



# ceo update

## Friday 20 June - Time to invest in ourselves

Research released this week showing that many Cantabrians are tired and struggling to cope with the effects of the earthquakes won't surprise those of us working in the Canterbury Health System.

You can see the key findings from the research, which was commissioned by the All Right? project, in their infographic (see right).

The research found the wellbeing of Christchurch residents who have had their insurance claims settled was significantly higher than people who haven't settled yet. Importantly settling is not a silver bullet, one in three of those with settled claims still feel stressed, frustrated and feel their lives are full of uncertainty.

The research shows that compared to 2012, Cantabrians are investing less time in things that can improve their wellbeing:

- One third of respondents agreed that they didn't socialise with people as much now (33% in 2014, 31% in 2012).
- Fewer respondents reported keeping physically active regularly (50% in 2014 compared with 56% in 2012).
- Fewer people are doing a lot to stimulate their minds (62% in 2014 and 68% in 2012).
- Fewer people felt connected to nature (40% in 2014, 46% in 2012).
- Fewer respondents reported that they regularly ate well (75% in 2014, 80% in 2012).

All of this is having a big impact on people's health, with one third of those surveyed saying they have more health issues now than they did before the earthquakes.

While there were some positive findings (for instance four out of five of us value others more now) we know from international studies that recovering from a disaster can take between 5 and 10 years. Now more than ever, it's important that we continue to look after ourselves and others. Little things like catching up with a friend, taking a walk in the park or noticing a beautiful sunset, can make a big difference to wellbeing.

### Wellbeing Survey

The Wellbeing Survey helps CDHB take the pulse of the wellbeing of our staff. It provides us with a picture of where people are at, and informs us of the sorts of things we could do to better support them.

We have made significant progress supporting staff since the earthquakes, but our recovery is a marathon, not a sprint, and there's still much more to do.

Please take the time to do the survey - if we know how you are doing we can work to make things better.

[Click here](#) to do the survey – there's only a week to go!

### Garth Bateup retiring after more than 32 years

After a career of more than 32 years in health, Ashburton Hospital and Rural Health General Manager, Garth Bateup, retires next Friday 27 June.

Garth has been responsible for rural health at Akaroa, Darfield, Ellesmere, Kaikoura, Oxford, and Waikari hospitals, as well as Ashburton. Believed to be the longest serving general manager in New Zealand, he has been in the senior management role at Ashburton Hospital since 1982. Read about Garth's career on page four.

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

### IS CANTERBURY ALL RIGHT?

For a full summary of our latest research, visit: [allright.org.nz](http://allright.org.nz)

all right?

539,433  
CANTABRIANS

14,000+  
EARTHQUAKES

4 YEARS

A WHOLE LOT OF  
OTHER STRESSORS

65% FEEL TIRED

1 IN 4  
PEOPLE FEEL  
OVERWHELMED

60%  
SEE LOTS OF  
OPPORTUNITIES

64% STILL GRIEVING  
FOR WHAT  
WE'VE LOST

82%  
HAVE A BETTER  
SENSE OF WHAT  
IS IMPORTANT  
TO THEM

35%  
HAVE MORE  
HEALTH  
ISSUES

47%  
WORRY ABOUT  
ANOTHER BIG  
EARTHQUAKE

4 OUT OF 5  
CANTABRIANS  
VALUE PEOPLE  
MORE NOW

For a full summary of  
our latest research,  
visit: [allright.org.nz](http://allright.org.nz)

all right?

## Caught being outstanding – thanks Sylvia, you made my day

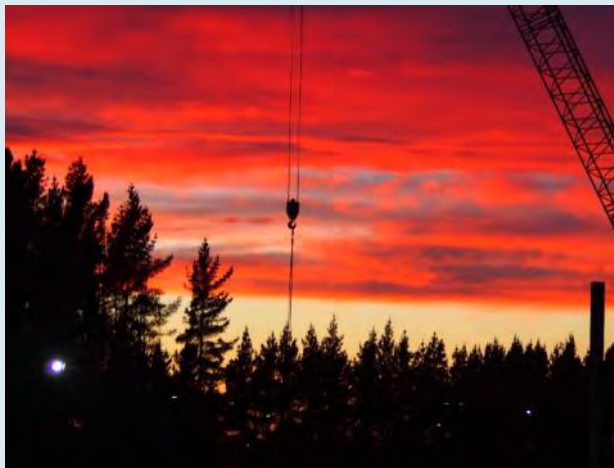
Earlier this week while at Christchurch Hospital, I observed some outstanding customer service and it really made my day. One of our medirect staff, who I later discovered was named Sylvia stopped to assist an elderly man who was lost. She had such a lovely manner, took the time to have a chat, and even offered to walk him to his destination. It's these little interactions with patients that can make such a difference to a person's day. Thank you Sylvia you did us proud.

Have a great week, David

## Friday's Facilities Fast Facts

### Burwood

Two atmospheric photos from Burwood this week, taken by Rose Watson first thing on Tuesday morning. If you have any photos you'd like to share, please drop the team a line at [itsallhappening@cdhb.health.nz](mailto:itsallhappening@cdhb.health.nz)



Visitors to the site will notice that the precast columns and steel for the ward blocks are beginning to take shape rapidly.

Staff and the design team at Burwood are currently busy working on fixtures, fittings and equipment (FF&E) and information technology items.

### Christchurch

**Staff and public presentations:** This week, David Meates gave a presentation to staff about our progress on the Acute Services Building project. David is also presenting to the general public on Saturday 21 June at the Cardboard Cathedral, from 3-4 pm.

**At the Design Lab:** The Ward, Haematology, CHOC and Child Health User Groups have been at the Design Lab this week to test the "N Class" room layouts on the wards.

An "N Class" room is designed to have negative air pressure compared with external areas, allowing air to flow into the room but not escape from the room. This contains any contaminated air within the room, so that the risk of transmission of airborne infectious diseases can be reduced.

Child Health also tested the bathroom and medication room layouts to ensure they were an adequate size.

