



## Taking a lead in reducing our greenhouse gas emissions

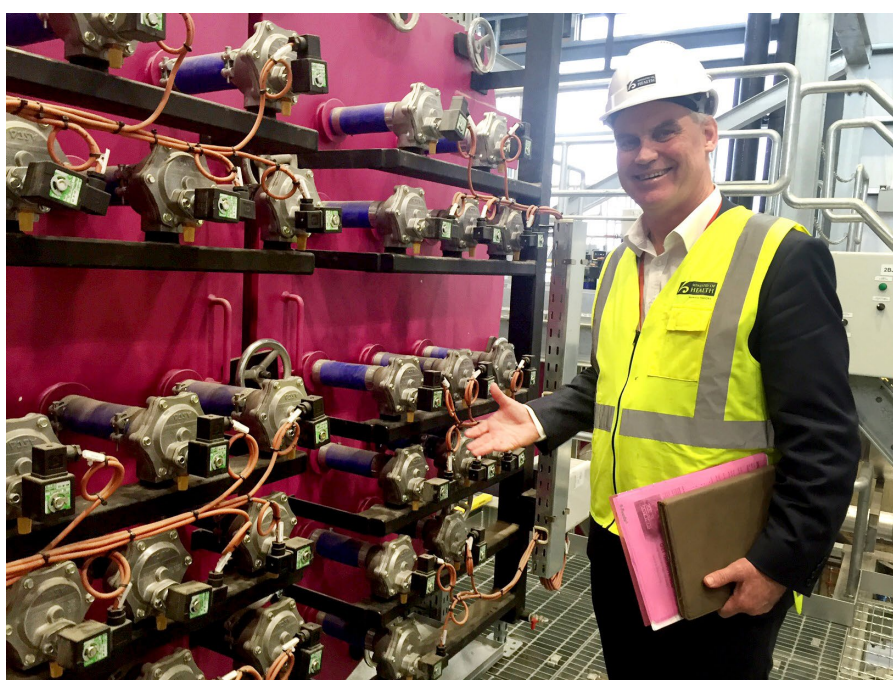
Next week I'm speaking at a Net Zero Emissions workshop in Wellington, which is an event for public and private sector organisations to come together and share ideas and learn more about ways in which we might transition to a lower carbon future.

Input to this debate from the health sector is critical. International evidence estimates that health systems contribute between three and eight percent to greenhouse gas emissions – and it seems likely that we are nearer to the eight percent end of the spectrum as New Zealand's hospitals are highly dependent on coal as a cheap primary energy source. We've been using coal at Christchurch Hospital for the best part of 140 years.

In 2018, for the first time, the Government has asked all DHBs to address adaption and mitigation of climate change, and this means all DHBs need to audit their environmental and sustainability measures. It makes complete ethical sense for health agencies to be mandated to improve our communities' health and wellbeing by reducing our carbon and sulphur emissions.

It's also good business sense, particularly as coal will eventually rise in price and already comes with a significant levy as part of New Zealand's Emissions Trading Scheme.

Fortunately, Canterbury DHB is already a public sector leader in this area. We started looking at biomass in 2009 as a CO<sub>2</sub> neutral alternative to coal. Biomass is mostly timber waste from forestry activities, and by 2013 we had commissioned a small woodchip boiler at Hillmorton Hospital.



David Meates on site in the new Boiler House at Burwood Hospital

***We are now a fully CEMARS-certified organisation ... we have reduced our total greenhouse gas emissions by 20 percent over our baseline 2014 measurements, making us one of the country's top 20 reducers***

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With the technology tested and a reliable wood supply established, we then took the step to replace the old coal boilers with a modern biomass plant at Burwood Hospital when the opportunity arose. Instead of coal, the fuel for the boilers has come from sources as diverse as poplars from the Waimakariri River's stop-banks and the wood waste from the recent Port Hills fires.



The old 1960s boiler No.1 at Burwood



The new biomass boiler system in use at Burwood

Since 2014, Canterbury DHB has been officially tracking its carbon emissions using the Enviro-mark programme CEMARS, and we are now a fully CEMARS-certified organisation. CEMARS stands for Certified Emissions Measurement And Reduction Scheme. CEMARS has shown that we have reduced our total greenhouse gas emissions by 20 percent over our baseline 2014 measurements, making us one of the country's top 20 reducers.

Our energy manager Tim Emson and his team deserve much, if not all, the credit for these fantastic behind-the-scenes achievements.

Looking ahead, plans are underway to replace the old coal boilers at the expanding Christchurch Hospital campus. Tim's team estimates that Christchurch Hospital's future energy needs would generate around 20,000 tonnes of CO<sub>2</sub> emissions per year if we continued to use coal, but if we convert to biomass that figure drops by an amazing 98 percent to just 335 tonnes CO<sub>2</sub>. Using biomass instead of coal as our primary energy source means around 19,500 tonnes less CO<sub>2</sub> into the atmosphere, every year. Ashburton Hospital also has coal boilers at present, and plans are being drawn up to replace them as well, further reducing our carbon footprint.

As an organisation committed to the public good we have to make these changes, and I'm thrilled to be able to represent the Canterbury DHB next week as an example of best practice in this area.

**Christchurch Hospital's future energy needs would generate around 20,000 tonnes of CO<sub>2</sub> emissions per year if we continued to use coal, but if we convert to biomass that figure drops by an amazing 98 percent to just 335 tonnes CO<sub>2</sub>**

## Update on Government Mental Health Inquiry

As you may be aware, the Government Inquiry into Mental Health and Addiction is required to report to Government by 30 November. The Government has indicated it will need time to digest the report, but expects to publicly

release the report before the end of the Parliamentary year (late December). We will share details once this information is released to us.

## Rising from the Rubble – a successful book launch

Last week I attended the launch of *Rising from the Rubble*. It was fantastic to see years of hard work from Mike Ardagh and Jo Deely recognised at the launch event. Alan Bavis spoke on behalf of the Maintenance and Engineering team whose heroic actions behind the scenes on the day

of, and days and weeks after the February 2011 quake are covered in the book. Emergency Department (ED) specialist Jan Bone who was working in ED on the day of the quake also paid tribute to Mike and acknowledged the whole-of-health-system response from everyone working



in a range of clinical and behind-the-scenes roles on the day.

Canterbury University Press publisher Catherine Montgomery also shared some of the stories she found surprising, such as the list of requirements for older people in damaged rest homes, which included water, hand sanitiser and head lamps for everyone to wear, as some residents had stepped into massive cracks where the flooring had separated and residents had fallen into the foundations. With headlights on they could be more easily located.

