



## Canterbury DHB moves to reprioritise resources and reduce services during a four-week lockdown

While the number of confirmed cases in Canterbury is five, we expect more cases to be announced today. All are related to international travel and there is no evidence of community spread. We now have to make the most of a four-week window of opportunity, where we will have

reduced hospital activity to activate our response plans, refine our processes and prepare. We are ready now, but additional time with fewer people on our sites will help keep COVID-19 out of our hospitals and health centres.

### Surgery and outpatients postponed

A decision was made late yesterday to postpone all non-urgent surgery, procedures and non-urgent face-to-face outpatient appointments at all Canterbury DHB facilities, effective from today. Some outpatient appointments may be conducted over the phone or by video app Zoom. These alternative outpatient appointments are being arranged on a case-by-case basis.

Urgent surgery such as acute (unplanned due to accidents or medical incidents etc.) and planned cancer surgery that needs to go ahead will be carried out.

We have a one-off window of opportunity to reduce the spread of COVID-19, and we need to act quickly and

decisively. We need to protect our vulnerable patients and our staff. We know that on top of everything else announced yesterday this will not be welcome news to many in our community, however, we need to do everything in our power to break the chain of possible transmission of COVID-19 (and other viruses) into our health facilities.

If anyone is unsure whether their appointment or surgery is affected, they should call the number on their appointment letter.

### Significantly reducing the number of visitors

Late last week we announced limits on visitors with no more than one person than per patient. Yesterday's [announcement by the Prime Minister](#) means we are now at Alert Level 3 and tomorrow we will move to Alert Level 4. At Level 4 people are instructed to stay home and **no-one should be coming to visit** unless the circumstances are exceptional. The public should be staying at home unless they work for an essential service.

We have locked down our facilities and, in most cases, only left a single public entrance. Visitors have to sign in and out and there is a security presence at Christchurch Hospital.

Our individual actions are critical to our collective ability to fight COVID-19.

## In this issue

- › Regulars – Kōrero ai... pg 4-6
- › Web-based appointments being trialled for young people with diabetes to limit COVID-19 contact... pg 7
- › Colleagues step up when COVID-19 cancels PhD ceremony... pg 8
- › Stop smoking practitioners' visit to Chatham Islands gives hope... pg 9
- › Participants sought for tuberous sclerosis clinical trial... pg 10
- › Popular Pharmacy Department bake sale funds craft items... pg 11
- › One minute with... pg 12
- › Notices – Pānui... pg 13-16

## Assessing at-risk staff and working from home guidelines

Today we are starting a process to identify at-risk staff who could be redeployed or work from home. After a self-assessment, a clinical team led by an occupational health physician will prioritise those who are aged 70 and over or at risk of serious illness due to pre-existing medical conditions which compromise their health. This includes staff undergoing cancer treatment. Those who work in high-risk areas may be considered for redeployment or, where possible and appropriate, may work from home.

Self-assessments will be rolled out to people in the most high-risk work areas first. So please be patient as we work through our nearly 11,000 staff.

This is part of a national process and information on this process will be shared today.

Guidance for staff working from home will also be sent to staff today.

Over the coming days and weeks as we all adjust to new ways of working we need to remember to breathe ... be patient and kind.

Unite against COVID-19 – together we can all slow the spread.



## Canterbury DHB Emergency Coordination Centre supporting 10 Emergency Operations Centres

The Canterbury DHB Emergency Coordination Centre (ECC) has now been fully activated in response to COVID-19 and is working with the Ministry of Health (National Health Coordination Centre), other DHBs, and our community partners to ensure a coordinated, timely and effective response.

This means that we have a full complement of ECC functions operating seven days. Please see below for an outline of the role of each function and how they can be contacted.

You may receive a request for information, advice or to complete a task from one of our ECC functions. We are relying on everyone to treat all communications from our ECC, particularly requests for information or assistance, as an urgent priority. Often the timeframes are tight, but this is the reality of working in the current environment. We also ask that all responses, requests or communications with the ECC functions be kept as succinct as possible.

You will be aware of much of the work our ECC team is coordinating across the organisation. They are working internally and externally, with our local sites having activated their own Emergency Operations Centres (EOCs). These local EOCs are supported by the ECC.