**Developed design:** Design User Group meetings began again for Christchurch; some groups are pulling 8 -hour days and doing well!

The "Who Goes Where" group for Christchurch is meeting again on Friday. This group attends to those services for which a final location has not yet been pinned down. They are now developing initial thoughts on where such services will relocate to across the site, mainly focused on the Parkside and Clinical Services buildings on completion of the Acute Services Building.

### General

**The digital hospital vision:** Find out more about our "Digital Hospital" vision at a drop-in session during Digital Hospital Week beginning on 23 June.

There will be a short presentation on the Digital Hospital environment, comment by international experts on how this has been achieved in other hospitals, and then the opportunity to ask any questions you may have about how technology can improve our patient journey.

The introductory sessions are from 12:00 – 1:00pm at the following locations:

- Monday 23 June: Padua Lecture Theatre, LGF Christchurch Hospital.
- Tuesday 24 June: 5<sup>th</sup> Floor Lecture Theatre, Princess Margaret Hospital.
- Wednesday 25 June: Hagley Outpatients Seminar Room, Christchurch Hospital.
- Thursday 26 June: Marshlands Room, Burwood Hospital.

See the intranet for details of the workshop most convenient for you or text FUTURE to 8808 for meeting times and venues (texts cost 50c). If you can't make it, the presentation will be available to view on the intranet.



# Bouquets

## **Glenda Hamilton, Psychiatric Service for the Elderly Community Team**

I received a phone call this afternoon from a gentleman who wanted to extend his appreciation for Glenda's care of his father and caring communication with him and his wife. He stated that Glenda had been involved in the welfare of his father who had dementia and found her to be professionally caring in her attitude. She put him and his wife at ease while explaining clinical aspects of his father's condition and wanted to express how impressed he was with Glenda's clinical caring way.



## **Ashburton Maternity**

Thank you to the great staff who helped us a lot with the care of the baby and the breastfeeding. Enjoy the cake.

## **Ward 6, Ashburton Hospital - nurses, doctors, nurse aids, cleaners, physios**

Great staff, very attentive and work diligently, go the extra mile and very friendly. It's also good to be in a small hospital, it has enabled me to meet and befriend many local people. A very big thanks to all for taking such good care of me during the past six weeks, feeling much better and very positive. "Best Country Hospital"

## **Emergency Department, Christchurch Hospital**

Third time the charm – exceptional service, merci beaucoup.

## **Emergency Department, Christchurch Hospital**

I was very well treated and well looked after and all staff are well mannered. I thank you all for the great treatment. Cheers.

## **Ward 24, Christchurch Hospital**

Thank you for the great care.

## **Outpatients Plastic Unit, Burwood Hospital**

All staff really friendly and efficient. Explained well and clearly too. Thank you very much.

The treatment I received from the surgeon was excellent. I wish to thank the staff for all their help and kindness. The lunch was great and thanks for that extra mile.

Thanks for a job well done and no waiting.

Absolutely happy with the procedure and all the staff were wonderful. I cannot thank you enough.

Very efficient, very personal. So very impressed by the nurse who assisted the procedure. Reassuring, humorous and a great asset to your staff.



About 6 o'clock every morning Ashburton and Rural Health Services General Manager, Garth Bateup, does a “recon” of Ashburton Hospital.

Garth, who grew up in Nelson, wanted to go farming when he left school. Instead he had a career in rural health management but has always practiced a farmer's early rising habits.

His morning custom of walking around the hospital's buildings has given him an intimate grasp of what is taking place in the hospital particularly how the night has been.

“I have always been an early starter. It's good to have a couple of hours early in the day, particularly with meetings and travel taking up a fair amount of time.”

Garth, who is believed to be the longest serving general manager in New Zealand, retires next Friday 27 June after 32 years in the job. In his role as general manager, Garth has been responsible for rural health in hospitals across Canterbury, including Akaroa, Darfield, Ellesmere, Kaikoura, Oxford, and Waikari, as well as Ashburton.

Before his appointment he spent seven years with the former West Coast Hospital Board in a senior management role.

Garth began his working life as a public servant in the Government's Forest Service in Nelson and then Agriculture and Fisheries Department in Palmerston North. Following his West Coast appointment, he joined the then Ashburton Hospital Board as General Manager in July 1982.

Garth says he always thought he would leave the Ashburton role when he “ran out of things to do”.

However “because health is such a changing environment with constant new opportunities and challenges”, that time never came.

“It's been a fantastic setting to work in, there's been a lot of satisfaction in it and it's been a privilege to work with a great team of people.”

But now, having reached retirement age, it is “the right time” to leave.

The highlight of his time at Ashburton Hospital was the development and implementation of the new model of care for Ashburton to ensure sustainability of its services.

“That was never going to be an overnight fix and a large part of it has been our ability to recruit and retain good medical and clinical staff. Ashburton can't survive on its own, it needs a link to a major tertiary hospital and that is the benefit of having Christchurch Hospital so close.”

It had also been pleasing to see the recent establishment of rural health medicine as a speciality. Garth says he will miss the diverse group of people he has worked with.

“Ashburton has attracted really competent and committed health professionals, as have our rural hospitals.”

Director of Nursing for Ashburton Hospital, Jan McClelland, says Garth has devoted his life to rural health, his experience and knowledge will be greatly missed.

“Garth has been good to work with, he is open and supportive and a humble person, he is always the first to say it's not about him but about the team.”

That attitude had led to a culture of respect for each other within the management team, she said. Garth says the job has “had its moments”.

“Fantastic ones and difficult ones but in the end it's been really enjoyable or I would not have stayed this long.”

Garth says he has a “bucket list” for his retirement but mainly plans to spend time with family.

It's time to sign up for Dry July [www.dryjuly.co.nz/signup](http://www.dryjuly.co.nz/signup). Dry July is a nationally run, on-line fundraising and health awareness campaign. An individual or team signs up to the challenge of a month-long sponsored abstinence from alcohol.

You can sign up as an individual or part of a team, just make sure you choose the Canterbury Regional Cancer & Haematology Service as your beneficiary. If you can't face the prospect of a month without alcohol then support someone who is a DJ – you donate through the website. Just enter their name in the search field on the home page.

