



A new job and a new Alert Level

Today's my first day as the permanent Chief Executive of Canterbury and West Coast DHBs. And, to make it particularly memorable, it's also our first day operating at Alert Level 2 in 2021.

Thank you to everyone for a warm welcome this morning, particularly those who travelled from Nelson Marlborough Health to support my handover and transition to Canterbury and West Coast DHBs. It's an absolute pleasure to be here.

A small and physically distanced mihi whakatau was held to mark the occasion and I am grateful to the team from Nelson Marlborough, and to my new colleagues in Canterbury for the kind and supportive words shared at my mihi.

I feel absolutely privileged to be entrusted with the responsibility that comes with this role and will do my best to support and enable staff, and to nurture relationships across the health system – especially with our iwi partners as we have a lot of work to do to close the equity gaps, to strengthen access for the more vulnerable in our community, and to ensure we continue to work in an integrated way with primary and community care and all of the other health care providers who make up the Canterbury Health System.

With the benefit of having spent a number of weeks as 'acting' CEO late last year, I have had opportunities to meet many of you already, and I know there is a wealth of talent and passion throughout the health system.

Now that we are at Alert Level 2, changes are being made to how we operate. We'll continue to evolve our response as new information becomes available, and we'll share updates as soon as we have new information.



Canterbury and West Coast DHB's new CEO Peter Bramley was welcomed this morning with a mihi whakatau



In this issue

- > Regulars – Kōrero ai... pg 5-6
- > Water tank removal makes way for more bikes... pg 7
- > New replacement radiation therapy machine will improve patient treatments... pg 8
- > Remembering a Pacific community hero... pg 9
- > Another milestone for the Cortex application... pg 10
- > Inspirational dietitian retires... pg 11
- > One minute with... Susan Mercer, Transfusion Nurse Specialist (TNS)... pg 12
- > Notices – Pānui... pg 13-14

I encourage you all to check the [All of Government COVID-19 website](#) regularly for updates and if you have visited any of the [locations of interest](#) in Auckland or New Plymouth, please follow the Ministry of Health guidance and self-isolate at home.

It's also timely to remind everyone of the essential actions to help keep us all safe:

To keep New Zealand COVID-free, we all need to keep doing our bit.

- › **Stay home** if you're unwell and **get tested** if you have COVID symptoms.

- › **Keep track of where you've been** – scan QR codes using the NZ COVID Tracer app and enable Bluetooth tracing on your device. Check that you have Bluetooth tracing enabled on the dashboard of the NZ COVID Tracer app. If you don't, turn it on now. If you aren't able to use the app, download or request a COVID Tracer booklet, keep a calendar or diary.

There is a printable manual sign in sheet available [here](#) which includes advice on privacy considerations.

- › **Practice** good hygiene (includes washing your hands often and coughing into your elbow)
- › **Regularly clean** high touch **surfaces**.

River of Flowers – 10th earthquake anniversary, a river of emotions

Thousands of flowers will be placed into Christchurch's waterways next Monday 22 February to mark 10 years since the devastating 6.3 magnitude earthquake that changed Canterbury forever.

We lost 185 people that day – the youngest just 5 months old, the oldest 88 years.

We'll all mark this anniversary differently.

Some will reflect on issues they're still battling – life-changing injuries and insurance claims yet to be settled. Some will not want to reflect or remember at all, while others will celebrate how far we've come.

As the Canterbury-born All Right? campaign has taught us, this range of reactions is completely all right.

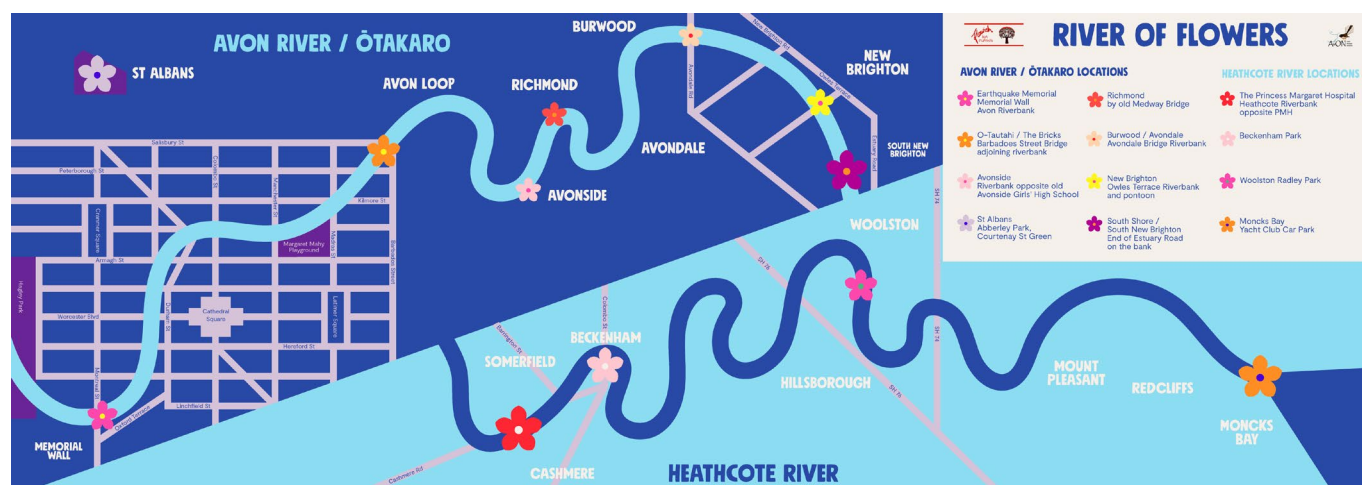
One group of Cantabrians, led by Flourish's Michelle Whitaker, will spend from 12.30–1.30pm alongside waterways (including the Avon Ōtakaro, Heathcote and Liffey River in Lincoln) hosting the 10th year of River of Flowers events.

