



Additional funding announced in Wellbeing Budget a much-needed investment for mental health and wellbeing

I'll start off by acknowledging last week's Wellbeing Budget. However until we know more about the detail of the additional funding for health, it's too early to determine the impact for the Canterbury population.

I am encouraged by the Government's renewed focus on mental health and wellbeing as this is of such importance to our community and signals the right direction of travel. Any additional resources we receive means we will be

better able to provide appropriate and equitable care across the Canterbury region that improves, promotes and protects the health of Cantabrians.

The committed investment in health is particularly pertinent for our community given the significant events that Canterbury has experienced over the past decade, and more recently the ongoing response to the mosque attacks of 15 March – the full effects of which we are yet to see.

Help prevent the spread of flu in our community

Flu already has a significant foothold in Australia, earlier than would normally be expected, and there are fears that the same could happen here.

The latest figures from Australia show there have been nearly 59,000 laboratory confirmed notifications of influenza so far this year, compared to just over 14,000 for the same period last year. Close to 100 deaths have been recorded

across New South Wales, South Australia and Victoria.

Meanwhile in New Zealand, there have been reports of three flu-related deaths in Auckland – a 12-year-old, a 20-year-old and a 62-year-old.

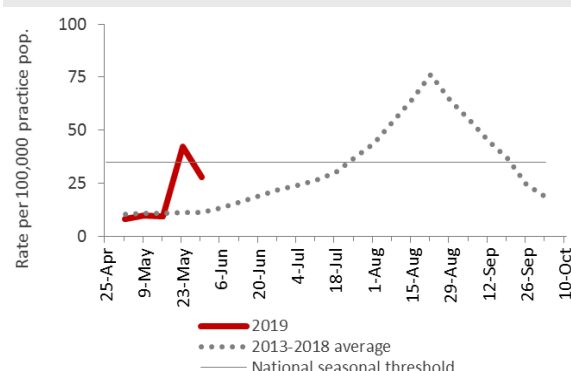
In Canterbury there has been a spike in influenza-like illness rates, with 74 cases reported last week and 89 cases the week before that. Last week we had more than 41 inpatients with flu in Christchurch Hospital.

Canterbury Medical Officer of Health, Ramon Pink, advises us to prepare for what could be a very bad flu season.

We know it's bad in Australia, and there's a high chance that it can come here too. Many people carry flu and can pass it on without even knowing it. It's incredibly contagious and it's on our doorstep. As a health system we need to step up and ensure we don't spread disease in our community.

Our staff vaccination uptake stands at 62 percent, close to 6000 – good, but we have shown in the past that we can do better and I'm hoping we can push this number over 70

Canterbury influenza-like illness rates (May–Oct) 2019



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percent over the coming weeks. Please do the right thing for yourself, your patients and your whānau – and get your flu shot. It's free for everyone working at Canterbury DHB. Remember, if you can't get it, you can't pass it on.

Canterbury General Practice teams and pharmacies have done an amazing job of providing flu vaccinations so far – as a Canterbury Health System we've passed 106,000 vaccination mark (actually 106,782). That represents 19 percent of our Canterbury population of 561,270 – the average coverage nationally is 13 percent.

The fact that it is still so early in the season makes that 106,000 mark even more remarkable. A big thank you to primary care – keep up the good work, and let's all keep pushing that strong 'stay well' messaging.

To get your free flu vaccine either attend a clinic or see the authorised vaccinator for your work area. Details of free staff flu vaccination clinics and a list of authorised vaccinators can be found on [Max](#) and the [intranet](#).

WellNow winter edition: Arriving in mailboxes from next week

Winter brings many things, some more welcome than others: frosty mornings, onesies and electric blankets, evenings around the woodburner, the ski season and Matariki (the Māori New Year). As a moment of brightness to counterpoint those shorter daylight hours, it also heralds the release of *WellNow Canterbury*, our community health magazine.

WellNow goes to every mailbox in Canterbury and the Chatham Islands, and the mail out of the winter 2019 edition begins next Monday 10 June. It'll also be going to all waiting rooms in our facilities, to General Practice teams, pharmacies, and to service centres and libraries.

I am very pleased with this new edition; they seem to get better each time. It features a variety of stories and health information, ranging from therapy dogs helping patients recover in Burwood Hospital, to a former head girl's journey through depression; from how tutors are using a simulated X-ray panel in the Simulation Centre at Manawa to train future radiographers, to progress updates on several new facilities.

In keeping with the season, the magazine includes tips for getting through the winter happy and healthy – including handy hints for a better night's sleep, ways you can boost your protection against the flu, and a Thai curry recipe to help lift your spirits and warm you from within.

This *WellNow* will be coming to you in a biodegradable and recyclable wrap to protect it from the winter elements – so keep an eye out for it. On the right is the magazine cover so you know what to look out for!

As staff, I'd like to give you the opportunity to have an advanced read of the magazine before you receive your copy in the mail – [click on this link to see it](#).