If you're accessing the page from work you may experience problems getting onto the home page. This is due to technical issues which are not easily fixed. Try it from home and if you are still having problems come along to our event launch (see details below). You will be able to sign up at the event as well as have some nibbles, mocktails and some very special entertainment.

In addition to the official website you can find out about local news and events at [www.cdhb.health.nz/Dryjuly](http://www.cdhb.health.nz/Dryjuly). This webpage will be regularly updated so keep checking back to see what's happening.



**Monday 30 June 2014**

**4.30pm-6pm**

**Annex off the Great Escape Café**

**Christchurch Hospital**

Come along to help us kick off our Dry July  
Mocktails, food and entertainment provided!

Please RSVP [Vicky.heward@cdhb.health.nz](mailto:Vicky.heward@cdhb.health.nz) by  
Monday 23 June.

**DRY JULY**  
Clear your head, make a difference

### Canterbury Grand Round—27 June 2014, 12.15-1.15pm (lunch from 11.45am)

**Venue:** Rolleston Lecture Theatre

**Speaker:** Maryam Nejat, Registrar, Microbiology

**Title:** “Outbreak in the rest home!”

I am going to talk about the recent outbreak in a rest home, and diagnosis and management of the outbreak.

**Speaker:** Joanne Dixon, Clinical Geneticist CDHB

**Title:** “Genetics in Clinical Practise 2014; using new knowledge for old problems”

Our understanding of gene function (and dysfunction) increases exponentially. Applying this knowledge in our clinics impacts on patients and their families. This will be discussed in the context of Huntington Disease.

**Chair:** Peter George, Clinical Director CHL

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1, TPMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

For more information contact: [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)





Above: Stewart Evans

West Coaster Stewart Evans makes regular trips across to Christchurch for treatment at Christchurch Hospital. He and his wife Maria are full of praise for the care provided by staff at the hospital and accommodation and transport from the Cancer Society. Stewart was diagnosed with T3b Prostate Cancer in June 2011.

"When I turned 60 I thought I should get off to the doctor and have a 'well man' check-up. Test results showed an elevated PSA but apart from that I was an active, fit and healthy 60 year old with no other symptoms," says Stewart who was working as a roading engineer at the time.

The PSA test measures the blood level of PSA, a protein that is produced by the prostate gland. The higher a man's PSA level, the more likely it is that he has prostate cancer. However, there are additional reasons for having an elevated PSA level, and some men who have prostate cancer do not have elevated PSA.

An ultrasound and biopsy at Greymouth Hospital led to the cancer diagnosis. Stewart came under the care of Oncologist Scott Babington and travelled to Christchurch Hospital for an eight week course of radiation in December 2011 following six months of hormone treatment which had reduced the PSA back to normal levels.

Stewart stayed at the Cancer Society's Daffodil House and says the treatment provided by the health system, accommodation and transport to and from the hospital alleviated a lot of the stress that came with the diagnosis.

Stewart returned home and quickly returned back to "life as normal" although he continued to be monitored by his local GP, Dr Tim Bolter and his Oncologist. All was well until October last year when neck pain sent him back for more tests and scans.

"My PSA levels were up again, a sign that there was 'other activity'. I went back on hormone therapy and had a bone scan and x-rays in early November," says Stewart.

The cancer had spread to Stewart's spine in three places, one of these being his neck which had been so painful. His Oncologist, Scott Babington organised a further session of radiation treatment in Christchurch in late May and has discussed a course of chemotherapy for the near future at Grey Hospital.

Stewart is now back in Greymouth, has retired from his career as a roading engineer on the West Coast highways and is assisting his wife Maria in running the ASURE Highpark Motor Inn.

Stewart is supporting Dry July because of the support and care he has been provided with during his treatment. He says the Oncology staff are just 'amazing'.

You can support Dry July too, sign up now [www.dryjuly.co.nz](http://www.dryjuly.co.nz) and also visit the Canterbury District Health Board webpage [www.cdhb.health.nz/DryJuly](http://www.cdhb.health.nz/DryJuly)



Claire Freeman, CDHB graphic designer is a finalist in the 2014 Expressions of Paralysis Art Awards created by the Christopher and Dana Reeve Foundation.

The finalist's art is posted on the foundation's website, which states that in reaching the finals Claire's work has already been acknowledged as a remarkable display of talent, passion and creativity. All the entries were incredible, and as hard as it was, the Reeve Foundation staff narrowed the choices down to include only 36 finalists.

Claire's entry is a painting of "...myself as a young girl waiting by the side of the road. The top left has a washed out clock stuck on 15 - the day of my accident," Claire says.

"At 17, I broke my neck and now mentor those with an injury like mine at the [NZ Spinal Trust](#). I am working towards my PhD to help people with Spinal Cord Injuries and their families maintain relationships."

"Ever since I could hold a brush, I've painted. It's my diary and my way of healing. After my accident, I couldn't move my arms and I remember the doctors telling me I would never be able to paint or draw again. I managed to get a place at the Wellington School of Design which they kindly put on hold for a year as I poured everything I had into utilising the muscles I could use and against medical advice, I completed my degree with help from the whānau," she says.

"It was actually great therapy! Being able to pour my emotions onto a canvas is a way of life, like eating a delicious breakfast, I love it but it can be a very personal and sometimes sombre journey."

The Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy. The artwork that wins will be showcased on the walls of the Christopher and Dana Reeve Foundation office in Short Hills, New Jersey. [To vote click here.](#)



*Above: Claire's entry in the 2014 Expressions of Paralysis Art Awards created by the Christopher and Dana Reeve Foundation.*



### A REWARDING CAREER

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

16240 - Nurse Consultant - Specialist Mental Health Services  
137564 - Regional Business Change Manager  
137768 - Regional Financial Benefits Lead  
137623 - Information Analyst

[Click here to see more opportunities on the careers website](#)



Construction is about to get underway at the Rangiora Health Hub. Rt Hon John Key, Prime Minister gave the official sign off for work to start last week and now, ahead of the site enabling works, CDHB staff are invited to join the community in a karakia and site blessing on Tuesday 24 June at 1pm at the hospital. The short ceremony will involve karakia and waiata followed by light refreshments.