The book provides numerous behind-the-scenes insights that will surprise even those who were working as part of the health system response.

A reminder the book *Rising from the Rubble* is available at a discounted rate to anyone who works in the Canterbury Health System – including Canterbury DHB staff.



Drs Jo Deely and Mike Ardagh signing copies of their book

#### How to order:

##### 1. Email

If you would like to order one or more copies of *Rising from the Rubble* please email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz) with **RUBBLE** in the subject line.

##### 2. Provide evidence of working in the Canterbury Health System

Tell us your DHB staff ID number or where you work and let us know how many copies you'd like and we'll provide the details for payment (via online banking).

##### 3. Make the online payment - we'll provide all the details you need.

##### 4. Collect

Once payment has been received your book/s will be available for collection at Canterbury DHB's Corporate Office.

## Congratulations to the team from Cortex who won the Health IT Solution Innovation Award

Cortex, created by Sense Medical and co-developed by Canterbury DHB's via Innovation Unit, has been used in Christchurch Hospital since mid-2017. It was wonderful to see the solution recognised by sector leaders. You can read the full details on page 12.

## Welcome to delegates from the World Health Organization and representatives from Netherlands, Australia, Jamaica and Cook Islands public health agencies in Christchurch on Tuesday

As part of a week-long visit to New Zealand to assess the country's capability to respond to public health emergencies of international concern, a delegation from the World Health Organization (WHO) and public health agencies in the Netherlands, Australia, Jamaica and the Cook Islands have a field visit to Christchurch on Tuesday as part of its Joint External Evaluation.

They start the day with a visit to Christchurch International Airport, where staff will describe border screening

arrangements by NZ Customs and Public Health. The visit will also provide insights into how health routinely works with border agencies to manage bio-security and ill travellers, and how joint planning and exercising can be used to enhance this, for example, when enhanced screening for returning humanitarian workers from West Africa was implemented during the 2014–15 Ebola Virus Disease outbreak. Case studies will cover routine responses by the Public Health Unit to issues of pratique

in international travellers, as well as ongoing mosquito surveillance interception response activity.

Next up is a visit to Christchurch Health Laboratory, which is a measles reference laboratory. The delegates will gain an understanding of New Zealand's lab capacity and diversity, while specifically discussing immunisation and surveillance activities, using measles as an example. This will be followed by a visit to the Justice and Emergency Precinct. The Justice Precinct has the first multi-agency local and regional level custom-built coordination centre. This integrates agencies such as Police, Corrections, Fire and Emergency New Zealand, St John Ambulance, Immigration, Customs, Justice and, in a health emergency, Health – in a multi-function space that allows them to work across reduction, readiness, response and recovery activity.

Throughout Tuesday afternoon staff from Community and Public Health and the wider health system will present a range of case studies to the delegates which demonstrate risk communication, emergency preparedness and a range of emergency response operations technical competencies.

Haere ora, haere pai  
Go with wellness, go with care



David Meates  
CEO Canterbury District Health Board

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

If you're a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).

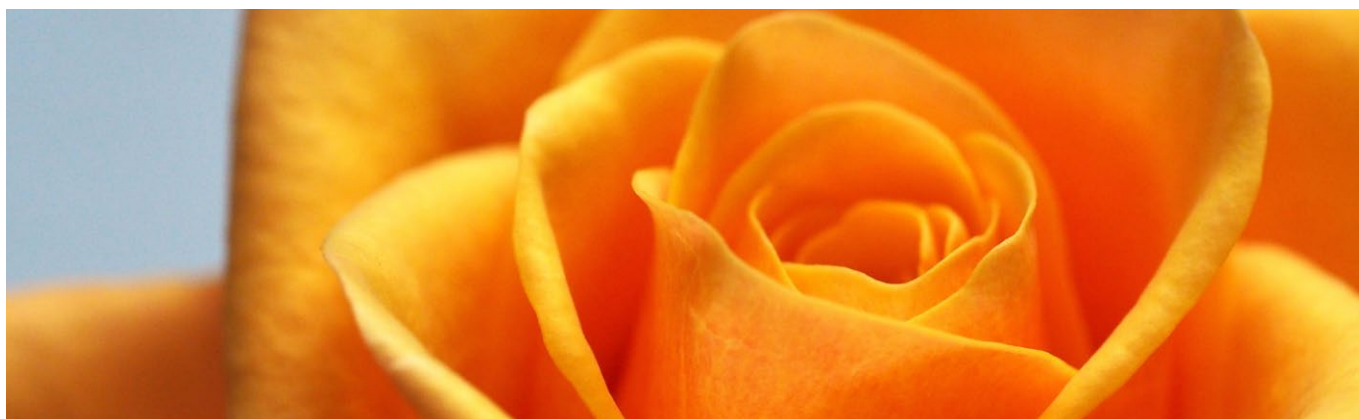


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## Bouquets

### Ward 20, Christchurch Hospital

Over the past month or so we have made several visits and consultations with many of your staff and have to send our accolades to everyone we were involved with. Four weeks ago my wife was diagnosed with breast cancer. From day one everything was put in place in such a professional, efficient and timely manner and (after such a short time) she is now (already) well on the road to a successful recovery. Our experience with all the staff we met was exemplary. Hopefully not missing someone, the specialist, anaesthetists, registrars, ward nurses, house surgeons, receptionist/administration staff were all so professional and obviously well trained. Their interpersonal skills were impressive. As we met each team member they made a point of asking for my name and always addressed me by my name during our conversations. Congratulations to the induction and training programmes you obviously provide your team.

### Darryl Gregory, Specialist Mental Health Services

A family have expressed their gratitude to Consultant Forensic Psychiatrist Darryl Gregory for his work with their son and the effort he put in to ensuring their son would receive optimal care on his return to his home country. The family say they appreciate the work done to repatriate

their son despite the significant bureaucracy involved in doing so.

They said: We know that you spent many added hours writing lengthy updates to us about our son, giving us reassurance and seeking information, we felt that you were truly invested in providing the best care for our son. This too reduced our anxiety and helped us cope with him being in New Zealand for all those months. You repeatedly showed concern for us as well, which we so appreciated and again helped us to be confident in the care you were providing to our son so far from us. Thank you does not seem adequate enough to say... we will never forget these kindnesses to us and to him.

### C Ward (Eating Disorders), The Princess Margaret Hospital

The nurses and doctors are doing an excellent job, even with low staff numbers and in tough situations.