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. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Chaplain Helen Gray, Christchurch Hospital

While sitting in the hospital corridor between Wards 18 and 19, trying to get my head around finding permanent aged care for my Nan, two lovely ladies came past me. They said, "Kia ora," and I also responded in Te Reo Māori. These two wonderful ladies saw my distress and took time to come and sit with me and chat, they were so friendly. They sat for about 20 minutes making sure my family and I were alright. After they left I felt such relief and invigorated to do what I needed to do, to navigate the waters ahead and make a difficult decision. I want them to know how much that meant to me and how they brought me such calm and love. Thank you to Helen and her friend Puti.

Christchurch Women's Hospital

The best hospital experience in 42 years. The nurse that looked after me from start to finish was absolutely fantastic. Thank you.

Ward 20, Christchurch Hospital

The service has been totally amazing – everyone was just lovely, from doctors to the Food Service. All have been A-1, amazing. Thank you to Stacey.

Ward 18, Christchurch Hospital

Thank you millions, team, for looking after me. Especially Nita.

Ward 18, Bone Shop, Christchurch Hospital

Thank you very much for the magnificent care I received.

Ward CG, Burwood Hospital

To the wonderful staff of Ward CG: Thank you for the excellent care you gave my husband. Thank you for your flexibility around who did what for him, your calmness, kindness, being patient and taking the time to understand his particular concerns and ways of doing things. Thanks for welcoming his family, friends and carers and for popping in to chat with him. This was only the third time he has been away from home in nearly six years of illness. He came home and said, "I would feel confident to go back and stay there sometimes." That is huge for our whole family.

Mr Sharma and team, Ward 17, Christchurch hospital

Thank you, Mr Sharma and team. Thanks, Kerrie and all the Ward 17 team for looking after my husband.

Area/hospital not specified

Thank you for your tender love and care. Your staff have been special.

Ward 25 and Orderly Lionel, Christchurch Hospital

No complaints in any area. Wonderful service throughout. The orderly from Radiology, Lionel, is a wonderful, happy guy.

Ward 24, Christchurch Hospital

Great service and attention to detail.

Ward 18, Christchurch Hospital

Great treatment and friendly staff. Thanks so much – it's much appreciated.

Harsh Singh and team, Ward 10, Christchurch Hospital

I would like to record my sincere thanks and admiration for the care afforded to me by Mr Harsh Singh and his team. My surgery and follow-up went really well and I feel better than I have done for years! Please pass these sentiments on. Much appreciated.

Day Surgery Unit, Burwood Hospital

Excellent, great people. Keep it up – I cannot fault.

Eye Clinic, Outpatients, Christchurch Hospital

The doctor and service were wonderful.

Eye Clinic, Outpatients, Christchurch Hospital

We were treated incredibly well. The service was efficient and professional. The staff were amazing. Thanks particularly to Lora, Joy and Liz for their wonderful care.

Dr Eaton, Christchurch Hospital

Thank you for your ability to make an 85-year-old patient feel secure and even laugh. Please never lose your wonderful ability in this field. Look after yourself.

Ward 24, Christchurch Hospital

Thank you for all the care and kindness you showed Nan over the time she was in your ward. We are most appreciative of everything you did and can't thank you enough.

Ward GG, Burwood Hospital

The best squad of people ever. Thank you to you all. Fantastic is the only way I can describe my stay at Ward GG. My wife and I were met at the entrance, taken into a room and explained by a very nice lady as to what was going to happen. I haven't got enough paper to say how well I was looked after by every member of staff but once again thank you very, very much. First class medical team.

Ward 17, Christchurch Hospital

I found the care I received was excellent. The staff, nurses, doctors and everyone were very nice and caring. It means a lot to receive care and attention when you are feeling sick. Good job to everyone on the ward.

Ward 14, Christchurch Hospital

I had an arranged admission into Ward 14 for a kidney transplant. I found staff exceptionally competent

in their roles. I had four nurses caring for me. Very compassionate and thorough. Explained routines and medication very well. Offered moral support and were very caring.

Ward D1, Burwood Hospital

I wish to thank and praise you for the fine work and outstanding facilities at Burwood Hospital. I recently had a hip replacement done by Joshua Kempthorne and was hospitalised, spending most of my recovery time in Ward D1. The treatment and skill by all the nurses and doctors attending me was exemplary and helped considerably in my recovery. Not having experienced hospital treatment of this kind within my 90 years there were a number of experiences that were completely new for me. With the patience and skill of the nurses in Room 8 I was able to cope well and even was able to sing regularly. The remedial work by the physiotherapists

was excellent and has put me well on the road to a full recovery.

Again I thank you and know that our health system is outstanding. Although it may be under pressure it does not affect the fine treatment given to those in need.

Mr Thomas Robert Sharpe and team, Christchurch Hospital

As a recent patient and recipient of your fine surgical skills, at 72-years-old you have given me another chance at life with no struggling out of truck cabs and most of all a true chance of walking without a limp. I wanted to thank you and all the staff whom are so dedicated and do such a marvellous job. I am grateful to you, Doctor Lee and Doctor Ng. I am now back in Methven and have amazing support from all the community. I have a chance to enjoy life to its full extent now. My gratitude for your fine skill. Thank you.