These are artists' impressions of the entrance and the completed Rangiora Health Hub. Trengrove Architects was appointed the lead designer of the Rangiora Health Hub and RCP (Resource Coordination Partnership) won the tender to project manage the development.

The hub will increase the sustainability of health services in North Canterbury and provide the community with better access to a variety of services.

Construction is expected to be complete mid-way through 2015.





Men's health week is over but men can still go online to do a quick assessment of how their health ranks against Kiwi men's health ambassadors including Mike King and Michael Jones.

Just head to [www.menshealthweek.co.nz/survey/](http://www.menshealthweek.co.nz/survey/) to learn more about your health.

"My father passed away at the age of 38 of a heart attack... I don't want that to happen to my kids, to grow up without their dad," says All Blacks Legend, Michael Jones.

"Just a few small lifestyle changes can make a big difference to benefit us and our families. Now may be the perfect time to start putting these changes into your life."

These could include:

- **Annual checkups with your General Practice Team** – one of the easiest things you can do to monitor your health, and catch any health issues early
- **Get your blood pressure checked** – this is a key indicator of health
- **Physical activity** – 30 minutes of physical activity a day will benefit your health in so many ways including, mentally, sexually and physically. Be active in as many ways as possible – take the stairs rather than the lift, get off the bus early and walk, move more and sit less
- **Eating well by including a variety of healthy foods each day** – for more information [click here](#)
- **Healthy thinking** – recognise the symptoms of depression and don't hesitate in reaching out to [support services](#). The [five ways to wellbeing](#) provide a great way to focus on improving your mental wellbeing
- **Stop smoking and go easy on alcohol**
- **Maintain healthy relationships** – it's important to have close relationships with friends and family. People, who support, love and understand you.

Take charge of your health and make those steps to ensure you stick around to be that important father, husband, brother, or friend. [www.menshealthweek.co.nz](http://www.menshealthweek.co.nz)



## Staff Wellbeing Programme: Managers wellbeing workshops – registrations now open for another 10 workshops

### Staff and Family Wellbeing Survey – Taking the Pulse

Please click on the following link to complete the survey – it should take 10-15 minutes <https://www.surveymonkey.com/s/CDHBStaffandfamilyWellbeingSurvey>

The previous wellbeing survey in late 2012 provided valuable insights which helped us develop the current Staff Wellbeing Programme. By repeating the survey now, we aim to get further guidance on what support staff need.

### Wellbeing Workshops for managers/supervisors

Registrations are now open for another 10 of these very popular workshops!

For more information on what the workshop covers and details about how to register, visit the Staff Wellbeing Programme intranet page or [click here to register](#)

### Staff Wellbeing Programme intranet page - Zumba, Yoga, Mindfulness, Retirement seminars...

<http://cdhbintranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Check out this page for information on yoga, Zumba, Pilates, mindfulness, 30 minute walk 'n workout groups, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

### Something for You - employee benefits – new intranet page containing up-to-date information on discounted products and services for CDHB Staff

<http://cdhbintranet/corporate/EmployeeBenefits/SitePages/Home.aspx>

### 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](mailto:andy.hearn@cdhb.health.nz)

Canterbury Health Laboratories Project Facilitator, Megan Harris, and Director of Quality and Patient Safety, Susan Wood, have graduated as International Health Institute (IHI) Improvement Advisors.

They achieved the qualification after a 10 month long IHI Improvement Advisor Programme, led by the Institute of Health Care Improvement, funded by the Health Quality and Safety Commission.

Susan says the programme was very worthwhile.

"There were twenty six participants from around the DHBs. This has formed into a very supportive network, all involved in improvement and allows us to tap into a broad range of expertise."

The programme was applied, with each person applying their own learning and completing a project during the 10 months while following the IHI improvement processes.

"We worked through the Dr W. Edwards System of Profound Knowledge, (a theory of management that provides a framework of thought and action that can be used to transform and create a thriving organisation) and set up our projects for success using tools that assessed organisation readiness," she says.

Megan says the project involved developing an aim, goals and measures, a driver diagram, and conducting rapid cycle Plan, Do, Study, Act (PDSA) project learning and implementation cycles.

"We were required to predict the results we expected prior to the 'do' phase. We could then determine and assess the degree of belief that the proposed changes would achieve the outcomes predicted."

An important aspect was that they used data, and data analysis, including control charts, known as Shewart charts. It involved being specific and having balanced, well defined, measures.

"We were required to measure project progress using a numerical scale and supply the project plan, all the PDSA cycle data and outcomes monthly."

Sue says throughout the 10 months they all presented their projects at their different stages and received critique and feedback to strengthen their improvement work.



*Above: Canterbury Health Laboratories Project Facilitator, Megan Harris, and Director of Quality and Patient Safety, Susan Wood.*

## NEWCOMERS GUIDE TO CHRISTCHURCH & CANTERBURY

### Newcomers Guide to Christchurch and Canterbury

The Newcomers Guide to Christchurch and Canterbury is a Facebook page for recent arrivals to our region. It's designed to share what's happening, provide key information on living here, and act as a forum for those new to Canterbury to connect and share ideas.

Community and Public Health is coordinating the page. If you have any information you wish to get out to the newcomer population in Canterbury, for example promoting an event or letting the community know about a service, please let us know and we will share the details on our page.

[www.facebook.com/canterburynewcomers](http://www.facebook.com/canterburynewcomers)

For more information contact [geraldine.mcgettigan@cdhb.health.nz](mailto:geraldine.mcgettigan@cdhb.health.nz)



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If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

Service Manager Sue Teague, passed away last Friday 13 June, after an illness and our thoughts and condolences are with her colleagues, friends and family.

Sue had 30 years of nursing and management experience in healthcare. She was experienced in intensive care, coronary care, primary care, strategic planning, operational planning, development and trials of Clinical Pathways, and Integrated Care and Disease Management, to name a few.