CDHB Emergency Coordination Centre – Function Roles and Contacts  
As at 20/03/2020

Function	Colour	Responsibilities		
Controller	White	Controls and coordinates the response.	021 573 195	<a href="mailto:ECCControllerCDHB@cdhb.health.nz">ECCControllerCDHB@cdhb.health.nz</a>
Controller's Assistant		Administrative support to Controller.		<a href="mailto:Rochelle.Audeau@cdhb.health.nz">Rochelle.Audeau@cdhb.health.nz</a>
ECC Manager	Red	Supports the Controller and oversees the running of the ECC.	021 520 906	<a href="mailto:ECCManagerCDHB@cdhb.health.nz">ECCManagerCDHB@cdhb.health.nz</a>
Intelligence	Dark blue	Collects and analyses information and produces intelligence related to context, impacts, consequences and forecasts.	021 563 170	<a href="mailto:ECCIntellCDHB@cdhb.health.nz">ECCIntellCDHB@cdhb.health.nz</a>
Planning	Pink	Plans for response activities and resource needs.	021 572 792	<a href="mailto:ECCPlanningCDHB@cdhb.health.nz">ECCPlanningCDHB@cdhb.health.nz</a>
Operations	Orange	Tasks, coordinates and tracks execution of actions across facilities and health agencies.	021 527 141	<a href="mailto:ECCOpsCDHB@cdhb.health.nz">ECCOpsCDHB@cdhb.health.nz</a>
Logistics	Yellow	Provides personnel, equipment, supplies, facilities and services to support response activities.	021 572 238	<a href="mailto:ECCLogisticsCDHB@cdhb.health.nz">ECCLogisticsCDHB@cdhb.health.nz</a>
Public Information Management	Purple	Develops and delivers messages to the public and liaises with the impacted community.	021 539 189	<a href="mailto:ECCPublicInfCDHB@cdhb.health.nz">ECCPublicInfCDHB@cdhb.health.nz</a>
Welfare	Light Blue	Works with CDEM and partner agencies to ensure effective delivery of welfare services to those affected families/whānau and communities, including animals.	021 572 615	<a href="mailto:ECCWelfareCDHB@cdhb.health.nz">ECCWelfareCDHB@cdhb.health.nz</a>
Recovery	Grey	Starts the recovery management process during the initial response phase and ensures the recovery process is integrated with the response.		<a href="mailto:ECCRecoveryCDHB@cdhb.health.nz">ECCRecoveryCDHB@cdhb.health.nz</a>
Psychosocial Support/VP		Coordinates Psychosocial support across Canterbury	021 557 562	<a href="mailto:ECCPsychosCDHB@cdhb.health.nz">ECCPsychosCDHB@cdhb.health.nz</a>
Canterbury CDEM Liaison		Provides link between the CDHB ECC response and the Canterbury CDEM ECC response.		

Our local EOCs represent:

- > Older Persons Health & Rehabilitation
- > Primary Care
- > Community & Public Health
- > Specialist Mental Health Services
- > Christchurch Hospital Campus
- > West Coast DHB
- > Kaikoura
- > Information Services Group
- > Canterbury Health Laboratories
- > Ashburton

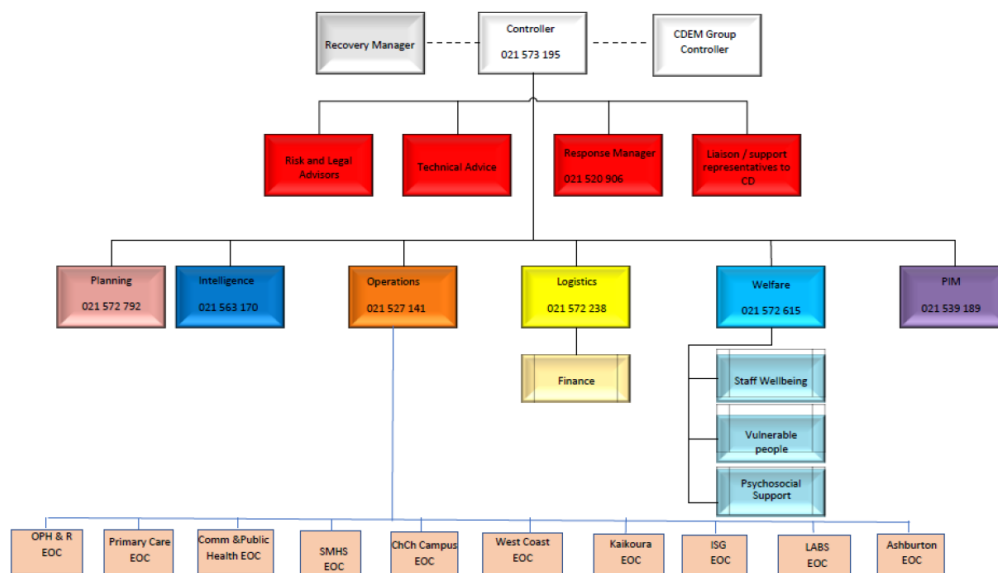
There are literally thousands of people from across our health system involved in planning, coordinating and activating our response. Behind every role in the EOCs and ECC are hundreds of health system staff working above and beyond to ensure all available resources are lined up in our bid to break the chain of COVID-19 to avoid a community outbreak in Canterbury.

