



Health Select Committee visits Canterbury to learn more about our School-Based Mental Health Team and the All Right? well-being campaign & psychosocial recovery

Last week the Health Select Committee was in Canterbury to be briefed on what's happening locally with our health system response to an increased demand for mental health services, particularly for children and young people. Members of the committee were joined by local MPs who were updated on the work the All Right? team are doing, as well as the psychosocial programme of work Canterbury DHB picked up when Cera was disestablished.

Health committee members and local MPs present were interested to learn more about what's happening on the ground in Canterbury. Those in attendance included: Matt Doocey (National) – Deputy Chairperson, Parmjeet Parmar (National), Darroch Ball (NZ First), Megan Woods (Labour), Maureen Pugh (National) and Eugenie Sage (Green Party).

Clinical Director for the Child, Family and Adolescent Mental Health team, Dr Harith Swadi told committee members about the huge increases in demand for services for children and young people.

Harith talked about the fact the rate of referrals of new patients was increasing more in Canterbury than in the rest of the country – we've seen a 70% rise in the number of kids aged under 18 being referred for help and a 79% rise in the number of children and youth cases being seen in the community.

We're closely monitoring the demand and mix of services we provide and what is purchased from our community-based non-government mental health providers to ensure we have services available to meet the changing needs of our community.



Above: Health Select Committee visit

We have changed the way we work to accommodate the growing numbers of people presenting – since the quakes we are seeing 500 more adults and 100 more children each month.

Based on evidence from other disasters which have occurred overseas, at five years post the first quake we're perhaps

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mid-way through the recovery mark – the question is when do you start counting? The thousands of quakes occurred over months and years. What's different about Canterbury when compared to the rest of the country is that we had a series of earthquakes over a long period of time.

Research has shown that the recovery is likely to take at least ten years and we're only half way there. The quakes can be likened to a war. The impact of a war doesn't disappear after a few weeks. The effects will be felt for years to come. We have 'quake babies' who are now at school. A quake is not like a hurricane or a bush fire – where something catastrophic happens and then you move into the recovery phase. The aftermath of the quakes has been likened to a roller-coaster ride.

The select committee heard that our staff were working harder than they ever have, and you don't have to scratch far beneath the surface to reveal that the rate of recovery is far from even – with many people, including our own staff, still struggling trying to find a way to move forward.

Harith explained how the school-based mental health teams had grown from being a small team of three in 2013, to almost double that now. The team is now working with 107 schools across Canterbury.

The School-Based team tailor the services they provide to match the needs of individual schools. Harith explained that they have a 'menu' of services, ranging from education evenings to support teachers and parents in their role to anxiety management and mindfulness workshops for students.

"We start by having a conversation with each school to understand what the hot spots and issues are for each school and their community. Providing information in a booklet called [Issues to resources](#) which provides details of all the support services available in Canterbury has proved popular.

Many families are struggling. They've had to move more than once, lost homes, family stress, schools damaged, relocating and merging, new entrants not being ready for school and having sleeping difficulties. Many teachers report students with anxiety and this can lead to problem behaviours and difficulties with learning.

'There's no health without mental health' was Harith's message as he stressed one of the most important contributors to mental wellness was a good secure childhood – great parenting in the early years is like a vaccination against mental unwellness in later life, he said. Our emphasis is on early intervention.

Harith's five take-home messages were:

- » The young people of Canterbury were hit hard by the earthquakes
- » The indirect impact of the earthquakes will not disappear any time soon
- » With the extra resource, we can support those who have been affected

» Resilience is the name of the game We need to build the resilience of Canterbury's young people, their families and their communities

» Working with schools and their communities is a viable and effective model towards achieving that goal.

All Right? & psychosocial wellbeing

Sue Turner, manager of the All Right? Team, Lucy D'Aeth, public health specialist and Ciaran Fox, strategist for the All Right? campaign talked about Canterbury's psychosocial support. They referred to the fact that [Sir Peter Gluckman's paper](#) on the psychosocial effects of the Canterbury quakes had proved to be such a valuable resource and reference document in terms of what to expect when.



What is psychosocial support?

It's about easing the physical, psychological and social difficulties for individuals, whanau and communities as well as enhancing wellbeing.

Effective psychosocial recovery ensures that other aspects of the recovery process (e.g. secondary stressors) do not result in further harm to individuals or their communities.

The community and public health team co-chair the Greater Christchurch Psychosocial committee and shared programme of action with the Ministry of Social Development. Representatives from Territorial Local Authorities, iwi, non-government agencies, the community and government departments are all working together to identify need and ensure people can get the help and assistance they need.

While the All Right? Campaign is recognised throughout Canterbury for its colourful 'cut-through' graphics and catchy headlines, the Select Committee heard how it was firmly based on research and evidence to ensure the messages were relevant and resonated with the community. All Right? Is part of the population-wide approach to well-being.

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The essential campaign ingredients include:

- » A clear need
- » A strong objective – to inspire and support people to look after their mental health and wellbeing (and each other) during the recovery
- » The desire to understand – researching, listening, asking questions
- » A brand that resonates – and isn't linked to any particular organisation or agency
- » A diverse passionate team
- » A collaborative approach – many organisations and groups are involved
- » Lots of get up and go! – taking risks, being nimble, bold and proactive.
- » The desire to keep innovating – keep thinking, keep working and checking in with your audience. Research continues to play a vital role in informing the campaign.

The five winning ways to wellbeing, and encouraging people to 'live brighter' can help boost people's adaptive buffers.

Ciaran talked about the divergence in recovery. There are those who have been able to navigate their way around post-quake stressors and those who haven't. He said the recovery had hit a tough patch. Some of the people who seemed to be doing well, and were helping support children and other family members were now struggling and losing energy. The current phase of the All Right? campaign encourages people to find their strengths or 'spark' to better understand how they want to live and to find greater meaning in the things you do.

Live Brighter

			
<h3>Find Your Spark</h3>	<h3>Share The Love</h3>	<h3>Mind Your Head</h3>	<h3>Sort Your Habits</h3>
<p>Keen to create a life you love? Find Your Spark is about embracing who you are, knowing how you want to live and finding greater meaning in the things you do.</p>	<p>Who supports you and who do you support? Share The Love focuses on feeling connected and strengthening your relationships with the people who are important to you.</p>	<p>Do your thoughts help you to be at your best? Mind Your Head helps us to deal with the things we can deal with, maintain a healthy sense of perspective and savour the good things along the way.</p>	<p>What simple things make you feel happy and healthy? Sort Your Habits is about doing more of what helps and less of what doesn't because the little things we do can really add up.</p>

For an in-depth snapshot of the state of mental health in Canterbury, listen to [Karen Brown's insight programme](#) which played on Radio New Zealand yesterday.

