



ceo update

Monday 15 September 2014

Well done on excellent preliminary results from our recent Certification Audit

Canterbury DHB was recently visited by a team of independent auditors as part of our Certification process. Under the Health and Disability Services (Safety) Act 2001, hospitals are certified for set periods of time – usually between one and four years. Once this is up, they must be re-audited and their certification renewed.

There is also a surveillance audit around the middle of the hospital's certification period, checking that progress has been made on any outstanding areas identified in the earlier certification audit.

A surveillance audit is what took place in Canterbury during the first week in September. This involved a number of auditors who visited all of our facilities.

The audit team observes:

- staff
- patients
- how staff interact with patients
- the general environment
- clinical records, policies and procedures.

They also interview staff, patients and family members.

I have had informal feedback from the auditors, and to say I felt proud would be an understatement.

Against a backdrop of broken buildings, noise and disruption, they were blown away with the high standards of care observed and quality interactions with patients.

The auditors were really impressed with the new model of care in mental health. They observed nurses out in the new open ward interacting with highly complex patients. They were also impressed by the reduction in the use of seclusion in mental health services.

Occupational health and infection control teams can also take a bow. The work you are doing on a day to day basis in facilities that are not up to the mark is absolutely stunning. It once again shows that people matter most – while shiny new buildings are vitally important, it's people and sensible systems and processes that have enabled us to continue to make the grade when it comes to infection control.

The team at Ashburton were also praised for having clear direction, vision and strategy. The auditors were suitably impressed with the work our recruitment team is doing.

It was heartening to hear that despite everything many of you are going through, the auditors commented that staff they spoke to felt engaged. Overall the results were pretty stunning. We have a lot of fantastic people doing the right things, for the right reasons for the benefit of patients and people receiving treatment and care.

There are, however, areas where we need to lift our game and this includes matters around transferring care and handovers; ensuring the HDC Code of Rights is accessible to all; a document control system that is up to date; timely data entry appropriate to the service and setting; medications management systems and fridge temperatures to name a few. Many of you will be aware that work is already underway in some of these areas. Against all hundreds of standards we were audited against there were only 23 Corrective Actions identified, and 16 are considered 'low level' or 'minor'.

Thanks again for everything you're doing – you are making a positive difference to the lives of Cantabrians.

Have a great week,

David Meates

David Meates' formally awarded a MNZM

Last Friday, David Meates, MNZM, was invested with his honour (announced in the Queen's birthday honours) and formally awarded a Member of the New Zealand Order of Merit in recognition of his services to health.

The New Zealand Order of Merit is an order of chivalry established by the Queen "for those persons who in any field of endeavour, have rendered meritorious service to the Crown and nation or who may have become distinguished by their eminence, talents, contributions or other merits."

Congratulations David - from your colleagues. It's great to see your leadership, vision, courage, passion and determination formally recognised.

Canterbury Medical Grand Round

Friday 19 September 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: Rolleston Lecture Theatre

Speaker: Angela Butler, ENT Consultant

Title: Robotics and Lasers.....part II of Changing Sexual Practices and Otolaryngology

Eighteen months ago Angela presented the topic of changing sexual practices and its implications in ORL - in particular increasing rates of oropharyngeal HPV carriage and oropharyngeal malignancy. This talk will look at the implications for patients and the shift in management, particularly with the use of lasers and robotics.

Speaker: Rafi Raji, Rheumatologist

Title: Multiple Site Joint Pain

An introduction to the burden of musculoskeletal conditions and the recognition of multiple site joint pain as a significant problem in the older population. Rafi will focus on the results of his research on multiple site joint pain in the UK and will discuss the detailed clinical characteristics of multiple site joint pain and therapeutic utilisation.

Chair: John O'Donnell

Video Conference set up in:

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

For more information contact: ruth.spearing@cdhb.health.nz

Annual Staff vs Student debate

The annual staff verse student debate is happening on Friday 26 September at the Rolleston Lecture Theatre. Join us to watch as the students argue that 'the next generation of doctors will be superior to the current generation' and the staff defend their reputation. It is bound to be an entertaining night, so come along. The debate kicks off at 7pm with drinks and nibbles beforehand.

The debate is kindly sponsored by MAS.

Right: Sean MacPherson, Haematologist, at last year's debate admitting the students are superior beings.