Big Shout Out

Anne Roche, General Medical Physician

Thank you so much for your help and kindness...while I was being hypotensive in the corridor. When I hear people complaining about our health system I wish they could spend a few weeks here at Christchurch Hospital to witness the hundreds of times every week that staff go beyond the call of duty to care for and support both each other and the community they serve. From huge events like the earthquakes and the shootings through to little events like me looking wobbly in the corridor, they are all points on a spectrum that demonstrate how many fine people we have in our health services.

*Kind regards, Sue Townsend,
Christchurch Heart Institute*

Orthopaedics Outpatients, Christchurch Hospital

My thanks and appreciation to the nurses of the Orthopaedic Department who cared for me when I broke my wrist at work recently. I have always admired them and enjoyed working in the same department with them as I am an X-ray Technician, but for me to experience the beauty of their care and craft at a time when I was a little shocked was a beautiful thing. Thanks, girls for your ongoing care. You are amazing. Thanks too to my own colleagues in the Radiology Department who had to deal with me as you did so kindly too.

From Susie, Radiology

Department of Medicine

Huge thanks to our Department of Medicine colleagues – Diane Taylor and team – for their wonderful support and flexibility in supporting the Diabetes Endocrine clinical and administration teams during our time out of the Outpatients Building. Your generosity has been greatly appreciated.

From the Diabetes/Endocrine Services Team



The Library

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

[“A new way of diagnosing and treating disease – without cutting skin”](#) – A specialised microscope has the potential to change the way diseases are diagnosed and to use an ultrafast laser beam instead of a scalpel to perform surgery. Scientists are trialling it on the diagnosis and treatment of skin diseases but it has the potential to have a much wider application. From *Science Daily*, published online: 15 May 2019.

[“Discharge planning in mental healthcare settings: A review and concept analysis”](#) – Discharge planning begins with the initial rapid assessment and symptom stabilisation of a patient on admission, coincides with treatment planning, and is associated with hospital readmissions and continuity of care. The mental health literature was reviewed to analyse different interpretations of discharge planning. The conceptual definition provided can assist healthcare providers, organisational leaders, and policymakers to design and implement effective discharge planning policies and guidelines. From *International Journal of Mental Health Nursing*, published online: 30 April 2019.

[“The case for collaborative care”](#) – This article explores the benefits of collaborative care in improving patient outcomes. A care team may include a primary care physician, mental health specialist, and other specialists who are treating a patient. They work together to share their specialist knowledge in the best interest of the patient. From *Scientific American*, published online: 29 May 2019.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

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

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz.



Facilities Fast Facts

Christchurch Hospital Hagley

On the move

Christchurch Hospital Hagley is fitted out with pneumatic tubes that will send blood and other pathology samples from one station to another, including across the campus to the Laboratories building on Hospital corner, at five metres per second. There are 21 tube stations around the building.



An example of the kilometres of pneumatic tubing that stretches through the ceiling spaces of the Hagley building



One of the 21 tube stations around the building. The system is a new version of what is already in use in other Canterbury DHB facilities so staff will be familiar with how it works, but will receive training during building orientation in October

Take care around the entrance to Christchurch Hospital off Riccarton Avenue

Work is occurring to connect the drainage of the new Christchurch Hospital Hagley building to the Council system. This means trenches need to be dug to the middle of the intersection of the first entrance into the hospital from Riccarton Avenue (with the traffic lights). Traffic travelling east to Tuam Street will be reduced to one lane through this area. A pedestrian walkway will be maintained throughout the work. Construction is expected to take a week, although may be longer depending on the extent of the existing services the contractors find in the ground. Please drive slowly in this area and adhere to all traffic management signs.



Tuam Street bus superstop

Work on the Tuam Street bus superstop outside Christchurch Outpatients is set to continue until mid-November so please take care in this area, and follow all traffic management signs. A 120-metre section of Tuam Street is being widened to include three new bus bays on either side of the road. This is designed to increase the efficiency of the transport system as buses will be able to pull out of the bus lane to pick up and drop off passengers, rather than stopping in the bus lane as they do now. There will be large shelters, the same as those on the eastern side of Manchester Street (pictured below). The footpaths will be widened and paved. Construction of the new road layout will cost \$6 million and is the final piece of Ōtākaro's An Accessible City project.





Let's get ready to move

Christchurch Hospital Hagley

Update No:6

The countdown continues

Detailed move planning is gaining steam, and the Hagley Operational Transition team is meeting regularly to ensure the move goes smoothly.

While the building still belongs to the contractor, CPB, we can't do staff tours but there is the opportunity to see photos from various areas that are virtually complete. You can see these on the [intranet](#) and the [facebook group](#).

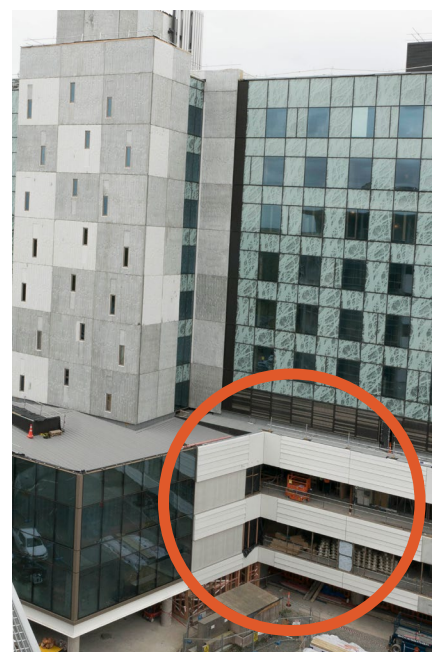
Once the building is handed over the migration plans will kick up a notch and there will be visits to your areas, as well as scenario testing. All this information will be shared with you closer to the time.