Have a great week

David



David Meates
CEO Canterbury District Health Board

Facilities Fast Facts

Fast Facts – Burwood

The latest video of Burwood Hospital is now available to [view](#) – taken by drone on the public Open Day, 29 May.

A reminder to staff about the defects reporting process in our new facilities

As is expected with any building project, there will be snags and defects to fix. Please use the correct defect log/reporting process. If you are unsure please ask your line manager. If you see a small piece of tape on a wall or surface, please leave it in place – they are to identify and rectify any defects noted in finishing.

Fast Facts - Christchurch

There are now two tower cranes on site at Christchurch Hospital. The communications team will shortly be running a “Name the Crane” competition – open to children in the paediatrics wards and CHOC, and to children of DHB staff. More details soon.

Out on the concrete slab for the Acute Services building, some 1100 tonnes of steel beams have so far been erected, mostly for the western tower. There are around 4900 tonnes of steel still to bring to the site.

Ground works have now begun for the land remediation project at the eastern end of the Christchurch site. Access to the secure bike parking near the Mortuary and the Lower Ground Floor via the Department of Anaesthesia staircase will be maintained, but the exact route may change as the works progress.

The St Andrews Triangle car park is scheduled to close on Sunday 3 July, as site works get underway for the forthcoming Outpatients building.



This will cause additional pressure on short-term car parking near the hospital. The Deans Avenue Park & Ride is available for hospital patients and visitors. Alternative car parking options in central Christchurch are shown online at ccc.govt.nz/transport/parking/find-a-car-park-park-smart/ and at www.wilsonparking.co.nz/



Bouquets

Oncology Outpatients, Christchurch Hospital

I could not be happier with the treatment I have received at the above. I found the staff to be at all times eager to answer my questions and set my mind at rest while at the same time presenting a very professional attitude. All their smiles providing a lift for the day.

Radiology, Christchurch Hospital

Thanks to all the wonderful staff for the treatment - very caring. Also special thanks to all the medical team. Great coffee as well. Thank goodness it is all over, onwards and upwards!

Ward 25 (Respiratory), Christchurch Hospital

Would just like to say the Nurse Aide Maria in Ward 25 is a really hard worker and always goes above expectations. She is definitely great value to that ward.

Ward 18 (Orthopaedic), Christchurch Hospital

As far away from home I am, it certainly makes it a lot more comfortable with the kind and friendly staff who are always there to help. Cheers team.

Ward 18, Christchurch Hospital

After an unexpected fall and a week's stay in hospital, a big thank you to the nursing staff who are just awesome making sure your needs are cared for and healing and well-being is uppermost. The nurse aides, physiotherapist, support staff and all others are most helpful with whatever support they can offer. The food is excellent, staff service excellent. Your well-being and healing is uppermost in everyone's mind with amazing focus.

Ward 18, Christchurch Hospital

Awesome, kind, friendly staff. Cheers for looking after me.

Christchurch Hospital

Having two broken bones in my left hand I attended the Emergency Department of Christchurch Hospital. The reception staff dealt with me quickly, efficiently and with calm concern. I was processed through the initial checks, x-rays, doctor's examinations and fitted with a plaster cast in good time. It was busy in the Bone Shop with a two hour wait, but I was made aware of this upfront so was prepared by this to wait patiently. Knowing what is happening makes all the difference. From arriving to leaving on that initial visit was about four to five hours, which I consider a good service. I lived in London for many years so have experienced much longer waits. All the staff attended to me with kindness, care and explained very clearly what was happening at each stage.

Subsequent visits to the Plastic Surgery Department were also good. There was only one procedure there which I didn't quite understand. Upon arriving at reception on the two visits I was quickly taken to a cubicle, the curtain drawn, then left for about an hour before being examined by the doctor. I fully understand the wait but this would be more relaxed if allowed to wait in reception for longer.

Finally the Hand Therapy Department is also an excellent service. Efficient and friendly, explaining all procedures cleanly and thoroughly. I was under a tight time frame due to leaving for Europe a week after the cast was removed. The department fitted me in to three visits to give me the best progress before my departure. Thank you.

Maternity

Thank you all so much for all your time

and help you gave us during our stay. We noticed you have a wonderful team who are always willing to share their knowledge and make time to help. Our son is just melting our hearts, we love him to bits. Thanks again.

A great big Thank You to everyone who looked after us. Your care, support and guidance was fantastic. Our baby girl is certainly growing!

Oxford Hospital

A wonderful sunny, warm hospital with very friendly staff who could not be more helpful. I would certainly recommend anyone needing convalescence to come to Oxford after surgery or for general well being.

Ward 1, Ashburton Hospital — received the beautiful bunch of flowers below!



Emergency Department, Christchurch Hospital

I want to say a big thank you to the amazing care given to my father by emergency nurse Richard, he managed to make us laugh a few times, quite a feat under the circumstances. The kindness and humour he showed my family was amazing.

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Brigid, Kevin and Margaret, Christchurch Hospital

Today marks 12 months since my Nephrectomy and I would like to take this opportunity to sincerely thank each of you and your amazing teams for the care, patience, perseverance, persistence, professionalism, kindness and love that each and every one of you displayed.

I can categorically state that without all of the specialist care and services that I received from you (and of course my own room), my recovery would not have been as swift and as successful.

Tuesday 23 June 2015 was possibly the biggest day of my life to date. It is certainly one I will never forget even though I slept through much of it.

Brigid, your perseverance, persistence and determination to "solve a puzzle" are amazing attributes and a real credit to you. It was a situation where others may have been satisfied with your early "possible" diagnosis. For that I am eternally grateful.

Kevin, where do I start? The professional, warm and caring manner with which you dealt with the delivery of information combined with your sheer brilliance as a surgeon put you in a very special place in my life. I thank you from

the bottom of my heart.

Margaret, what can I say about you and your wonderful team of very caring people? The way they all cared for me throughout this very difficult time for was so very comforting and also extremely moving.

Thanks to the three of you and your teams, my life appears to be pretty much back to normal.

On 12 April this year, my partner and I embarked on a three month journey around Europe. You can be assured that what you have collectively done for me has meant that you are never far from my thoughts. In summing up, words will never be enough to convey my true feeling of gratitude to you all.

Forever in your debt.

Raegan Kitto, Social Worker

I wanted to pass on my heartfelt thanks regarding the contact we have had with Raegan Kitto, the social worker assigned to the case of my mother, currently on Ward DG at Burwood Hospital following a major stroke almost four weeks ago now.

Four days after my Mum's stroke, my Dad was admitted to Christchurch hospital following a heart attack (he had no previous heart issue history). Sadly

we were never able to get Dad home; he suffered multiple heart attacks, each one a few days apart, and he passed away last Thursday.

