



Mary Gordon

ceo update

Canterbury
District Health Board
Te Poari Hauora o Waitaha

Friday 6 December 2013 - **Compliments of the season**

It's been great seeing All Right's latest wellbeing messages hit Canterbury this week. Between now and January you'll see compliments on billboards, the sides of buses, in newspaper adverts, and on posters around Canterbury. You may have already seen them pop up on your computer screen!

All Right? is a Healthy Christchurch project being led by CDHB and the Mental Health Foundation, and the current messages focus on the fact that a kind word can mean the most.

While *All Right's* material looks colourful and light hearted, the rationale for the campaign, and its messages, are built on robust local and international research.

All Right? was established after the Prime Minister's chief science advisor Sir Peter Gluckman wrote a briefing paper on the likely psychosocial effects of the earthquakes. The paper stated that the emotional effects of disaster can be as severe as the physical effects, and there was value in providing psychosocial support to the majority of the population so their own psychological resilience and coping mechanisms can come to the fore.

All Right? aims to assist people to improve their mental health and wellbeing, and prevent more acute problems from developing. To do this *All Right?* focus on promoting the five ways to wellbeing, which in international research has found can all lift our wellbeing. These are connect, be active, take notice, keep learning, and give (which the current mini-campaign is focused on).

Christmas can be a very stressful time and it's sneaking up on us very quickly. Don't forget to take five minutes every now and then to relax, breathe and have some time for you. And remember it's the little things you do that can make the biggest difference to those around you.

Mary Gordon, Acting Chief Executive Officer CDHB



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Humour helps with sexual health promotion

Health promotion is being done with a sense of fun at Canterbury DHB's Sexual Health Clinic in an effort to demystify sexual health services.

Recently the team have placed humorous messages on the clinic's windows such as "It's not a gift unless it's wrapped" and "Spring Clean Your Downstairs" - to encourage people to get sexual health checks.

Creating fun messages started around Valentines' Day this year with a "Love Safely" sign made out of orange 'danger' tape which the team placed on a fence opposite the clinic. This was followed by red love hearts which they put on the windows of the clinic's building at 33 St Asaph St.

All the work is done in staff members' own time.

Sexual Health Clinic Clerical Supervisor, Dale Kennedy, and Medical Secretary, Sally Craighill, created a poster of messages while on a recent Collabor8 course.

"We got such good feedback it got us thinking even more about how to sell good sexual health," Dale says.

Medical Officer, Megan Reynolds says "sexuality is part of being human but still carries a lot of taboos and sexual health is stigmatised. What we are trying to do here is normalise sexual behaviour and the responsibility for health care."

The clinic tests about 7000 clients a year but many people don't seek help because they think it's "scary".

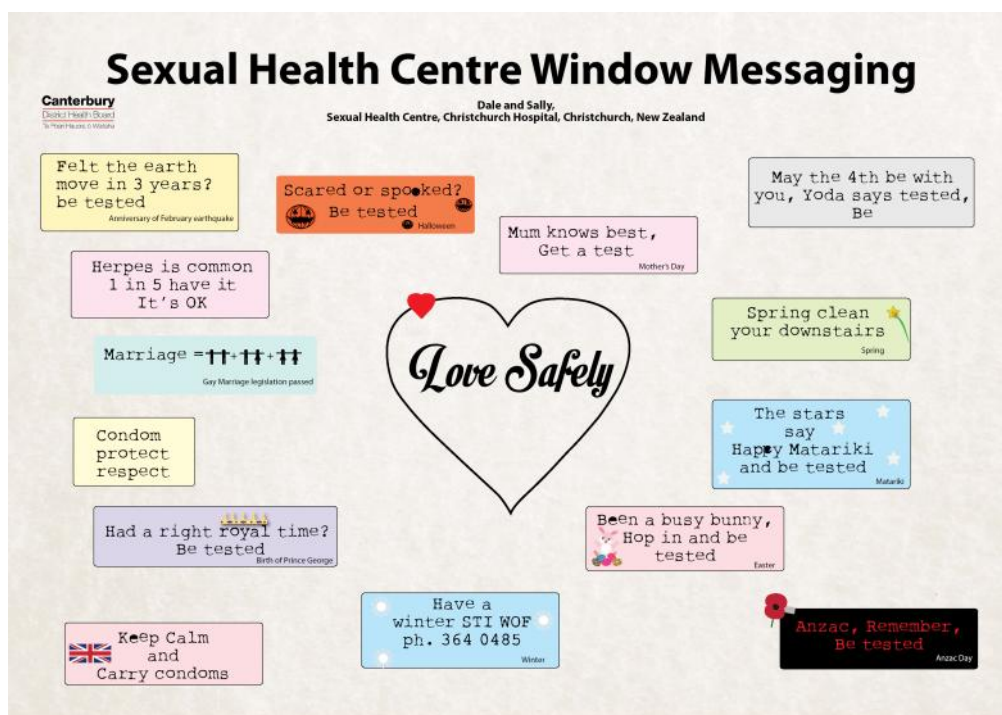
"We want people to know that that if they have any concerns to ring for an appointment and get tested. Under 25 year olds should get regular tests, especially if they have changed sexual partners."