Burwood

Temporary closure of gate one and driveway

A sewage line for the new Burwood hospital buildings needs to be laid. Work began on Monday 8 September on Mairehau Rd, near to entrance one. To complete the work, gate one and its driveway will be closed from Monday 22 September for approximately three weeks.

A traffic management plan will be in place with clear signage.

This driveway closure is to all traffic except for the Fire Service and St John's Ambulance. Please ensure no taxis are directed to Mairehau Road gate one entrance at this time.

Pedestrians will be able to use the footpath which runs beside the Physical Medicine Building. Staff are encouraged not to use the Mairehau Road parking spaces outside gate one to allow patient access via the footpath.

No parking will be available in any of the current parks accessed via gate one. Please direct people to use the parking at the main entrance (gate three). Patients with mobility issues can use the accessible car parks outside the main entrance.

The NZ Spinal Trust and the Burwood Academy of Independent Living, who had to vacate their premises in the Allan Bean Centre earlier this year owing to quake damage, are being **temporarily rehoused in the Marshlands Room** at Burwood Hospital, near the old main entrance.

Another concrete pour is planned for Monday 15 September, beginning at 4am. The local residents have been informed.

In terms of demolitions, excluding small sheds, we have currently demolished seven structures and have five to go. Still to be demolished, as the project continues, are the Old Kitchen, the Pain Management Clinic, the central section of the Nurses' hostel, the old Medical Records building and the Elderly Day Care House.



Christchurch



The relocation of the Te Whare Mahana building – all 9.2 tonnes of it – to Hillmorton happened overnight on 11 September. Once in place at the Hillmorton site, the building will be used as a dental lab.

CHOC and Child Health went to the design lab this week along with representatives from the Fixtures/Fittings/Equipment team (FF&E), the bedhead panel design team and the architect to test single bedroom layouts. A sample bed was fitted to a wall at the Design Lab and the groups did rapid mock-ups of the various bedroom configurations around it. The AMAU user group also went to the Design Lab to test the layout of the multi-disciplinary workroom.

The "Populated Plans" phase has now begun, working on the Adult Wards, CHOC and

Child Health and Allied Health spaces. Fully detailed plans have been issued to these groups in advance, with detailed room data sheets identifying the number of power points, gas outlets and details around lighting and other functions for each room. Haematology, Oncology and the Helipad group also had their first design meeting to review populated plans this week.

The Clinical Leaders' Group will receive the populated plans for sign off on 31 October, 7 November and 21 November.

ceo update

Rangiora Health Hub is on the way

Hawkins Construction started on 1 September.

All very exciting!



Bouquets

Ward 16, Christchurch Hospital

I was extremely grateful to be sent to Christchurch when Wairau had trouble with determining the problem. The hospital transfers were amazing and I was surprised and grateful at no cost to me. The nurses were very understanding during the times of my anxiety. The doctors and students were also very understanding and good in their explanation of things. The meals were more than adequate, and people who complain need to remember a hospital is not a hotel! Thank you so much everyone.

Orderlies and reception staff – The Princess Margaret Hospital

I work at The Princess Margaret Hospital and I would like to acknowledge the fantastic team of orderlies and reception staff we have. They are incredibly helpful and friendly and not only do they provide great service to our patients they also go out of their way to help staff too. Nothing seems a problem, from helping recover cell phones left in taxis (that's me) to personally delivering important parcels and messages. They are the first people I greet each morning and the last at night and I truly value their good humour and helpfulness.

Urology Unit

To all the awesome nurses in the Urology Unit. Thanks so much for all your care and attention during my stay with you recently. You do a great job...."

Election Day Training – message from an Electoral Commission's Returning Officer

Just a wee note to say thank you. The entire TPMH team worked together to help out to get our training under way yesterday. It worked like clockwork and everybody was well informed about the where, when and what for our training session. Also our staff were very pleased to get to a training facility that was easy to reach with good parking options. I can see that the future training sessions will work very smoothly thanks to your generous support....Another big thank you for providing a room for the interviews/tests, which was most useful and which sped up the process substantially.

Brain Rehabilitation Ward, Burwood Hospital

I would like to thank you all so much for the kindness and support that you have shown me during my daughter's time with you. You are all so special and we were blessed to have you in our lives during this difficult time. True Angels.