My parents were married 61 years and were true soulmates. From the beginning Raegan saw them as a unit and spoke to us always with consideration for what was happening with Dad.....Raegan has called me almost every day and sometimes twice a day, when I have not been able to be there. I can hardly express how grateful I have been for her kindness in making the time to do that. She will no doubt say that is her job, but I honestly believe her support of our family has gone above and beyond.

Ashburton Hospital

Hi, I was in Ashburton Hospital for a medical test / examination on Friday morning and would like to say thank you to the staff that looked after me while I was there. They were very friendly and professional....thanks!

Christchurch Hospital

Thank you to all of you for your excellent care. You guys rock! I couldn't have wished for a better place to donate my kidney. Almost like a five star hotel. All the best to you....

Canterbury Grand Round

Friday, 1 July 2016 – 12.15pm to 1.15pm
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker one: Dr Alistair Wilson, Regional Clinical Leader, ACC

(Plus three clinical advisor colleagues from ACC, Christchurch)

"The ACC Clinical Services Directorate – a team of health professionals - a lesser known part of the health service"

Who we are, what we do, what is our expertise and clinical cases to reflect our work.

Speaker two: Mr Frank Frizelle, General Surgery

"Who dies after elective surgery in Canterbury and why - the ESO study"

The ESO study examines who and why people die in Canterbury after elective surgery procedures. It is a snapshot of one month from all Canterbury hospitals (public, private and otherwise), with patients followed for 90 days. It provides a surprising insight into who really is at risk from elective surgery.

Chair: Iain Ward

Video Conference set up in:

- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital (Please note the level three F block VC is no longer available and the level 1 F block VC has move to the Riley Lounge.)
- » Pegasus, 160 Bealey Ave,

All staff and students welcome

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

Next Grand Round is on Friday 8 July 2016 in the Rolleston Lecture Theatre.

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

Welcome to new Clinical Director, Neonatology

Adrienne Lynn has been appointed Clinical Director, Neonatology, after Nicola Austin stepped down from the role she held for 17 years with distinguished service.



Above: Adrienne Lynn

Adrienne is a Cantabrian who studied at the University of Otago. She specialised in Neonatal Medicine and completed her training in Sydney at the Children's Hospital Westmead and the Newborn Transport Service, New South Wales, Australia.

She has been a Neonatologist in Christchurch since 2007 and her interests include nutrition, medication use, transport and guideline development.

Adrienne says she is excited and at the same time slightly daunted by her new role.

"To follow someone who has had such a lengthy and successful stint in the job means there is a lot of accumulated knowledge that I will need to discover but also a chance for a new perspective."

The main focus currently for Neonatal Services is how we can continue to provide excellent care with the resources available to us. The Neonatal Intensive Care Unit (NICU) is an extremely busy place, and a review is underway to help identify solutions to the challenges we face in providing the best care we can for women and babies in Canterbury, Adrienne says.

Nicola will be focusing on research in NICU and has recently commenced a 17 year follow-up of a very preterm and term control cohort.

"Research has been integral to improving the long term outcomes of the most premature and sick babies with significant gains since she was a new registrar in neonates in Christchurch in 1985", Nicola says.

She will use her non-clinical time to lead new trials going forward. In addition she has a number of national leadership roles and committee membership in the perinatal field.

Clinical Director of Medical Capability Development, Mark Jeffery, has met with Adrienne and is looking forward to supporting her to link and collaborate with the wider clinical leadership workforce.

"Having talented, capable clinicians like Adie being prepared to step up to leadership roles is vital for the future development of quality services and patient care at CDHB," he says.

To de-stress from life in NICU Adrienne plays hockey and recently represented New Zealand at the Masters World Cup winning a bronze medal along with her sister, Sarah Hurring, who is Clinical Director of Older Persons Health Inpatient Service.

Releasing Time to Care coming to maternity and NICU

Canterbury DHB Maternity services and Neonatal Intensive Care Unit (NICU) are pleased to announce the much anticipated arrival of the Releasing Time to Care Programme (RT2C) on 30 June 2016 at 0800.

Christchurch Women's, Lincoln and Rangiora Hospitals, and Ashburton Maternity Centre are eager to meet the newest addition to their families.

Special thanks to all midwives, nurses and support staff who made this dream possible.

Please contact Project Manager Roxanne Mckerras at Roxanne.Mckerras@cdhb.health.nz should you wish to be added as an attendee.



Welcoming our young patients

The Youth Advisory Council has been busy recently delivering Welcome Packs to some of the Adult Wards around Christchurch Hospital. The packs were to make youth, aged between 14-24 feel more welcome and interested while they were staying in hospital.

This has been a key project for the Youth Advisory Council and has been made possible by the generous donations of products from Mike Greer Homes and the Christchurch Hospital Volunteer Grant. Inside the packs it included items such as deodorant, drawing pad and pen, playing cards, a welcome book and a backpack to store all the items.

The Youth Advisory Council are also looking into delivering these packs to other hospitals within the Greater Canterbury-West Coast region. The team had a blast giving them out and hope to give out more in the near future.



Above: Members of the Youth Advisory Council who delivered the packs around the hospital.

Submission on Increasing Rates of Deceased Organ Donations

The Ministry of Health has released a discussion document on Increasing Rates of Deceased Organ Donations.

Full details can be found here: health.govt.nz/publication/increasing-rates-deceased-organ-donation-consultation-document

The Ministry of Health is developing a strategy to increase deceased organ donation and transplantation. Proposals are based on the findings of the initial phase of the Ministry of Health's review of options. In addition to consultation on this document, the Ministry will be engaging directly with interested stakeholders for more detailed and technical discussion of some of the proposals in this document.

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

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

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

All comments must be received by 5pm on Friday 8 July to allow time for our internal approval processes. Any comments received after this date cannot be included.

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

cdhb.intranet/communitypublichealth/submissions/SitePages/Home.aspx

Child Health nursing programme begins

A Canterbury DHB scheme to enhance the knowledge and experience Registered Nurses (RNs) working in Child Health is now underway.

Childhood is the critical period in life for laying the foundations for lifelong health and wellbeing. New Zealand has poor child health outcomes compared with other developed countries and stark differences between population groups. CDHB's inaugural Child Health Acceleration Programme (CHAP) is part of ongoing work supporting the sharing of information and best practice, to reduce disparities and improve the quality of health services for children and young people. The CHAP aims to strengthen RN skill mix and flexibility in Child Health.

In 2015 the clinical areas at the CDHB expressed willingness to collaborate with the inaugural CHAP. A governance group was initiated with representation from the Child Health Division, Nursing Director of Women's and Children's, postgraduate nursing programme providers, and Nurse Manager of Professional Practice.

"The first three participants have begun their clinical rotations", says Nursing Director, of Women's and Children's Health Lynne Johnson, "The aim is to enhance the current career pathway initiatives, choices available and experience of nurses in Child Health, while endeavouring to ensure nurses are equipped with the skill and knowledge to support the aim of children being healthy at home."