A range of different activities will take place as part of the migration planning. These will include table top exercise to focus on everyone's roles and responsibilities, and "what if" scenarios for a response to emergencies.

Following that a series of mock moves for different patient groups will take place – the teams use real patients, only those who are happy to be involved, to test the timing of the moves. The teams work closely with WellFood to ensure breakfast and lunch deliveries fit in with everyone.



Watch [this week's video](#) for a message from Christchurch Hospital General Manager Pauline Clark, some tips on wayfinding, and some fast facts about the new building. Did you know that as well as 1,300 glass panels in the façade, the podium also features 370 precast concrete panels made of cement (marked by orange circle)



Stay in touch – you can do this through the [Facebook page](#) or email us at letsgetreadytomove@cdhb.health.nz

Meet the Team

This week we profile some more members of the Hagley Operational Transition team and find out what excites them about Christchurch Hospital Hagley.

Clinical Director Service Improvement, Richard French



It is first step in the evolution of a modern Christchurch Hospital campus.

Clinical Manager Sterile Services, Fiona Stewart-Webster



I am really looking forward to moving into a department that is purpose-built for us, compared to where we are now, which is a room we were put into as an afterthought. Now we are going into a space that has been designed for Sterile Services.



Celebrations of World Day for Cultural Diversity on 21 May

The World Day for Cultural Diversity for Dialogue and Development is held every year on 21 May. With ISG being such a culturally diverse team, this was a great day to celebrate!

Planned activities throughout the day were designed to gain a better understanding of how cultural differences impact on the relationships we have with others, highlighting the need for tolerance, and giving the opportunity to reflect on our behaviour.

On the day, there were posters displaying information on cultural competencies, a challenging quiz and a map of the World for everyone to pin the country or heritage they most identified with. The world map generated a lot of discussion with six out of the seven continents represented (no one from Antarctica!) and too many countries to count.

As food is an important part of all cultures, the team also held a shared morning tea with traditional foods and some people brought artefacts or wore attire from their country or heritage. ANZAC biscuits provided a little debate as to who 'owns' them ('Australia' provided homemade baking so won that debate!). What a fun day this was!

A few words from the eCALD Online Education site:

'When working in a culturally and linguistically diverse team, cultural competence is essential in developing an effective and harmonious working environment. Cultural competence requires an awareness of cultural diversity as well as the ability to function effectively, and respectfully, when working with people of different cultural backgrounds than one's own. This requires appropriate attitudes, skills and knowledge, and an acknowledgement that a person's culture and belief systems influence his or her interactions with others. Good working relationships need mutual respect and understanding.

Tolerance and understanding is not restricted to ethnicity, but also to gender, spiritual beliefs, sexual orientation, lifestyle, beliefs, age, social status or perceived economic worth.'

If you are interested in learning more, please check the eCald Culture & Cultural Competency online course: <https://lms.ecald.com>. eCald services is a division of the Institute for Innovation and Improvement of Waitemata DHB. They have developed e-learning courses to address cultural competence training for the New Zealand health workforce.

All DHB staff can register and it's free of charge.



Eli Chitaka, Victor Vergara and John Ed dressed up for the occasion



The ISG map of the world

FIVE WAYS TO WELLBEING



BE ACTIVE

Do what you can, enjoy what you do

Looking After Yourself – Be Active

This week in Looking After Yourself, we're covering Be Active, me kori tonu – one of the Five Ways to Wellbeing (see previous and upcoming issues of the *CEO Update* for the other four ways).

Why is being active and getting exercise so important for us? There are many reasons that we read about all the time. The key points are, it's good for our health, and it makes us feel better. Let's move our mood, get some fresh air and Be Active. It doesn't have to be hard – find an activity or form of exercise that suits your abilities, and that you enjoy. If that's too hard – really put physical effort into your household cleaning – that's hard work! See below for some ways to incorporate being active into your daily routines.

- › Take the stairs instead of the lift – we hear this all the time. Why not make it worth your while and squeeze your glutes while taking the stairs – great for strengthening the area that really supports us while we're on our feet.

- › Have a whānau roster to choose where you go for a walk – once a day, or once a week.
- › Hold a whānau/workplace dance-off – may the most creative moves win.
- › Take part in lunchtime/workplace Yoga classes.
- › Join a sports club – meet some new people and get fit doing it.

Being Active can be something we often find hard to fit into our days. Just take 15-30 minutes, work up a good sweat, and enjoy the feeling. Check out the new [Something For You](#) page for discounts on gym memberships, too.

Connecting with others makes us happier. When we're happier, we're generally nicer to be around. Go figure!