Pilates

Just wanted to say that I am really enjoying Pilates at TPMH. My back and I want to thank you for bringing it back.

Canterbury nephrologist Nick Cross is to head the Government's new National Renal Transplantation Service

Dr Nick Cross has been appointed Clinical Director of the National Renal Transplantation Service and will chair the service's first meeting this month.

It follows Health Minister Tony Ryall's announcement last July that an extra \$4 million would be invested to increase the number of live kidney donor transplantations over the next few years.

Dr Cross says a lot of work has gone into developing this new service and it was great to have the Government's financial backing.

"It's been a carefully thought-out process with involvement from the Ministry of Health and other interested groups, DHBs and Clinicians. It's really been a work in progress for probably the last two to three years."

Dr Cross is looking forward to the challenge of heading the service and says he could not have taken on the national role without the support of his colleagues.

"I'm very grateful to my colleagues around the country for their support and encouragement but particularly to the team here in Canterbury. Dr John Irvine has stepped into my former role in Canterbury as Clinical Director of Nephrology, which has allowed me to commit to this national role."

The new service includes donor liaison coordinators who will work at each of the three transplanting centres and in the seven larger renal services in the country.

"These coordinators will support donors and recipients throughout the transplantation process, from providing education to interested potential donors to organising blood tests and carrying out pre-surgery preparation."

There is also funding to provide increased support for the Paired Kidney Exchange initiative, which allows donor and recipient pairs who are not compatible with each other to be listed for a possible swap with other pairs.

Dr Nick Cross says Canterbury has relatively high live donor rates compared with the rest of the country, with an average of 10-15 per year, but some DHBs have considerably lower numbers in relation to their population.

"We know kidney transplantation significantly improves the quality of life and the long-term survival of patients with end stage renal disease. Fortunately Canterbury has worked hard to become a leader in live donor rates and hopefully through this development of a national service, we will see rates start to increase nationally."

Dr Cross says he hopes the service will eventually be able to focus more on also improving deceased donor rates, which have remained relatively low in New Zealand for the last decade at about 40 per year.

"Increasing deceased donor rates would boost renal transplant numbers even further. We want as many people as possible who need a transplant to be able to receive an organ. Organ transplantation saves lives, and reduces expensive health care costs, such as dialysis."

The cost of looking after a patient with a kidney transplant is about a third of that compared to a patient on dialysis.



Dr Nick Cross



Dr Nick Cross with one of his patients.

eMeds now alive and kicking

Over the past few months in this update, we've been plotting a course to eMeds electronic Prescribing and Administration Go-Live at Hillmorton. The eMeds project team is delighted to announce that a significant milestone was reached as planned last Tuesday, an exciting and innovative achievement that happened with barely a whisper or a ripple. Safer medication for patients, just like that.

Well, not quite. Hillmorton staff supported by the user support and training team are busily converting written records to electronic ones as they go about their new business as usual. Once that has been done, the full benefits of ePrescribing and Administration (ePA), the first of a number of initiatives planned from the eMeds stable, can be realised.

MedChart (the application for ePA) has been developed by CSC Healthcare, a global leader in providing technology enabled business solutions and services. This is the fourth implementation in the New Zealand health system and the second in a mental health facility.

Olivia Johnson – pharmacist and one of the clinical support team was involved in the introduction of eMeds at Dunedin Hospital which was a first in New Zealand.

"I learnt a lot from that, it was really exciting. It was introduced into a general medical ward which was a bit different to what we're doing here at Hillmorton. We've been lucky to get a long lead-in time here at CDHB and now we have a group of staff from the previous introduction sites who can all compare notes and help each other."

According to Sue Nightingale, Chief of Psychiatry, the focus and support around the launch at the Acute Inpatient Service (AIS) at Hillmorton has been exceptional. "We couldn't be happier with how it's all going."

Andrew McKean, senior pharmacist on the clinical team, says the new system is paperless, faster and the information easily readable.

"It's great to see the new technology and to be able to use it to make medication administration much safer for patients."

Right: Patrick McAllister, Charge Nurse Manager, North Ward, IAS (Inpatient Acute Services), Hillmorton Hospital.