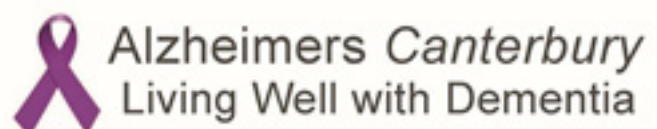
The CHAP participants will undertake a 12 month programme comprising of:

- » Mentorship – supported by senior nurses in the service
- » Clinical rotations to Child Health areas outside of their home base.
- » Postgraduate study
- » Exposure to other services (Family Safety service, Public Health etc)

The programme will build on knowledge and understanding in Child Health care nursing gained in the NetP year and expand the networks of colleagues and valuable contacts throughout the whole of Child Health and wider community. The development of this programme is based on the Child Health Knowledge and Skills Framework (National Consortium, 2011) which describes the advancement of Child Health nursing practice across a continuum from essential to specialty to advanced practice involving four aspects of care (context, pathophysiology, assessment and intervention). Nurses who undertake CHAP will advance their Child Health nursing knowledge and skills towards the advanced practice end of the continuum.



The first three Child Health Acceleration Programme (CHAP) participants at a recent orientation session. Laura Lagan, Emma Smith and Emma Densem.



You can support people with dementia to continue to lead happy, socially active lives, by hosting a Cuppa for a Cause.

All you need to do is set a date in July, [register your event](#) with us, decide on a venue, invite all your friends, colleagues and/or family members, bring out your purple wear and some delicious baking and ask for a donation.

When you [register your event](#), we will provide you with everything you need to promote your Cuppa for a Cause.

Please feel free to share your event on our [Facebook page](#). On behalf of the dementia-community, thank you very much.

Kaikoura Nurse Manager retires

It will be the end of an era on July 1 when Adrienne McNabb calls time on her 50 year nursing career.



Above: Adrienne McNabb

Adrienne has spent the past eight years as Nurse Manager at Kaikoura Health Te Hā O Te Ora (formerly Kaikoura Hospital), a time she describes as among the most challenging and busy.

Adrienne started her career in 1966 straight from school. She has worked in theatre, night shift on medical and surgical wards and for 12 years in the Emergency Department at Nelson Hospital.

She also nursed through a major flu epidemic in Lower Hutt.

Adrienne has seen many changes during her career, including the introduction of polytechnic training for nurses in the 1970s, shorter recovery periods and most recently, the transformation of the 100-year-old Kaikoura Hospital to the modern, integrated health centre it is today.

Her career started the day she read a book as a teenager about a nurse called Sue Barton. She was inspired to join the health workforce and after leaving school started training at Nelson Hospital.

"Everything was quite different then. "You lived in the nurses' hostel and junior nurses did not talk or ask questions of doctors or senior nurses," she says.

Nurses are now doing many skills that were once thought to be a doctor only procedures.

"In the 1990s I upgraded my hospital trained registration to a Bachelor of Nursing degree and then went on to do a post graduate certificate in Emergency Nursing."

However the biggest change was in technology.

"First it was just a few electronic devices and computers that administrators used for patient data and now just about everything has an electronic component."

Building on the experience she gained as a member of the design team when Nelson rebuilt its Emergency Department, Adrienne was an integral part of the design team for the new Kaikoura Health Te Hā o Te Ora.

"I am proud that we have been able to build this beautiful facility and acknowledge that without the help and support of the community we would not be enjoying it now," she says.

She has enjoyed meeting and working with many wonderful people over the last five decades.

"To all these people I would like to say thank you as you all have helped to make life interesting for me."

Thank you Adrienne, we celebrate your career and acknowledge your special contribution to Canterbury DHB; particularly over the last year, holding the Kaikoura team together and shifting into Kaikoura Health Te Hā o Te Ora.



Above: Adrienne in her early nursing career.

Falls prevention, a plate of crumbs and the memory of a morning tea

A big thank you to the 77 people who entered this year's April Falls Awareness competition and refreshed their falls knowledge, and sincere apologies for the delay in announcing the winners.

To be in to win you had to have completed the healthLearn Falls Prevention staff learning package between the 1 November 2015 and the 30 April 2016.

With the help of Margaret Jarrett who has been certified impartial, we drew the 4 Lucky dip prize winners, for whom morning tea may already be a distant memory of crumbs on a plate.

The winners of the coffee cards were:

- » Natalie Brough, ED
- » Hannah Cain, Orthopaedic Rehab Unit, Ward FG
- » Vera Fortune, ED
- » Lilian Margetts, PSAID

The Ward Shout winners were:

- » A&RHS - Darfield - - an outstanding effort with 94% of staff refreshing their falls knowledge.
- » Med Surg ED
- » Women and children's health - Gynae Ward
- » Older Person's Health and Rehabilitation – Surgical Orthopaedic Unit, Ward GG

Thank you once again if you entered, on behalf of our safer patients, for your efforts, enthusiasm and ongoing commitment to preventing falls.

Canterbury DHB partners in new ageing well initiative



Above: Hamish Jamieson

Geriatrician and Senior Lecturer, University of Otago, Hamish Jamieson, leads two projects. They are valued at \$360,000 and research aspects of older people's lives. One is on social isolation and the other is about polypharmacy.

The data explores the very big INTERAI data set on ageing in New Zealand. This data collects over a hundred thousand standardised assessments of older people in New Zealand. All data is electronically stored and easily linked with other health data.

This allows a world leading opportunity to track older people's

Canterbury DHB is pleased to be a strategic partner in the new Ageing Well National Science Challenge.

This initiative, run by the Ministry of Business Innovation and Employment, is a new way of looking at ageing in New Zealand. Large groups of researchers are encouraged to work together and develop clinically relevant results that can be used which will be integrated to improve health services.

progression through the health system and find information that can be used to improve care.

Hamish leads the project which involves a team of researchers including, from the University of Canterbury, High Performance Computing Expert, Tim David, and Epidemiologist, Phillip Schluter. Also involved are CDHB General Manager, Planning and Funding, Carolyn Gullery and Chief Medical Officer, Southern District Health Board, Nigel Millar.

Carolyn says she is delighted with the project plans.

"Linking and analysing data will help understand the needs of older people more. It is great that Canterbury DHB is a strategic partner in the National Science Challenge".

Hamish says it is a big job collating a data set of over 300 million items.

"However we have been lucky to have engaged a Decision Support Team which are helping organise the data set for us."

This is an important collaboration between clinicians, Decision Support and researchers that we hope will be ongoing to improve ageing research and quality of care older people in New Zealand. Hamish says he is delighted to have Canterbury DHB as a strategic partner in this research. Results are expected in early 2017.