Many clients come in feeling shameful and leave grateful for the non judgemental care.

"We often get clients saying things like, 'I was terrified but everyone made it so easy'. We all love our jobs and that is reflected in the atmosphere here," says Megan.



Right: Some of the members of the Sexual Health Team, from left, Maureen Coshall (Clinical Nurse Specialist); Kate Appleton (Registrar); Sally Craighill (Medical Secretary); Dale Kennedy (Clerical Supervisor); Catherine Parkes (Clinical Charge Nurse Manager); Edward Coughlan (Clinical Director); Megan Reynolds, Medical Officer.



Hillmorton Hospital

I wish to pass on my thanks and congratulations to your staff regarding an admission I was involved in this evening. They were so caring, warm and welcoming and utilised the new physical environment to the max to aid this process. It was fantastic and I walked away feeling it was the most 'patient focused' admission I have ever been involved in. It could not have been done better!

Ward 20, Christchurch Hospital

I have twice been in this ward in the last six weeks with broken left-hand knuckles which has left me almost wholly dependent on outside services and friends 'from day 1' from admission to discharge the care and medical care I received has been superb.

Sally Langley and her team treated me like a person who could understand all they had and were doing for my treatment. So caring and gentle.

Emergency Department, Christchurch Hospital

I wish to praise the wonderful people who took such good care of my partner after he was brought in with chest and hip injuries. Nikki the nurse was brilliant and they were all so accommodating. I thought I'd just be in the way but that could not have been further from the truth.

Friendly staff – seen in a timely manner

Happy to come back, stay

Recommend you to friends

Christchurch Hospital will have mention in Lonely Planet Guide

Emergency Department

"I write this note to express my thanks to all your staff who attended to me at the Emergency Department.

Please could you give my thanks to Dr Amber Tiffany Congalton, nurses and reception staff who were so kind to me. Through their help I have recovered and am better now than for the last ten months."

Orthopaedics Outpatient Department, Christchurch Hospital

I would like to acknowledge the outstanding service and care my mother has received throughout care of her broken wrist. The time taken to explain procedures and care. The empathy shown by the OOPD nurses and doctors. I believe that management of her injury was A+. Please pass on our thanks.

I was admitted to this department this morning with a fractured arm. This seems to be an extremely busy department and since my arrival I have nothing but praise for all of the staff I have encountered. So far there must have been at least 10 of them. Everyone is kind, friendly, helpful, cheerful, reliable and excellent at keeping me fully informed on progress of my treatment. I wish to commend everyone concerned on the efficient and positive experience concerned on the efficient and positive experience this has been for me.

Eye Department, Christchurch Hospital

Treatment and care by Dr Cloke marvellous. Lovely doctor. Good results.

Day Surgery, Christchurch Hospital

Great staff, very helpful.

Oncology Department, Christchurch Hospital

Just had a very efficient and prompt service from Oncology Outpatients – Dr Raina. Thanks for your help. You are all doing a great job.

School Based Mental Health Team

"Your involvement in our Liaison Group Meeting has made a significant difference to our understanding of Mental Health Services, particularly the specifics of children presenting with unusual behaviours, anxiety and or physical characteristics. Especially important is the speed families are able to be linked into appropriate services. I recommend that this service be available to all schools."