While we are hoping for the best, it's our job to plan for the worst to ensure we're well placed to provide care for large numbers of very sick people who may need specialist hospital care.

We will continue to provide you with updates throughout the week. And please keep checking the new All of Government site for updates and a mine of useful resources, fact sheets and FAQs. Go to [covid19.govt.nz](https://covid19.govt.nz).

Thank you for everything you are doing. It's unbelievable to think that Canterbury is facing yet another major challenge almost a year to the day after last year's mosque terror attacks.

## CDHB ECC



While we have this four-week window, try to get some downtime if you can as we really don't know what winter will look like. We do know that we will be as well prepared as we can be, and with the support of each other we will do our very best to minimise the impact of COVID-19 on our community.

If it's all feeling a bit overwhelming, talk to your friends, colleagues and family about how you're feeling. You will soon realise you're not alone. Remember there is a wide range of support available to you through our [Wellbeing page](#). And be kind and patient with your colleagues.

Kia kaha.

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



## Bouquets

### Ward 19, Christchurch Hospital

I am incredibly grateful for the amazing level of care and support that I have received from all the nurses in Ward 19. This is a highly skilled and compassionate team. I would particularly like to express my gratitude to Stephanie. My accident happened at a very bad time for me as I had been experiencing some pretty severe mental health issues. When I expressed my elevated anxiety levels to Stephanie she was so empathetic and reassuring. I felt so much better about my situation after she took time to listen and offer her support. I am truly grateful.

### Ward 27, Christchurch Hospital

We are writing to send Ward 27 our grateful thanks for the outstanding care that our father received during his stay. We have had wonderful help from doctors, nurses, hospital aides and WellFood staff during a very stressful time. During the day, Monica, with the supervision of Julie, has overwhelmed us with her compassion and nursing skills. At night, Kristina has taken care of our father's needs with caring ways. Best wishes.

### Plastic Surgery Outpatients, Christchurch Hospital

My appointment with Blair and Phoebe for a skin cancer check couldn't have been nicer. Clear, compassionate and informative. Thank you.

### Alison Ross, Level 3, Outpatients, Christchurch Hospital

Dr Ross is an amazing doctor. Loving, caring, plus so good with her patients. We love her very much.

### Ward 15, Christchurch Hospital

We would like to thank the staff on Ward 15 for their support and guidance during my stay in the hospital, especially the amazing nurse called 'Smitha'. She was so professional.

### Ward 27, Christchurch Hospital

I had the experience of being a patient on Ward 27 recently. I was so impressed with the kindness shown to me by everybody. The atmosphere was bright and happy and nothing was a problem. Thank you Ward 27, you clearly enjoy your chosen profession.

### Gastroenterology, Day Surgery, Recovery, Christchurch Hospital

Communication and care for my three-year-old son has been outstanding. Bridget in Day Surgery was very attentive and made my son feel very comfortable. Bridget and Cecile are great assets to Canterbury DHB. The surgeon was also great and made sure I was well informed.

### Ward 14, Christchurch Hospital

Thanks to all the staff during my recent stay, from the Emergency Department to the doctors and nurses, WellFood

staff, and orderlies. Everyone was professional and caring. Thank you.

### Emergency Department, Christchurch Hospital

Awesome, great system, efficient. Love the smiles from staff, makes things easier. Good on you all. God bless.

### Surgical Assessment and Review Area, Christchurch Hospital

Everyone was wonderful. They were all caring, smiles and gentle with me.