Get active and support respiratory research

Emily Arps, All Right? Campaign Health Promoter at Canterbury DHB's Community and Public Health is training to run 750kms over 100 days to raise \$10,000 for the Asthma and [Respiratory Foundation's Research Programme](#).

The [100 Day Challenge](#) is asking people to use their lungs and is the first fundraiser for the [Better Out Than In project](#).

"That could be doing 50 push-ups a day for 100 days, biking to work at least three times a week for 100 days, or even doing five minutes of mindful breathing each day," Emily says.

"The challenge is a particular test for me as I live with a rare respiratory condition called Kartagener's syndrome and Bronchiectasis, which has meant I've spent a fair bit of time in Christchurch Hospital."

Kartagener's syndrome is a rare genetic syndrome that consists of two conditions, Primary ciliary dyskinesia (PCD) and Situs Inversus.

The first condition, PCD, affects the cilia (tiny, hair-like structures that line the airways). Normally, cilia move together in wave-like motions to clear mucus out of the respiratory system. With PCD, cilia don't work as they should so mucus stays in the airways and results in frequent infections of the lungs, sinuses, and ears.

The second condition, Situs Inversus, is where all of the internal organs are on the opposite side of the body to normal (an exact mirror image). "This does not cause any complications. I just use it to play tricks on the medical professionals," she says.

As a result of having recurrent chest infections she has also developed bronchiectasis, which is where the breathing tubes



(bronchi) have been damaged, enlarged and scarred. This causes mucus to build up in the extra space, and is a breeding ground for bugs like pseudomonas to colonise.

To keep sinus, ear, and lung infections to a minimum Emily has to do daily nebulisers, chest physio, sinus washouts, exercise, and eat and sleep well. Due to stubborn chest infections, she also requires regular IV antibiotics.

"Day to day, my condition can best be compared to having a chronic cold (not that I know anything else!). While sinus headaches, blocked ears and a cough are the 'norm' for me, these symptoms can be energy zapping, and, at times, self-esteem and confidence zapping too!"

Reaping the respiratory related benefits of increased exercise, Emily now takes the opportunity to exercise at any opportunity.

"Some of my favourite activities are mountain biking, kayaking, and walking in the Port Hills. I also now walk and bike everywhere. I sold my car last year as it was not being used!"

Emily recently started the Better Out Than In project to support and empower people affected by chronic respiratory conditions. It will also be used as a platform for connecting people, sharing stories, and fundraising.

[Find out more and sign up here.](#)

You can read [Emily's story](#) on the [Better Out Than In](#) website, and [sponsor her 750km challenge here](#).

Read the [Christchurch Mail article here](#).



Calling all parents – we need your help with a parents' page for HealthInfo

HealthInfo is a health information website for the people of Canterbury, developed by the Canterbury District Health Board. It has a lot of very helpful information about health issues, including a large section on child health.

We are writing a page for parents all about healthy weight and lifestyles for children. To make sure it has the very best advice, we want to know what parents think should be on this page.

We'd like to give you an opportunity to take part in a small group meeting with other parents, to give us your views. A health professional will lead the meeting.

You will be asked about what kind of information you think the page should have, and how you'd like to see it displayed.

To make sure we don't miss anything important, another health professional will take notes and the meeting will be recorded. All the information you give will be confidential.

We will not include people's names in any report of the meetings.

Three one-hour meetings will be held: one for NZ European, one for Maori, and one for Pacific Island parents. They will all be during the school holidays, so you can bring your children or whanau along to meetings and we will provide child care.

We will give each family taking part a \$30 petrol voucher or cash, and we will also make sure healthy snacks are available during the meeting.

See poster (right) for times and venues.



Help us make life easier for parents...

Canterbury DHB wants to make it easy for parents to find out what their kids need to be healthy.

And we need you to help us do it!

We want you to tell us what you'd like to see on a website about kids being active and eating well.

How can I help?

Join a parents' group for 1 hour during the school holidays to answer some questions.

We'll give you a **\$30 petrol voucher** to say thanks, and we'll also provide some healthy snacks and water.

We'll even take care of your kids if you need us to!

When is it?

Pacific peoples group:

Monday 11 July, 10am
Pacific Trust, 187 Montreal St

New Zealand European group:

Thursday 14 July, 10am
Community & Public Health, 310 Manchester St

Maori group:

Wednesday 20 July, 10am
Pegasus Health, 160 Bealey Ave

Sign me up!

To join in, contact:

Sally Watson | HealthInfo Service Development Manager

Ph. 03 364-4167 or 027 687 2302 | E. sally.watson@cdhb.health.nz



SI PICS goes live - project update June 2016



The South Island's new patient information care system (SI PICS) went live on Monday 30 May in Canterbury DHB with some outpatient services. The launch represents the first phase of implementation and coincided with the opening of the new Burwood facility. Staff in older person's health and rehabilitation outpatient and community services are the first users of the system.

SI PICS is a major South Island Alliance programme that will result in a single patient administration and information system for the region. Once up and running, we can expect a more streamlined and user friendly system that will save people's time and allow a seamless transfer of care anywhere in the region, effectively making DHB boundaries irrelevant for patient and clinician.

The final 'go' decision was preceded by a huge amount of work by the regional and local SI PICS teams and provider Orion Health. More than 75,000 patient records were migrated to the new system and the software was put through its paces with several rounds of user acceptance, system integration and data migration testing, before it was released.

Stella Ward, SI PICS executive sponsor, said: "This go-live is the result of a huge amount of effort from several parties – it's a great example of partnership working."

"For Canterbury DHB, SI PICS plays a part in our movement to provide efficient, patient-centred care. For the region, it's the first piece in a much larger puzzle for our solution to patient management and administration."

Super user Niki Bailey joined the project team last year, from her role as ward clerk at Hillmorton Hospital. A proficient SAP user, Niki had no problems transitioning to SI PICS and believes that, although more advanced functionality is yet to come, from day one SI PICS will still provide a better user experience.

She said: "As confidence and capability grows, I'm sure staff will find it much more intuitive and user-friendly than their previous patient management systems."

SI PICS is set to be rolled out across the South Island over the next few years, with Nelson Marlborough DHB scheduled next.

Supporting families affected by dementia

Two out of three New Zealanders are touched by dementia and the number of New Zealanders living with dementia is expected to triple by 2050.

To address this, dementia education sessions have been held for over 450 health professionals across the South Island over the past 12 months, as part of a Primary Care Dementia Education project. A range of online training resources have also been developed, to ensure consistent future learning.

The project was established to educate primary care health professionals around aspects of the cognitive impairment pathway available on HealthPathways, the importance of a timely diagnosis, promote a person-centred approach to caring for people with dementia and

their families, and introduce the training available.