Bouquets



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All Right? Campaign

"Would love some compliment posters. As well as working with youth I work as a clown doctor and in the children's ward today we used these compliments as part of our 'rounds'. I cut them from The Press. We had lots of fun letting children and parents randomly pick a compliment and then basked in the joy of complimenting each other as well as pretending to be ninjas and frolicking in fields etc etc. Thanks for all you do. If you have spare posters can you please post them to Sandy Turner, YMCA"

"I came across one of the new posters yesterday - about giving out compliments. Fantastic, loved it. I gave my daughter the one about volunteering in the Hunger Games for her. She's been a bit moody recently and she laughed so hard. She also got the message. Great job you guys are doing!" Jo

[Order some All Right? resources](#)

[Download the poster](#)



Healthy Homes and Community Energy Action

"We received your card today and were embarrassed that you were thanking us. Over the last few cooler days we had noticed that the flat was much warmer than it had been prior to insulation. Your organisation has been so helpful and professional from day one and all the staff pleasant and efficient. We had other tradesmen in since the insulation has been done and they have been loud in their praise of the product and the standard of the fitting. In closing Jan and myself wish to thank you for making it possible and in a way are almost looking forward to next winter!"

Friday Facilities Fast Facts

More information on our facilities redevelopment projects check out the It's all happening intranet site: <http://cdhbintranet/corporate/FacilitiesDevelopmentProject/SitePages/Home.aspx>

Friday's fast facts – Burwood

A site to behold: The groundworks continue at Burwood at a rapid pace. The old BIRS building is now being dismantled after the "soft strip" (of the insides) was finished last month. There is a lot of work going on where the staff car parks used to be – levelling the site. Please also note that next week Social Work is moving from the old hostel building into the Physical Medicine building.

Just in time for Christmas: It is intended that the detailed design phase for Burwood is signed off on December 20. This is a significant achievement for all the teams involved and a great way to round off the year.

Friday's fast facts – Christchurch

In an orderly manner: Efficient design behind the scenes is critical to running a hospital. With that in mind, the Back of House user group has been carefully analysing statistics on patient movements and other logistics at Christchurch.

Did you know, for example, that the six radiology orderlies at Christchurch attend to around 184 patient movements between ward and radiology every day – that's more than 30 patients each. The other orderlies together handle an average of 636 patient-related tasks every day. Getting distribution and circulation patterns right is an essential part of our facilities redevelopment and has been planned in from the start, with help from user groups.

Dig work: A team from SCIRT is currently working its way up to the north end of Antigua Street, replacing pipework beneath the street. This is causing traffic and parking disruption in the Antigua St/Tuam St/St Asaph St area for the next week or so.

Friday's fast facts – Design Lab

This week the Design Lab again hosted groups from Burwood and Christchurch. The Burwood volunteers were interested in seeing storage options and a mock-up of the future shop area. Other user groups included ICU and Recurring Rooms (those rooms common to all areas, such as disposal rooms, bedrooms and ensuites).

Your future workspaces: check out the new designs and layouts for administration areas in our new facilities. All staff are welcome to go along to the Design Lab and view the mocked-up office areas.

Contact Margo Mainwaring margo.mainwaring@cdhb.health.nz to book your visit, but you better be quick, the mock-up comes down on Friday 13 December.

Acute Medical Service completes return to Christchurch Hospital

The week of 9 December marks the end of the initial process for the return of acute medical services, displaced after the earthquake, to Christchurch Hospital.

This has been a long and difficult process for the staff involved, many of whom have moved not only locations but teams, says Director of Nursing, Heather Gray. For two senior nurses the changes have meant new roles as their previous wards close.

Lev Zhuravsky, Charge Nurse Manager of Ward 29, has relocated to the role of Charge Nurse Manager in Day Surgery.

"Lev is enjoying the different challenges of his new role and the team has been very welcoming and supportive of their new manager. In a curious twist of fate Lev is now arranging yet another move to the vacated Cardio-thoracic Unit while the flooring of his new ward is repaired. We hope this will be the last time he has to pack up his office for the next year at least," she says.



Alison Gallant

Alison Gallant, Charge Nurse Manager of Ward 31/ASU, was recognised for her many years of service in this role at a celebration held in Ward 31 this week. Alison acknowledged her team and the support of her colleagues in building and maintaining an acute stroke service through all the changes of post-earthquake Canterbury.

Alison will leave her Charge Nurse Manager role as the Acute Stroke Unit transfers to Ward 24 but we are pleased to announce that she has accepted a new role as Nurse Co-ordinator of Acute Stroke Care commencing in this role in January.

Also completed in December was the transfer of acute inpatient gastroenterology from Ward 24 to Ward 15.