Practical tip #6

Head outside, nature is good for us



Kia pai i te hikoi mō te oranga o te tinana, te hinengaro me te wairua.

all
right?
allright.org.nz

CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

GIVE

YOUR TIME, YOUR WORDS, YOUR PRESENCE

BE ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

5 WAYS TO WELLBEING

Connect . Give . Take notice . Keep learning . Be active

Hikoi i te oranga, he oranga i te tinana, he hinengaro i te wairua, he hinengaro i te wairua.

Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

Vaping and its role in achieving Smokefree 2025

Vaping is a topic that divides opinions. Research continues into the possible health impacts, the government works to update outdated legislation and there are calls for the industry's regulation.

Representatives from across the health sector – including policy makers, health professionals, researchers, non-government organisations and health promoters – came together last week to discuss these issues and what role vaping may play in achieving New Zealand's Smokefree 2025 goal.

Chair of Smokefree Canterbury Jane Cartwright says there is a myriad of information and misinformation around vaping.

"We are keen to identify the findings from robust research based on good evidence, and hear the perspectives of people who are grappling in various ways with the emerging issues."

The day featured an impressive line-up of presenters and topics, including:

- › Principal Advisor at the Ministry of Health Sally Stewart who spoke on the Ministry's proposed amendments to the Smokefree Environments Act, explained the process, projected timelines and provided ways for people to provide feedback to the legislation.
- › The priorities for vaping and smokefree legislation and how people can have their say on the proposed changes.
- › Researcher at the Health Promotion Agency (HPA) Alana Oakly and Senior and Professor Chris Bullen of the University of Auckland, who provided an update on the research and evidence into the role of vaping to help smokers stop using cigarettes, and addressed some of the health concerns of vaping.
- › Senior Advisor Tobacco Control at the HPA, Diana Pedlow who provided an overview of how the HPA is working to increase public understanding of the benefits and potential risks around vaping.
- › General Manager of the National Tobacco Control Advocacy Service Hāpai Te Hauora Māori Public Health Mihi Blair who gave an update on how the organisation is working to reduce smoking rates within Māori and Pacific communities.

Local, real-life examples and case studies of those who have used vaping as a tool to stop smoking were also shared with attendees. These videos will be available on



Auckland City Council Senior Policy Manager Debbie Edwards



National Tobacco Control Advocacy Service General Manager Mihi Blair, Auckland City Council Senior Policy Manager Debbie Edwards, Invercargill City Council Strategy and Policy Manager Melissa Brook and Whanganui District Council Manager Safer Whanganui Lauren Tamehana

the [Te Hā – Waitaha Stop Smoking Canterbury website](#) as a tool to encourage people to stop smoking.

The final session addressed the difficult issue of whether vaping should be included in smokefree policies for public spaces or not. A panel of councillors and council staff from Auckland, Whanganui and Invercargill explained the processes they used to develop their fresh air and other policies, and while there was no consensus, this generated much discussion.

Canterbury DHB Smokefree Manager Vivien Daley summarised the main messages from the day:

"It is clear that vaping is far safer than smoking but not entirely safe, it is a useful tool for supporting people who want to stop smoking, but people who don't smoke could increase risks to their health by taking up vaping. Ideally, we would like to see a smokefree and vape-free Aotearoa."

Thank you to all who presented and attended for contributing to the day.

Soothing the concerns of the time-poor and those with change fatigue

In preparation for the launch of the new intranet page, we have created table talkers – folded cards with a triangular cross-section that you often see on tables and benchtops. Not entirely an accident, but if you put a cap on each end, they'd be a triangular PRISM.

Look out for these table-talkers and wherever you see one, there should be a stack of takeaway fliers that you can take back to your workstation to help guide you through personalising your home page.

On 10 June and the weeks that follow, nobody is required to do anything to meet the requirements of PRISM.

The main focus for the first stage of the PRISM launch is the development and rollout of the new home page. The new home page doesn't require staff to do anything for Public Records Act compliance at this early stage.

You need only personalise the home page if you want to, to make it work better for you – and that's not something you must do immediately. It should be possible to find the information you need without personalising, but a small time investment now will save time, over time.



How to get the most from the new intranet home page layout

Introducing a more user-friendly home page you can customise

Your intranet home page can now show your most used work tools and display personal favourites.

Personalising your home page

You can choose up to 10 work tools to appear on your home page.

Click on 'edit' in the My Work Tools section, and tick the tools you want to display on your home page each time you visit.

Add your own favourites to make those links easily accessible on your home page.

What you need to know

When is this happening?

The new home page is being replaced on 10 June 2019.

What do I need to do?

Familiarise yourself with the new look and layout of the home page. Take the time to set your favourites now, and they will be there each time you visit your home page.

Note - some information you've previously saved as "favourites" will have moved.

What can I personalise?

You can:

- Add your own favourites to the "My Links" tab.
- Choose up to 10 "Work Tools" to be displayed on your home page.
- Choose "News & Notices" according to location. For example, to see only notices for Burwood Hospital.

What if I can't find what I need?

1. Familiarise yourself with the new design – before you need something in a hurry!
2. Use the search engine. It will improve over time as teams use the new site templates.
3. If you get stuck, log a job at service.desk@cdhb.health.nz

Exercise Tolerance Testing at Christchurch Hospital

The ECG Department on the ground floor of Christchurch Hospital is staffed by a dedicated team of cardiac technicians/physiologists and Exercise Tolerance Testing (ETT) nurses.