### Day of Surgery Admission (DOSA), Radiology, Day Surgery Recovery, Christchurch Hospital

I was a patient in the interventional radiology area recently. Everything went very smoothly. The staff at DOSA were friendly and efficient. The orderly Lionel was terrific – funny, chatty and full of praise for the work of the radiology team (which I found very reassuring). At Radiology, Nurse Maggie and Registrar Renee were

friendly and competent and the procedure was over in no time at all. Then to day surgery recovery in the Christchurch Women's Hospital building, where I was fortunate to have Registered Nurse Grace as my primary nurse, and what a fantastic nurse she is. Competent, attentive, kind, caring. I don't have a single suggestion on how my care could have been better.

### Day Surgery, Oncology, Urology, Christchurch Women's Hospital

I was admitted for day surgery at Christchurch Women's Hospital. Prior to and during my procedure I was fully briefed by medical staff as to what to expect, and also asked if I had any concerns, right the way through from initial interviews by nursing staff to my meetings with the anaesthetist, oncologist, urologist and radiation therapists, and later in the urology ward. I had explained to the oncologist prior to going to the operating theatre that I was concerned about difficulties medical staff had previously had inserting a catheter, and the urologist was fully aware of this when he saw me and discussed my concerns with me. The anaesthetist also was very communicative and kept me fully informed prior to and during the administration of the anaesthetic. Operating theatre staff were also enquiring about my wellbeing before and during the procedure. All the

medical staff I met were pleasant and helpful. I could not have asked for better treatment. Thank you all.

#### **Emergency Department, Christchurch Hospital**

I would like to thank the security people in the waiting room in the Emergency Department who very kindly walked me to my car in the dark. The guy that walked with me was pleasant and friendly and made me feel very much safer as a woman on my own walking next to the park at nearly midnight.

#### **Bone Marrow Transplant Unit (BMTU), Christchurch Hospital**

I wish to complement the whole BMTU team. They work in a professional and friendly manner to all of the patients and relatives. They are accomplished in their level of learning and go the 'extra yard' for their patients. Thankyou.

#### **Radiology Department, Christchurch Hospital**

The service I received from the receptionist to the orderly and the CT scan operator was fantastic, welcoming and professional. First class. Thank you people of Radiology.

#### **Ward 22, Christchurch Hospital**

Nurse Olivia is the main person who took care of my son. We really appreciate her nice caring and helpful nature. Today my son got to go home earlier than predicted. Thanks to Olivia and Jessie and all the wonderful team members. You all do great work and are a fabulous help. Thanks again Ward 22 team.

#### **Ward 17, Christchurch Hospital**

I have been in hospital now for four days after a minor surgery and just wanted to say that all of the staff have been amazing. Everyone is so lovely and helpful, it made my stay a lot easier. Thank you so much.

#### **Ward 10, Christchurch Hospital**

You people in Ward 10 are fantastic. Thank you so much.

#### **Ward 10, Christchurch Hospital**

Thank you so much for all the care and attention you have given to Dad and all of us really. Kari we really do think you are a fantastic nurse and person and hope you carry on with nursing.

#### **Ward 18, Christchurch Hospital**

On behalf of my daughter and myself I would like to express our deepest thanks to the charge nurse who allowed me to stay with my daughter during her treatment here in Christchurch. I know this is not standard but having no family or friends to stay with here it was so nice to be close to my daughter through this troubling time. Thank you.

#### **Ward 19, Christchurch Hospital**

I cannot speak highly enough of all the staff including the food delivery and cleaning staff. The staff made my whole admission time okay. Special mention to Orthopaedic Registrar Dr Con, and Kate from the Infection team. Both allowed me to feel trust and feel safe. Also thanks to a wonderful female junior orthopaedic team doctor who listened when I had a blue day. So caring.

#### **Nick Cross, Christchurch Hospital**

Dr Nick Cross is amazing. Today I had my pre-transplant assessment and had the pleasure of dealing with Dr Cross. He was extremely informative and explained every step clearly and listened to our questions. Did not make us feel uneasy or rushed. I very much appreciate the time he gave us.

Thank you.

#### **Emergency Department, Christchurch Hospital**

Thank you so much for the excellent care you took of my mother this evening. You were all so friendly, professional and personable. We felt like we were in very safe hands.

#### **Christchurch Hospital shuttle bus**

Just wanted to say how lovely Peter from your hospital shuttle (Lichfield

St parking building) is. I am a regular visitor to Outpatients. Peter is always genuinely happy to meet and greet his passengers. He is very knowledgeable and makes the service very easy and a pleasure to use. He's a very valuable member of staff and I do hope he is appreciated for his excellent customer service.

#### **Ward 12, Christchurch Hospital**

I could not help but be mightily impressed by the happy, friendly, efficient attitude of the staff I encountered. The nurses were all marvelous, resulting in an atmosphere which was enjoyable to all the patients and I am confident was appreciated by all.

#### **Te Whare Manaaki, Hillmorton Hospital**

Staff at Te Whare Manaaki received a card from the family of a young man who had been in their care before recently returning to his country of residence.

They wrote: Although [our son] often related to us how difficult it was to be in hospital for so many months he was always very complimentary about all the nurses, doctors, social workers, housekeeping and kitchen staff on your unit. This in turn comforted us and reduced our anxiety being so far away, worried about how he was being treated and how he was coping. When we called from [overseas], we received nothing but politeness and respect from each of you and we thank you too for this. Working at a mental health facility may at times not seem to be the most rewarding. However, we have truly benefited from your excellent care, think you are the best at what you do, and are so thankful you were there in our son's time of need. The family also expressed their gratitude that their son received a number of encouraging notes from staff on his return home, commenting "staff are obviously deeply committed to their work and personally invested in patient outcomes."



## Big Shout Out

### C Ward, The Princess Margaret Hospital

I could not have asked for a better team to work with and guide me through my first two years as a registered nurse. You are all truly amazing and your kindness, work ethic and empathy will not be forgotten.

### C Ward, The Princess Margaret Hospital

Thank you to everyone on C Ward. We have felt so welcome and have learnt so much. Thank you

for sharing your knowledge and expertise with us especially when it meant taking time out of your day. We know it isn't always easy having students around. We hope we were able to ease some of your workload while we were here. Much appreciated.

### C Ward, The Princess Margaret Hospital

A very heartfelt thank you to everyone. You made us feel so welcome and provided so many learning opportunities. You made

this placement a very enjoyable one. Thank you for allowing students to experience this ward and taking us under your wing.

