



ceo update

Monday 6 October 2014:

Become a champion of your own happiness

Mental Health. It's a term often associated with people who are unwell but it can also have some very positive associations.

This week is Mental Health Awareness Week. It's a great time to focus on our own mental health and discover ways we can increase our wellbeing. Mental Health Awareness Week is organised by The Mental Health Foundation under contract from the Ministry of Health. Canterbury DHB's Specialist Mental Health Service (SMHS) has organised a number of activities for staff under the 2014 theme: Keep Learning - Whakatewhatewha.

SMHS has also worked with Non-Government Organisations (NGOs) and community groups to offer events.

You can read more about these activities later in the update and follow links to more information.

[The Wellbeing Game](#) starts today and runs until 31 October – so sign up now. It's a joint project from [Healthy Christchurch](#), [The Mental Health Foundation of New Zealand](#), and [Community and Public Health](#) - A Division of the [Canterbury District Health Board](#).

The Wellbeing Game was developed by Healthy Christchurch and the Mental Health Foundation of New Zealand following the Canterbury earthquakes, and is now played nationwide. The goal of the game is to accumulate happiness, one hour at a time and **become a champion of your own happiness**.

There are 5 Ways to Wellbeing – Connect, Take Notice, Keep Learning, Give and Be Active. It's easy to play, simply keep track of the amount of time you spend each day on activities that use the 5 Ways to Wellbeing and use the game to enter the time you spend on these activities.

As well as being a [proven tool for improving wellbeing](#) there are a number of prizes to be won.



Riverside entrance to close from Wednesday 15 October 2014

It's great to see progress starting on-site at Christchurch Hospital with some minor works starting on the roading and parking at the front of the site. In a few weeks the big trucks will start rumbling through the site and we will be closing the Riverside entrance for safety and infection control reasons.

The Riverside doors will become an emergency exit only from 6am on Wednesday 15 October. This means that the doors will normally be locked, but in the event of a fire or other emergency the doors will open automatically.

Pedestrians will still be able to access the site by walking on the footpath on the Rolleston Avenue bridge – however, trucks will also be using this bridge, so please take care. From 15 October there will be no vehicle access for staff or patients to the rear (Riverside) of Christchurch Hospital.

Staff should enter and leave the building via alternative entrances. Patients and visitors are encouraged to use the main hospital entrance.

This closure is for public and staff safety – construction traffic will be using the road as a main way in to the site. Access to the park will be maintained, along the riverbank path.

Have a great week, David Meates

Burwood

Recent developments include:

- Gate 1 off Mairehau Road remains closed to all except emergency vehicles, owing to installation of a sewer pipe.
- The carving Mataamua was successfully relocated to the main link corridor between the Surgical Orthopaedic Unit and the Orthopaedic Rehab Unit, and has been "seismically restrained". When the new main entrance is complete, the carving will be moved to a final permanent location there.
- Concrete pours continue. The next is on Wednesday 8 October in the ward construction site, starting at 5 am. Neighbours have been informed.
- Half the roof of the Back of House building is now in place.

Our continued thanks to staff for their understanding and patience through all the changes on site. As this photo from Dan Coward's window shows, sometimes the heavy machinery is quite close at hand.



Below: View of Back of House at Burwood with half the roof now on.



Continues on the following page...

Christchurch

Schick Cartage and Construction began their site works on 29 September. The first part of this work involves alterations to roading layouts at the front of the site, fencing at the rear of the site, and installation of site offices. The photo shows the contractors beginning work to widen the entrance at the Oxford Terrace intersection.

The roading work will be done in small sections to minimise disruption and is expected to take until the end of October. The current public car-park at the rear of the site will still be available to patients and visitors during this time.



A reminder to staff who walk or bike across the Rolleston Avenue bridge or around the Oxford Terrace intersection to please take extra care while the works are going on.

We will bring you weekly updates of progress and work to come, via Fast Facts. Up-to-date information for staff is now also available on the Facilities Development area of the intranet.

Site prep group

Behind the scenes a lot of work is being done by CDHB's site prep group, led by George Schwass. As well as brightening and improving the main reception area at the hospital, the team is also working on improved signage, planning for the forthcoming park and ride schemes, staff parking including cycle parking, recruiting extra volunteers to help patients and visitors get to where they need to go, and a large public information campaign due to start in mid-October.

The User Groups are entering the final fortnight of design meetings in the developed design phase. They are busy poring over large plans and reviewing room data sheets. Groups are expecting to be ready to sign off this phase later in October.



Above: The first (small) concrete pour on site at Christchurch!



Emergency Department, Neurology and Ward 12, Christchurch Hospital

I am emailing to thank all involved with my care from the time I arrived by ambulance to the hospital's Emergency Department 13 September until my discharge from Ward 12 Friday 19 September. This was my first and moreover a totally unexpected stay at Christchurch Hospital and I am most grateful for the professional, positive, supportive care received from ALL staff with whom I had contact. In particular I would like to thank the staff of Ward 12 - catering, cleaning and nursing plus the medical team of Dr Crozier. At all times I felt acknowledged, respected, and the recipient of personalised services.