### Ward 27, Christchurch Hospital

I would like to thank all the amazing staff on Ward 27. They are so kind and happy. Working as a team is a big thing in a workplace and Ward 27 work as the best team. I won't be forgetting my time on Ward 27.

### Gynaecological Assessment Unit (GAU) and Gynaecological Ward, Christchurch Women's Hospital

Special thanks to nurses Clare and Cat on the GAU and Gynae Ward, and House Officer Matt. When you're a health professional and you find yourself as a patient in the system you really appreciate the staff who do everything by the book and go above and beyond to make you feel valued and respected as a person whilst delivering great care.



### Eye Outpatients

I am writing this letter to draw your attention to what I consider to be the exemplary care I have had and continue to receive from the doctors and staff at Canterbury DHB's Eye Outpatients. Specifically, I wish to state that the quality of care, the knowledge, and application I have received from Dr Ainsley Morris, is exemplary. Dr Morris's careful, professional approach and application of her evidently formable knowledge combined with her skills as an empathetic communicator ensured I was fully informed and relaxed – even when my condition had periodic “flare-ups” requiring acute admissions. Dr Morris's knowledge and application of her practice are informed by compassionate and caring professionalism and I consider myself fortunate to be a patient of hers.

The same word “exemplary” applies to Dr Laurie O'Donnell and his practice and care of me as a patient. Dr O'Donnell is a quietly reassuring, knowledgeable professional who has the rare facility to clearly explain the complexities of my condition and treatment in a relaxed, personable, concise manner.

My gratitude also extends to Dr Zea Munro and Dr Pei Wang when I saw each on more than one occasion and who were focused, knowledgeable, skilled and personable and left me very impressed. The same applies to Dr Daniel Wong, Dr Hung and Dr Alistair Papali'i-Curtin. I am grateful to the nurses (and the support staff) with whom I dealt in my many visits and who were skilled, always approachable and informative. In addition, I wish to acknowledge the quality of care of Dr Mike Hlavac (Respiratory Clinic) and (briefly) Dr

Samuel Greig (ENT/Otolaryngology) whose staff and standards of care are of the same level as their colleagues at Eye Outpatients. Canterbury DHB is fortunate to have such doctors and staff working for it and I trust their efforts will be recognised.

### Hospital and area not specified

You are all wonderful.

### Vascular Service, Christchurch Hospital

Awesome service and very helpful. Great people on Level 4. Thanks.

### Hospital and area not specified

Amazing staff and treatment. Thank you for your care.

### Polly, Ward 27, Christchurch Hospital

Polly was amazing with all patients.

# Quality and Safety Matters



## Key messages for 5 Moments of Hand Hygiene

We can help to contain COVID-19 with good hand hygiene practice to keep our patients and each other safe.

Please ensure:

- › Alcohol Based Hand Rub (ABHR) is both available and easily accessible at every point of care
  - › You provide hand hygiene opportunities for our patients at all times.
- Refer to the [patient information leaflet on the intranet](#).

## Policy Library

COVID-19 documents are being prioritised, and should be entered into the Policy Library in the usual way:

- › Request a workspace from the [Policy Front page](#)
- › Click “[New Policy, Procedure or Controlled Document form](#)”
- › Attach the document to the request, using the Edit ribbon.

If you need assistance, please email [Corporate Document Control](#)

### This week's Policy Library tip

A 'Publish Workflow' collects the authorisers approval and copies the draft to the Published area as the 'single source of truth'.

To learn more about the Publish Workflow, check out the education material on the controlled Document Development Process under the [Approve and Publish stage](#).

## Looking after yourself

# Managing uncertainty and anxiety around COVID-19



**Keep up to date** by sticking to credible information sources

- COVID-19 info on max.
- Ministry of Health website



**Take a break** from watching the news and social media.



**Keep connected** to friends and whānau. There are lots of direct and non-direct options, such as texting, calling via facetime, skype.



**Focus on the things you can control**, such as washing your hands and getting your flu vaccination.



**Keep it in perspective.** For most people, COVID-19 isn't a severe illness.



**Head outside if you can.** Physical activity can help channel anxiety, and nature can be restorative.



**Keep doing things you enjoy** to make you feel good.



**Distract yourself.** Watch a movie online, explore the ChCh City Council's online resources at Christchurch City Library.