*Below right: Sue Nightingale, Chief of Psychiatry
Laughter is the best medicine, and with eMeds you get just the right dose.*

Below: Olivia Johnson, pharmacist and one of the clinical support team was involved in the introduction of eMeds at Dunedin Hospital which was a first in New Zealand.



Wahine encouraged to think about the ones they love this September

Who would care for your whānau if you couldn't?

Wahine all over Aotearoa are being asked to consider this question during Hepetema which is Cervical Screening Awareness Month.

The focus on the month is to inspire wahine to think about the wider effect their health has on those they love – and how it is worth putting their health first. Cervical cancer is one of the most preventable forms of cancer and results show that screening every three years can reduce the risk of developing it by up to 90 percent.

"A cervical smear test usually takes less than 15 minutes and should be done every three years. Around 160 wahine in Aotearoa develop cancer of the cervix each year. Around 60 wahine die from it. Some groups have higher rates of cervical cancer and it is those wahine we really need to go in and have a smear," says Vivienne Back, Regional Manager/ Register Coordinator, National Cervical Screening Programme - Canterbury Region.

Screening rates for Māori, Pacific and Asian women are around 10 to 20 percent lower than other groups – so these women are a particular priority. In Waitaha there are free community clinics that can help getting a smear a quick and easy task. Transport to and from the clinic, an interpreting service, support for hospital referrals, and group education services are all available for this priority group.

If you don't meet the criteria for a free smear then costs vary at general practices. A small price to pay however for your health and the continued care of your whānau.

Cervical Screening Māori Health Promoter and Registered Nurse, Leanne Lloyd says that for her it really is all about being around for her whānau.

"My mother died from cervical cancer due to not being screened. A tragic end to a preventable disease. I've just become a first time grandmother so definitely want to be around to watch my moko grow up. I have had treatment in the past for an abnormal smear and have regular screening through my general practice. I have a great practice nurse that does my smear and I feel very comfortable with her. I tell my whānau, 15 minutes of being shy or whakama during the smear test is worth it if we want to be around for our tamariki and mokopuna," says Leanne.

Call 0800 729 729 to see if you are up to date or check with your general practice team.

Watch the video created especially for [Māori women here](#).

Listen to a radio interview for the Filipino community on [Plains FM here](#).

For more information visit www.nsu.govt.nz



ceo update

National Social Workers Day 24 September

Social workers play a key role within the Canterbury Health System and on Wednesday 24 September their work will be celebrated nationally.

Social work aims to support patients and their families to make decisions which will positively impact on the patient's wellbeing and ability to discharge safely to the community.

They are involved in a wide range of services and with an extensive range of issues including elder abuse, suspected child abuse or neglect or unexplained injury, alcohol and drug issues, family violence, grief and loss support and antenatal and prenatal support.

Social workers at Christchurch and Christchurch Women's Hospitals are holding a food drive for non-perishable items from 17 – 24 September (see poster at the end of the update).

There'll be more information about the day in next week's update but if you are a social worker on one of our other sites or in the community, you have plans to mark the day and you'd like them shared in next week's CEO Update please send your information to Vicky.heward@cdhb.health.nz by Wednesday 17 September.



World Lymphoma Awareness Day

Monday 15 September is World Lymphoma Awareness Day, an international day dedicated to raising awareness of Lymphoma.

The Leukaemia & Blood Foundation (LBF), in collaboration with the International Lymphoma Coalition is working to raise awareness about New Zealand's sixth most common cancer.

Lymphoma is increasing in incidence globally, an increase which is reflected in New Zealand. There are approximately 800 people every year being diagnosed with the blood cancer in this country. In addition, youth data from the New Zealand

Ministry of Health, 'Cancer Registrations and Deaths' report shows that lymphoma is the most common cancer in 15-24 year olds.

A cancer of the immune system, lymphoma is a little known, but an increasingly prevalent blood cancer. In New Zealand, lymphoma is more common than leukaemia, is more than four times more prevalent than cervical cancer and kills more people than melanoma. Despite this, only a small percentage of New Zealanders have heard of it or know to act on the symptoms of this potentially fatal blood cancer.

Check out the display board in the main foyer of Christchurch Hospital. A "know your nodes" quiz will be distributed to Ward 26 and the Bone marrow transplant unit, test your knowledge and win a prize! [Or you can take the quiz online here.](#)

[For more information go to the Leukaemia and Blood Cancer New Zealand website.](#)



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

Tuesday 16 September 2014, 12:30 pm – 1:30 pm

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

"Mental Health Information and Privacy - Getting the Right Balance".