Andri Pretorius, Occupational Therapist at the Child Development Service

You have been extremely professional, kind and understanding. You have been able to help me learn to teach ... new skills without stressing her out which has enabled us to help her to become more confident and brave. You have made me realize that the satisfaction she feels after achieving something new far outweighs the discomfort she feels while making that first attempt.

If I push her just enough (but not too much) we can conquer most obstacles as long as they're realistic. Occupational Therapy has been the most rewarding and eye opening experience for us and I'm so thankful for your help. Like I said before, the follow up emails have been gold! Sometimes it doesn't quite make sense until I can read it in my own time. This was the case with the social stories. The way you explained it to me in an email was so much clearer. I know that there are lots of different learning styles but this one worked best for me.

Lincoln Hospital

All the staff at Lincoln Maternity have been absolutely amazing! They have looked after me and my baby with the utmost care and kindness. They have provided me with excellent advice and help to settle my baby, help with breastfeeding and sleeping. We couldn't have asked for more. The staff are extremely approachable. I felt like I could easily ask questions or ask for help. Everything ran like clockwork. I would highly recommend Lincoln Maternity hospital to any woman having a baby. Thank you so much for looking after us.

Gynaecology Assessment Unit, Christchurch Women's Hospital

Every single employee I had contact with was amazing. Very efficient, comfortable and kind. I really appreciate the service.

Birthing Suite, Christchurch Women's Hospital

Could not be happier with the treatment and care received whilst here. All the staff were overly helpful, thoughtful and made me feel comfortable and well looked after. Would also like to thank the hospital care assistance staff who were just great. Thank you for everything.

Paediatric Ward, Christchurch

My son was in hospital for approximately a week for bowel re-section. The quality and standard of the treatment and subsequent care he received, I believe was outstanding. I would like to express my sincere gratitude to the surgeon Kiki Maoate, Paediatric Gastro Professor Andrew Day, the doctors, the nursing staff, including Margy, Jill, Jo and Katrina (and all other nurses involved in my son's care). I as a parent was kept fully informed at all times.

My son was treated with utmost professionalism, care and compassion. Mr Maoate, Mr Stringer and Professor Day monitored my son's progress on a daily basis including calling in to see all was well even on the weekend. The nursing staff were very supportive in encouraging my son to get out of bed and start walking again. Everyone treated my son with the greatest respect. He was addressed and spoken to in a manner that took into account his age, level of understanding and his anxiety levels.

Professor Andrew Day has been involved in my son's care through Dunedin Hospital for approximately two years. We have had a reasonably long and turbulent journey with my son's health, however, Professor Day has provided treatment, guidance and care to the highest standard for which we are extremely grateful. I believe the medical staff involved in my son's care are of the highest calibre. Once again thank you to everyone involved in my son's care. We are very grateful.

Continues on the following page...

Neonatal Intensive Care Unit, Christchurch Hospital

All staff here are so amazing. My partner and I have been so well supported in all ways during this difficult time and baby's health has been so well attended to. We feel grateful. Just saw this little opportunity to say thanks and wanted to take it. Thank you, you wonderful people for giving so much.

Children's Acute Assessment Unit, Christchurch Hospital

I would like to extend my sincere gratitude to the staff of the Children's Acute Assessment Unit for their attentive care of my son.

Christchurch Hospital Orderly first to qualify

Christchurch Hospital Orderly, Craig Stewart, is the first in the country to qualify with a Level 3 National Certificate in Health, Disability and Aged Support (Orderlies). The recently introduced NZQA qualification requires passing a 92-page paper and a practical assessment.

Craig says he wanted to participate to improve and challenge himself. He was "over the moon" when he discovered he had passed.

"I haven't sat down to study since I left high school in 1970, so it was quite a daunting proposition to get my head into the study mode."

While resulting in a small pay increase, it was not about the money.

"It gives us more credibility. We get a qualification certificate and a badge to wear, and that lets people know that we are properly qualified to do our job.

Other orderlies at the hospital are in the process of doing the course too.

Charge Orderly, Dave Hiddlestone, says the certificate is the first qualification orderlies have had and he believes it will become standard practice.

"It's a project very dear to my heart. Craig was so enthusiastic about this and I am so proud of him and the other orderlies. This qualification will show how high their abilities are."

Craig has 15 years' experience as an orderly and trains all new staff in the correct procedures according to hospital protocols. How to relate to patients is an important part of the orderlies' training, with empathy and caring emphasised.

Craig also trains the orderlies in fire and evacuation procedures and is a certified Evac Chair trainer having recently trained 71 Orderlies in the correct technique for the chair. He also fills the role of infectious control representative for the orderlies Department.



From left, Career Force Advisor, Andy Bunn, Charge Orderly, Dave Hiddlestone, Director of Nursing, Heather Gray, and Orderly Craig Stewart.