Until recently Sue was the service manager for respiratory, infectious diseases, nephrology, dialysis, sexual health and rheumatology.

Sue did her nursing training in England in the mid-1970s before moving to New Zealand and taking up a role as staff nurse in the Coronary Care Unit in July 1987.

In 1995 she began work as Unit Nurse Manager at Nelson Hospital's Intensive and Coronary Care Unit. She left that role in 1997 and moved back to Christchurch where she worked as a Project Co-ordinator of the Christchurch Community Heart Failure Project.

The following year she took up the role of Clinical Nurse Specialist (CNS) at Burwood Hospital. Sue left that position in 1999 to begin work as Co-ordinator for the Cardiology/Respiratory Outreach Service.

There she made strategic changes to the service. She employed the first Māori Health Workers, recognising the importance of integrated service provision for it to succeed. Sue worked with Respiratory Physician, Chris Drennan, and Cardiologist, Hamid Ikram, to establish clinics and Māori Health education on the Marae, a service still in place today.

In 2003 Sue took up the role of Service Manager/Project Manager at Christchurch Hospital.

Maureen Swanney, Service Manager Respiratory Services; Scientific Director Respiratory Physiology Laboratory, says Sue made a huge contribution to healthcare and served on many committees. She stood out as a manager with her supportive mentoring approach to all staff and she encouraged innovation for service improvements with a clear focus on quality outcomes.

The growth of the Services under her leadership is something Sue was proud of.

Maureen Trewin, Nurse Manager of Cardio- Respiratory Integrated Specialty Services (CRISS), says Sue was remembered as a nurse who was very experienced, thorough in her work, with vast knowledge of the speciality areas she worked in.

"Her sense of humour was appreciated and made any challenge easier to tackle. She could be hilarious but at the same time very serious about her work," Maureen says.

"Sue had a great sense of humour and the people she worked with remember the fun she created."

She was very firmly committed to the nursing profession, with a vision of what could be achieved within nursing.

"Sue was our greatest advocate, she would stand up for what she believed in, a trait worth everything to the teams she managed," Maureen says.

Alan Pithie, Chief of Medicine, says Sue was knowledgeable about each service and worked really hard to provide excellent support.

"Personally I found Sue wonderful to work with, supportive, willing to go that extra mile, and done with great charisma. She was great fun to be around."



Above: Sue Teague

*Continues on the following page...*



Gary Barbara, Service Manager, says he had the pleasure of working closely with and sharing an office with Sue over the past 11 years.

"I found her nursing background to be of immense help to me as I would regularly tap in to this knowledge. There was seldom a dull moment as invariably there would be a spontaneous burst of humour. This could be something that she had noticed or a memory that had suddenly come to the fore of antics that she got up to in her early years."

She had the knack of creating very good relationships with staff and patients.

"I recall times that patients would be causing grief to staff in the corridor and she would open the door, invite them in, sit them down and talk to them. Once the patient had settled then she would send them on their way."

Clinical Director of Cardiology, David Smythe, says nursing colleagues who worked with Sue on the Coronary Care Unit uniformly describe her as being great fun to work with. She had immense depth of knowledge, was a committed mentor and an inspired teacher who was very generous with her time.

"As a manager, she was driven to provide the best for her departments. It's a great shame to die at her age. She had so much to offer. All my thoughts are with her family," he said.

Greg Frazer, Clinical Director of Respiratory Services, said Sue's contribution to the Respiratory Department was immense, particularly given the other portfolios she also looked after.

"She guided us through some critical changes over the last 10 years, and always brought a sense of supreme calmness, tempered by a subtle amount of cheek, no matter what she faced. Sue was a tremendous friend to us all, and was always genuinely interested in what was going on for us in our outside lives as well as within the work environment," he said.

Sue will be sadly missed by us all, but most especially, by her husband Clive and son Michael – her 'boys'.

Messages to 12 York St, Waltham, Christchurch 8023.

## Useful resource available

If you are a nursing, clinical or managerial staff member you have free access to join [Advisory.com](http://Advisory.com), an online research, information and advisory resource for health providers.

CDHB is a paid corporate member of the Advisory Board Company website. Staff can sign up for free and review latest articles of interest, put forward topics for discussion or ask questions which Advisory.com will seek research and answers for. It also offers web conferences.

The website has already been used by CDHB in its facilities redevelopment when it was seeking answers to particular questions and or ideas such as the best flow for theatres.

The United States-based company is one of the largest research and consulting firms serving mission-driven organisations in more than 3,600 hospitals and health systems in over 46 countries.

Established in 1979, the firm pioneered the "membership model" for best practice research. Through this model, it collaborates with executives and their teams to find and implement the best solutions to their toughest challenges.

CDHB currently has several memberships with the company including:

- **Health Care Executive Board** – Research and insights designed to support chief executive officers and their senior teams in guiding their organisations to sustainable excellence and prosperity.
- **Clinical Operations Board** – Best practice research to support clinical and operational leaders who work tirelessly to provide high-quality, safe, effective, and efficient care for their communities: Quality, Efficiency, Clinical Relations, Cardiovascular, Oncology and Imaging.

*Continues on the following page...*

- **Global Centre for Nursing Executives** – Research for an international network of nursing executives charged with leading the largest and most critical elements of the health care workforce through deepening challenges: Care Quality, Patient Experience, Recruiting/Retention, Management Development and Finances.
- **Global eHealth Executive Council** – Research and analysis to help hospital information technology (IT) departments effectively plan and implement key initiatives and achieve organisational strategic IT goals.
- **Clinical Investment Insights** – On-demand strategic guidance and clinical technology investment advice, to help leadership make successful investment decisions that reduce organisational risk.

Anyone interested in creating an [Advisory.com](http://Advisory.com) account should go to the website and scroll down to the section “Members, New User? Create an Account” and register via the steps online.

The best way to interact and get value is to be signed up for the weekly Insight mailings. The mailings alert you of any upcoming meetings or web conferences and highlight the work related to your membership.