"Thousands take part every year – reflecting, connecting, sharing their experiences and thinking about their hopes for the future," says Michelle.

"Some bring their own flowers; others grab one of the stems Moffatts kindly supplies. The flowers are dropped into the river creating a lovely sight of blooms bobbing their way together towards the sea," says Michelle.

Twelve sites will be hosted by community volunteers this year – if you're at work that day you may find the sites alongside The Princess Margaret Hospital and Montreal Street at the Earthquake Wall of Remembrance handy.

At each site there will be an opportunity to write a 'Message of Hope' and tie it onto a tree or bridge with all hosts also holding two minutes of silence at 12.51pm to remember those who lost their lives.



For details of all the sites, visit www.flourish.org.nz

"The messages make inspiring reading – we've all had different earthquake experiences but what is to be celebrated is how hard we've all worked together to get through the challenges we've faced over the last 10 years. It is remarkable and something we should all be quite proud of," says Michelle.

River of Flowers is a partnership between Flourish Kia Puāwai and Avon-Ōtākaro Network, with support from All Right? and Christchurch City Council.

*If there are any changes to this event due to changes in the COVID-19 Alert Levels, they will be announced on the [AllRight? Facebook page](#).

Earthquake anniversary – free mental wellbeing support available

It's hard to believe it has been a decade since that awful day. In the years since, we have demonstrated that we're a community that works together to rebuild, move forward and support each other.

While most people are well into their recovery, some are still dealing with the aftermath, and publicity about the event as we approach this significant date may be upsetting.

If you want to talk to a professional about how you're feeling, there are several free options available.

- › Explore Specialist Advice NZ/Gains Wellness and Psychology offer confidential support to all Canterbury DHB staff, both non-clinical and clinical and to our volunteers. The support is provided independently by its team of registered psychologists, in partnership with the Ministry of Health.

You can contact the team to make an appointment from 9am–7pm, Monday to Friday on 0800 820 080 or email anytime on hcnz.wellbeing@healthcaresnz.co.nz.

More information is available on www.healthcaresnz.co.nz/wellbeing-service.

- › You can also get in touch with our dedicated Workplace Support staff. You'll regularly see them on the wards and around our facilities. They can refer you to specialised services such as counselling. Alongside this, their 24/7 phone line 0800 445 443 is there to provide round the clock support for you. Details for the Employee Assistance Programme (EAP) and Workplace Support can also be found on [Prism](#).
- › You can also phone or text 1737 anytime seven days a week to talk to (or text with) a trained counsellor or talk to a peer support worker. The service is completely free, and confidential.

A minute's silence to be observed at 12.51pm next Monday 22 February

If you want to and are able to, staff are invited to observe a minute's silence at 12.51pm next Monday 22 February to remember those who lost their lives in the quake. You can do it at your desk, your workplace or step outside with colleagues to show your support and respect, as you reflect and remember. A reminder will be sent to all staff on Monday.

Five ways to boost your wellbeing

No one is immune to the impact of stress or just feeling 'blah'. As well as sapping our energy levels, feeling a bit flat can start to take the enjoyment out of life. It can be a sign that your wellbeing needs a bit of a boost.

Just like eating well, sleeping well, exercising and staying hydrated boosts our physical health, there are also things we can do to boost our mental wellbeing - even if we're feeling rundown, tired or stuck in a bit of a rut.

Five key actions, if done regularly, are scientifically proven to lift your wellbeing:

1. Connect, me whakawhanaunga
2. Be Active, me kori tonu
3. Take Notice, me aro tonu
4. Keep Learning, me ako tonu
5. Give, tukua

FIVE WAYS TO WELLBEING



Connect
Grab a cuppa, be there, say 'kia ora!'



Be Active
Do what you can, enjoy what you do



Take Notice
Use your senses, savour the little things



Keep Learning
Be curious, try something new



Give
Your time, your words, your aroha

For more on the Five Ways to Wellbeing, check out this video from our very own Medical Officer of Health Ramon Pink. And for everyday Five Ways inspiration, check out the [All Right? Facebook page](#).