The South Island Alliance appointed Carole Kerr and Rebecca Winsor to coordinate the project. Carole is based in Nelson and has worked extensively within older person's mental health services and also works as a dementia educator for the Walking in Another's Shoes programme. Rebecca is based in Christchurch and has worked within the dementia assessment unit, and more recently as a clinical nurse specialist for older person's health.

Dementia is a long-term condition that can be managed effectively in the community, says Carole. "For most people living with dementia, the majority of the care and support needed can be

provided in their own homes. This is why it's essential that people with dementia, along with their families, are assisted to maintain and maximise their abilities, optimise their sense of wellbeing, and have control over their circumstances."

Diagnosing dementia had previously been part of specialist services and not usually primary care, she says. "Now that there's a shift from a specialist focus to a primary one, we wanted to provide the education and training to support this."

Carole and Rebecca began the Primary Care Dementia Education project in May last year and their involvement comes to a close on 30 June. Rebecca says it has been a satisfying and rewarding

» Article continues on following page

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journey. "It's been a really positive step towards raising the profile of dementia, as well as raising awareness of the HealthPathways available, and the role those pathways have in supporting diagnosis and providing a plan for the person going forward. "One of our key goals was to ensure those who are diagnosed with dementia and their families or carers are referred to Alzheimer's services as soon as possible and that they know exactly where to get the information and support they need."

The development of online training resources for health professionals was one of the significant outcomes of the project, which began with a survey for primary healthcare providers across the South Island. The national training resources were then developed based on extensive feedback from the survey, as well as input from specialist services, primary care, and NGOs.

"We were also privileged to film interviews with people living with dementia, their carers and specialists. This footage was used for the resource. It's the most comprehensive online dementia training available in the country."

One of the benefits of online training is that it's enduring, Carole says. "While people may prefer face-to-face sessions, it's easy to forget a lot of what you learnt. With online training, the information is there to go back to if you need it."

Support for the project was very positive, Rebecca says. "Everyone was really engaged and the PHO managers were instrumental – we could not have done this without their help. Many organisations have been proactive and made changes to their practices already. We are really happy with what has been achieved so far and look forward to a more person-centred approach to diagnosing and supporting people with dementia in the future."

Here's a story about Christchurch woman Jan Dunne, who attended local sessions and found them valuable both professionally as well as personally...

When a family member is diagnosed with dementia, it's a difficult time for everyone – and practice nurse Jan Dunne understands those challenges from a personal perspective.

Jan's husband John was diagnosed with early onset dementia in September 2015. She says her experience demonstrated both the importance of a timely diagnosis and the need for education and support for families.

To gain more of an understanding of the illness and how she could help people in a similar position through her role as a practice nurse, Jan came across Primary Care Dementia Education sessions.

Jan says the sessions were a source of valuable information and a great way to learn how to make a difference in a professional context. "The sessions were fabulous and I learnt so much, such as what to expect when it comes to the changes and emotions you will face, the role loved ones play, and other tips and scenarios to look out for.

"One of the helpful resources I received through the sessions was the [dementia poster](#), which informs and guides others about what the person with dementia is going through and the best way to interact with them. Even John thought it was great, so I gave a copy to every member of our family. From a nursing perspective, I would like to see this resource handed out to relatives.

"My personal experience also showed me there is a real need for support for the spouse of the person diagnosed – particularly for the younger age group. With more and more people being diagnosed with dementia at a younger age, I would like to see more communication and help offered to the families one-on-one, at a practice level." A significant amount of work is currently being completed by the South Island Alliance's Health of Older People Service Level Alliance (HOPSLA) to achieve this, and the sessions are an important step.

Jan's personal experience and knowledge she gained through the sessions has helped bring about positive changes at her workplace, including ensuring referrals to Alzheimer's support services. "After John's diagnosis, I had to ask my GP for a referral to the

organisation. This has now become standard practice at our clinic. It's also about an awareness to listen to family if they have any concerns so that tests can be done as soon as possible – a conclusive and timely diagnosis is really important."

The diagnosis of a loved one is a real grieving process, she says. "There are huge adjustments to make in your life and it's an emotionally draining time. The role of the spouse is huge and you don't get any break from that. It's also hard to know whether you are doing the right thing or not with every little decision you have to make, so the more support and information you have, the better."

Jan believes there is a real need for a greater awareness of the illness. "It's about education and getting the word out there to lift the stigma. It's important not to be frightened of these things so we can help make a difference to the lives of those affected by dementia."



Above: Jan Dunne



Collaboration wins the Health Care Team Challenge

A successful Health Care Team Challenge (HCTC) was held in the Bevan Lecture Theatre on Friday 17 June. Two energised inter-professional teams made up of new graduates and students competed. They were both given a mock case study and had a month to prepare a health plan.

Director of Allied Health Garth Munro, Charge Nurse Manager Pip Crowther and Allied Health Assistant Project Lead Catherine Coups were the adjudicators and their feedback to teams showed insight of Canterbury's integrated health system.

Health Care Team Co-ordinator Keryn Burroughs, said both teams' presentations were very good and highlighted the benefits of multi-disciplinary approach to working with the patient and family.

The successful team called 'Collaborative Care' will now be representing Canterbury DHB in Auckland at the International Interprofessional Healthcare Team Conference on 4 July.

The team members are

- » Amy Oughton, Mentor
- » Viv Campbell, Speech language Therapist
- » Xanthe O'Carroll, Speech Language Therapist
- » Mariette McCormick, Physiotherapist
- » Abigale Noone, Registered Nurse
- » Matthew Chamberlain, Doctor
- » Jess Smith, Social Worker

The audience gave extremely positive feedback:

"The challenge highlighted the importance of team work and involving multidisciplinary teams in patient's rehabilitation and treatment."

"It's a fun experience and good exposure to inter-professional interaction."

A big thank you to Garth Munro, Clinical Managers and the HCTC Committee members for making this event possible.

"The plan is to present the HCTC at the Grand Round with hopefully more teams competing next year so watch this space," Keryn says.

"We wish the representing team well and no pressure, but bring it home."

Julie Grenfell and Keryn Burroughs, Health Care Team Co-ordinators



Top row (from left to right), Viv Campbell, Matthew Chamberlain, Abigale Noone, Jess Smith and Xanthe O'Carroll.

Bottom Row (From left to right) Amy Oughton, Mariette McCormick (Physiotherapist)

Recruitment

Chief of Psychiatry - Christchurch

The Canterbury health system is continuing its journey towards the vision of a fully integrated health and social care system with people at the very heart. It is a health system that aims to support people to stay well in their homes and communities. It is a health system that is connected, integrated, and that values people's time. It is a health system in which quality, continuous improvement and innovation underpins everything we do. It is a health system that, by virtue of what it is achieving, is drawing attention from across New Zealand and around the world.