After you have joined, in order to sign up for the mailings, login to [www.advisory.com](http://www.advisory.com) and go to *Your Preferences* and then *Subscriptions* which can be found on the top right of the screen. You can then select the mailings you would like to be sent to your email.

## eMeds will convert even the sceptics among us

The most common word that people associate with ‘eMeds’ is ePrescribing. In fact, eMeds is much more than just prescribing: It incorporates e(Meds) Review, e(Meds) Administration, e(Meds) Reconciliation, ePharmacy dispensing, and ePrescription Service. Nor is eMeds all about prescribers.



It's a team sport where every player needs to be mindful of their team members in order to deliver the right medicine to the right patient, at the right dose, via the right route, at the right time. Today the spotlight is on administration and the nurses who do it.

Safely administering medications in your average hospital ward can be a challenge – deciphering hastily scrawled handwriting, and tracking down the hard copy drug chart make demands on our time and patience.

eMeds does away with all that stress by creating a ‘single’ electronic drug chart (a.k.a. MedChart®) that can be viewed by any authorised clinician with access to a hospital computer or IT device. In this context ‘single’ means that whoever accesses the chart will see the same drug chart as everybody else, and any change they make will be visible when the next person opens it.

It's secure too: Users need to be set up with a unique access ID and password that acts as an electronic signature, which enables who made each change to be recorded. Then, if there's a typo on the instructions for example, that individual clinician can be contacted to check what they intended.

When it's time to administer a patient's meds, all a nurse (because it usually is a nurse) has to do is to pick up one of the dedicated mobile devices for a ward and take it with them to the drug room and then to the patient, exactly as you would with a hardcopy of the drug chart.

Once they have opened the MedChart admin tab, it shows clearly when the patient's medication is next due, or an alarm clock icon if it is overdue. They will also be able to see patient allergies, advice from clinical decision support, and alerts – for example, if the patient has been known to hide their medication.

The MedChart alert system can be used to inform the discharge summary, such as when a patient presents with a complex set of medications when they are admitted, or if they are believed to be at risk of misusing their medications once discharged. It is possible to add an alert that recommends they receive future medication in the form of blister packs.

*Continues on the following page...*



Southern DHB nurse Jo Healey recently gave an interview to New Zealand Nursing Review. In it she describes herself as a 'convert' who had some concerns about MedChart, before she started using it.

A self-confessed technophobe at the time she didn't in fact find it difficult to learn to use at all, although she recognises that for some people using a pen would still be quicker – at least until they got used to the electronic system. Also, contrary to what she initially feared, MedChart is a system that replaces paper charts but not clinical judgement.

Like any change it will be probably be disruptive for clinicians until they are used to using it which is why support and training will be available once eMeds gets off the ground here in Canterbury - and although being able to find charts easily will save time, it's not really about speed – speed does not always equate to safety and this system is all about patient safety.

## HealthInfo new website: Even easier to use and much better looking

**...but still a source of Canterbury health information you can trust, and safely recommend.**

One of strategic aims of the Canterbury Health System is to develop services that support people to stay well at home and take increasing responsibility for their own health and wellbeing. To do that, people need easy access to good quality information and for most people HealthInfo can emphatically tick that box.

The new look **HealthInfo** is live and if you've never visited it before, you should give it a try now. It has been written with Canterbury people in mind, the vast majority of it by health professionals with local knowledge –when it comes to people's health, we shouldn't be asking people to Google gamble.

So if the information is for you, you can trust what you will find on HealthInfo. If you have patients in need of further information, confidently refer them to HealthInfo for reliable and up to date information.



The HealthInfo team has devised a simple but effective way of helping health professionals make sure their patients find the information they need on the site. HealthInfo cards, like the one shown (left), are available free of charge and all you have to do is write down the name of the condition on the card. The patient then takes it home and simply types it in the HealthInfo search box.

HealthInfo cards, card holders, patient flyers and posters (A3 and A4) can be ordered on-line from Community and Public Health (C&PH) at [http://www.cph.co.nz/Resources/Resource\\_List.asp?t=1&mc=8](http://www.cph.co.nz/Resources/Resource_List.asp?t=1&mc=8)

HealthInfo ([www.healthinfo.org.nz](http://www.healthinfo.org.nz)) is an intuitive, easy-to-use, health reference website specially created by Canterbury health professionals. On it, you'll find information about many conditions and diseases that can help people look after their own health and that of the people close to them. It includes links to other reputable sites.

HealthInfo provides more than just information about suspected or diagnosed conditions – it's also the place to go if you want to know how to stay fit and well. On the winter wellness page for example, you can find a wealth of information about how to stay healthy this winter. It's got information on coping with coughs and colds (including whooping cough), flu, and how the colder weather affects people with chronic conditions.

There's also advice on how to avoid catching germs from other people, and how to stop spreading illness among your friends and family.



The South Island Alliance Programme Office (SIAPO) supports the South Island District Health Boards (SI DHBs) Alliance framework, including governance, leadership and operational components by providing regional planning and support services for the South Island Alliance teams, service based workstreams/networks and regional forums endorsed by the South Island Alliance Leadership Team.

The South Island Information Services, Service Level Alliance (IS SLA) is responsible for the delivery of the health initiatives throughout the South Island as outlined in the National Health IT Board and South Island Regional Health Services Plan. The IS SLA are responsible for overseeing the implementation of a South Island regional Patient Information Care System (SI PICS), which supports the delivery of patient care that is safe, effective and efficient and that enhances the patient experience.

We have a number of roles that we are recruiting for now:

- Regional Business Change Manager, Fixed term, 5 years
- Regional Architect Lead, Fixed term 3.75 years (45 months)
- Regional Information Technology Leads (3), Fixed term 3 years(2); and fixed term 18 months (1)
- Regional Training Leads (2), Fixed term, 3 years
- Regional Test Lead, Fixed term 3 years
- Regional Tester, Fixed term, 3 years

To find out more please visit <https://cdhb.careercentre.net.nz/>

## Do a good deed: celebrate St John Day

Tuesday 24 June is St John Day. This day is in honour of St John the Baptist, and it is an important day in the history of St John, celebrating as it does the saint from which it draws its name.