Canterbury Medical Grand Round

Friday 10 October 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: (Rolleston Lecture Theatre)

Speaker: Matt Daly, Cardiologist

Title: "Ablation of Ventricular Tachycardia"

Arrhythmic storms may occur as a late consequence of myocardial infarction and other cardiac conditions. Tachycardia ablation is a rapidly evolving and increasingly used treatment for this grave condition.

Speaker: David Meates, CEO of Canterbury and West Coast District Health Boards

Title: Facilities Development Update

An update on parking/traffic flows/park and ride systems and where things are at with the facilities development.

Chair: Mary Oliver

Convenor: Ruth.Spearing@cdhb.health.nz

DVD Recordings available within two weeks on majority of sessions

Video Conference set up in:

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

Emergency Department Open Day – behind the scenes at the Christchurch Hospital Emergency Dept



On Wednesday 8 October the Emergency Department will be holding its fourth Annual Open Day.

If you work for CDHB and would like to know more about the workings of our busy Emergency Department, you are welcome to join us. You can take a short tour, or work with us for a short while - last year many people from different professional groups took advantage of the opportunity and we got some great feedback.

Short tours will run at 0900, 1100 and 1300 – all you need to do is show your CDHB ID to the reception desk and ask for the Associate Clinical Nurse Manager. If you would like to work alongside a staff member please contact Carol le Beau (Clerical staff), Anne Esson (Nursing) or Scott Pearson (Medical).

We look forward to seeing you then.

For more information:

Anne.esson@cdhb.health.nz

Carol.lebeau@cdhb.health.nz

Scott.Pearson@cdhb.health.nz

Closure of Ward 20 at Christchurch Hospital, for earthquake repairs

Please note that Ward 20 in the Parkside building will shortly be closed to patients while earthquake repairs are completed. The closure will be from 7 October to 21 October 2014.

Plastics, Oral and Maxillofacial surgery patients will be admitted to other surgical wards, mainly Ward 11 and Ward 17.

During the fortnight, if required, some elective surgical patients will be accommodated overnight in the Day Surgery step-down area.

Supporting organ donation one coffee at a time

A number of Canterbury cafés will be showing their support for Organ Donation next week. Organ Donation New Zealand (ODNZ) is holding an awareness day on Saturday 11 October (the same day as European Day for Organ Donation and Transplantation).

Fiona Blythe, ODNZ Canterbury Link Nurse, says the purpose of the day is to encourage New Zealanders to have a conversation with their families about their wishes should they ever be in a situation where organ and/or tissue donation is possible.

“Cafés around the country including in Canterbury will be putting stickers on their takeaway coffee cups to encourage this conversation and raise awareness about organ donation.”

Medici Café at the Otago University School of Medicine, Christchurch building on the Christchurch Hospital Campus, will be showing its support so staff and visitors are encouraged to look out for stickers on top of their next coffee.

Fiona says organ donation is one of the greatest gifts but deceased donor rates have remained relatively low in New Zealand for the last decade at about 40 per year.

“This is why it’s so important to raise awareness and get people thinking and talking to their loved ones,” Fiona says.

“Remember just one donor can transform the lives of 10 people.”



Patient Information Care System demonstration - 17 November

If you deal with patient registrations, appointments or other patient flow administration, please make a date in your diaries for this important session. Orion Health and CDHB specialists will present a working demo of PICS (Patient Information Care System) which will begin to replace some of CDHB’s patient administration systems from next September. Past sessions have been well presented, lively and informative, with opportunities for many questions from a very engaged floor.

This is the last of the PICS demos before Christmas and will take place in the Lecture Theatre, Level 5, The Princess Margaret Hospital from 11am. You will need your security card to gain access.

Please indicate your interest early as there is limited space and interest in previous sessions has been strong.

For more information and to book contact Shannon de Bruin (CDHB PICS Project Coordinator) - 03 367 4241 - Ext 82241 - Shannon.Debruin@cdhb.health.nz

Some of the creations of our Medical Physics Bioengineering (MPBE) team were on display at a recent Canterbury Medical Grand Round. Chair of the event, Dr Lance Jennings said their work was 'fascinating.'

MPBE Team Leader Chris Morison described his workplace as a national centre of excellence bringing the best of physical sciences and engineering to patient care.

The area comprises of a series of workshops – electronics, mechanical and surgical instruments and a 3D printer. The skilled technicians have worked with Canterbury Health professionals to design, create and redesign medical equipment so it better meets the needs of our patients and the health professionals who look after them.

Les Snape, Oral and Maxillofacial Surgeon, spoke at the Grand Round about the close and very beneficial working relationship between MPBE and his team.

Les said that 3D imaging was being used in the health field, worldwide and has received a very high profile thanks to Weta Workshops. He presented three clinical scenarios where the work of the MPBE team has resulted in substantial benefit to his team and their patients, including jaw reconstruction following cancer surgery, and in the field of corrective jaw surgery.

He talked about work done by the MPBE team in the area of fractured eye socket surgery which has resulted in considerable improvements in the surgery and cost savings.