Earthquake remembrance events and activities – a summary

Here are some of the events and activities planned for the 10th anniversary next Monday 22 February:

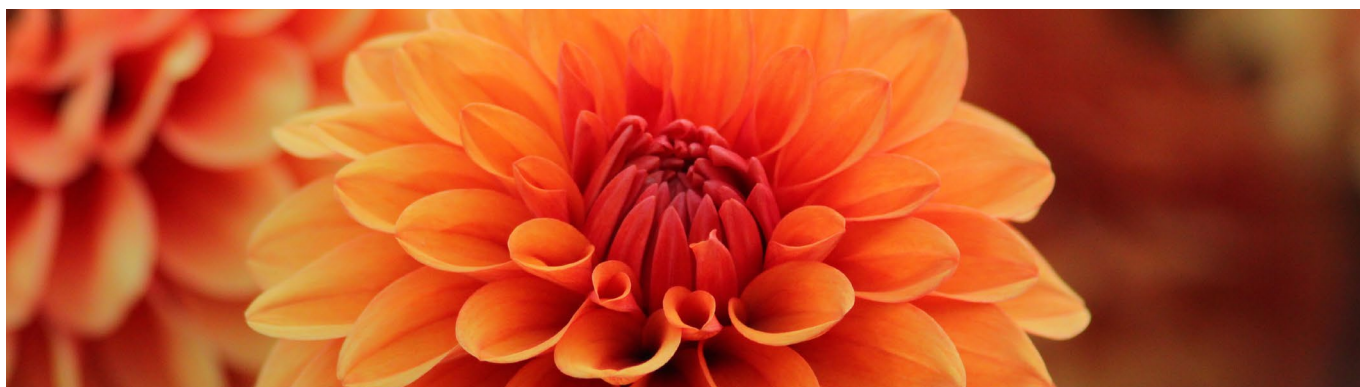
- › The River of Flowers will happen at 12 locations – see www.flourish.org.nz for details. *If we change Alert Levels check the [Allright? Facebook page](#) for updates.
- › The Christchurch City Council is lighting up key locations across the city as part of its white light event. They are also hosting a range of [ceremonies and events](#).
- › The Council's Civic Service plans are detailed [here](#). For those who cannot attend, the [service will be live-streamed](#).
- › A minute's silence – to be observed at 12.51pm – wherever you are.
- › You can update your Facebook profile with the Christchurch City Council 'We Remember' picture frame. Head to this link to add the frame: <http://bit.ly/3aiTDTH> Others can then share the frame from your page.

Ngā mihi nui

Peter Bramley, 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

Aletia Collins and all the CREST team, Older Persons Health and Rehabilitation, The Princess Margaret Hospital

I had to write and thank Aletia sincerely, plus all the CREST Team for the very efficient team they have, getting us oldies back on our feet again. They were all wonderful, knew what they were doing and were friends as well. Please pass on to all of them how well they coped with their workload. I would give you all 10/10. On the other hand, we have to help ourselves as well. I will recommend your system to anybody. Keep up the good work for elderly people. I will miss your company and friendship in the coming weeks. We are so fortunate to have a system like yours in Canterbury. Love and blessings to you all. Don't work too hard and make time for yourselves in 2021.

Ward 23 and Orderly Sam, Christchurch Hospital

My elderly mother was in Ward 23 for two weeks after a fall recently. The staff were very kind, while looking after her superbly for which we are very grateful. She turned 88 during her stay and three of the weekend staff bought her a muffin surrounded by sliced fruit and sang 'Happy Birthday' to her. We thought that was so special. Mum was having radiation treatment at the same time, which meant every day an orderly took her down to the lower ground floor and brought her back. All the orderlies were great, friendly, efficient and chatted with Mum. But I want to especially make mention of the young Orderly Sam. Over the two weeks, he only picked up Mum twice, but the second time, he remembered her and said, "I've picked you up before, haven't I?" She thought that was wonderful, to be remembered. But better than that, on the day Mum was discharged we were sitting in the foyer waiting to be picked up and he walked past glancing in our direction. He immediately came back and said hello and commented on how nice it was to see Mum again and glad that she was

well enough to go home. It really made her day. This young man is a credit to Canterbury DHB and I think he needs to know he's excellent at his job, because he cares about the patients he moves about. It's not just a case of moving a person from A to B for him, and it shows. You can't 'make' a person do that, it's part of their character and he's definitely in the right job. We wish him all the best in the future.

Christchurch Women's Hospital

Amazing care from all staff.

Emergency Department (ED), wards 24, A8 and 27, Christchurch Hospital

On behalf of the family I would like to commend the doctors and nursing staff of ED and wards 24, A8 and 27 for their caring professional attitude and treatment my wife has had and is currently receiving. Having suffered two major medical events in close succession the way these were handled, and the care offered were first class. There are too many staff members to name them individually, but they know who they are. We are lucky here in Christchurch to have such caring people to look after us. With this caring dedicated attitude, I doubt that my wife would have made it through this last event, especially seeing at one stage the family was called in to say goodbye. Our heartfelt thanks and blessing are to be passed onto all those involved.