This year, St John is celebrating St John Day as a day of 'good deeds' and of 'random acts of kindness'. A day to celebrate all that is good and kind!

St John Day draws on the principles of the organisation – caring for people and doing good work within the community. St John was founded by people who were focused on caring for their communities. So many people in health services do this already, every day, as paid work but also as volunteers, so St John wants to celebrate this and say thank you!

In the essence and spirit of this day, we encourage you to get out there and do some good! Do a good deed for someone – it doesn't need to be expensive. It may be for your neighbour, colleague, friend, family member or a complete stranger.

We hope that our colleagues in the Canterbury District Health Board will share their efforts on the St John Facebook page (which you can find by visiting <https://www.facebook.com/StJohnNewZealand> ).

***"No act of kindness,  
no matter how small,  
is ever wasted."***

**Aesop**

**St John Day  
24 June 2014**





## Canterbury leads work-based nursing education

Canterbury was applauded as a leader in collaborative work-based nursing education at the launch of a new book titled *Clinical Learning and Teaching Innovation in Nursing – Dedicated Education Units Building a Better Future* on Wednesday 18 June at CPIT.

CDHB Nurse Educator Michelle Casey and CPIT Nursing Lecturer Deborah Sims co-authored a chapter of the book, reporting on Dedicated Education Units (DEUs), which were developed and are run in partnership with Canterbury District Health Board (CDHB) and community nursing providers.

The innovative units prepare nursing students for the social, political and cultural complexities of real-world nursing by integrating learning into clinical practice settings.

CPIT's Head of the Department of Nursing and Human Services Cathy Andrew acknowledged the contribution of the DEU working group. She said the Canterbury pilot started with five DEUs and now has 32 across the Canterbury Health System. "There is nowhere in the world doing this to this extent. It is pretty special," she said. "You can see the advantages for nurses who have been through the DEU and gone into employment – they are so much further along in their career."

Becky Hickmott, representing CDHB Executive Director of Nursing Mary Gordon, said the strong partnership with CPIT had made the DEU model possible. "It is fantastic that CPIT is responding to our workforce needs."

Canterbury's DEUs were the first in New Zealand and subsequently generated a high level of interest from Schools of Nursing and District Health Boards around the country. The book will provide a valuable resource for exploring both a national and international perspective about the DEU model and innovations in nursing education.



*Photo left to right: Jo Greenlees-Rae (CDHB), Deborah Sims (CPIT), Michelle Casey (CDHB), Becky Hickmott (CDHB), Cathy Andrew (CPIT), Rose Whittle (CPIT).*

## Wellbeing workshops

“  
The greatest  
wealth is health  
-Virgil”

### For CDHB Managers/Supervisors

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are running a series of two-hour wellbeing workshops for managers/supervisors.

The CDHB acknowledges the crucial role you, as a manager/supervisor, play in supporting your staff and facilitating the delivery of high quality care to the Canterbury community. In the current Christchurch environment it is more important than ever that you take the time to focus on your own wellbeing.

Two hours to focus on YOUR wellbeing!

We are running a number of workshops in 2014 to allow you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients will also benefit.

#### Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Appreciate the progress of recovery for communities and individuals
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Improve your health and wellbeing: 5 Ways to Wellbeing, All Right?, Staff Wellbeing Action Group
- Enhance positive relationships and social connections

#### Workshop Details:

- All workshops run for 2 hours and conclude with a further 30 minutes for refreshments and informal conversation
- For dates and to register for a workshop – [click here](#)

Facilitated by Alison Ogier-Price MSc Psyc, B.Comm, BA Hons, C.AT, MNZAPP

[Click here to register](#)



**Canterbury**  
District Health Board  
Te Pōari Hauora o Waitaha

 **MHERC**  
Mental Health Education & Resource Centre

For more information contact:

Lee Tuki  
Lee.Tuki@cdhb.health.nz  
027 689 0285

Andy Hearn  
Andy.Hearn@cdhb.health.nz  
027 290 0937





The Canterbury DHB staff and family wellbeing survey has been developed to help the CDHB obtain a clearer picture of 'where staff are at' more than three years on from Canterbury's earthquakes.

The responses we receive will help identify areas where the CDHB can provide greater assistance.

*To have your say  
click on the link on the CDHB intranet or go to*  
[www.surveymonkey.com/s/CDHBStaffandFamilyWellbeingSurvey](http://www.surveymonkey.com/s/CDHBStaffandFamilyWellbeingSurvey)

**Canterbury**  
District Health Board  
Te Pori Hauora o Waitaha



## Can Joe live with you?



Joe needs what most kiwi kids take for granted – an ordinary family.

I am 15 years old. I have blond hair and hazel eyes. I'm pretty skinny which is funny because I love food, I eat almost everything especially streaky bacon. I like to keep really active. I like to go to skate parks with my BMX and skate boarding. I like gadgets, whether that's an iPad, iPhone, computer, android, Xbox or Play Station. I'm pretty good with my hands, so I like to pull apart components, machines, engines or anything else that needs fixing. I like animals, especially cats and dogs. I have ADHD and take medication every day, which helps me. I like all sorts of music, my favourite artist is 'tech n9ne'. I get on pretty well with other people but I'm usually a bit shy at first. I don't like a crowd much so busy malls or busy places or small spaces with lots of people I will try to avoid. I have a good sense of humour and like to see the funny things in life. I like my own space. I'm not that keen on school and find it difficult to go. I want to do a course either in computers, engineering or mechanics. I stay at my dad's every Saturday night which is cool. I've been told by others that I'm intelligent and witty.

### ***What do I want in a caregiver?***

I want someone to offer me a home until I'm old enough to live independently. I want to live with people who won't yell at me. I want a caregiver who has a house with lots of space. I want a caregiver who respects my privacy. I want to live with people who are 'drama free' and don't fight and argue. I want to live with caregivers who understand teenagers. I want to live with caregivers who have rules and boundaries that are consistent and make sense. I want to live with caregivers who are active. I want to live with caregivers who don't get drunk all the time. I just want to live with people who accept and want me.

