situation, hear how the service may be able to assist you and ask questions about your rebuild or repair process, but you will need to make an appointment.

RAS clinics have been planned for August/September at the following sites:

Date	CDHB site	Rooms / appointment times will be confirmed by Glenys Thornhill, (contact details below)
18 th August	Hillmorton Hospital	
25 th August	The Princess Margaret Hospital	
1 st September	Burwood Hospital	
8 th September	CHCH Campus	

To make an appointment please email Glenys Thornhill glenys.thornhill@cera.govt.nz who will telephone you back to arrange a suitable time. Appointments will be in 30 minute slots starting on, and half past, the hour. When emailing please ensure you include your daytime contact number.

If you can't attend the above clinics but would like to know if RAS can help you please call RAS on (03) 379 7027 or 0800 777 299 or check out the RAS website: <https://advisory.org.nz>

Andy Hearn
Staff Wellbeing Coordinator
Canterbury and West Coast DHB
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924
andy.hearn@cdhb.health.nz



For more information about other Staff Wellbeing Programme initiatives visit the Staff Wellbeing Programme intranet page <http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>



Friends of the
New Zealand
Brain Research
Institute

**7.30pm, Wednesday
30th September 2015**
At the Court Theatre



Bryan Cook is a property developer who has accumulated a small fortune building leaky homes. He's stressed out, self-medicating and self-loathing; killing himself to increase his bank balance while decreasing his golf score. When things fall apart, he joins a men's cycling group to relieve stress – And makes a few startling discoveries in various cracks and crevices. Poignant and achingly funny, *MAMIL* presents the male mid-life crisis in all its lurid glory.

"This production will be one of the highlights of the year. It is a must-see show for men and women." *Dominion Post*

All tickets \$60 per person

Tickets only available by contacting
events@jointhefbi.org or phone 021 514 158

Profits from this performance will help the
New Zealand Brain Research Institute and its research into
Parkinson's, Alzheimer's, Dementia, MS, Stroke
and other neurological conditions.

Thank you for your support!



Alzheimers *Canterbury*

Community Education Seminar August 2015

DEMENTIA AND MEDICATIONS

Nicky Jonker, a Pharmacist from The Princess Margaret Hospital, and Gareth Frew, a Pharmacist from the Medication Management Service will discuss managing and understanding medications in relation to dementia. There will be time for questions.

Everyone welcome

Date: Tuesday 18 August
Time: 10.30am – 12 midday
Venue: Alzheimers Canterbury
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

314 Worcester Street
PO Box 32074
Christchurch 8147

T 03 379 2590
E admin@alzcanly.co.nz
www.alzcanly.co.nz

Making life better for all people affected by dementia
Kia piki te ora mo ngā tāngata mate pōrewarewa



Canterbury Collaborative Simulation Interest

Date: 26 August 2015

Time: 1.00pm – 4.00 pm

Venue: Imagitech theatre at CPIT, Atrium.
130 Madras Street. Christchurch

Registration fee: No charge

Draft Programme:

- » Using simulation in the military- Sgt. Gareth Pratt
- » Using simulation for emergency department medical staff – Dr. Marc Gutenstien
- » Simulation and the Intern – Simulation Fellow. John Dean

To register please contact: [Professional Development Unit.](#)