Big Shout Out

To All Canterbury DHB staff

We acknowledge the daily commitment and dedication of Canterbury DHB staff and we at Workplace Support are proud to support you as you support our community.

From: Workplace Support CEO Viniece Blain

#carestartshere

Oncology, Christchurch Hospital

I am just about to complete a six-week course of radiation therapy and I would like to record my sincere thanks for the treatment I have received. Right from the very beginning, I was walked through what to expect, where to sit, where I would be treated etc. My main contacts have been my radiation therapy nurses, who have been exceptional. Clearly their primary job is technical, and they were completely professional in all aspects of operating the equipment. But they also found time to treat me as a person, be unfailingly friendly and caring, and every question I have asked has been answered then and there. All this while clearly being under considerable time pressure with fast patient turnaround required to get through the day's quota. In recent times I have needed a dressing over the neck and those nurses have also been brilliant. Danielle, Nicole, and Jenna have been truly exceptional, and I am sorry that I am not great with names but there are others in this category also. There have been a number of small acts of kindness and caring which may have been small, but very important from a patient's perspective. So, thank you for making what could have been a trial into a memorably nice experience.

ED, Christchurch Hospital

My husband was taken to hospital by ambulance. Every single person who assisted us was absolutely incredible, from Rebecca on Reception to all the nurses. Thank you to everyone involved in his care.

Ward B3 and volunteers, Christchurch Hospital

My 96-year-old mother spent a couple of nights in Ward B3. I wanted to thank you, as the care she received during her stay and the level of communication the family received has been outstanding. I visited Mum and was greeted by two volunteers in the Christchurch Hospital main entrance. I asked them where Ward B3 was and I was immediately told it was in the new Waipapa building and to "come this way". We walked through many corridors until we came to another volunteer who took me the rest of the way. I arrived at reception and I was nicely greeted and directed to Mum's room. Mum was asleep however there was a very friendly member of your staff named Adair sitting with her. While I was there two doctors from Older Peoples Health called by who were so kind to Mum, a person came to give her fresh water with ice and a nurse called Rebecca called in to discuss Mum's transport options back to her resthome. This was followed up with a phone call later just to confirm her plan. Some may say "just little things", but sometimes it's the little things that count. Thanks for all you do.

Child Acute Assessment (CAA), Children's High Care Unit, Ward A7, and Activity Room

We have been in the CAA, Children's High Care Unit and the standard Children's Ward since Saturday with our son. Honestly, we cannot speak higher of the service that we received from every staff member in the hospital. Everything was so well explained, and we were shown such wonderful manaakitanga during a really stressful time for us. I really would like to acknowledge the nurses in particular, who took exceptional care of our boy. You made a grim weekend a little bit brighter. We cannot thank you enough.

Level 2, Christchurch Women's Hospital

I have recently had surgery at Christchurch Women's. The service I received was outstanding. From the food to the cleaning lady, the nurses were absolutely wonderful. Mr John Short and Mr Chris Pottinger were both informative, kind and caring and most efficient. Thank you to everyone.

Big Shout Out

To: Cleaners, orderlies ISG and Maintenance and Engineering (M&E) staff

The Clinical Engineering team would like to send a Big Shout Out to the cleaners, orderlies, ISG and M&E personnel who assisted when the pipe above our workshop burst. Within a couple of hours all the water was cleared away, vital equipment was moved, and we had replacement PCs for the team to work from which will help to minimise the disruption. Thank you!

From: The Clinical Engineering team

#carestartshere

Big Shout Out

To Security team - Nicola, Brent and Brett

They helped me keep a mentally unwell patient from harming himself, staff and hospital property, which enabled him to have the necessary medical treatment required. They were so helpful and acted towards our patient with kindness and respect. Thank you very much to our fantastic hospital security team.

From: Registered Nurse Psychiatric Service for Adults with Intellectual Disability Hillmorton Hospital Juliet Nelson