**Joe needs the same opportunity as all kiwi kids – a stable, loving home with people who will stick with him and help him reach his potential.**

**Being a foster parent can change lives – including yours. It is easy to make a difference!**

**Do you wonder if your home could be Joe's new home or do you know someone who might? Please call me: Adele Sherry on 03) 961 5612 or toll free on 0508 FAMILY (0508 326 459) or e-mail: ADELE.SHERRY003@CYF.GOV.NZ**

[WWW.CYF.GOV.NZ](http://WWW.CYF.GOV.NZ)





Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.



## BE ACTIVE

Programmes Term 3, 2014



### New Brighton

Shoreline Fitness Centre  
55 Hawke Street  
Monday 11:00am – 12:30pm  
Starting Monday 21st July

### City

City YMCA  
12 Hereford Street  
Monday 5:30pm – 7:00pm  
Starting Monday 21st July

### Bishopdale

Bishopdale YMCA  
13a Bishopdale Court  
Tuesday 11:00am – 12:30pm  
Starting Tuesday 22nd July

### Spreydon

St Martins Church  
60 Lincoln Road, Spreydon  
Thursday 11:00am – 12:30pm  
Starting Thursday 24th July

For more information and  
to register please contact:

**P** 0800 ACTIVE (22 84 83)

**E** [jessw@sportcanterbury.org.nz](mailto:jessw@sportcanterbury.org.nz)

[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.





# BE ACTIVE

Rangiora Programme Term 3, 2014



Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

## Rangiora

St John's Rangiora  
Church Hall

355 High Street

Wednesday 10:00am - 11:30am

Starting Wednesday 23rd July

For more information and  
to register please contact:

**P** 0800 ACTIVE (22 84 83)

**E** [jessw@sportcanterbury.org.nz](mailto:jessw@sportcanterbury.org.nz)

[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, aquacise and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.





## Free Bike Maintenance Workshop

Bring along your bike to our free bike maintenance day and we'll help you it sorted.\*

Delta Community House  
105 North Avon Road  
Saturday 21st June 2014 1-4pm

For Updates:  
email: [steve@cycletrailers.co.nz](mailto:steve@cycletrailers.co.nz)

Want to help? Ph: Meg 3786817



ICECycles (Inner City East Cycles) is a project of Te Whare Roimata. Supported by: [www.cycletrailers.co.nz](http://www.cycletrailers.co.nz), Spokes, CDHB, Delta, Piko Wholefoods, Rotary Riccarton.

<https://www.facebook.com/icecycleschch>  
<http://www.cycletrailers.co.nz/icecycles.htm>

\*Some big jobs may have to be referred to our supporting bike shop, Cycle Trading Company.

# St John Day

## 24 June

A day for celebrating all that is  
**good and kind**



Celebrate St John Day by showing kindness  
or by doing a good deed! It might be for  
your neighbour, friend, colleague  
OR a complete stranger.



For inspiration please contact the South Island Customers and  
Services team on 353 7110 x 3268 or email Karlana Manuel on  
[Karlana.Manuel@stjohn.org.nz](mailto:Karlana.Manuel@stjohn.org.nz)





The Canterbury Medical Research Foundation  
proudly presents

*The 2014 Athol Mann Lecture*

*“The Future of Health Depends on  
Delaying the Ageing Process”*

Professor David Le Couteur

David Le Couteur is Professor of Geriatric Medicine at the University of Sydney, Director of the Centre for Education and Research on Ageing (CERA), Director of the Biogerontology Laboratory of the ANZAC Medical Research Institute and Senior Staff Specialist Physician in Geriatric Medicine at the Concord RG Hospital in Sydney.

His research is translational gerontology, spanning from biogerontology (nutrition, liver pharmacology and physiology, liver endothelium and ageing); clinical research (geriatric pharmacology and the application of evidence based medicine to older people) and epidemiology (chief investigator and pharmacoepidemiologist on the Concord Health and Ageing Male Project CHAMP).

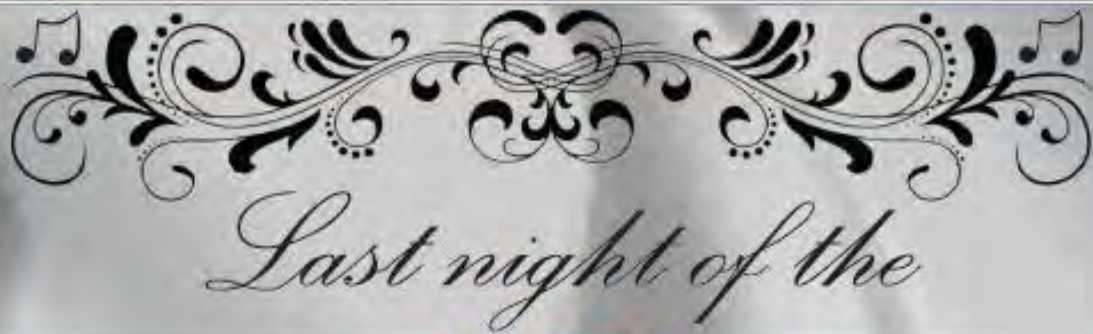
Please join us at 5.30pm at the Rolleston Theatre,  
Christchurch Hospital  
24th July 2014

*Complementary refreshments will be served*





...ARTIST DOCTORS PRESENTS...



# PROMS

25 YEAR ANNIVERSARY

WE ARE CALLING FOR PERFORMERS  
TO TAKE PART IN THIS YEAR'S  
VARIETY CONCERT

4TH OCTOBER 2014

Singers, dancers, comedians, soloists, groups, instrumentalists  
- Get your act together!

To find out more contact Ros McCarthy on 364 1104,  
mobile 027 353 2639 or email us at [enquiries@artistdoctors.org.nz](mailto:enquiries@artistdoctors.org.nz)

[WWW.ARTISTDOCTORS.ORG.NZ](http://WWW.ARTISTDOCTORS.ORG.NZ)