On an average day (Monday to Friday), 12 Exercise Tolerance Tests can be conducted and during the weekend the clinic is open for four hours each day. Students from all disciplines visit the department to observe these tests.

An Exercise Tolerance Test is a clinically prognostic test offered to patients for a variety of reasons but, most importantly, to determine whether symptoms of chest pain are cardiac-related. The test is useful in determining whether a person requires further assessment and treatment. For low-risk patients, this means hospitalisation is not required.

Patients walk on a treadmill at graduated intervals of speed until tolerance of exercise is reached or symptoms require the test to stop. This test is non-invasive and provides an opportunity for patients to focus on potential risk factors and commonly be reassured that symptoms are not immediately requiring attention or further intervention.

The tests are supervised by a dedicated team of registered nurses who have a cardiology focus; and who have undertaken credentialed training. The training is in accordance with both international guidelines and the scope of a registered nurse.

The ETT nurses work collaboratively with both the cardiac technicians/physiologists and medical staff. They are trained to assess and supervise risk management in the event of an adverse event. In addition they provide health promotion and provide post-test support.

Other tests conducted in the department include electrocardiograms (ECGs), Holter and blood pressure monitoring. A Holter monitor is a battery-operated portable device that measures and records heart activity.

This department is one of two gateways to the cardiac pathway and has a strong functional relationship with Chest Pain Services.



Goodbye to May, but not to good hand hygiene

As May, Hand Hygiene Month comes to a close once more (actually, it already has) it's a great opportunity to remind ourselves that the importance of practicing good hand hygiene doesn't start or stop according to any calendar. Whatever your role in health it is still the single most important thing you can do to prevent the spread of infection, 24/7, 365 days a year.

With that in mind, it's a good time to share some useful

resources that help get the message across and at the same time applauding these good initiatives and the commitment to clean hands.

These great eye-catching posters have been created (with assistance from Medical Illustration) from an initial idea born at Burwood, they will work anywhere there's a wall where display is still allowed – Lorax-style moustache notwithstanding.

Patients across a number of Canterbury hospital facilities were empowered to get involved through a meal tray liner that said "It's okay to ask staff to clean their hands" along with some fun hand hygiene activities. Thanks to WellFood for their trademark willingness to help which ensured meal trays got one each lunchtime last week.

EVERYONE'S HAND HYGIENE MAKES THE DIFFERENCE



HAND HYGIENE: REDUCE THE SPREAD OF INFECTION BE IN THE MOMENT – STOP, THINK, AND DO THE RIGHT THING



Canterbury

District Health Board
Te Poari Hauora o Waitaha

"Hand Hygiene is one of the most effective ways to prevent the spread of infection."

David Meates
Canterbury DHB CEO



Stay well, and help protect those we care for

As we move into the winter period, the Infection Prevention and Control team wants to share these timely reminders in caring for patients in healthcare settings – these simple measures are so important for the health of our patients.

Remember these general steps.

Cough and sneeze etiquette

- › Cover your mouth and/or nose with a tissue when coughing or sneezing and encourage patients and visitors to do the same.
- › Cough or sneeze into the crook of your arm or upper sleeve, not the hands.
- › Use tissues to wipe or blow noses.
- › Place used tissues into a waste bin immediately, then wash your hands.

Frequent hand hygiene

- › Wash hands frequently and thoroughly with soap and water or use alcohol-based hand rub.
- › Encourage visitors to wash or sanitise their hands – as a minimum as they arrive and when they leave.

Standard precautions in relation to respiratory illness

- › Hand hygiene.
- › Use personal protective equipment (this includes surgical masks).
- › Clean the health environment and equipment frequently with detergent wipes.
- › Place patients appropriately (see information below).
- › Manage waste that has the potential to spread infection.
- › Ensure linen is handled appropriately.

Please remember, surgical masks are an important proactive barrier to protect you and your patients where there is coughing and sneezing or aerosol-generating procedures such as a nebuliser.



HAND HYGIENE IT'S BLACK & WHITE

**FOR SAFE HANDS
CLEAN AT THESE TIMES:**

- Directly before touching a patient.
- After touching a patient, before you leave.
- Directly before and after a procedure.
- Directly after body fluid exposure.
- After touching the patient's surroundings if none of the above have occurred.
- Wearing gloves does not change any of the above.

hand hygiene nz
AUCKLAND DISTRICT HEALTH BOARD
Te Toka Tumai

www.handhygiene.org.nz

Patients presenting with Influenza-like Illness should be placed in isolation as a precaution. Either employ isolation protocols according to the risk of droplet-borne infection (general healthcare setting), or for the Bone Marrow Transplant Unit, Children's Haematology Oncology Centre or the Neonatal Intensive Care Unit use isolation protocols for contact and droplet, pending respiratory test results.

Your Infection Prevention and Control team is always happy to give advice.

Your max.perts team expands!

Two new max. experts have joined your dedicated team of People and Capability specialists designed to help Canterbury and West Coast DHB people get the most out of their HR service portal.

Elaine Koh and Sandy McVicar-Ramsay have joined the max.perts team, meaning there is even more support for our people.