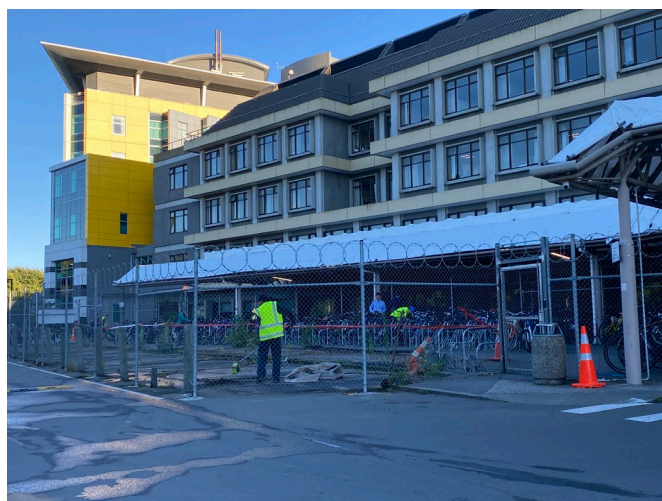
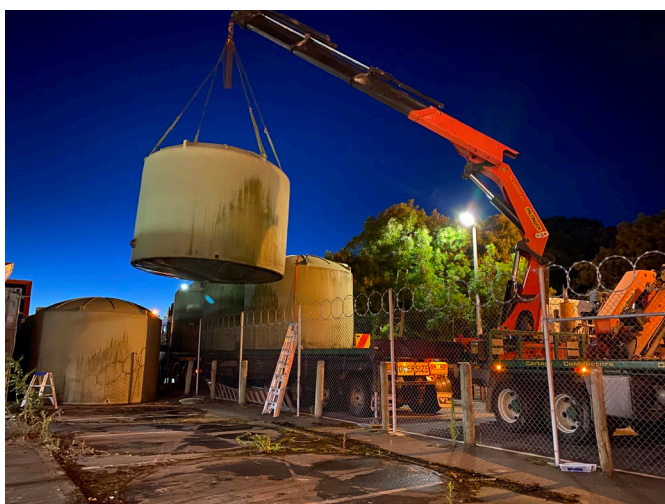
#carestartshere

Water tank removal makes way for more bikes

It was an early start last Thursday morning, 11 January, when the water tanks in front of the main entrance to Christchurch Hospital were removed.

The eight tanks, which were brought in after the February 2011 earthquakes to ensure high pressure water supply, were removed over two hours and have been transported to Hillmorton for water storage for fire suppression.

Cyclists will now have additional space for bike parking, with the reclaimed space being allocated to extra bike racks, taking the number available in this space to 174, and almost 900 bike parks across the Christchurch Hospital Campus.



Water tanks being removed from outside Christchurch Hospital last week, leaving more space for bike parking

New replacement radiation therapy machine will improve patient treatments

Christchurch Hospital's brand-new linear accelerator (linac) is up and running at full capacity thanks to the hard work of the team who delivered, installed and commissioned the complex piece of high-tech equipment.

A linac accurately targets a patient's cancer using highly conformal powerful radiation therapy. Conformal radiation therapy very accurately shapes the radiation beams to closely fit the area of the cancer. (For more information see www.targetingcancer.com.au.)

The linac, which weighs three tonnes and cost \$3.5 million, is one of two that Canterbury DHB will receive this year to replace two 10-year-old linacs in Christchurch Hospital. The new linac went live on 1 February following a blessing on 29 January.

The second arrives in March and will be ready for use in June.

Radiation Oncologist Scott Babington says the new technology that these linacs offer allows more accurate targeting of cancer, while sparing the surrounding tissues and organs and delivering the treatment more quickly.

"This is great for our patients and I would like to take the opportunity to celebrate and acknowledge Philippa, Andy and the team for the wonderful job they have done.

"The linac has been delivered on time and on budget while managing a busy department treatment schedule that's over capacity. To have done that so well at such a difficult time is exemplary," he says.

The new additions will mean a fleet of four matching radiation treatment machines that are all equipped with the latest technology, enabling improved efficiencies in patient flow, says Clinical Manager Radiation Therapy, Philippa Daly.

"Having four modern linacs will make scheduling much easier as it means any patient can go on any machine, we won't have to ensure the newer ones are available for our more complex patients."



Blessing of the new linac machine

The commissioning team worked through Christmas and New Year, making good use of all the public holidays to get the work done, says Radiation Oncology Physics Team Leader Andy Cousins.

"Quite often restrictions are put in place on clinical use, but we actively set out to make sure the linac would be fully clinically operational and ready to go and that has been the case."

Commissioning was an eight-week task which included data collection, ensuring its safety for use, and staff training. With availability of overseas experts limited due to COVID-19 the team devised its own training programme.

The old linac was housed in a small cramped room, so a wall was pushed out to create a more spacious area which is much more comfortable and efficient for staff to work in, Andy says.

Funding for the two linacs has largely come from the \$25 million pool of money announced by the government last year for replacement linacs around the country.

The procurement process began in July 2019 and the project has involved a wide range of teams across Oncology and Canterbury DHB, in particular, the teams from Procurement, Medical Physics and Bioengineering, and Maintenance and Engineering.

Remembering a Pacific community hero

Lemalu Lepou Suia Tu'ulua sadly passed away on Sunday 7 February. Canterbury DHB and the Canterbury DHB Disability Steering Group (DSG) send best wishes and condolences to her whanau.

Here's how the Independent Chair of the DSG, Grant Cleland summarised Lemalu's important contribution as he shared the sad news:

Lemalu was a very active member of the DSG and had recently been acknowledged as a 'Community Hero' on the Government's official COVID-19 website for her work with Pacific peoples' communities. While she was typically humble, you could see how proud she was that her work was being recognised.