**Consider asking to change the subject** if you're finding the COVID-19 conversation unhelpful.

### SUPPORT OPTIONS

- 1737 – Text or call this national telephone counselling service available 24/7
- EAP – Phone 0800 327 669
- Workplace Support – Phone 0800 443 445
- Check out some mindfulness apps such as Headspace, Calm, Insight Timer
- **If you have symptoms of COVID-19 call Healthline on 0800 358 5453**

## Web-based appointments being trialled for young people with diabetes to limit COVID-19 contact

Christchurch Hospital's Paediatric Diabetes team is offering young people with type 1 diabetes web-based appointments to protect them from possible COVID-19 contact.

There is potential for the virus to spread rapidly through our communities and cause our health systems significant challenges, says Paediatric Endocrinologist Martin de Bock.

"Internationally, it has been shown that by limiting movement and contact, this spread can be managed, and save lives."

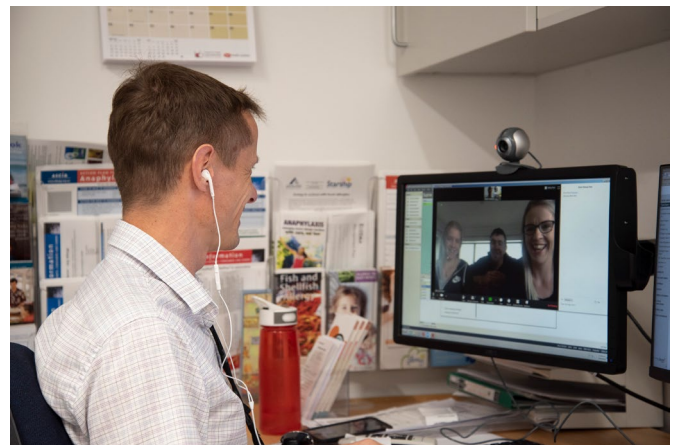
In response, as a way of limiting the need for people to leave home, the diabetes team is offering web-based diabetes appointments as a trial option.

"It's a creative and easy way to get around face-to-face consultations. For our young patients and their families, it's simple and convenient, plus there are no parking issues, saving them time. It is also socially responsible given the current pandemic," he says.

During a web-based consultation the team can still provide prescriptions, adjust insulin, and troubleshoot as normal.

Jac, whose daughter Sophie is a patient, and is taking part in the Zoom clinic, says it's great they don't have to come into the hospital for the three-monthly appointments.

Her husband Iain says the experience is very straightforward.



Paediatric Endocrinologist Martin de Bock conducting a Zoom clinic appointment with Sophie and her parents Iain and Jac

"We can do it all from home and it is just like being there."

They were able to ask all the questions and get all the advice and prescriptions they needed and then go about their day, he says.

Those willing to use web-based appointments need a smartphone or laptop that is connected to WIFI or mobile data. They are emailed a link with a time that they should log on. The consultation then occurs via Zoom communications software.

**NEED TO TALK?**



**free call or text  
any time**

# Colleagues step up when COVID-19 cancels PhD ceremony

Pharmacist Jenny Lin was unable to attend her PhD graduation at the University of Sydney last Friday, as the ceremony was cancelled due to COVID-19.

Jenny's colleagues in the Pharmacy Department at Christchurch Hospital decided to surprise her with an impromptu morning tea and presentation to acknowledge her outstanding achievement.

Pharmacy Clinical Supervisor Clare Greasley ensured the team's superior baking skills were in evidence and that everyone was able to join in the celebration of Jenny's hard work and dedication.

Jenny's PhD was on the use of computer-aided drug design in small

molecule drug discovery. It involved using molecular modelling software to simulate a protein receptor involved in causing a particular disease.

The selected compounds hopefully will have the potential to become possible lead compounds to be developed into a novel antibacterial agent.

"Essentially what my PhD supervisors and the rest of our research group is doing is to synthesise a few compounds in the lab and select the ones that we thought may inhibit the growth of bacteria (e.g. Gram-positive pathogens such as *Bacillus subtilis*). If these compounds targeted the bacterial divisional protein as we expected, then they have the potential



Pharmacist Jenny Lin

to become likely lead compounds (the preliminary version of a likely drug agent before it goes into clinical trials). If all that works, these compounds may be further developed into probable broad-spectrum antibacterial agents. Obviously, this will take years in making to reach this final stage," Jenny says.

## Latest COVID-19 information

Check out PRISM for the most up-to-date information about novel coronavirus COVID-19, including the latest news, resources and advice.