The move has been well supported by senior nurses across services and ongoing support will be provided to the relocated service with the addition of registered nurse transit of care hours alongside Jane Evans Co-ordinator role.



Acute Medical staff celebrate their return to Christchurch Hospital

Staff involved in the process extend their thanks to the project team and particularly: Yvonne Williams, Jayne Hinfelaar, Heather Murray and Nikki Hunter. This complex process would not have occurred without their sustained inputs and support, Heather Gray says. Christchurch Hospital campus welcomes everyone back.

Calling all cyclists!

Thirteen new cycleways are being built in Christchurch and the City Council wants you to suggest names for them. People will then get their chance to vote online for their favourites. To find out more, and to give your suggestions, visit the [Future Christchurch](http://FutureChristchurch.org.nz) website. Entries are open until 5pm, 12 January 2014.



Record donation from Countdown Kids Appeal

The Countdown Kids Hospital Appeal has raised a record sum of \$118,459 for Canterbury District Health Board (CDHB)'s Child Health Division.

The cheque was presented yesterday to CDHB General Manager, Medical-Surgical and Women's-Children's Health, Pauline Clark, by Countdown General Manager Supermarket Operations, Brett Ashley. Children from the Rolleston School and the Selwyn Youth brass bands played at the presentation.

The Countdown Kids Hospital Appeal raises money for children's wards around New Zealand. Hundreds of fundraising events, organised by Countdown team members, suppliers and district health boards, were held over three months between August and October.'

The annual appeal has donated millions of dollars for medical equipment for children's hospitals and wards throughout New Zealand.

Brett says the sum was a "fantastic result" which came from the generosity of all those involved.

Pauline said the generosity of Countdown and CDHB staff and the public was "staggering". Year after year she was humbled by the outpouring of support and money raised by the appeal.

"There are so many good causes out there and we are deeply appreciative that you choose to support us."

Because of the record donation CDHB would be able to purchase all of the items it had on its wishlist including; nitrous oxide machines, vital signs monitors, cot mobiles and phototherapy lights, she said.

This year's ambassador for the appeal is nine year-old Cantabrian, Maddie Collins who has a kidney disease, Nephrotic Syndrome FSGS and has a donated kidney.

Maddie's mother, Sarah Collins, said:

"As a parent of a child that is a high user of the equipment that is bought with funds from the appeal on a regular basis, I know it makes a real difference."

Maddie was proud to be the "Countdown Kid" and see posters of herself in the supermarket. As a result of her role, Maddie's school, St Margaret's College, have appointed her chair of the school's community council which does fundraising, Sarah said.



Children from the Rolleston School and Selwyn Youth brass bands entertained at the cheque presentation



From left: Countdown General Manager Supermarket Operations, Brett Ashley, Countdown Kids Hospital Appeal Area Champion and Manager of Countdown, The Palms, Hamish Robinson, General Manager, Medical-Surgical and Womens-Childrens Health, Pauline Clark, and Countdown Kids Hospital Appeal Ambassador, Maddie Collins



Children donate art to hospital

Governors Bay School pupils are brightening up walls at Christchurch Hospital with Christmas-themed art.

One staff member said seeing the paintings made her face “ache from smiling the whole length of the corridor”.

The school children, aged from five to 13, have spent several months completing paintings which they have placed on the wall of the corridor on the ground floor, Parkside, at Christchurch Hospital. They and school principal, Simon Mutch, installed the art work on Monday.

Luke, aged 12, said there was a good feeling around the school with everyone working to create the art.

Thomas, aged 13, said it was fun knowing that people will look at the paintings and “see the colours and everything”.

It was “really good” to help out, said Ben, aged 13.

“We didn’t choose just the best paintings, everyone who did one, from year 1-8, whatever they did is represented,” said Simon.

CDHB Interior Designer, Marcy Craigie, who helped co-ordinate the donation and asked for the art to have a Christmas theme, said it was lovely to have the paintings.

“It is already bringing a smile to people’s faces.”

The idea for donating art came about after noticing blank hospital walls during a visit to a family member in hospital, Simon says.

“I wondered about what we could do to enhance them.”

He discussed the issue with a group of year 8 pupils at Governors Bay School and they decided they would like put their own colourful paintings on the walls. The children from the small school, which has a roll of just 65, took their idea to the Ministry of Awesome and also approached a stationary company which sponsored the art materials.