"Lemalu was also playing an active role in the development of a Pacific Peoples' disability plan and her contribution will be greatly missed. Our thoughts and prayers go out to Lemalu and her family at this difficult time."

The response from the DSG was almost immediate and here are just some of the comments and thoughts that came straight back.

"She was so passionate in her advocacy and care for others. She is a great loss to her community and the wider health system, as well as to her family and friends."

"Lemalu was a great advocate for Pasifika people in general and Samoan people in particular. This, combined with her support for people with disabilities, made her the very special person that she was."

"Ka tangi te pouri, cries of sadness..."

I had the privilege of working alongside Lemalu during COVID-19. Arohanui to her whānau.

"Amazing advocate for her people and other cultures as well. Kind, open-hearted and always humble."

Here's an extract from the [COVID-19 Community heroes](#) site:

"Lemalu was a broadcaster with Plains FM on the weekly Samoan language programme Samoa Feso'ota'i. During the lockdown last year she was active in her community, translating and broadcasting important COVID-19 messaging on the weekly radio show and podcast. She also delivered food parcels, food vouchers, hygiene packs and face coverings to over 200 families and 10 churches in the Christchurch area."



Canterbury DHB Pacific Portfolio Manager Finau Heuifanga Leveni knew Lemalu well and added this moving tribute:

"Lemalu was, and will always remain, a well-loved member of the Canterbury Pacific community. A staunch advocate on behalf of Pacific peoples she worked tirelessly to support those in need. It was not uncommon for her to work long beyond her office hours or to pay for things from her own pocket to help Pacific families. This was the kind of person she was, big-hearted, compassionate and fearless. She never sought the limelight for her years of selfless work, often preferring to work diligently behind the scenes and just 'get on with it' as she would often say. Her passion, dedication and presence in our Pacific communities will be greatly missed.

"Personally, I will miss her unwavering friendship, her endless optimism and wisdom, her infectious smile and her warm, embracing personality.

"Toka ā 'i he nonga moe fiemalie 'a hotau 'Otua.

"Ia manuia lau malaga Lemalu Lepou Suia Tu'ulua."

Another milestone for the Cortex application

Only six months after the one million note milestone, clinicians at Christchurch Hospital have now created more than two million notes on the Cortex platform.

The two millionth note was a Paediatric Nursing Progress Note written by Registered Nurse Marlee McDougall on 28 January.

"Two million notes, that is not a surprise because Cortex is awesome! Our team in Child and Youth Health love how clear everyone's notes now are, it is so easy to use and has really tidied up our ways of working. We couldn't go back to those pesky paper notes!" Marlee says.

Cortex is a mobile clinical communication application. Its functionality includes storing living documents and the ability to review clinical notes on mobile devices.

There has been ongoing expansion of Cortex across Canterbury DHB with 48 departments or services now using the application to create notes, tasks and communicate about inpatient care on the Christchurch campus.

Alongside the scaling of use of clinical documentation, the utilisation of Cortex's task and communications functions has also dramatically increased since the move to Waipapa. Clinicians across the campus are now creating more than 4000 tasks a week with 8000 associated task comments.

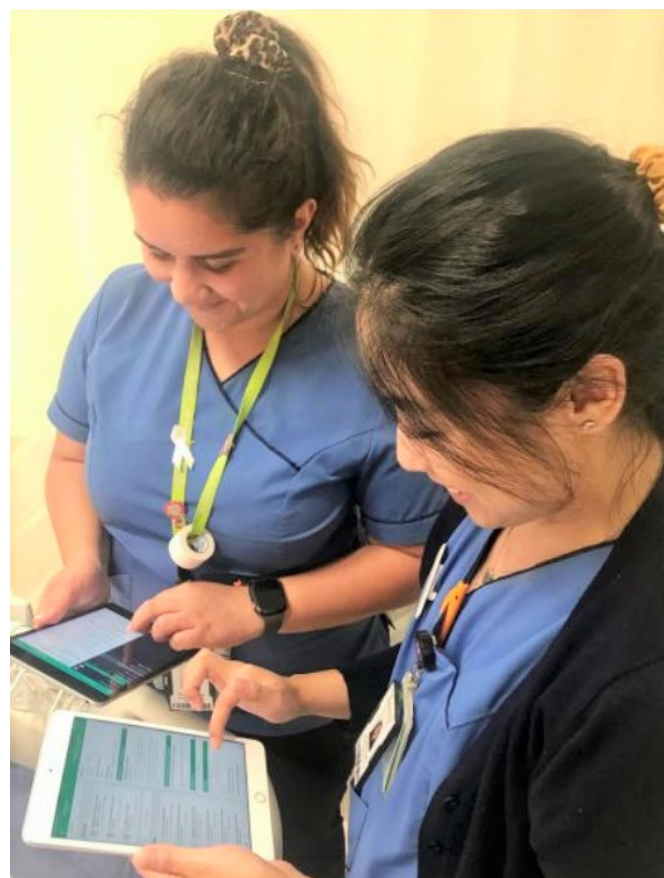
This usage reflects huge efficiency gains in care provision with an accompanying drop in the number of phone calls and pagers between clinicians, says Surgeon and Cortex Product Owner Saxon Connor.