### C Ward, The Princess Margaret Hospital

Thank you for making our time on placement enjoyable. We have learnt numerous new skills that we will take away for our future practice. We thoroughly enjoyed our time here.

#carestartshere



## The Library

Browse some of the interesting health-related articles doing the rounds.

["The contribution of hospital doctors to public health"](#) – This article considers the ways in which clinicians can apply public health principles in their practice to reinforce and support greater improvements quality of care and population health. From *British Journal of Hospital Medicine*, published online: 12 November 2018.

["Human images from world's first total-body scanner unveiled"](#) – The first scans from the world's first medical imaging scanner that can capture a 3D picture of the whole human body will soon be revealed. The EXPLORER is a combined positron emission tomography (PET) and X-ray computed tomography (CT) scanner that can image the entire body and provide a three-dimensional picture all at once, in less time and using less radiation than current scanning technology. From *Science Daily*, published online: 19 November 2018.

["Patient experience of a psychiatric Mother Baby Unit"](#) – This study looks at how the experience of inpatient care can have a lasting influence on recovery and wellbeing. Using a Māori model of health (Te Whare Tapa Wha) on mothers with severe mental illness and their infants, the study used a holistic approach, consistent with Māori values, combining the importance of whānau relationships (kinship), wairua (spiritual connectivity) hinengaro (mind) and tinana (physical health). From *Public Library of Science*, published online: 30 May 2018.

If you want to submit content to **The Library** email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz).

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** [www.otago.ac.nz/christchurch/library](http://www.otago.ac.nz/christchurch/library)
- › **Phone:** +64 3 364 0500
- › **Email:** [librarycml.uoc@otago.ac.nz](mailto:librarycml.uoc@otago.ac.nz).

# Facilities Fast Facts

## Acute Services building and the Link

A large concrete pour for the Link building between Christchurch Women's and the Acute Services building is planned in the coming weeks. We will forewarn staff about this work as it may involve up to 40 concrete trucks coming onto the site, close to Oncology and Christchurch Women's.

A steam blow is also currently scheduled next weekend at the rear of the Oncology building – to clean the boiler pipes running to the Acute Services building. The steam will be emitted via a silencer but there may be some noise from this work – as well as lots of steam.

There is also work planned near Riverside, with the test running of the four generators on the roof of the Acute Services building over three to four days in early December. The generators also have silencers fitted.

Look out for notices in the daily email to staff to remind you of the above work.

The Acute Services building's permanent lights will be turned on in parts of the ground floor and level one by the end of the month.

## Burwood Hospital's Spinal Unit extension

Good progress is being made to the extension to the Spinal Unit at Burwood Hospital and the upgrade work / earthquake repairs to the existing facility. The work is still on track to be completed in June 2019, just 12 months after staff moved out to their temporary home in Ward FG.

The photos below show demolition of part of the existing buildings in September, progress with the new foundations in early November, and an artist's impression of the complete project (the new part of the building is the raised roofs on the left).



Demolition of part of the existing buildings



Progress with the new foundations in early November



An artist's impression of the completed project





## One of only 263: High praise for Murali Krishnasamy's highest security IT certification

Some words from ISG Senior System Administrator Murali Krishnasamy on achieving the highest security certification in IT:

I am passionate about IT security, and since 2004, I have been working hard to upskill myself and gain security qualifications.

After completing a Master of Science, a Postgraduate Diploma in Computer Security and Forensics, and the Certified Ethical Hacker programme, I wanted to achieve one of the highest security certifications in IT. Over the past year, I have utilised my spare time by doing the Pluralsight course thanks to Canterbury DHB, and I was able to complete the exam in April 2018.

Since completing the exam is only part of the requirement to achieve the certification, I needed an active Certified Information Systems Security Professional (CISSP) holder to endorse my work experience (five years in Security). Since there is no one at Canterbury DHB who could endorse me, I contacted professionals outside the organisation, but they were hesitant to endorse me without knowing about my security experience.

In the end, I contacted the world's leading cybersecurity and IT security professional organisation, the International Information System Security Certification Consortium, or (ISC)<sup>2</sup>, directly, and they performed an audit on my security qualifications and experience before rewarding me the CISSP.

As per the June 2018 member counts, there are only 263 members from New Zealand who have achieved this certification – of which I am now one.



# On Behalf of the Committee

## The Disability Steering Group

This week we introduce Gordon Boxall, Chair of the Disability Steering Group... what does the group do?

The Disability Steering Group (DSG) exists to ensure people with disabilities in the Canterbury and West Coast DHB areas have the health services they need to have an equitable experience, and feel included in decisions about their health.

"DSG members have been selected to ensure we have the right balance of representation and a wide range of relevant knowledge/expertise or experience of living with a disability. There is a balance between community representatives and managers across the health system," Gordon says.

DSG has the Canterbury and West Coast Health Disability Action Plan as the focus of its work. The plan has been agreed on by Canterbury DHB and the wider community, and identifies short-term goals to be achieved in the first two years, and longer term goals over the 10-year lifespan of the plan.

"DSG encouraged Canterbury DHB to sign up to the Accessibility Charter, which commits it to considering the physical design of buildings and improving accessibility. It's also about having staff become 'disability aware' so that they know what to do and how to help people living with a disability," Gordon says.

DSG has also been doing a lot of work around access to the Acute Services building and Christchurch Outpatients, which has resulted in some creative accessibility solutions, and identifying champions within the team on the ground.



DSG members front row from left seated: Gordon Boxall (Chair), Kathy O'Neill, Prudence Walker, Paul Barclay, Koral Fitzgerald, Catherine Swan, Haley Nielson

Back row from left: Allison Nichols-Dunsmuir, Jane Hughes, Dave Nicholl, Sekisipia Tangi, Mick O'Donnell

Absent: Kay Boone, Mark Lewis, George Schwass, Susan Wood, Kathryn Jones, Simon Templeton

Canterbury DHB has also set an ambitious target of employing more people with disabilities, as they're underrepresented in the workforce, says DSG member from People and Capability Mark Lewis.

"Canterbury DHB wants to lead by example and increase disability awareness among staff and across the health system, making sure someone's impairment doesn't hinder them from applying for roles and developing their careers here."

As part of this initiative, DSG has also been leading work on [Project SEARCH](#) – an international approach to progressing young people with disabilities from school to work. Canterbury DHB is the first New Zealand organisation to sign up to it in partnership with a number of local sponsoring agencies.

The first Project SEARCH intake will be in early 2019.