Orbital (eye socket) traumas are a major area of the work that MPBE do with Maxillofacial Surgery. They see around 100 orbital fractures each year. Of these, roughly two-thirds may need an operation.

"We prefer to get a MPBE biomodel from a CT scan rather than operating straight away. That way we know the reconstruction plate will fit perfectly. The 3D printed biomodels save significant surgery time because the plates can be made to fit perfectly to the model before the surgery," says Les.

These new titanium plates produced by MPBE are designed very closely with the Maxfax surgeons to produce a wider range of 'standard' shapes at a significant cost saving compared to commercially available plates.

Some of the other electromechanical devices MPBE have made, include:

- Diagnostic devices. eg Frenzel Goggles which help with diagnosing oculomotor and vestibular dysfunction by blocking out all natural light while an infrared camera captures the eye movements
- Patient monitors such as the Sentinel Monitor which monitors CPAP and BiPAP breathing circuits to provide an early warning if there are any problems with the system.
- Therapeutic devices - ThirstAide is a drinking aid which can be set up by a carer and used independently by a person with spinal injuries, keeping them hydrated but without the risk of choking.
- Technical devices - dry block heaters, waterbaths, etc

You can read more stories about how MPBE has worked successfully with clinical teams [on their website page](#).

Chris Morison completed the Grand Round by inviting health professionals to take part in the MPBE \$10,000 Health Innovation Challenge.

Continues on the following page...



Les Snape (left) and Chris Morison present some of the biomodels produced by the MPBE team.



Three biomodels made by MPBE along with the Sentinel device.



MEDICAL PHYSICS & BIOENGINEERING

Be part of the MPBE \$10,000 Health Innovation Challenge

If you have a clinical challenge and think you may know of a solution but lack the technical expertise or funding to make it a reality, then we can help.

The MPBE \$10,000 Health Innovation Challenge, offered in association with Via Innovations, is open to everyone in the Canterbury Health System who has an idea about improving patient care. The winner/s will receive \$10,000 worth of development time, materials and marketing to help make their idea a reality. 'Runner-up' projects may also be considered for development.

The challenge will run in November – more information will become available over the next couple of weeks including an official entry form.

More information about the team including departmental contact details, for potential innovators who want to find out more about MPBE's capabilities can be found at www.cdhb.health.nz/mpbe. You can contact them on ext. 80852; (03) 364 0852 or by email at mpbe@cdhb.health.nz



It's Mental Health Awareness Week

Take part in our staff activities, daily words, a Mad Hatters night and [the wellbeing game](#).

Activities:

Classes will be held at Hillmorton Hospital and The Princess Margaret Hospital during the week on a variety of topics including greetings in different languages, Better Sleep, the 5 Ways to Wellbeing, shared Waiata, intro to Salsa dancing and Liangong exercises. [Timetables are available on our intranet](#).

Mad Hatters Night:

Wednesday 10 October check poster to right for more details.



Daily Words:

Check our daily staff email update each week day for a new word in English, Te Reo and NZ Sign Language.

Today's word is: **Thank**

Meaning: Appreciate, grateful, thank you, thanks

Te Reo: Kia ora

New Zealand Sign Language (left)

Try using the word in your everyday conversation in areas of work and play.

Cook Book:

Thanks to those who have sent in recipes. We'll update you on this in next week's update.

Mental Health NGO Expo

This is an opportunity for staff to hear about mental health programmes and consumer community resources from a group of our community based Non-Government Organisations (NGOs). This will be held on Thursday 9 October. More details on the flyer to the right.



MENTAL HEALTH N.G.O. EXPO

As part of Mental Health Awareness Week's

"KEEP LEARNING",

The Consumer and Family-Whānau Advisors have invited a group of community programmes and share their

if you have ever once they leave is able for consumer

The N.G.O.'s will work with consumers, family-whānau and staff who are interested in finding out about the community resources available.

The E.X.P.O. will be held in the Te Awakura Atrium from 1pm till 3:30pm on Thursday the 9th October.

All are welcome, see you there.

A better view for people with cancer

Our Dry July team is proud to announce that some beautiful artwork is now adorning the walls and ceilings of treatment areas thanks to the fundraising campaign and your support.

This year 1396 people signed up to support the Canterbury Regional Cancer and Haematology Service, raising \$198,121 in total.

Some of the money from last year's campaign has been put to good use with decal/ murals being installed in treatment areas.

These beautiful scenes now greet people undergoing treatment for cancer at Christchurch Hospital.



Iain Ward, Clinical Director Radiation Oncology with our Canterbury Regional Cancer and Haematology Service says it is wonderful to have this inspiring artwork for our patients to view.

"Receiving cancer treatment can be a very lonely and tedious experience. The new artwork provides a better view for our patients and hopefully helps to lift their spirits," says Iain.