# Stop smoking practitioners' visit to Chatham Islands gives hope

Relationship building became the focus of a visit to Rēkohu/Wharekauri by Te Hā Waitaha Stop Smoking Practitioners Maraea Peawini and Christine Solomon.

The pair, who are based at Community and Public Health (CPH) in Manchester Street, travelled to the Chatham Islands to assist with smoking cessation activities there, where smoking rates are high.

"The aim was to share our service ideals and kaupapa with them," Maraea says.

While there they were reminded of the importance of whakawhanaungatanga (the process of establishing links, making connections and relating to the people one meets by identifying in culturally appropriate ways), that this is the essence.

"The people, many of whom are Māori or Moriori, have their own unique culture, which is vastly different from that of New Zealand, particularly compared to how we live, think, and survive."

Manaakitanga (hospitality) was a highlight. They were well looked after and discussions flowed well.

"We got some insight into how they work, the culture there, and established some really nice relationships, which is always the beginning of anything. Going in like a whirlwind is not the way to go.

"For us here in New Zealand, in our service, it's about being patient and talking about stop smoking strategies with aroha. A word from one of their kuia was 'hope'—we've given them hope. And this we need to treasure and work with."

Rēkohu/Wharekauri people are amazing people, and they work hard to maintain their autonomy and authenticity so whatever they do has to build on this, Maraea says.

The Te Hā Waitaha Hub is based at CPH, which provides public health services to people living in the Canterbury, South Canterbury and West Coast regions, and the Chatham Islands.

The Chatham Islands form an archipelago in the Pacific Ocean about 680 kilometres southeast of mainland New Zealand with a population of around 600 people.



From left, Community and Public Health Stop Smoking Practitioners Christine Solomon and Maraea Peawini



Front right, Stop Smoking Practitioner Maraea Peawini, showing local children a game at a community event on the Chatham Islands

Working alongside Te Hā Waitaha, the Smokefree team at CPH provides information and support to community organisations, groups, workplaces, schools and so on that want to create a smokefree culture.

# Participants sought for tuberous sclerosis clinical trial

Canterbury DHB Dermatology is seeking people with tuberous sclerosis to take part in an international trial of a new topical treatment for facial angiofibromas (small non-cancerous skin tumours).

Dermatologist and Principal Investigator of the randomised controlled clinical trial at Canterbury DHB, Caroline Mahon says the study is part of an international collaboration with Australian, European and United States dermatology centres.

"We are the only New Zealand centre taking part in this study, which is very exciting."

The study, which has New Zealand Ethics Committee approval, will assess the efficacy and safety of a topical cream containing rapamycin (sirolimus) – a medication known to be effective in treating internal tumours in tuberous sclerosis when given by mouth – in treating facial angiofibromas over a 26-week period.

"Anyone in New Zealand (both children and adults) with tuberous sclerosis who has facial angiofibromas is potentially able to participate," she says.

Three patients are currently actively participating in the study and using the medications.

"We would like to include more people in the study so want to make as many people as possible aware of it," she says.

Tuberous sclerosis is the result of a genetic change in the body's cells that promotes the growth of tumours in multiple organs, including the skin. It affects hundreds of individuals in New Zealand.

In people affected by tuberous sclerosis, tumours may develop from birth and commonly affect the brain, skin, heart, lungs and kidneys. The condition can cause epilepsy, developmental delay and autism. There is no known cure. However, with appropriate support most affected people live fulfilling lives.

"The small skin tumours that many patients with tuberous sclerosis develop on the face can cause significant cosmetic distress as well as discomfort."

Traditional treatments such as laser therapy and surgery are generally of limited effectiveness and tend to be both expensive and resource intensive.

The development of a medicated cream is an exciting development in the treatment options for facial angiofibromas, Caroline says.

More information about the study programme and other international hospitals taking part is available on the [Clinical Trials website here](#).

Contact details for the Christchurch study are:

Malina Storer, Research Manager  
Malina.Storer@cdhb.health.nz  
Phone: (64) 03 364 1157 (Internal 89040)

Caroline Mahon, Dermatologist  
caroline.mahon@cdhb.health.nz  
Phone: (64) 03 364 7269 (Internal 87269)

## UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury  
District Health Board  
Te Pori Raukura o Wairarapa





# Popular Pharmacy Department bake sale funds craft items

Wards at Burwood and The Princess Margaret hospitals have gratefully received gift vouchers from the Pharmacy Department at Christchurch Hospital to buy craft supplies.