DSG meets monthly. In December Executive Director of Allied Health, Scientific and Technical Jacqui Lunday



Johnstone takes over from Stella Ward as the Executive Management Team representative, and the direct link for DSG's decision-making.

"What I like about chairing DSG is that everyone's so committed to making a positive difference. It is brimming with people who are champions for the cause," Gordon says.

To get in touch with DSG, email Group Administrator [Lara Williams](#).

To view DSG's work visit the new and more accessible Canterbury DHB website [here](#).

#### Members

Chair	Gordon Boxall
Administration	Lara Williams

#### Canterbury DHB:

Executive Sponsor	Jacqui Lunday Johnstone
Disability Lead, Planning and Funding	Kathy O'Neill
Community and Public Health	Allison Nichols-Dunsmuir
	Jane Hughes
Clinical Leads	Kay Boone
	Catherine Swan
People and Capability	Mark Lewis
Operations Manager	George Schwass
Service Manager	Dave Nicholls
Quality and Patient Safety	Susan Wood
Communications	Mick O'Donnell

#### Community Members:

Disability Community Lived Experience	Paul Barclay
Lived Experience	Prudence Walker
Provider of Disability Services	Kathryn Jones

#### Health System Members:

NGO Provider/Older Persons perspective	Simon Templeton
Canterbury Clinical Network	Ruth Robson
Māori and Pacific	TBC
Pasifika	Sekisipia Tangi

## Holiday publication dates and deadlines for the CEO Update

The last *CEO Update* for 2018 will be a Christmas special, to be published on **Monday 17 December**, with a deadline of midday on Thursday 13 December.

Please send in your Christmas-themed photos – whether it's decorations, a tree, a festive team outing or activity. Share the love and help us spread some Christmas cheer.

The first issue for 2019 will be published on **Monday 21 January**, with a deadline of midday Thursday 17 January.

Feel free to share some holiday snaps to show how you made the most of some time off work.

Photos and stories should be sent to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

We're always after new people to interview as part of our 'One Minute With' series – so feel free to nominate a colleague or yourself.





## Cortex creators win at Health IT Awards

The company behind Cortex has received the New Zealand Health IT Solution Innovation award at the NZ Health IT (NZHIT) awards last week.

Cortex, created by Sense Medical and co-developed by Canterbury DHB's via Innovation Unit, has been used in Christchurch Hospital since mid-2017.

The whole team at Sense Medical is absolutely thrilled to be recognised by the NZHIT community for the innovation behind Cortex, says Sense Medical co-founder Alistair Rumball-Smith.

"One of the key components of our entry was highlighting the close collaboration between clinicians of all disciplines and our developers."

The ongoing involvement in the development process by our end-users at Canterbury DHB is a core part of how we continue to build Cortex and the award reflects this fantastic relationship, he says.

Cortex is an iPhone and iPad app designed to replace certain elements of the paper system. It digitises patient notes and makes them instantly available to all medical staff who need them.

Cortex allows clinicians to 'subscribe' to a patient they are looking after, giving them access to a timeline of information, including clinical notes and tasks that need to be completed.

During trials in Christchurch Hospital wards, the average length of stay decreased by 20 percent and readmission decreased by 12.5 percent.

NZHIT Chief Executive Scott Arrol says this year's awards received a huge response, with 25 high calibre entries being received.



From left: Sense Medical Clinical Lead Chris Rumball accepts the New Zealand Health IT Solution Innovation award from Chief Digital and Information Officer at Leeds Teaching Hospitals Trust in the United Kingdom Richard Corbridge

"There is no doubt that NZHIT members are leading the way in the solutions being developed through a collaborative approach with clinicians and care providers, we're seeing a wave of highly innovative thinking and development of health IT solutions that are making a positive impact on the health and wellbeing of citizens nationally and globally."

The awards ceremony was held during the annual Health Informatics New Zealand (HiNZ) Conference in Wellington last week.

Chief Digital Officer Stella Ward was in attendance and says, "It was so great to see the reward of years of effort and another example of how, through collaboration, we deliver solutions that make it easier for our people to deliver healthcare."

# The Healthy Commute programme: A word from Chief Digital Officer Stella Ward on bussing in from Lyttelton

Over the past few weeks, the Healthy Commute team has been visiting teams and encouraging them to cycle, walk, bus or carpool to work. The team recently caught up with Chief Digital Officer Stella Ward, who sometimes chooses to catch the bus when working at the Corporate or Information Service Group Office.

"Something I enjoy about catching the bus is that it's a fantastic opportunity to chill out as I don't have to worry about the traffic or parking. In my experience, it's a reliable and safe way to travel. I'm really lucky that I have the option to catch the express bus from Lyttelton as it doesn't stop until it gets to the Bus Interchange, which saves a lot of time.

"I can choose to make a start on my work day by checking emails or catch up on the news on my phone. I sometimes use this time to relax by practising mindfulness.

"Catching the bus is not just about saving money for me – it's about my small contribution to the planet," Stella says.



For more information on the Healthy Commute programme, go to the Max Service Portal and enter the search word 'commute.'

## People and Capability keeping you in the loop this festive season

The holiday season is fast approaching, which means there will be some changes to everyday operations in the People and Capability team.

To make sure we don't bombard you with countless emails about holiday period process; this year, we'll be delivering all the information from one place. This will make it easier for you to stay in the know with all your payroll, microster, and recruitment cut-off dates, along with important contact details and notifications of reduced staffing levels over the break.

So, to stay in the loop with what's what this festive season, simply wait for the combined notices to hit your DHB inbox, the daily staff email, and right here in the *CEO Update*.





# Clinical Engineering gains international accreditation



The Clinical Engineering department at Christchurch Hospital has been awarded ISO 9001:2015 accreditation.

This is not just recertification but certification to the new quality management standard, says Clinical Technologies Manager Tony Hampton.

ISO 9001 is the international standard that specifies requirements for a quality management system. Organisations use the standard to demonstrate the ability to consistently provide products and services that meet customer and regulatory requirements.

"It is a huge accomplishment facilitated and managed by Charge Technician Quality and Systems Michael Stackhouse," Tony says.

The department's ongoing vision is to provide a centre of excellence for a Clinical Engineering service to Canterbury DHB, and other health providers, and in so doing assist with effective delivery of patient treatment and diagnosis.

"A big thanks goes out to Michael and all those who

contributed, including but not limited to, Executive Director of Nursing Mary Gordon, Clinical Manager Medical Physics and Bioengineering Richard Dove and Christchurch Hospital Maintenance Administration Team Leader Sarah Dow."