Topics covered will include:

- The unique aspects of mental health information.
- The Health Information Privacy Code (HIPC), its 12 Rules and the two pillars of privacy.
- Consumer's access to their own information and the exceptions.
- Dealing with families.
- Disclosing health information to others.

Presenter: Greg Brogden, Senior Corporate Solicitor, CDHB

Chaired by: Greg Brogden

Special notes

These meetings are 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.

Pegasus Pacific Health Workforce Development Scholarships 2014

Pegasus Health has for many years been committed to developing the leadership of our Pacific Health workforce through a number of initiatives. Our aim is to improve health outcomes for Pacific people and we see the development of a skilled Pacific workforce as a key strategy to achieve this.

We are again delighted to offer scholarships in 2014 to students who identify as Pacific and who are studying medicine, nursing or allied health professions. Scholarships are available to assist with fees for Pacific students undertaking:

- Year 4 or 5 medicine
- Year 2 or 3 nursing
- Year 2 or 3 training in an allied health profession.

Only students enrolled in Christchurch tertiary institutions are eligible.

The closing date for applications is Friday 10th October 2014.

[Download application form.](#)

For more information please contact Maria Pasene, 03 353 0216 or 021 2226417,
maria.pasene@pegasus.org.nz



Staff Wellbeing Programme: Start a spring walking group; Earthquake Support Coordinators drop-in desks



Spring Walking Groups – spring is in the air! – get together with colleagues and start a walking group. Contact Andy andy.hearn@cdhb.health.nz or Lee lee.tuki@cdhb.health.nz for more information

Earthquake Support Coordination (ESC) Service

- ESCs will run drop-in desks at main hospital cafes from 1000-1330hrs during September as follows:
- Hillmorton café – Thursday 18
- CHCH Campus – Great Escape – Tuesday 23
- Our Earthquake Support Coordinators (ESC) are dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc.

Contact an ESC directly on 371 5598 or visit the [Staff Wellbeing Programme intranet page](#) for more information.

EAP Services – free counselling available to all staff

See the [Staff Wellbeing Programme intranet page](#) for more information

Managing Menopause – if you missed this very popular session in February you can now view a recording of the presentation and download the speakers' notes from the Tracksuit-inc website. Just go to www.tracksuitinc.co.nz and enter the company code: ddbstaffwellbeing . Then click on the 'Menopause Video' link.

Staff Wellbeing Programme intranet page – Pilates, Zumba, Yoga, Mindfulness...

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

Check out this page for information on yoga, Zumba, Pilates, mindfulness, walking groups, Earthquake Support Coordinators, Employee Assistance Programme (EAP - free counselling for staff), and more...

Yoga classes at Christchurch campus and TPMH

[Click here for Christchurch campus classes](#)

[Click here for TPMH classes](#)

Christchurch Campus Yoga
With Sarah & Lisa

Improve your:
Flexibility
Strength
Balance
Co-ordination
Sleep
& ability to Relax

Flexibility is NOT a prerequisite
...each class provides a level of options for Level 1 Vinyasa practice
...enabling you to practice at your own pace & within your own capabilities

balancing breath & movement
Monday & Wednesday 12.30pm – 1.30pm (Sarah)
Monday 4.45pm – 6pm (Lisa)
In the LOUNGE OFF THE GREAT ESCAPE

Casual attendance \$10 per 60 minute class
Discounted concession cards available

For further information / registration forms contact:
Sarah: sarah@tracksuitinc.co.nz
Lisa: lisa@tracksuitinc.co.nz

Used for all staff members, regardless of rank. Please bring your own mat (space mats may be available if you don't have one) and wear comfortable athletic clothes. If you have a red flag with an illness that would be appropriate.

Canterbury
Investing in your Health

TPMH Purna Yoga
With Jane

Improve your:
Flexibility
Strength
Balance
Co-ordination
Sleep
& ability to Relax

Flexibility is NOT a prerequisite
...each class provides a level of options for Asana practice – enabling you to practice at your own pace & within your own capabilities

balancing breath & movement
TUESDAY AFTERNOONS in the RILEY LOUNGE
4pm – 5pm
Casual attendance \$10 per 60 minute class

For further information / registration forms contact Jane:
021 620 6766 or jane@tracksuitinc.co.nz

Used for all staff members, regardless of rank. Please bring your own mat (space mats may be available if you don't have one) and wear comfortable athletic clothes. If you have a red flag with an illness that would be appropriate.