The gifts were funded by the Pharmacy Department's annual 'Baking Bash', which for the past three years has replaced the usual departmental 'Secret Santa', says Pharmacist Hannah Soper.

"On the back of 2018's success – where the department raised enough money to purchase some outdoor playground equipment for the patients in the Psychiatric Services for Adults with an Intellectual Disability service – the stakes were running high.

"Able coordinated by a couple of baking sale stalwarts, the department once again dusted off their aprons, reached for the baking tins and set about creating masterpieces that would rival any cabinet display in the Copenhagen Bakery or Ballantyne's deli section.

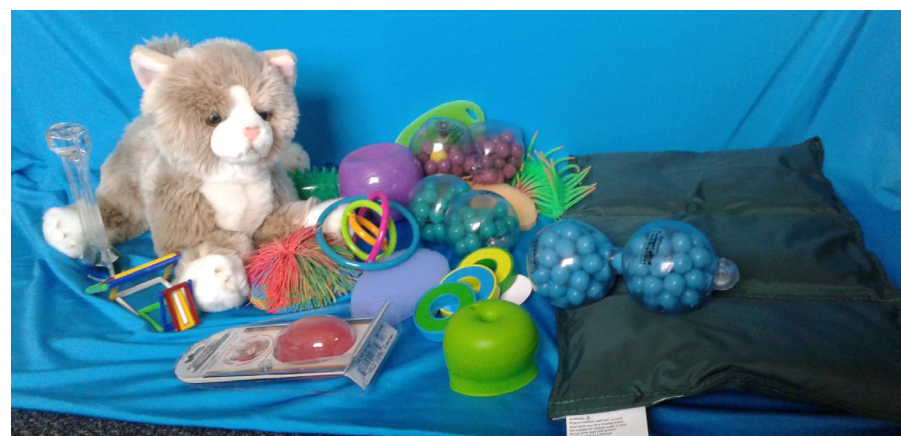
"We may look like a quiet and studious bunch, but what we can achieve in the culinary sphere is definitely worth the trek down to 'Cake Corner' with one's wallet in tow. Word got out early, and trek is precisely what the masses did, in their droves. The stall had not even opened and there was a queue by 9.20am," she says.

The stall raised \$1,597.50 and the funds and gift vouchers have just been handed out to buy craft supplies for the activity trolleys on the Assessment, Treatment and Rehabilitation wards at Burwood Hospital and other craft supplies for the Eating Disorders, Mothers and Babies, and Child, Adolescent and Family units at The Princess Margaret Hospital.

"A big thank you to all of you who made the trek to 'Cake Corner' and purchased our produce. Without those who love cake, we would have nothing to give to those ward areas and patient groups," Hannah says.



One of the professional-looking items for sale at the Baking Bash



Items bought for the Sensory Corner in the Assessment, Treatment and Rehabilitation wards at Burwood Hospital



Pharmacy staff presented a voucher to staff at the Child, Adolescent and Family (CAF) unit at The Princess Margaret Hospital. From left, Pharmacists Abbey Evison and Ashleigh Kortegast, Acting Charge Nurse Manager CAF Unit Sian Gimblett, Clinical Nurse Specialist CAF unit, Glenda Eggelton and Pharmacist Mary Young

# One minute with...

## Anthony Spencer (but everyone calls me Swiss), Clinical Director, General Medicine

### What does your job involve?

The overall professional leadership of the General Medicine department, at least that's what the job offer says! It's early days (I'm just a few weeks in) but it seems to me to be about the smooth running of the department and ensuring quality improvements can happen. And a bit of firefighting of course.

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

I love people, every day is different and every patient brings their own story. I have a passion to make processes/ services/systems better.

### What do you like about it?

I am lucky to have a friendly, cohesive bunch of doctors to work with, with some humour thrown in, a 'can do' service manager, and an opportunity to make the processes better for patients.

### What are the challenging bits?

Answering one million emails a day. The increasing population of frail and vulnerable elderly people. You know, just demographics!

### Who inspires you?

Nelson Mandela, Kelly Slater and Dave Nicholls (my service manager).

### 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?

Putting yourself in the patient's shoes. Start there and all the other values fall into place. How would you want to be treated?