Clinical Engineering is a professional body that supports and advances patient care by applying engineering and managerial skills to vital healthcare technology and complex equipment.

Canterbury DHB's Clinical Engineering department plays an important role beginning with the procurement process, through to facilitating effective management of medical devices that are used in healthcare facilities, Tony says.

They don't just fix equipment but are involved right through the process – from assessment of fitness for purpose, maintenance, risk management and quality, and eventually disposal. They often manage projects aimed at improving patient care through better use of technology.



Back row, from left: Technicians, Chas Perkins, Ben Lee, and Kieran Smith, Mobility Services Technician Richard Morton, Technician Michael Brown, Manager Clinical Technologies Tony Hampton, Technician Dialysis Bryan Cole, Technician Kendrick Archer, Technicians, Burwood Hospital, Prabath Kapugama and Craig Thom, Technician Christchurch Women's Hospital Robert McLaren, and Technician Jason Li

Middle row: Technicians, Dental, Glenn Clark and Geoff Chisholm, Technical Support Peter Tyerman, Technician Alistair McTaggart, Technician Christchurch Women's Hospital Gary Stevenson, Technician John McPherson, Technician Laboratories Neil Lintott, and Technicians Peter Grueber, Nghia Pham, and Peter Margetts

Front row: Technician Godofredo Estabillo, Administration Manager Sarah Dow, Administration Support Sarah Cameron and Brigit Furness, Charge Technician Quality and Systems Mike Stackhouse, Technicians Anagha Ajayan, Aswathy Gopan, and Conchita Mirasol, and Administration Support Milana Stankovic



"The team increase the life cycle of medical devices, optimise spare parts and provide technical services for items such as patient monitors, incubators, infusion and perfusion pumps, anaesthetic equipment, ventilators, dental and dialysis equipment, and theatre tables to name a few."

The department also tracks the location of critical equipment and monitors temperature controlled equipment using AeroScout, a software application system used for tracking healthcare equipment within Canterbury DHB. This reduces staff time spent searching for, delivering, maintaining, and cleaning equipment.

## Burwood Hospital staff recognised

Burwood Hospital recently hosted the Australasian Rehabilitation Outcomes Centre (AROC) Non Acute Rehabilitation Forum.

AROC provides a national benchmarking system to improve clinical rehabilitation outcomes in both the private and public sectors, and Burwood Hospital's rehabilitation wards submit data to this registry.

During the forum, National Certificates of Achievement were presented. Burwood Hospital was delighted to receive the Most Complete Data award, while Ward C1 received the award for Significantly Improving Rehabilitation Outcomes.

This is fantastic recognition in response to the work and information that ward staff provide in order to improve rehabilitation outcomes for their patients.



## Welcome to Māia Foundation's new ambassador

Māia Health Foundation is thrilled to announce New Zealand cricketer and local hero Tom Latham as an ambassador for Māia.

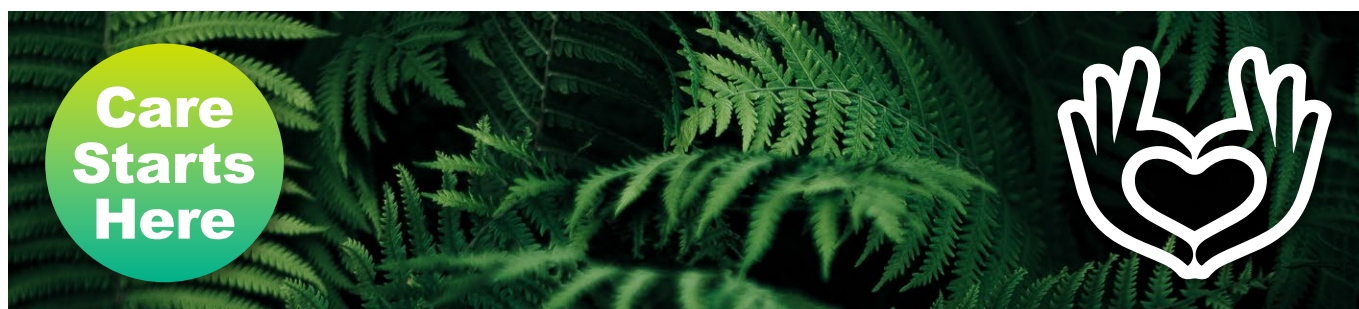
A born and bred Cantabrian, Tom wants to be part of Māia's mission to enhance Canterbury's health services, particularly the children's facilities and to help make a difference for families.

Tom has represented New Zealand in all formats of the game and has captained the team in one day international cricket. He is primarily a batsman who has also acted as wicket-keeper.

Find out more about Māia's key projects here: [www.maiahealth.org.nz](http://www.maiahealth.org.nz)



Māia's new ambassador, Tom Latham



## Connect with your colleagues and other teams this November

[Care Starts Here](#) is about how each of us can help make our health system even better by *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone*.

This month's focus on Being and Staying Well continues, with a focus this week on connecting with colleagues – both within your team and across Canterbury DHB.

Check in with your workmates on how things are going, and check in with your own wellbeing. You could put up one of the All Right? Campaign's [Canterbury Rollercoaster posters](#) in your workplace to make it easier for people to share where they're at, without feeling too vulnerable.

Some other ideas are to:

- › Join a colleague for a break: go for a hot drink, a walk or just a chat.
- › Carry out a random act of kindness.

- › Share food together.
- › Exercise your brain and arrange an informal stand-up with your team or colleagues on your floor/ward to go through the trivia quiz on *Stuff*.
- › Meet someone from another department/area and come up with a way to get some cross-department/area connections going. It could be as simple as getting together for a coffee, organising to play social sport together, or volunteering together.

If you have a story to share about how you keep well, we'd love to hear about it. Email [carestartshere@cdhb.health.nz](mailto:carestartshere@cdhb.health.nz) or share it on the staff [Care Starts Here Facebook page](#).

## The Big Shout Out is back in 2018

The Care Starts Here team is happy to let you know the Big Shout Out is coming back for 2018!

From 4–23 December, you will be able to celebrate and acknowledge the people and teams who bring something special to your workplace.

There is a lot of behind-the-scenes work happening to make the Big Shout Out bigger and 'shoutier' than ever before. There will be more prizes, more props, and even some soon-to-be-revealed technology solutions to make it easier to celebrate our people!

The team will also be sending Big Shout Out packs to all campuses across the West Coast and Canterbury, so everyone can write messages and take photos of their kind words to share.

So why not put your thinking caps on and start planning whose mahi deserves celebrating in your neck of the woods?