The remainder of last year's funds have been earmarked for projects/ items which will arrive or be completed soon:

- iPads for Christchurch Chemotherapy Day Ward and regional chemotherapy patients for use while in hospital
- a wireless paging system for staff
- Adolescent and Young Adult (AYA) Inpatient room Ward 26 - a youth-friendly room for the use of young people with cancer. Dry July is contributing half the required funding
- chemotherapy chairs

We'll provide more photos of these as they arrive. Decisions are currently being made on what this year's funds will be spent on.

"We are consulting a number of appropriate people and groups, including consumers. We obviously want to make the best possible use of these precious funds so it is undergoing careful consideration. We have already decided that this year's funds will be used to increase the comfort level of people going through cancer treatment in our regional hospitals too," says Iain.

Thanks too, to everyone who completed our Dry July survey. We will be analysing these results at a Dry July Debrief.

ceo update

The 'eyes' have it

An "open evening" for optometrists and general practice teams was held at the end of September by the Eye Service team in the Eye Outpatients Department in St Asaph Street. It was supported by Canterbury Initiative who organised the invitations and feedback.

Robin Rutter-Baumann, Canterbury Eye Service, Service Manager said it was a great opportunity to celebrate Save Sight Month (September) and a very good PR and team building exercise, as well as a chance to improve our understanding of what matters to our colleagues in primary care.

Feedback from the attendees was very positive with many remarking that it was good to put a face to the people they had been dealing with for years and that this is something other departments could also do. [Check out a summary of the feedback received.](#)



Left: RN Luke Wigram talks about retinal scanning with one of the optometrists.

Right: Dr Geoff Duff demonstrates the capability of the Synergy image management system.



Left: Visitors to the Eye Outpatients Department in St Asaph.

International Interpreter's Day

Last Tuesday, 30 September was International Interpreter's Day and a day to reflect on the valuable work that our busy interpreters perform.

The service receives more than 400 requests a month across CDHB and provides 44 different languages on site, including New Zealand Sign Language with other languages available over the phone. This challenging role sees CDHB Interpreters involved with patients at their happiest and most challenging times in their lives.

So take a moment to "walk a mile in someone else's shoes" and picture yourself unwell in a country where you don't speak the language. How essential it would be to have someone there who can relay information for you and to you.

The interpreters are here, as we all are, to make the patient's experience an informed one.

Tips when using CDHB interpreters:

- Speak directly to the patient as if you speak the same language.
- Speak clearly and unhurriedly and pause every few sentences.
- Don't ask the interpreter to step outside of their role – don't ask for their opinion or advice.



So thanks everyone for recognising the growing need to use our interpreters. They will continue to strive to provide you all with an excellent service. Any feedback on this service is always appreciated.

To contact the interpreter service email interpreterbookings@cdhb.health.nz or phone 80669 or 364 0669.

Kerin Henderson (Co-ordinator Interpreting Services)

Changes to printer settings

Following feedback ISG will be carrying out some changes on how your Ricoh Multi-Function Device is configured.

On Wednesday 8 October ISG is planning to make the following changes:

- change to the default setting to print black and white – users who need to print colour will have to select this manually. The cost of printing in colour is seven times more expensive than black and white.
- change will be made on "follow you print" in that your print jobs will be printed as soon as you have swiped or logged onto the print device card reader. ISG believe this will improve efficiency, as you will no longer need to logon – select your printer jobs, and then print your work.

Should you have any questions, please feel free to contact Danny Beckett, Project Manager, Print Management project, email danny.beckett@cdhb.health.nz

One minute with... Sandra Crawford, Physiotherapist, Burwood Hospital outpatients

What does your job involve?

I work as a physiotherapist in the Outpatient Department at Burwood Hospital leading a team of physiotherapists and physiotherapy assistants.

My clinical workload involves providing physiotherapy treatment to orthopaedic and surgical patients post-operatively after discharge from hospital as well as physiotherapy treatment for patients with a wide range of acute and chronic conditions – musculoskeletal and orthopaedic.

Why did you choose to work in this field?

Improving the quality of life for my fellow man has always been my passion and this position provides me with this opportunity.

What do you love about it?

The supportive and approachable managers that I work under and my loyal hardworking team.

What are the challenging bits?

Noticing the ongoing heartache and stress of our clientele after the earthquakes.

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

The volunteers working for CDHB. They provide a selfless and often undervalued service.

The last book I read was

“The Lost Child of Philomena Lee” by Martin Sixsmith – a compelling narrative of human love and loss, a true story.

My ultimate Sunday would involve

A late breakfast out with family and friends in sunny surroundings followed by a walk or a bike ride in Hagley Park.

One food I really dislike is.....

Bacon and egg pie.

My favourite music is.....

Adult contemporary music – music with lush and soothing qualities and a focus on melody and harmony.



Sandra Crawford

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

Staff Wellbeing Programme: money week, limited appointment times remaining

Money Week (October 13) – retirement and housing/financial planning [Money Week](#) – meet with an authorised financial advisor or home loan expert at the main hospital sites.

Free 30 minute appointments available the week of October 13.