The Chief of Psychiatry provides medical leadership across Canterbury's mental health service. In partnership with nursing, allied health and operational leaders in our mental health services, the role is responsible for championing patient-centred care through continuous clinical improvement while leading initiatives to enhance patient safety and outcomes.

The Chief of Psychiatry also works with Canterbury DHB Chiefs, Chairs and other senior medical leaders to support the achievement of the vision and goals of Our Health System.

» Article continues on following page

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Subject to approval by the Director-General of Health, the role will take on the responsibilities of the Director of Mental Health Services as outlined in the Mental Health (Compulsory Treatment and Assessment) Act 1992.

You will be a senior psychiatrist with a demonstrated track record of working collaboratively across a complex adaptive mental health service to provide leadership which results in a vibrant and collaborative medical culture with clarity of common clinical purpose. You will be skilled at forging cross-organisational and system relationships, alignment and commitment. You will be inspirational, self-aware and dedicated to the building of a culture of quality, innovation and continuous improvement.

To view a Statement of Accountability for the role and to apply online, please visit cdhbcareers.co.nz

Accountability Coordinator | West Coast DHB

Across the Canterbury and West Coast health systems we are actively redesigning the way health services are delivered in order to deliver the best possible care for our populations. We are offering an exciting opportunity to be involved in this transformation as the Accountability Co-ordinator for the West Coast DHB.

As a member of the Planning and Funding Team you will be supporting the DHB to meet its accountability requirements and using your strong literacy and numerical skills to help articulate the changes we are making and tell the performance story of our health system.

Working in a small and supportive team, this varied and busy role involves the coordination, preparation and presentation of monitoring reports tracking activity, service performance and health outcomes. Working with a range of internal and external stakeholders, this role also provides important support for our health alliance programme office.

We're looking for someone who can focus on the smaller details while still seeing the big picture. Taking pride in the accuracy of your work, you will love writing reports, creating graphs and turning data into meaningful information.

In order to excel in this role you will need to be highly literate, be proficient with Microsoft Office applications particularly Word and Excel and have strong organisational and time management skills. Demonstrating initiative will be important, but you will also value teamwork and have the ability to create and maintain positive working relationships with colleagues and stakeholders.

Some knowledge of the healthcare sector is desirable, but not as essential as your ability to quickly acquire new skills and your willingness to give things a go.

If you are looking for a role that will give you the opportunity to be part of two uniquely different organisations, making real gains in improving the health of their populations, please apply now.

Supporting the Team Leader for Accountability and the Team Leader for the West Coast, this is a full-time position based in Greymouth but with occasional travel to Christchurch.

Applications are only accepted online, so please visit cdhb.careercentre.net.nz and complete your application today!



Restorative care - supporting independence and engagement

The Health of Older People Service Level Alliance (HOPSLA) has developed restorative care guides to support older people to be independent, care for themselves and interact with their community, family and whānau for as long as possible.

Restorative care is a powerful way to help older people improve their function, independence and quality of life. Two new guides are now available that explain what restorative care is and how it can help older people enjoy life for longer.

In the South Island, the number of people aged over 85 years is expected to more than double – from 21,000 in 2011 to 42,800 in 2031.

To support this growth, the Health of Older People Service Level Alliance (HOPSLA) recommends health care providers across the South Island adopt a restorative care approach in the services they provide to older people in their communities, defining the person's own goals and working with them to achieve those goals.

HOPSLA has developed two restorative care guides: one for consumers and one for health professionals. The guides outline what restorative care is, what it means for individuals and how it can be integrated into health services.

The guides include two stories of elderly people showing how restorative care was a success for them.

[View the consumer guide here](#)

[View the Health professional guide here](#)



Welcome to the fourth and final week of Men's Health Month 2016!



#MenStartTalking is the theme for Men's Health Month 2016. When our mates seem down or in trouble the easiest option is to not talk about it. We don't know what to say or we think it will be the wrong thing. Not talking is killing hundreds of Kiwi men each year and stops many others from enjoying life to the fullest.

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

Free Health Checks - Pitstop

It was also 'Men's Health Week 2016' last week and the good news is there are still FREE health checks - Men's Health Pitstop checks running until the end of the month! We often need to stop at the shops or the mall on the way home or duck out at lunchtime to pay a bill or post a letter. Why not stop in at your local Unichem or Life pharmacy for a few minutes and get the ball rolling. You can also check "Your Score" on the website and learn more about this year's focus on diabetes menshealthweek.co.nz

Te wero tuawhā - the focus of the final week: Living healthier

This week's [brochure](#) is around having the conversations that matter and getting guys talking.

It is easy for us to pick up bad habits that contribute to us putting on weight: eating takeaways, eating food out of packets, drinking soft drinks and energy drinks, too much alcohol, and not doing enough exercise. It is easy to ignore when we are gaining weight. Being big isn't bad because of the way we look but because of how it affects our health. Let's take the time this week to work out what a healthy waist size is for our height, and if we're feeling a little heavier than we would like, how many cms we could aim to lose.

How to:

Measure your height and divide this by two. This is the maximum your waist circumference should be when you're standing up.

Set yourself some goals and make changes to your eating and exercise habits to lose your stomach fat. For ideas on how to lose those cm's see the living healthier section "I want to lose more cms" at menshealthnz.org.nz/living-healthy/lose-cms

Note: for some of our Māori and Pacific guys there might be different measures for what's considered to be healthy around

height and weight. If you're unsure talk to your family doctor about it.

Workplace activities:

What we eat has a direct impact on our energy levels and waistlines. Hand out fruit to staff and provide healthy lunch options in the staff cafeteria. Offer alternatives to energy drinks and sugary snack foods. Start conversations around food as fuel.

Set up an area where guys can take a look at how their weight is measuring up. Provide some tape measures, a height chart and some men's health information.

Run a motivational men's health competition for men who want to lose centimetres. Ask employees to sign up and make a commitment to losing cms, and offer a few incentives for those who make progress.

If our guys are feeling their health is affected by issues relating to weight, they might qualify for a 'Green Prescription' – a nationwide government funded initiative for people who need support and motivation to get active and improve their lifestyle. People can self-refer to the programme, or get referred through a nurse or health professional. They'll receive a one-on-one goal setting and motivational session, weekly group education classes, workshops and follow-up. For more information health.govt.nz/our-work/preventative-health-wellness/physical-activity/green-prescriptions

Run a workplace campaign on any men's health topic that suits your workforce, eg. Mental health, moving more and eating better. For ideas go to www.wellplace.nz

Māori Men's Health

A major focus this year is on diabetes. Check out the fantastic website for 'Te Rōpū Mate Huka o Aotearoa - The Māori Diabetes Collective of New Zealand'. Unfortunately our Māori and Pacifica whānau are 3 times more likely to develop diabetes in Aotearoa. Knowledge is power. There are resources, videos, personal stories and nationwide links to Māori health providers. Check them out at maoridiabetes.co.nz

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

One minute with... **Vicky Heward, Communications Advisor**

What does your job involve?