Stay tuned for more Big Shout Out announcements!



Some of the shout outs from last year – who will you shout out to in 2018?

# Looking after yourself important in lead-up to Christmas

As the end of 2018 draws close it can be a good time to look back on what the year has held for you.

Most years hold a variety of celebrations, change and challenges, say Terry Foley and Nicky Bishop from Workplace Support, who have published some sage advice in the latest issue of 'Generations', the Older Persons Health and Rehabilitation Service newsletter.

Reflecting on this and planning for the future while keeping in mind some of the things you have noticed can be a valuable exercise.

As the busy season of Christmas and New Year approaches it is also timely to think about plans we can put into place to help us arrive at the end of the year in a healthy state rather than feeling frazzled and worn out by all the demands.

A good start might be to prioritise life with self-care, family and work.

If we look after ourselves with a balance of regular exercise, healthy diet, adequate rest, time out and fun we will in turn have more energy when caring for others, they say. Rather than over extending ourselves we can say "no" to certain functions and activities and retain energy to do things for ourselves.

It is important to keep in mind that Christmas can be a difficult time for some of our colleagues and friends for various reasons. Being sensitive to other people's needs is an important aspect of the season.

Take care and go gently towards the end of the year, Terry and Nicky say.

Hopefully leave plans are well under way for the Christmas period and, if you are working through, that you have a plan for taking time out.

Workplace Support staff visit Canterbury and West Coast DHB sites on a regular basis. Appointments can be made to see your Staff Supporter on or off-site. A 24 hours/seven days a week support phone line is also available. Services can be accessed by phoning: 03 366 4586 or 0800 443 445.

"The A-Z of Health and Happiness" contains some useful tips for wellbeing. Read it [here](#).





# Warm welcome for new Clinical Manager Social Work

A large gathering of Canterbury DHB staff assembled at Manawa to welcome Catherine Hughes to her first day as Clinical Manager Social Work.

Catherine joins us after working at Unitec Institute of Technology in Auckland for eight years where she was Associate Professor and Head of Department.

As a testament of their high regard for her, and with the support of the Unitec kaumātua, Hare Paniora, a large contingent of colleagues and family travelled to Christchurch to 'hand' her over to her new team.

Catherine and her party received a karanga (call) of welcome, before whaikōrero (speeches) from Māori Health Kaiārahi (Team Leader) Eru Waiti and Director of Allied Health Garth Munro.

Each speech was beautifully supported by waiata from the Social Work and Māori Health teams, says Kaiwhakaako Hauora Māori (Educator Māori Health), Iranui Stirling.

"In reply, Hare spoke eloquently, honouring Catherine before she was escorted by her mother and colleagues to join her new work team."

Through this simple ceremony each side was able to acknowledge the old connections and the new pathways that lie ahead.

"Nau mai, haere mai, tāuti mai rā ki a koe, e te kaiwhakahaere. Welcome to you."



Left: Kaiwhakaako Hauora Māori (Māori Health Educator) Iranui Stirling looks on as Clinical Manager Social Work Catherine Hughes enters, accompanied by her mother, also named Catherine Hughes



Far right: Unitec Institute of Technology's Pae Arahi, Kaumatua Hare Paniora, speaks at the powhiri

# One minute with... Rob McCaw, Security, Christchurch Outpatients

## What does your job involve?

Security, but at the moment I am also doing a lot of wayfinding with patients, giving directions, and also generally assisting staff to transition into the new building.

## Why did you choose to work in this field?

That's a long story. I got into security when I worked at a ski resort in Canada. My job there involved security and fire-fighting and being a medical first responder. I plan to continue with my training as a paramedic next year.

## What do you like about it?

Helping people, especially to be safe. You are there in people's hardest times and when they are at their most stressed. I also like the problem-solving aspect of the role. If there's a problem, I have to think about how to resolve it.

## What are the challenging bits?

Dealing with aggressive people.

## Who inspires you?

I am not sure.

## 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?

These are so important. Even if someone isn't treating you with care and respect you have to treat them that way and recognise there are probably some underlying issues that are causing them to behave how they are.

## Something you won't find on my Linked In profile is...

When I worked in Canada an additional part of my job was wildlife management. We would use flares to scare bears away from the ski resort.

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

Back in snowy Canada.

## What do you do on a typical Sunday?

Mow the lawns and later on go for a bike ride.

## One food I really like is...

Mince and cheese pies – one of the good things about coming home! They don't exist in Canada.



## My favourite music is...

Oldies. I like all my Mum's music – Dire Straits, Meatloaf – music from the 80s.

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

# Canterbury Grand Round

Friday 30 November 2018 – 12.15 to 1.15pm with lunch from 11.50am

Venue: Rolleston Lecture Theatre

**Speaker 1: Sarah Hawkins, Rehabilitation Specialist**  
**"Refer to (BIRS/CG) Rehab: What does this mean?"**

Ever wondered why your patient isn't automatically transferred with the "flow" to the BIRS? Find out how rehab has a different focus than most other hospital specialties.

**Speaker 2: Simon Pointer, Project Manager, Southern Cancer Network**  
**"South Island Routes to a Cancer Diagnosis Project Findings"**

This presentation shall report back on the findings of the Faster Cancer Treatment Routes to Diagnosis Project. This was a collaborative project between all South Island DHBs and the Southern Cancer Network, with funding from the Ministry of Health. All new diagnoses of cancer across the South Island were reviewed in a one year period to determine the patient's route to cancer diagnosis. Patient outcomes were compared by route to Diagnosis, ethnicity,

tumour stream and deprivation to identify disparities and to help direct further service improvement work, with the ultimate aim of improving equity and patient outcomes.

**Chair: Peter Ganly**

It is requested out of politeness to the speaker(s) that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the staff [intranet](#) within approximately two weeks.

Video Conference set up in:

- › Burwood Meeting Room 2.3b
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge
- › Pegasus, Room 1.02

All staff and students welcome

Next is – 7 December

Rolleston Lecture Theatre

Convener: Dr R L Spearing – [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)

## Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.



[healthinfo.org.nz](http://healthinfo.org.nz)





# Art Exhibition at the Exchange Christchurch Gallery/Café

Come and join us in our celebration of the United Nations International Day of Persons with Disabilities and enjoy an exhibition by local disabled artists.