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

My nickname Swiss came from a TV show in the UK called Swiss Tony, about a dodgy second-hand car salesman! Anthony got shortened to Tony at university and I hated that. So people started calling me Swiss Tony...then Swiss. Only my mum calls me Anthony.

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

Surfing in Indonesia.

### What do you do on a typical Sunday?

Wrangle the kids, probably on a bike ride in the Port Hills, and likely a walk on Sumner Beach.

### What's your favourite food?

A good steak (sorry, carbon footprint – I'm offsetting by eating broccoli with it).

### And your favourite music?

Anything but country! But especially Pink Floyd, Muse, and a good dose of House/Electro (I used to DJ a bit in my spare time).



## Grand Round cancelled

The decision has been taken in view of the COVID-19 virus that all further Friday Grand Rounds will be cancelled until further notice.

Our staff are of the utmost importance and your health and safety must come first given the importance of your roles. This decision will be revisited if we feel we are able to resume in a few weeks. Further COVID-19 updates will be updated through other means. The last two COVID-19 sessions are available to view on [Prism here](#).

Thank you for your patience and understanding as we work through this process.

## 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.



**BEEBIO** - Receive 50 percent off the entire BeeBio and Au Natural Skinfood product ranges. Find the online code under the "Fashion and Beauty" section.



### GRAB N GO EMERGENCY SUPPLIES

Get 10 percent off and free shipping on these Grab n Go packs, find the online code to use under the "Health and Wellbeing" section.



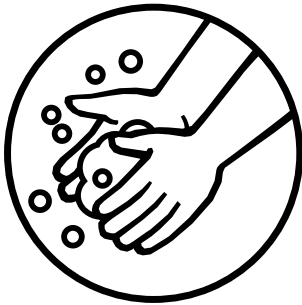
**DELL** - Discounts off various Dell products such as laptops, gaming and monitors. Find more information on accessing the discounts under the "Home Life and Maintenance" section.



### CITYWIDE FLORIST - 342 Lincoln Road

Get 15 percent off all orders over \$75. Find the link on the intranet under the "Lifestyle and Entertainment" section.

# Protect yourself and others from COVID-19



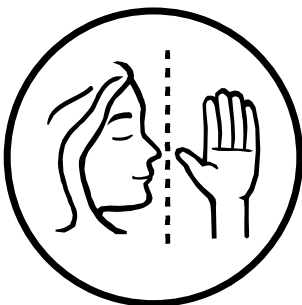
**Wash your hands  
with soap and water  
often (for at least 20  
seconds). Then dry.**



**Cough or sneeze  
into your elbow or by  
covering your mouth  
and nose with tissues.**



**Clean and disinfect  
frequently touched  
surfaces and objects,  
such as doorknobs.**



**Don't touch your eyes,  
nose or mouth if your  
hands are not clean.**



**Put used tissues  
in the bin or a bag  
immediately.**



**Stay home if you  
feel unwell.**

For updates and more information on  
keeping yourself safe, visit **Covid19.govt.nz**

New Zealand Government

**Unite  
against  
COVID-19**



## Together let's find a way to protect babies from RSV infection

**Join this clinical study to research  
an investigational medicine to prevent  
lung infections caused by respiratory  
syncytial virus.**

MELODY is a clinical research study looking  
at an investigational medication to see how safe  
it is and whether it works to prevent respiratory  
syncytial virus (RSV) disease in healthy babies.

Babies may be eligible for the study if they:

- were born at 35 weeks or later
- have no known history of RSV infection or  
lung diseases.

The study will include about 3000 babies globally.  
If you decide to take part, your baby will be in the  
MELODY Study for about 1 year and 6 months and  
will have at least 7 visits to the study center. Your  
baby will be monitored throughout the study for  
respiratory illnesses.

### **Want to know more?**

If you are interested in learning more about the  
MELODY Study, please contact:

[research@ccst.co.nz](mailto:research@ccst.co.nz)





Millie  
Ara student

# HEALTH & WELLBEING CHAMPIONS

Now's the time to further  
develop your career.

Extend your knowledge and skills as a Registered Nurse with a postgraduate certificate, diploma or Master's qualification in health from Ara. Flexible part-time, online and blended study options are available, making it genuinely achievable to gain a new qualification while you work, and to advance your practice and your career in the health sector.

All courses start in July.  
Apply now at [ara.ac.nz](http://ara.ac.nz)



Institute of Canterbury  
Ara rau, taumata rau