Communicating with people within Canterbury DHB, the wider Canterbury Health System, central and local government, community groups and the general public.

Why did you choose to work in this field?

My first job as a graduate was with the Government Tourist Bureau. We received a full grounding in all aspects of the business from accounting to phone bookings to front counter work. I found I really enjoyed the marketing aspect and from then on gained further qualifications and experience in marketing and communications.

What do you like about it?

The variety. No two days are the same. I've worked on projects from promoting the flu vaccination to the People in Disasters Conference last year. I get to use all my skills from relationship building to plain English writing to creative ideas for promotion.

What are the challenging bits?

Making sure everyone gets the right message on time and in the most beneficial way. It's our job to interpret our messages for different audiences and we often have to convince the message makers of the best way to do this. We are also often asked to work to very short timeframes.

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

The Orderlies at TPMH. Some have recently left and others now work over at Burwood Hospital. They have been such an integral part of what Canterbury DHB does here at TPMH.

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

It's all about telling our stories and showing how we work by these values.

The last book I read was...

I love to read. I'm currently reading "Write me a web page, Elsie" by Rachel McAlpine and just finished "A knight of the seven kingdoms," by George R. R. Martin.

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

Ireland. My ancestry DNA results show I am in fact 41% Irish and I would love to go and look up some relatives.

My ultimate Sunday would involve...

Breakfast out, the latest Game of Thrones episode and some time for crafts.

One food I really dislike is...

Celery – the texture and taste is just yuk!

My favourite music is...

A wide range – from Clannad to Foo Fighters. I'm also a big fan of '80s music (much to the disgust of my 12 year old daughter).

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



Vicky Heward

eCALD newsletter

[June 2016 Special Newsletter Edition](#)

Included in this issue:

- » CALL FOR ABSTRACTS: 6th International Asian and Ethnic Minority Health and Wellbeing Conference [September 2016]
- » Cross-Cultural Newsletter: Mental Health Issues Encountered by the Police [2016]



Staff Wellbeing Programme: New dates for Wellbeing Workshops: Men's Health: Clever Commuter

Wellbeing workshops – New dates

We have added some new dates for both of these workshops, be in quick to secure your place as we have limited places for both.

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

Men's Health

Men's health month is just about over. [Click here](#) to go online and check "Your Score" and receive an email explaining what your score means. Please note this survey is an adaptation of Foundation 49's One Minute Men's Health Check. This survey is not a diagnosis. It is recommended that all men visit a GP on a yearly basis.

The Blokes Book

For Canterbury Men, [click here](#) to read THE blokes BOOK.

Be A Clever Commuter

Sick of being stuck in traffic? Tired of putting your hard earned dollars into the petrol tank? Frustrated at not being able to find a park? Well you are not alone, [click here](#) for more information on being a Clever Commuter and read about other ways to get to work.



Lee Tuki, Staff Wellbeing
Canterbury and West Coast DHB
 Phone: 03 378 6855 | Ext: 82855 | Mobile: 027 689 0285
lee.tuki@cdhb.health.nz



CONFERENCE 2016

FRIDAY 14 AND SATURDAY 15 OCTOBER 2016

EDUCATION CENTRE, WELLINGTON HOSPITAL, WELLINGTON

Registration Now Open

For more information and to register, visit www.nzash.co.nz

Speakers:

Professor Jean Ker, Professor of Medical Education, University of Dundee, Scotland
Dr Traci Wolbrink, Associate Director, OPENPediatrics, Boston, USA
Associate Professor Jennifer Weller, Head of Centre for Medical and Health Sciences Education, Auckland City Hospital, Auckland

Enquiries to: ForumPoint2, Conference Partners
 Ph +64 7 838 1098 or cassandra@fp2.co.nz

EDUCATIONAL SUPPORT AND DEVELOPMENT FOR TEACHERS

Core Professional Development Series



- This is a new regular educational forum
- It is open to all staff interested in teaching and learning in any context
- Certificates of attendance will be issued
- Bring your lunch and bring a colleague
- Spaces are limited to 16 each session

Facilitators : Maggie Meeks and Anthony Ali
 University of Otago, Education Unit

To register contact stephen.sharp@otago.ac.nz or use QR :



DATE	TIME	TOPIC	ROOM
Thurs 28 July	1:00PM - 2:00PM	Creating Positive Learning Environments	Room 704
Thurs 25 Aug	1:00PM - 2:00PM	Addressing Challenges Presented by Students	Room 704
Tues 27 Sept	12:00PM - 1:00PM	Participating in Effective Feedback	Room 706
Tues 25 Oct	12:00PM - 1:00PM	Facilitating Small Groups	Room 706



UNIVERSITY OF OTAGO, CHRISTCHURCH

In brief

International Asian and Ethnic Minority Health and Wellbeing Conference 2016

The International Asian and Ethnic Minority Health and Wellbeing Conference 2016, hosted by the Centre for Asian and Ethnic Minority Health Research (CAHRE) and eCALD®, will be held on 6 - 7 September 2016 at the University of Auckland's Tāmaki Campus.

With a theme of "Working Together to Achieve Better Health Outcomes" the 2016 CAHRE conference brings together health practitioners, service providers, service managers, policy makers, researchers, community leaders and students to share their knowledge and experiences in Asian and ethnic minority health. This conference offers an invaluable opportunity to connect with local and international participants and build multidisciplinary, inter-sectoral and community networks.

Mai Chen, Managing Partner of Chen Palmer Public and Employment Law Specialists, will present the opening address on "The impact of Superdiversity on Asian and ethnic minority health".

Invited international and local speakers will present on the following themes:

- » Maternal health and perinatal maternal mental health
- » Health and wellbeing of older people
- » Primary health and community care
- » Cultural competency and workforce development

For more information go to cahre2016conference.nz/index.html

Department of Psychological Medicine, University of Otago, Christchurch & Specialist Mental Health Service, Canterbury DHB Clinical Meeting

Tuesday 28 June 2016, 12:30 pm – 1:30 pm

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

Title: "The place of intimacy and relationships in long term secure psychiatric care"

Abstract: Relationships especially sexual relationships can cause a lot of angst among staff and organisations. This talk describes the experience of a unit in the UK and is of course not directly transferable to a New Zealand setting but its purpose is to stimulate discussion of a sensitive issue.

Presenter: Dr Tegwyn Williams

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 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.

How do I get vaccinated? [Find out here.](#)

If you and some your colleagues would like a clinic organised, contact Kirsten Herrick to arrange a time to be vaccinated - 68723 or kirsten.herrick@cdhb.health.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha

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



FLU
CAN BE
ANYWHERE

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