"The increase likely reflects the changing work patterns in the new building with physical distance between team members increasing."

The added bonus is that these 'conversations' are now part of the clinical record and visible to others in the circle of care.

"We are looking forward to the upcoming next major release of Cortex with its next generation sync engine and further exciting updates planned over the first half of 2021."

Currently maternity services and perioperative care have started the process to plan a rollout. The Emergency Department has completed a pilot and gathered detailed information regarding Cortex digitisation of their unique



Cortex users

workflows. Work is underway to decide how Cortex can also be best used on the Burwood campus.

"There is no doubt Cortex has been instrumental in improving communication and workflows across a range of clinical specialities. With the foundation rollout work complete, 2021 provides the opportunity to improve and enhance the platform," Saxon says.

The current roadmap includes migration to the cloud, significant improvements to sync speed and re-use of data across workflows. There is also a strong desire to develop a first class 'Hospital@Night' programme to support out of hours clinicians with better visibility and deployment of tasks.

The success of Cortex has meant staff are now realising the benefits of clinical mobility and this has led to an increasing desire for the platform to continue to evolve to a fuller mobile electronic record, surfacing all relevant information at the point of care. As a co-development initiative, Cortex is unique not only in its innovation story but also in its utility and scalability outside of Canterbury DHB.

Integration and surfacing of the components of a patient's health record align closely with the Ministry of Health's National Health Information Program and it will be exciting to see how Cortex evolves over 2021, Saxon says.

Inspirational dietitian retires

Carol Perwick's long and distinguished career as a clinical dietitian at Canterbury DHB, especially in Women's Health and diabetes care was celebrated last week.

Carol retired last Tuesday after 42 years of dedicated service.

As a young dietitian intern, Carol was the Clinical Dietitian in Charge, says Director of Allied Health Helen Little.

"She was strong, confident, knowledgeable, and highly respected, having secured a senior clinical role at a young age, and she commanded and led the clinical team with a no-nonsense approach and high expectations."

Carol inspired all the interns to do their best and be at the top of their game.

"In fact, they all had to literally run to keep up with her as she would stride out across the hospital corridors. 'The Carol Walk' is still a recognised capability and a legendary discussion point for any dietitians who have worked with Carol. It represents Carol's character as a person with purpose."

Returning to the workforce after having her children, Carol had several different roles, namely as Tutor Dietitian, at the Oxford Clinic, the Diabetes Centre, and then at Christchurch Women's Hospital.

"Here Carol established her niche and role-modelled being a dietitian with skills and knowledge, in the care of women with diabetes in pregnancy," she says.

Carol's expert knowledge in diabetes management and in pregnancy will be sorely missed by Women's Health where she has been an integral member of the team.



Carol Perwick

"I would like to thank Carol on behalf of Allied Health and Canterbury DHB for all she has taught us and for the dietitians she has inspired over the years. She has given outstanding service as an expert dietitian," Helen says.

all
right?

IT'S
ALL RIGHT
TO NEED
A HUG.



One minute with... Susan Mercer, Transfusion Nurse Specialist (TNS)

What does your job involve?

The TNS is the primary interface between the NZ Blood Service (NZBS) and district health boards (DHBs). It is given honorary DHB status (DHB staff employee ID) to monitor and support transfusion practice. I have a small office in the Blood Bank that is set up with both a Canterbury DHB and NZBS computer.

Dr Krishna Badami (Transfusion Medicine Specialist), a Transfusion Registrar (Canterbury DHB) and myself make up the NZBS Christchurch clinical team.

The NZBS is a 'vein to vein' organisation. This refers to the transfusion chain that encompasses recruitment of donors, collection, manufacture, cold chain, administration and supply of blood components and products, bone and tissue, skin and serum eye drops and haemovigilance (surveillance of the transfusion chain – which is where my role fits in).

As nurse specialist I provide clinical education, perform clinical audits, report and follow-up on clinical wastage, sample error rates, massive transfusions, Safety First incidents and transfusion reactions.

I collaborate on appropriate committees and working groups, support Blood Bank and NZBS Therapeutic Apheresis nurses (plasma exchange procedures and stem cell collections) within the hospital and provide advice on transfusion-related policy and procedures. I also support transfusion practice in private and other public hospitals, community infusion centres and laboratories north of Waitaki in the upper South Island.

Why did you choose to work in this field?

I had been working for some time as a critical care registered nurse and was beginning to think about how the latter part of my career might look. A peer saw the NZBS advertisement. I thought a nurse specialist role would complement my pre-nursing administration skills with my inquisitive mind and nursing experience to promote patient safety and share information/knowledge.