Simon invited Carol Anne McGuire, who runs a project called Rock Our World <http://www.rockourworld.org/> to visit the school. Rock Our World is an international non-profit organisation which brings together schools from various parts of the world to collaborate on ideas that will make a difference in their communities.

The schools work together on original music composition, movie making and meet each other in face-to-face video chats. As a result of her visit to Governors Bay School, one of its projects is now Art in Hospitals, and schools around the world are placing art in rest homes and hospitals.



Luke, Governor's Bay school pupil puts up some of the artwork



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Canterbury Hospitals' Friday Clinical Meeting (Grand Round)

13 December 2013, 12.15-1.15pm
(lunch from 11.50am)

Speaker: Dr Sean MacPherson,
Consultant Haematologist
"Sex & Blood & Rock 'n' Roll"
An inordinately high music: actual medicine ratio

Speaker: Dr Rick Acland,
Rehabilitation Consultant
"The Life Changing Effects of Spinal Cord Stimulation"
Christchurch celebrates two decades of performing Spinal Cord Stimulation implants.

Chair: Dr Sandy Macleod

Venue: Rolleston Lecture Theatre
Video Conference set up in:

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

CEO Update – Remaining issues for 2013

Material due
11 December

Update published
13 December

17 December

19 December (Final issue for 2013)

The first CEO Update for 2014 will be published 17 January.



Tips from the CDHB Communications Guide

As reported last week, the new CDHB Communications Guide can be found here:

<http://intraweb/manuals/Documents/PDF/Commsguide%20November%20interactive.pdf>

It can also be found on the front page of the intranet

Chapter 2 – CDHB House Style

Text

Font and Size

Arial 12 pt font is the preferred **body** style for all Canterbury District Health Board correspondence. Where space is an issue a smaller size can be used but text should not be smaller than 10 point.

Justification

Text should be left justified with ragged end. Try to avoid words being hyphenated at the end of lines. Web addresses should never be hyphenated because they are too long for a line – put the address on its own line if necessary.

Line Spacing

Single spacing should be used in most cases. Exceptions include draft materials which may be double spaced.

Leave one line space above each heading. The extra spacing required will be added automatically if the document is to be formatted professionally.

Do not put a line space between a heading and the start of the text in the paragraph. Use the heading styles to do this. Do put a line space between paragraphs.

Character Spacing

Only put one space after a full stop, not two.



Sun, fun and laughter at Family Day

Hundreds of people enjoyed the Mental Health Community Family Day held last Sunday. The day was the final event in a week of commemorations to mark the 150th anniversary of Specialist Mental Health Services in Canterbury.

Education and food stalls appealed to many and entertainment on a big stage included:

- Plasticine Heroes
- Amokura-Kapahaka Group
- Grace
- Puree
- The Smoking Decibels
- Joshua (From Amokura KapaHaka Group)
- Donna Dean
- Darren Tatom and band

Eddie Simon provided a busking background amongst the stalls and was joined there by 'The Mood Swingers Choir', Annabel Gormack and Esme Richards who played a Dickens sketch "Sairey Gamp" and Vanessa Grenfell who recited 'A Christmas Carol'

Non Government Organisations (NGOs) and the wider community ran stalls which ranged, amongst many, from Indian curry to whitebait and educational to a variety of art and crafts stalls. Games (including old fashioned egg and spoon and sack races), pony rides and sideshows kept children busy for the day.

The event was a reminder of days gone by and the spirit of fairs held to raise funds to build the hospital chapels at the then Sunnyside, TPMH and Burwood Hospitals. The event not only reflected on days gone by. Through the presence of the community it also acknowledged the shift to community care.

The highlight of the day was the drawing of the major prize – return airfares for two to Singapore (courtesy of Singapore Airlines) and a \$500 travel voucher from Orbit Travel.



Colourful characters (from left): Charge Nurse Manager Barbara Loomes, CAF Administrator Bev Laing, Service Manager Kaye Johnstone

Below: The Art Exhibition: Destination Wellbeing



Story continued overleaf...

ceo update



One of the inside stalls

View more [photos from the day](#) and have a look at a [video](#) covering the opening day of commemorations.



More colourful characters (from left):
Clinical Director Dr David Stoner,
Service Manager Debbie Selwood,
Clinical Nurse Specialist Vanessa Grenfell,
Nurse Consultant Wendy Lowerson

Thanks go to the hard working event Committee and sponsors/ supporters without whom none of this would be possible.