For more information [click here](#) or visit the [Staff Wellbeing Programme intranet page](#)

The Wellbeing Game

Actively manage your wellbeing by focusing on the '5 Ways to Wellbeing'. Get a team together with colleagues, family and friends. Registrations now open www.thewellbeinggame.org.nz

Earthquake Support Coordination (ESC) Service

ESCs will run drop-in desks at main hospital cafes from 1000-1330hrs during October as follows:

- Burwood café – Thursday 9 October
- Hillmorton café – Monday 13 October
- CHCH Campus – Great Escape café – Wednesday 22 October

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.



Canterbury District Health Board
Te Pōwhiri Hauora o Waiheke



Richmond
Healthy individuals. Connected. Better. Together.

Need help with Earthquake Issues?



Free Earthquake Support Coordination

Earthquake Support Coordinators are available to help people and their families directly affected by the Canterbury earthquakes.

Earthquake Support Coordinators can:

- Support you to work out what needs to be done for you, your family and/or a family member and make a plan
- Provide relevant information
- Support connection with relevant services
- Coordinate meetings between you and the experts.

They can meet with you anywhere you choose - your home, workplace or ...



They provide services that include (but are not limited to):

- Legal, EQC and insurance help
- Repairs
- Accommodation assistance
- Counselling support and social services
- Financial assistance or information
- Health services
- Winter heating advice
- School or childcare support
- Translation services
- Environmental and infrastructure information.

The support provided is based on your individual circumstances.

Free Service for CDHB Staff and their Families.

For advice or to request an Earthquake Support Coordinator,
Call: (03) 371 5598
After hours assistance available or
Email: earthquake.support@richmond.org.nz

What is the Employee Assistance Programme?

WHAT IS THE EMPLOYEE ASSISTANCE PROGRAMME?
Your Employee Assistance Programme (EAP) is a professional and confidential service paid for by your employer. It is to help you if you are experiencing any personal or work related difficulties. This service is provided by an independent company called EAP Services Limited, and their Professionals are all qualified, registered and experienced EAP specialists.

WHAT KIND OF ASSISTANCE DOES EAP PROVIDE?
EAP Services provides brief, solution focused support, to help you deal with any difficulties you may be experiencing, and to minimize their impact on your life. The discussions with your EAP Professional will be informal, friendly, and focused on meeting your needs.

HOW CAN PROFESSIONAL SUPPORT HELP?
Your EAP Professional will work to assist you:

1. Clarify a problem
2. Identify your desired outcome
3. Develop a plan for you to achieve a positive result

WHAT KIND OF SUPPORT CAN EAP HELP TO:

• Personal Relationships	• Health	• Grief & Bereavement
• Children & Family Support	• Work	• Conflict & Tension
• Alcohol & Drug Problems	• Personal	• Anxiety & Depression
• Personal Legal Advice	• Separation	• Emotional Stress
• Gambling & Addictions	• Budgeting & Financial Management	• Trauma

If you are experiencing any personal or work related issues, then accessing EAP Services will be of benefit to you. Often the longer an issue is ignored, the bigger it gets and the more aspects of your life it will affect.

WHEN CAN I ACCESS THESE SERVICES?
EAP Services operates 8:00 am – 7:00 pm, Monday to Friday. During this time all services are available either via the e-counselling, telephone, SKYPE or in a face to face setting. In addition, a number of EAP Services locations provide after-hours and weekend support.

For times when individual circumstances require an immediate response, an emergency telephone service operates providing 24 hours a day, 365 days a year access. On-call professionals are available to respond as the situation requires.

HOW CAN MANAGERS USE THE EAP?
Sometimes employees need help if they aren't coping either at home or work. On these occasions, managers may wish to suggest to a staff member that they may benefit from using the EAP. The decision to attend is still entirely voluntary.

CONFIDENTIALITY
All EAP consultations are strictly confidential. EAP Services does not share information about you with anyone, unless we have your written authority to do so.

In the case of workplace issues, you may authorise EAP Services to discuss the matter with your manager or another person you nominate to help address the situation.

*The only exception is where our Professional identifies that your personal safety or harm to others is at risk and reserve the right to take appropriate action.

HOW DO I ACCESS EAP?
EAP appointments can be made simply by contacting EAP Services Limited anytime 24 hours 365 days by:

SCAN QR

NZ 0800 327 669

Intl +64 9 353 0906

www.eapservices.co.nz/booking

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

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

What is the Employment Assistance Programme?

Your Employee Assistance Programme (EAP) is a professional and confidential service paid for by your employer. It is to help you if you are experiencing any personal or work related difficulties. This service is provided by an independent company called EAP Services Limited, and their Professionals are all qualified, registered and experienced EAP specialists...[more information](#).

Andy Hearn

Staff Wellbeing Coordinator
Canterbury &
West Coast DHB

Ph: 03 337 7394 / Ext: 66394

Mobile: 027 218 4924

Email: andy.hearn@cdhb.health.nz

Allied Health Morning Tea

Allied Health Christchurch Campus hosted a morning tea on 16 September 2014 in the Great Escape Annex Room.