Canterbury
Investing in your Health

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

What does your job involve?

Teaching children and families coping strategies. Offering developmentally appropriate play opportunities and health care play. Normalising activities for children. Psychological preparation for hospitalisation, procedures and/or surgery. Advocacy, staff and student education.

Why did you choose to work in this field?

Children and families' anxiety levels rise when they are in hospital, and they can begin to feel vulnerable. My job is incredibly rewarding, helping children and families through this journey, through the medium of play.

What do you love about it?

Advocating for children but also watching children come to the Activity Room and relax and play.

What are the challenging bits?

Encouraging children to believe that you can help them through difficult procedures.

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

My team for their continued dedication to this profession.

The last book I read was...

Creating Loving Attachments In A Child With Trauma, by Kim Golding, still reading it.

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

In the Cook Islands on a beach making sandcastles with my daughter!

My ultimate Sunday would involve...

Breakfast in bed with the whole family

One food I really dislike is...

Walnuts

My favourite music is...

U2

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

Naomi.Gilling@cdhb.health.nz.



A change is in store for the CDHB intranet during September

Over the next few weeks ISG and Communications teams will be updating the current CDHB intranet and retiring the older (blue) intranet pages which are now defunct.

Key enhancements to the newer intranet platform will include much improved search results, an updated homepage format and a great amount of new content developed by teams and departments throughout the DHB.

The new search and updated homepage are expected to be in place late this month, while many more upgraded features are being developed for inclusion later this year.

There will be further announcements about intranet changes in due course, if you have any queries please contact [Susan Wilford](#) or [Matthew Elliott](#).



Included in this issue:

- [Upcoming activity for campaign focus on high-risk medicines](#)
- [Simple interventions increase pre-surgery briefings in Gisborne](#)
- [Star in your own surgical safety checklist video and be in to win!](#)
- [Update on the safe use of opioids collaborative](#)
- [Conversations that count – David Galler talks about mother's end of life care](#)

Leadership for Patient Safety with James P Bagian

[Workshop with Dr James P Bagian \(please click to see full details\).](#)

When: 7 November 2014, 8:45am–5pm (includes *Open* hour, 4–5pm)

Where: Otago Museum, Great King Street, Dunedin

Cost: \$200

Spaces are limited. To register, go to jim-bagian-workshops.lilregie.com.

If you have any questions, please contact Maria Kempster –

maria.kempster@hqsc.govt.nz



Vote in Advance!

Election day is **Saturday 20 September**, but if you wish to vote earlier, advance voting is available on the ground floor of Christchurch Hospital, next to the Orderly Lodge from today, Monday 15 to Friday 19 September, 10.00am to 4.30pm.

This voting place will be issuing votes for Christchurch Central, Christchurch East, Port Hills, Ilam, Wigram, Selwyn, Waimakariri, Rangitata and Kaikoura as well as special votes for people who reside anywhere else in New Zealand.

Go to the [elections website](#) for a list of other advance voting places near you. The Electoral Commission is making it as easy as possible for all eligible New Zealanders to vote in this year's election.

Voting on election day Saturday 20 September

A voting place will be located in the annex room beside The Great Escape Cafe from 9am – 7pm on Election Day.

Remember to bring your 'EasyVote' card for fast service.

Go to the [elections website](#) for a list of other voting places near you.

For questions please contact: Andrea Frewen 358 9601 or

christchurchcentral@Elections.govt.nz

[Or go to the elections website.](#)



Research Volunteers Wanted

**Christchurch Heart Institute
A University of Otago Research Centre**

Do you have PCOS (Polycystic Ovary Syndrome)?

The Christchurch Heart Institute is seeking volunteers for a research study of insulin levels in PCOS. You may qualify for inclusion if:

- you have confirmed PCOS (polycystic ovary syndrome) or
- have **both** irregular periods and unwanted body hair
- you are between 18 and 40 years
- you are not taking the combined oral contraceptive ('the pill') or metformin
- you are willing to have your medical history recorded and have a brief examination
- you are willing to have a 30ml blood sample taken

If you are interested in further information about this study please contact Steph Rose on **03 378 6137** or Stephanie.rose@cdhb.health.nz.