Airforce Museum * Air New Zealand * Antigua Boatshed * ASB Bank * Blackwell Motors Brumbys * Budget Rental Cars and Trucks * Café Prima * Christchurch Yacht Club * Court Theatre * Dowsons * Drexels * Eco Frames & Mirrors * Ferrymead Heritage Park * Hanmer Springs Thermal Pools and Spa * Hoyts * Just Cuts * Milieu Café * Muffin Break, Barrington
NZ Army * NZ Fire Service * Oderings * ProfessioNail * Pearsons * Redcliffs School
Roxx Climbing Centre * Salon E * Science Alive * Scorpio Books * Spark Photography
SpecSavers * Stevens * Strawberry Fare * TC Construction * Transdiesel Ltd * ToyWorld Tower Junction
*USAR * Vanessa, Kikki K * Zealandia

Café patrons treated to uplifting music

A surprise visit from Burnside High School uplifted the spirits of café patrons at The Princess Margaret Hospital on Tuesday.



Something For You – 12 Days of Christmas style

Have you heard the sound of singing? Something for you has been working on some extra special, “12 Days of Christmas”, December/January deals – because we believe you deserve the best rewards for all your hard work ... keep your eye on the internal staff communication update email each day next week to catch the daily video and our [Something for You intranet page](#) to see what's on offer...

Here are the 12 Days of Christmas so far:

On the fifth day of Christmas CDHB gave to me a chance to give back, children's wall stickers, hot ASB rates, Mint health challenge and a lovely Christmas spread.

Thanks to HR, Radiology, Clinical Records, Mint Health and Fitness and Planning and Funding for their singing talents, and to Dickory Dock Decals, ASB, Mint Health and Fitness and CDHB for showing their support for the work that you do.



Half century career in health

Barbara Lloyd has had an extensive 51-year career in health, in both England and New Zealand, but now that her retirement day is imminent she can't quite believe it is here.

“As a young person starting out in the workforce you never really think about that day. I can't believe it is almost here but I am very grateful for the support of the organisation and their belief in me.”

Barbara, who finishes her role as Canterbury Initiative Support Services (CISS) Manager on 19 December, says she has met “amazing people” over the years and seen a lot of change. This had been especially true in her current role which brings together primary and secondary clinicians to work together for the benefit of the patient.



“It has been interesting and very challenging and really has been about breaking down the silos within health care,” she says.

Barbara wanted to be a nurse since she was a little girl growing up in England and left school at 16 to pursue her dream. She did pre-nursing training then nursing training in the town of Bishop's Stortford in Hertfordshire, and then had a long spell working as a Registered Nurse.

Her varied nursing experience included a role as Practice Nurse at a general practice where she also qualified as a Pharmacy Technician and ran the practice's in-house dispensary then moved back into the acute setting in Intensive Care.

She then went into training and education having completed a degree course and was heavily involved in a highly successful cadetship scheme in England which took young people who wanted to work in health but did not have the academic qualifications and trained them with vocational training. It was one of the first of its kind.

“It was one of the most rewarding jobs. We took young people who otherwise would have ended up working at McDonalds or something similar and gave them opportunities they would never have had otherwise.”

In 2005 Barbara moved to New Zealand to join family. Following management roles, including with the South Island Shared Services Agency and the Southern Cancer Network, Barbara took up a role in Health Services at Pegasus Health four years ago. In 2011 she moved into her current role. CCN Programme Leader, Kim Sinclair-Morris, said New Zealand was fortunate when Barbara decided to move here.

“Barbara has shown great leadership skills and a willingness to take on the difficult issues where others fear to tread. We will miss her smile and positivity but wish her well for her future endeavours.”

Diabetes General Practitioner Liaison Graham Whittaker and Integrated Diabetes Service Manager Kit Hoebe, say Barbara has been a key figure in the development of diabetes services in Canterbury over the past three years.

“She has been skilled in building effective relationships across the primary healthcare sector and been integral to improvements in diabetes services. She will be sorely missed.”

ceo update *A minute with...*

Deborah Callahan, Project Manager, Canterbury Clinical Network

What does your job involve?

I wear many hats, actually. My primary job is Project Manager with Canterbury Clinical Network (CCN). I have been part of the transformation effort since 2009 or so, and helped put together Canterbury's response to the Ministry's Better, Sooner, More Convenient Health Care initiative. On a day-to-day basis I facilitate the Pharmacy Service Level Alliance and manage the CCN website.