The purpose of the gathering was twofold, to provide Allied Health Staff with the opportunity to meet each other socially and build relationships between team members, as well as supporting a very worthy community cause – Cholmondeley Children's Home at Governors Bay.

The organisers were Frances Borrie (Occupational Therapy), Fiona Lothian (Social Work) and Molly Wright (Physiotherapy). Sara Vidette, Marketing Manager of Cholmondeley was thrilled to receive \$160 as a result of a gold coin entry.



Above: Allied Health staff enjoying morning tea.



Above: From left; Frances Borrie (Occupational Therapist), Garth Munro (Allied Health Director Christchurch Combined Campus), Fiona Lothian (Social Work), Molly Wright (Physiotherapist).

Learning more about and planning for our ageing workforce

A recent report titled *Coming of Age: The Impact of an Ageing Workforce on New Zealand Business* found just 18% of employers have specific ageing workforce planning strategies. This despite findings that show employers note the productivity benefits older workers bring and a shortage of highly experienced workers in some industries.

The NZ Human Rights Commission is running two surveys which are aimed at hiring managers and all staff and take less than 3 or 4 minutes to complete. We encourage you to participate:

Survey for Employers/Managers: <http://questionpro.com/t/AD9qrZRcOj>

Survey for Employees/All staff: <http://questionpro.com/t/AD9qrZRcOm>

The Commission will return survey results to Crown entities with the aim to assist in formulating future ageing workforce strategies. This research is being conducted by the Human Rights Commission, The Office for Senior Citizens, OCG Consulting and Lonergan Research Ltd.

If you have any queries regarding this survey please contact Moana Eruera at moanae@hrc.co.nz or (04) 496 9773.

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.

WORLD WAR I (1914-1918)

REMEMBERING **100** YEARS

Nursing Research Series—Friday 10 October, 1230-1300

Oncology Lecture Theatre | Christchurch Hospital | Ground Floor

Clinician or Manager: An exploration of duty management in New Zealand hospitals (2006). Duty managers provide shift based management of hospital functions, predominantly outside of office hours. The role commonly involves both clinical and management functions against a changing context of health management strategies and operations. Heather Gray will discuss her research which sought to understand duty management and the particular ways in which power and knowledge operate, to formulate the subject's view of the role and the after-hours hospital.

For information or if you would like to video conference into the presentation contact Janette Dallas Nurse Manager Professional Practice Development ext. 81689

Nurses undertaking CPIT courses in 2015

The procedure for applying for funding for CPIT courses in 2015 is changing.

Instead of applications being processed all year, there will now be twice-yearly funding rounds. The first funding round is now open and will close on 10 November. Please note extension to closing date.

A second funding round will be held in March/April 2015 for papers later in the year. CPIT is releasing the timetable for 2015 shortly but anticipate the papers offered will be the same as this year. Please apply for the paper you are interested in and dates of study will be confirmed with you once the timetable is finalised.

Applications for the first funding round are now being accepted. Please apply using the on-line application form on the Nursing page of the intranet:

<http://cdhbintranet/corporate/NursingInformation/SitePages/CPIT.aspx>

Further information is available from Jenny Gardner on jenny.gardner@cdhb.health.nz or Vicki Christoffersen on Vicki.Christoffersen@cdhb.health.nz

Registered Nurses undertaking Postgraduate nursing study in 2015

Applications are now open for HWNZ funded places in Semester 1 and 2, 2015. The link to the online application form is: [CDHB Online Application Form - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website: [Postgraduate Nursing Education](#)

Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or margaret.bidois@cdhb.health.nz or to Jenny Gardner, Nurse Consultant, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz

Closing date for applications is Friday 10 October 2014.



ceo update In brief...



Monthly Update September 2014

[Read about](#) Support for Single South Island Oncology Trial Service, SI PICS gets green light from Minister, thank you and best wishes to Sharon Kletchko, New e-risk management system underway.



Health, Safety & Wellbeing - Monthly Update Issue 12 September 2014

[Read about](#) YDP secure Worksafe NZ ruling, the reviewed and updated pre-placement immune status screening process and meet Louise Lyall, a new Staff Rehabilitation Occupational Therapist.



Whānau Ora

DHB Whanau Ora Update No 26 – September 2014

This month's [Te Kete Hauora's electronic newsletter](#) looks at working with the DHB and collectives in the Bay of Plenty region.

Previous newsletters are available online at the [National Service Framework Library](#).



Health Quality & Safety Commission “New Zealand

[Read the latest update from the Health Quality & Safety Commission New Zealand.](#)

The New Zealand Nursing Practice Survey



The New Zealand Nursing Practice Survey is the first large scale study to apply a research framework to the many different nursing roles and titles we have in New Zealand and address the confusion about the difference between them. Professor Jenny Carryer and Dr Jill Wilkinson from Massey University are conducting the study.