NZIH M



The New Zealand Institute of Health Management
NZ branch of the Australasian College of Health Service Management



Seminar—Resilience Applied: Tales from Military Observers Posted to the Middle East

Presented by Capt. Alexandrina Bojilova

Thursday 25 September 2014

Pegasus Health (Charitable) Ltd

**Meeting Room 3, 1st Floor (follow the signs from the main doors)
160 Bealey Avenue, Christchurch**

This seminar offers reflections on the attitudes, behaviours, heuristics and values that build and sustain resilience- factors that can be transferable and relevant to us all. It also builds understanding on how we can orient towards building resilience in those around us and within our teams.



*Capt. Alexandrina
Bojilova*

RSVP with payment details by **17 September 2014** to mary.fraher@cdhb.health.nz

Alexandrina is currently a serving officer with the New Zealand Army. As a registered psychologist, Alexandrina has worked as the lead selection, assessment and performance psychologist for peak performance teams as well as in command-advisory capacity, focusing on team building and effectiveness. As the Organisational Development Psychologist (NZDF), Alexandrina has worked on developing and implementing tools on leadership development, organisational culture, change management and wider organisational effectiveness.



HAZARD ALERT



Damaged electrical equipment

Damaged electrical equipment is a significant hazard which has the potential to cause serious harm due to electric shock and fire. This damage appears to be resulting from equipment being moved while still plugged in to the power socket or people tripping over power cords. Worryingly, there is evidence of continued use of damaged equipment which raises the risk of injury.

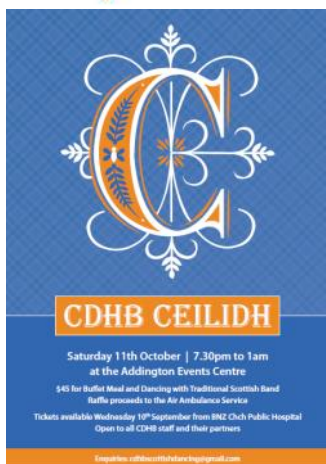


These photos are real examples of the damaged equipment that has been sent for repair. You can avoid and mitigate this hazard by taking the time to:

1. Inspect equipment for damage prior to use;
2. Remove the power plug before relocating equipment;
3. Be mindful of not creating trip hazards with power cords;

If equipment is damaged (or found that way), **DO NOT USE**, please remove from service, label as *Faulty* and contact Clinical Engineering by phone (80220) or [Maintenance & Engineering](#) via the intranet.

12 September 2014



CDHB Ceilidh

Date: Saturday 11 October, 7.30pm—1am

Venue: Addington Events Centre

\$45 for buffet meal and dancing with traditional Scottish band.

Tickets available now from BNZ Christchurch Hospital

[For more details.](#)

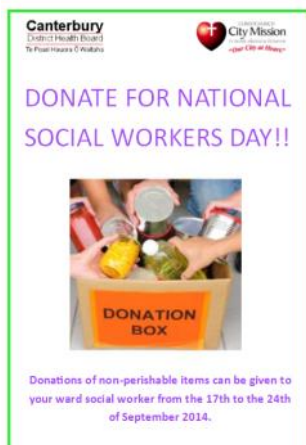


Artist Doctors present...Last night of the PROMS

Date: Saturday 4 October

Ticket price: \$30 adults, \$15 students

[For more details and how to purchase tickets.](#)



Donate for National Social Workers Day

Donations for non-perishable items can be given to your ward social worker from 17 September to 24 September.



Special event on Thursday 23 October 2014 at 4.00pm

Lest We Forget: Remembering the Marquette nurses

As the Chapel is closed, the venue is St Michael's School Hall, Durham Street, Christchurch [entrance between Oxford Terrace and Tuam Street].

Commemoration of the 99th anniversary of the torpedoing of HMT Marquette when 10 New Zealand nurses died in the sea off Greece. Find out how the wreck was finally discovered in 2009 and hear an update on plans to restore the earthquake-damaged Nurses' Memorial Chapel.



[Read the latest SCIRT news here](#)