Elaine and Sandy join Kristina, Jenny, Pete, and Jess to deliver specialist one-on-one or team help, training, and advice.



The Canterbury and West Coast DHB max.perts from left, Sandy McVicar-Ramsay, Jess Massey, Jenny Bailey, Kristina Kaziukenaite, Pete Burns, and Elaine Koh

Meet the new max.perts



Sandy

How long have you worked with the Canterbury and West Coast DHBs?

For 11 years across payroll, the Resident Doctors Support Team, and rostering.

What drew you to being a max.pert?

I love having frontline contact with people and working in a team.

What is your biggest technology pet peeve?

Keeping up with my kids and their millennial ideas. They're always on their phones!

What's your favourite thing about max.?

The search function!

Elaine

What is your biggest technology pet peeve and why?

My pet peeve would be if I can't get help. If I'm stuck on how to use something, I like to have my questions answered.

What's your favourite app and why?

My favourite app (after max., of course) would be the ASB app – it's so handy! And way easier than having to go to the bank.

What's one thing you'd like people to know about the max.perts?

I'd like people to know we try really hard to be helpful and supportive, and really want to help everyone who contacts us.



If you ever need a hand with anything max.-related, you [can request one-on-one or team training](#) with your max.perts by clicking the above link, or by using the Send a Question service on max.

2019 April Falls Awareness competition winners

A big thank you to the 154 people who entered this year's April Falls Awareness competition and refreshed their falls knowledge.

This year staff were encouraged to do the new South Island Generic Fall-Prevention Self Learning Package (RGHS104) in healthLearn. There were morning tea shouts up for grabs and lucky dip prize draws – everyone who successfully completed the package between November 2018 (when it was released) and 6 May 2019 could enter.

In keeping with the 'it takes a team to prevent a fall' theme the winners of the Morning Tea Shout competition were the wards who had the biggest percentage of staff completing the package. Ward 27 won the Morning Tea Shout for the Christchurch campus and Ward C1 was the winner in Older Persons' Health and Rehabilitation, with an impressive 85 per cent of staff having completed the new Falls Prevention HealthLearn package by 6 May 2019.

The winners of the lucky dip draws were Burwood Hospital Ward DG Nurse Samantha Smith who won a coffee card and also Christchurch Hospital Ward 27 Staff Nurse Julie



Christchurch Hospital Ward 27 Staff Nurse Julie McNicol who won a bag of goodies kindly donated by the hospital volunteers

McNicol who won a bag of goodies kindly donated by the hospital volunteers.

Thank you once again if you entered for being a team player – your efforts, enthusiasm and ongoing commitment to preventing falls is helping keep our patients safe.

Something For You – the gift that keeps giving

We've had an awesome week of giveaways to celebrate the relaunch of Something For You and hope you've had a chance to get your name in the draw for some of the prizes.

The Canterbury business community has really come to the party – not only have there been giveaways, but we now have 30 percent more offerings than before. Check out the [new homepage](#) below and start thinking about how you can take advantage of those deals. This is just the start of what's new for Something For You, keep an eye out for updates and more giveaways through the intranet, the daily notices and max.

A reminder that you'll need your Canterbury DHB ID badge to claim any of these offers, so don't forget to take it along with you. If you entered the draw to win one of the prizes last week, the winners will be contacted by 7 June and we hope to show some of their happy faces in next week's *CEO Update*.

Something For You
Your Employee Benefits

FAT EDDIE'S
GET FIT AT FLEX

FLEX FITNESS
Get your fitness fix

QUESTIONS? COMMENTS? DEALS TO SHARE?

Would love to hear from you. Get in touch with us at somethingforyou@cdhb.health.nz

RELAUNCH WEEK PRIZES

We've got great giveaways for you every day this week – check this column every day for a new chance to win.

To enter: Simply email us with the day of week in the subject line. One entry per person per day.

Thursday's prize is: A voucher for a free pizza from Fat Eddie's.

Caribbean DHB (U) employees who sign up for a free 10 day trial membership of Flex Fitness Riccarton before May 31 2019 go in the draw to win a three month membership.

One minute with... Emma Shaw, Registered Nurse, Emergency Department, Christchurch Hospital and Registered Midwife

What does your job involve?

I'm a registered nurse in the Emergency Department at Christchurch Hospital. I'm also a registered midwife and work as a casual core midwife. No five minutes in the Emergency Department (ED) is ever the same! We are often the first face that a patient and their family/whānau see when they arrive at hospital. We undertake initial nursing assessments and get appropriate stabilisation, tests and treatments underway. On a typical day I see a wide variety of patients from newborns to the elderly, from patients who self present with complaints of coughs and colds or fractures to patients with strokes, myocardial injuries, altered level of consciousness, shortness of breath, minor or major trauma, and infections. You never know what is coming through the doors next. Since starting in ED, I have so far managed to be on my days off for the unexpected births, and I am gently reminded of that when I return to work!

Why did you choose to work in this field?

I enjoy working in the acute setting, the variety of nursing and that every day is different.

What do you like about it?