What do you like about it?

I really enjoy the diversity of the role and opportunities such as participating in research, the autonomy, the learning and working with clinical staff to provide safe transfusion practice.

What are the challenging bits?

Managing two email addresses/inboxes and work calendars. Nerves when talking to larger groups of people. The job is also quite isolating – there are only six NZBS TNSs in New Zealand. I miss the day-to-day comradery of the intensive care unit nursing environment.

Who inspires you?

People who are motivated and genuine. Self-starters.

What do Canterbury DHB values (care and respect for others, integrity in all we do, and Responsibility for outcomes) mean to you in your role?

Patient-centred care and safe clinical practice for everyone, accountability and working together for the greater good.



Something that you won't find on my LinkedIn profile?

I like Wasgij puzzles and am an avid knitter. It's my creativity. I always have something on the needles to sell or donate.

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

New Zealand and living closer to my wee grandson.

What do you do on a typical Sunday?

At home with my two miniature schnauzers and Miss Molly, the ragdoll cat.

What is your favourite food?

Yams.

And your favourite music?

Ed Sheeran, Sam Smith, The Broods, Lewis Capaldi, Bee Gees and Musical Theatre.

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



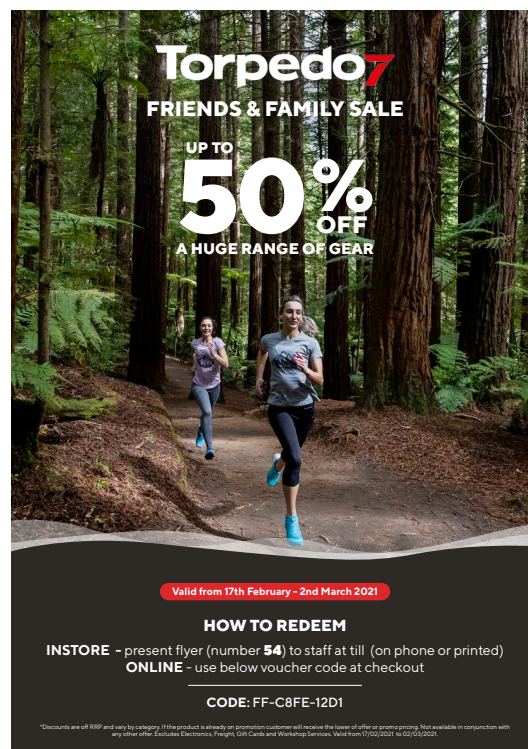
Something For You

Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.

Check out [Something For You](#) on the intranet for more information on these deals and many more! Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.

This week's featured offer is from Torpedo7. From Wednesday 17 February to Tuesday 2 March, you and your whanau and friends can receive up to 50 percent off instore and online at Torpedo7. See [the flyer](#) for a discount code to use.

Check out [Something For You on the intranet](#) for more information.



Te Huarahi Hautū has officially launched

Get excited because Te Huarahi Hautū has officially launched.

Te Huarahi Hautū is a newly developed learning programme for our team leaders that may have financial and/or rostering input or delegations, as well as people who have been recently promoted into managerial roles. By working your way through this vital pathway, you'll be provided with everything you need to reach your full potential as a leader at Canterbury and West Coast DHBs.

Team leaders will receive an email advising them of their upcoming enrolment into the programme on healthLearn. Can't wait to find out more?! Check out the programme and sign up for workshops [now](#).

As part of this programme we have also teamed up with the University of Canterbury who will provide insights on our progress throughout 2021. This work will begin with a survey that all Te Huarahi Hautū attendees will be invited to, and will be required to complete in the next few weeks.



Want to learn more about the origins of the Te Huarahi Hautū name? Here's a short [video](#) from our Executive Director of Māori Health, Hector Matthews.

Make sure you check out all the information on [HELM](#) and for any queries "Send us a question" via max. with the subject line 'Te Huarahi Hautū'.



Waka Toa Ora

Healthy Greater Christchurch

You are invited to a Waka Toa Ora lunchtime seminar:

Minimising Gambling Harm:

Addiction and our brain

Nicky Taylor (Health Promoter) and Ritchie Stewart (Clinician)
Salvation Army Oasis Centre for Gambling Harm

Why do we spend over \$6 million every day in New Zealand on gambling? Why is it so hard to 'just say no'? Are we being brainwashed?!

Salvation Army Oasis provides effective services to prevent and minimise gambling harm. Come and hear clinical and health promotion insights from Nicky and Ritchie:-

- What is problem gambling?
- What is the cost?
- Addiction – how does it happen?
- What addiction does to the brain
- Recovery services and support

Date: Monday 8 March 2021

Time: 12:00 noon – 1:00 pm

Location: Youth Room, Salvation Army, 853 Colombo Street
Parking available onsite; please use carparks # 33 to 48

[Link to book online](#) - A calendar appointment will be emailed following registration



Motivating and empowering people affected by gambling and associated problems to make positive choices