As a Registered Nurse or Nurse Practitioner currently employed in a clinical service environment you are invited to participate in the survey. Nurses in any type of hands-on, management, leadership, research, or education roles, including senior nursing leadership roles are invited. We need as many nurses as possible to participate to get reliable research results.

There is more information about the study and the survey itself at this link:

https://www.surveymonkey.com/s/Nursing_practice_survey

If you have any questions about the survey, or have difficulty accessing the site, please email j.wilkinson@massey.ac.nz or Liz.manning@kynance.co.nz

ceo update In brief...

WE NEED NEW DONORS
Come and Give Blood at..
**CHCH Hospital
Annex / Great Escape Cafe
Thursday 23 October
10am – 3pm**
Appointments phone 0800GIVEBLOOD
(0800 448325)
Or online at www.nzblood.co.nz
Please remember your photo ID or Donor Card

PLEASE YOUR SUPPORT ON THE NEW ZEALAND BLOOD SERVICE
© 2014 NZBLOOD

I PLEDGE TO SAVE LIVES
0800 GIVE BLOOD
0800 444 325
NZBLOOD

We need new donors...come and give blood at...

Christchurch Hospital, Great Escape Café Annex
Thursday 23 October 10am—3pm...[more information](#)

Appointments phone 0800GIVEBLOOD
(0800 448325)

Or online at www.nzblood.co.nz

Please remember your photo ID or Donor Card

THE H'S AND N'S OF INFLUENZA
SPEAKER: DR. LANCE JENNINGS

Over the past 17 years 3 novel subtypes of Influenza Type A virus have crossed the species barrier into humans. 2009 H1N1, H1N1v, H7N9, and H5N1. H5N1 and H7N9 are the reassortant viruses for all ocean influenza A viruses, so why do we become concerned when H5N1v is detected? Critical virally mediated steps in active case in the surveillance of seasonal influenza viruses... tracking tracks of the H's and N's of influenza, in local, national and international perspectives. The aim is to be prepared should these novel viruses start spreading in humans.

JOIN US AT THE UNIVERSITY OF CANTERBURY
Open 6.30pm on Tuesday 24 October Central Lectures Room C2
Entrance off Arts Road, off Clyde Road. Entry is by way of a gold coin donation.

THE NIGHT TIME LECTURE SERIES
NO NEED TO REGISTER JUST SHOW UP
VISIT US AT WWW.CHL.CO.NZ

LECTURE 02
Canterbury Health Laboratories

Canterbury Health Laboratories – Night Lecture Series

Tuesday 7 October, 7pm-8.30pm

The H's and N's of Influenza

Speaker: Dr Lance Jennings

[More information.](#)

Venue: University of Canterbury, Central Lectures Room C2 (Entrance off Arts Road, off Clyde Road).

Entry by gold coin. No need to register, just turn up.

CANTERBURY HEALTH LABORATORIES NIGHT TIME LECTURE SERIES
JOIN US AT THE UNIVERSITY OF CANTERBURY
Central Lectures Room C2, Entrance off Arts Road, off Clyde Road.
Entry is by way of a gold coin donation.

01 7PM - 8.30PM | TUESDAY 10TH SEPTEMBER
HUMAN DISEASE, JUST HOW MUCH CAN WE BLAME OUR GENES?
PART 1 HEART DISEASE AND DIABETES
SPEAKER: DR. TONY BAIZEZ

02 7PM - 8.30PM | TUESDAY 17TH OCTOBER
THE H'S AND N'S OF INFLUENZA
SPEAKER: DR. LANCE JENNINGS

03 7PM - 8.30PM | TUESDAY 14TH OCTOBER
HUMAN DISEASE, JUST HOW MUCH CAN WE BLAME OUR GENES?
PART 2 CANCER AND INFLAMMATORY BOWEL DISEASE
SPEAKER: DR. TONY BAIZEZ

04 7PM - 8.30PM | THURSDAY 23RD OCTOBER
THE BIOLOGY OF CORTISOL: A HORMONE FOR ALL CAUSES
SPEAKER: DR. JOHN LEVIE

05 7PM - 8.30PM | THURSDAY 16TH OCTOBER
CANCER IN THE 21ST CENTURY: MYTH AND REALITY
SPEAKER: DR. JEFF UPTON

THE NIGHT TIME LECTURE SERIES
NO NEED TO REGISTER JUST SHOW UP
VISIT US AT WWW.CHL.CO.NZ

Canterbury Health Laboratories

[For a list of future Canterbury Health Laboratories Night Lecture Series refer to this poster.](#)

CDHB CEILIDH

Saturday 11th October | 7.30pm to 1am
at the Addington Events Centre

\$45 for Buffet Meal and Dancing with Traditional Scottish Band
Buffet proceeds to the Air Ambulance Service

Tickets available Wednesday 10th September from BNZ Chch Public Hospital
Open to all CDHB staff and their partners

Contact: cdhbceilidh@airambulance.org.nz

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.](#)



[Read the latest SCIRT news here](#)