The ED team is amazing, the nurses, doctors, healthcare assistants, social workers, occupational therapists, physiotherapists, radiography staff, orderlies, cleaners, ward clerks and Friends of the Emergency Department volunteers work together and value each other's roles. Everyone works so hard and does an incredible job.

What are the challenging bits?

We see traumatic and acute injuries daily so it's hard not to get emotionally involved and because we care for people for such a short time we don't usually get to follow them through and see them again.

Who inspires you?

My family. They are all good, hardworking people. I grew up in a rural community in West Otago and I enjoy getting out on the farm during my days off.

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?

Providing patients with the best care I can. Treating others as I would like to be treated, being kind to everyone and ourselves, and smiling often.

Something you won't find on my LinkedIn profile is...

I am a competitive woodchopper. My partner has been competing since he was a teenager. I spent a couple of years following him around the A&P show circuit, then last year I decided I'd give it a go. I am also about to start

competitive sawing, and am looking forward to competing at the Canterbury show in November. I absolutely hated splitting and doing firewood as a kid, so I was surprised to find that I enjoy it. Our woodshed is now full for winter and the fire seems to burn a lot warmer with the wood that I've chopped by hand.

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

The United Kingdom and Europe. I am yet to travel there, but it's on the list to go.

What do you do on a typical Sunday?

If I'm not working I'll be helping on the farm with my partner. It's good to get outside and he always needs a good gate-opener, and a helping hand at lambing time!

One food I really like is...

A good roast.

My favourite music is...

I'm a bit of a country music fan – Brett Eldredge, Morgan Evans, Luke Bryan and Kelsea Ballerini. I have quite a few country music playlists on Spotify.



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

Canterbury Grand Round

Friday 7 June 2019 – 12.15pm to 1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Beaven Lecture Theatre

Speaker 1: Dr Roxanna Sadri, Emergency and Hyperbaric Medicine

"Hyperbaric oxygen therapy and hearing loss, the newest indication"

Can hyperbaric oxygen therapy be good for your senses? This talk will look at the newest approved indications for hyperbaric therapy: idiopathic sudden sensorineural hearing loss, and an upcoming study taking place at Christchurch Hospital.

Speaker 2: Dr Dean Harris, Medical Oncology
"What the FLOT"

A new neoadjuvant chemotherapy approach to oesophagogastric cancers.

Chair: Andrew Sidwell

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 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge

Next Grand Round is on 14 June 2019 in the Beaven Lecture Theatre.

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

Always on the go? Take Healthinfo with you

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healthinfo.org.nz



Millie
Ara student

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Ara rau, taumata rau



A fine feast in the heart of our community.

Māia Health Foundation invites you to —
gather 'round in the heart of the city to help
enrich Canterbury's health services.

**Saturday
31 August 2019**

Christchurch Town Hall
6:30pm 'til midnight

Black Tie
Hosted by Jason Gunn
Featuring Bic Runga and the All Girl Big Band
Tickets \$315 incl. GST

After Party at Louis Champagne &
Oyster Bar, midnight 'til late

**Limited tickets
Click to purchase now**

#maiafeast19



Lead partner:



University of Otago, Christchurch

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FOR FURTHER INFORMATION, PLEASE CONTACT:

Programmes Manager
Department of Population Health
University of Otago, Christchurch
P O Box 4345, Christchurch 8140, NZ
Telephone: 64 3 364 3602
Email: publichealth.uoc@otago.ac.nz

**HWNZ Funding now available for
Nurses**

otago.ac.nz/publichealth

SEX AND CONSEQUENCES

A New Zealand Update

Wednesday 12 June 2019
1pm – 5pm

Oxford Terrace Baptist Church Lounge
 288 Oxford Terrace (Corner Oxford Terrace and Madras Street)

- 1.00 – 1.15pm WELCOME**
 Facilitator: David Miller, Public Health Specialist
- 1.15 – 1.45pm** Dr Edward Coughlan, Clinical Director, Christchurch Sexual Health Centre.
Syphilis – An Ongoing Epidemic
- 1.45 – 2.15 pm** Jen Desrosiers, Lecturer, Social Accountability Academic Lead,
 Department of Population Health, University of Otago
Enhancing healthcare provider knowledge, comfort and perceptions about sexual and gender diversity
- 2.15 – 2.45 pm** Dr Heather Young, Sexual Health Physician, Christchurch Sexual Health Centre
Gonorrhoea – The Changing Landscape. Updates on Swab-taking and Treatment Guidelines
- 2.45 – 3.45pm AFTERNOON TEA/ NETWORKING**
- 3.45 – 4.15pm** David Shanks, Chief Censor, Office of Film and Literature Classification
Young People and Media: Challenge and Opportunity
- 4.15 – 4.45pm** Gillian Abel, Associate Professor, Head of Department, Department of
 Population Health, University of Otago, Christchurch
The Christchurch Street-Based Sex Work Collaborative Project – A Community Development Approach
- 5pm CLOSING**

Please RSVP by Friday 7 June to
 Diane Shannon by email: diane.shannon@cdhb.health.nz
 or phone (03) 378 6755



New Zealand AIDS Foundation
 Te Tuapapa Mate Arahore o Aotearoa

Canterbury
 District Health Board
 Te Poari Hauora o Waitaha