## Where

376 Wilsons Road, Waltham

## Opening Night

3 December 2018, 5.30PM - 7PM

Nibbles and drinks will be served

## Exhibition Run

Monday 3 December to Friday 7 December



International  
Day of  
Persons with  
Disabilities

3 DECEMBER



ccs  
disability action  
Including all people

TE HUNGA HAUĀ MAURI MŌ NGĀ TĀNGATA KATOA

11 FEBRUARY - 1 MARCH 2019

# 23rd PUBLIC HEALTH SUMMER SCHOOL



11 February – 1 March 2019  
Wellington, New Zealand

[otago.ac.nz/uowsummerschool](http://otago.ac.nz/uowsummerschool)

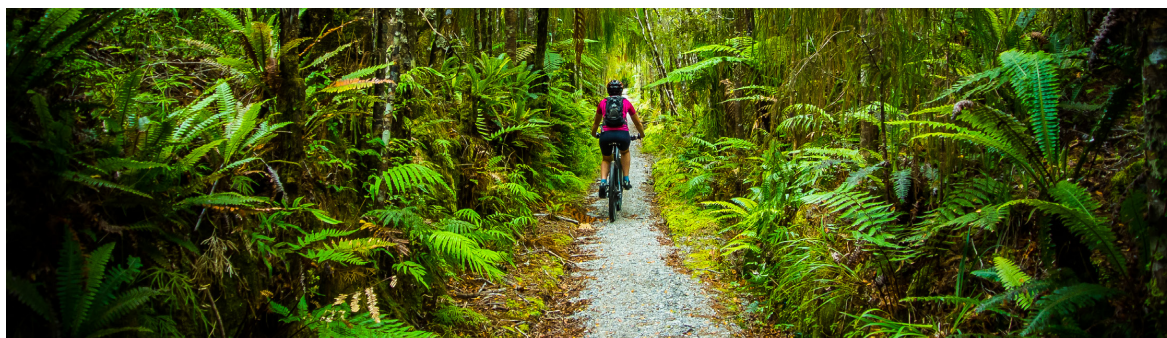
30  
great courses

1-4 day duration

16 new topics







West Coast DHB offers a supportive environment with competitive remuneration, flexible working hours and opportunity for internal and external training. Working and living on “the coast” offers a unique lifestyle. The spectacular native forests, mountain rivers, lakes and seacoast offer outstanding recreational opportunities such as fishing, skiing, tramping, kayaking and mountain biking.



## Project Manager / Change Manager – The Hub Project

Our team here at the WCDHB are looking for a skilled change manager to take the lead on the planning, consultation and implementation of a core function of the new Community Health Model of Care. This is a new role which is vital to the success of our model of care and will be integrating a variety of different services into one centralised hub of information and coordination.

This role is a very unique role within New Zealand and you will be leading and driving the change throughout this project and bringing together a variety of different complex services from across the DHB and Community into one.

This role is based in Greymouth and is a 1yr fixed term & full time role within our team.

### What you will do with your time:

- Review the Roadmap for The Hub’s design and ensure that this suitable
- Engagement with the governing team and other stakeholders of the project to ensure that the correct path is being followed.
- Supporting & leading the change process to centralise the Hub’s Services. .
- Overseeing a variety of different work streams for the project.

### What you will need:

- Excellent Emotional Intelligence
- A skilled communicator
- Ability to build people and process capability
- Build effective relationships and mobilize support
- Ability to think operationally and bring a fresh perspective to the services and project.

*Naku te rourou nau te rourou ka ora ai te iwi.*  
With your basket and my basket, the people will live.

To find out more information, please contact  
Simon Liddy – Recruitment Specialist, WCDHB on [Simon.Liddy@cdhb.health.nz](mailto:Simon.Liddy@cdhb.health.nz)



University of Otago, Christchurch

POSTGRADUATE

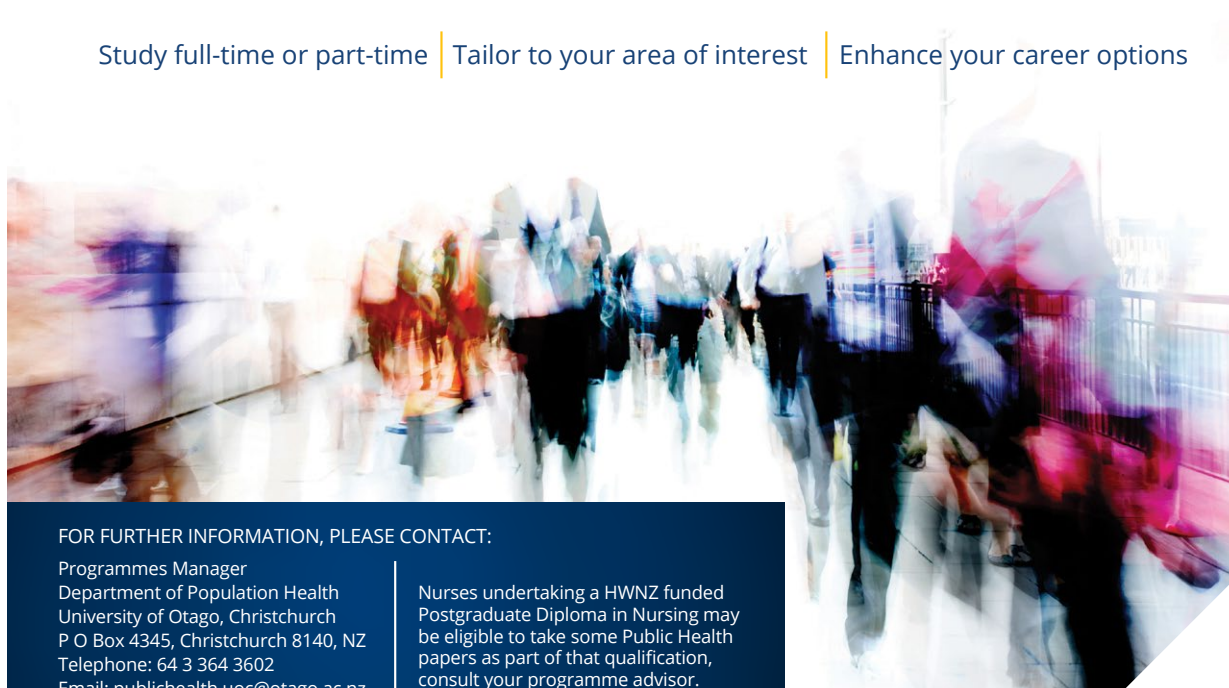


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Nurses undertaking a HWNZ funded Postgraduate Diploma in Nursing may be eligible to take some Public Health papers as part of that qualification, consult your programme advisor.

[otago.ac.nz/publichealth](http://otago.ac.nz/publichealth)