I also support the Canterbury-wide primary health care response in an emergency, and work with Canterbury Primary Response Group to set up the primary care Emergency Operations Centre. CCN is hosted by Pegasus Health, where I wear yet another hat, which is supporting the Pegasus website and engaging in project management activity as needed.

Why did you choose to work in this field?

You mean, I had a choice?! Seriously, it wasn't really a 'choice' per se; I did some temp work for the Health Funding Authority (HFA) while I was studying my MBA and about nine months pregnant. Once I'd finished my study and had my baby I was ready to look for new work. Coincidentally I was approached by the manager I'd had at HFA, who had moved to Pegasus. That was in 2001 and I've been here ever since. I've held about four different roles since I started so it's been very interesting.

What do you love about it?

They keep paying me, so that's a good thing. The people are great, friendly and intelligent. There is always a new challenge, a new project.

What are the challenging bits?

One of the challenges about working in health is how political it is; the whole landscape can change when a new political party is in control. Coming from the States I'm still not used to the immediate impact of political change in New Zealand.

The daily challenge is that the work we're doing is all part of a significant change management exercise; communication and engagement are difficult to get right all the time.

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

There are some amazing people in health, very intelligent and very committed to achieving better patient outcomes. If I had to name one person I come across professionally, though, it would be Carolyn Gullery, General Manager of Planning & Funding, as she has an amazing insight into and instinct about the Canterbury health sector, based on years of experience and an openness to learning.

The last book I read was...

I read all the time so it's difficult to remember just one book. I mostly read on an eReader, but the last actual book I read was the latest Lee Child novel featuring Jack Reacher, *Never Go Back*. Any time spent with a Lee Child novel is time well spent and I have a big crush on Jack Reacher (and I'm *not* talking about the Tom Cruise movie).

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

I went on a cruise to the Caribbean in 1988 and St Bart's still stands out in my memory of a place to which I'd like to go back. But given the opportunity, I'd probably just go back to California and visit friends, my brother and sister, and their families – it'd be great to be able to go home for Christmas.

My ultimate Sunday would involve

Not sure how to define it, but a fantastic Sunday would be sitting in the sun at some winery with friends and a glass of Sav Blanc in my hand, food on the table, my 13-year-old son occupied on the iPad...

One food I really dislike is

I loathe capsicum. It's a very attractive vegetable but I hate the taste.

My favourite music is...

I'm a musician from childhood so can appreciate most types of music. My favourite is probably jazz or blues, some of the more mellow stuff that's easy to listen to and puts you in the mood to relax (with a glass of wine and a book).

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

Staff wellbeing programme

CDHB Earthquake Support Coordination Service

Earthquake Support Coordinators will be on site at Hillmorton Hospital café, 10am-3pm on 13 December to answer your questions.

We have two Earthquake Support Coordinators (ESC) dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc. Contact an ESC directly on 371 5598 or see [Something for You](#) for more information.

Wednesday Walk 'n Workout @ TPMH

12.30- 1.00pm Wednesdays for the weeks running up to Xmas....Nov 20th – Dec 18th. Meet outside main door at 12.30 sharp. \$5 each session

Here's what walk 'n workouters have to say about the sessions:

"Didn't seem like a chore and was fun"

"Got me moving and out into the fresh air"

"Don't have to be fit at all"

To register email kris.tynan@xtra.co.nz

Zumba, Yoga, Pilates – multiple classes running at main hospital sites. Check out the [Something for You](#) page for timetables

Mindfulness sessions: running at CHCH Campus, Hillmorton, Burwood and TPMH

EAP Services: free confidential off-site counselling available for all staff. More information available on the [Something for You](#) page or by contacting Andy Hearn.

Quitting smoking – we can give you support, advice and free nicotine replacement therapy
For more information on the activities above check out the updated [Something for You](#) intranet page.

Surprise guest at Hui

Te Puawaitanga Ki Otautahi Trust is a Canterbury based kaupapa Māori provider of a range of health, education and social services that promote the health education, culture, history and wellbeing of Māori women and their whānau.

On 9 November the Board of Te Puawaitanga ki Otautahi Trust attended a Governance Development hui.

Lieutenant General The Right Honourable Sir Jerry Mateparae just happened to walk into the venue and the next thing he knew he was learning all about the work of Te Puawaitanga.



Sir Gerry was on his way to the Hororata Games (hence the kilt!).

From left:
Haneta Pierce, Alison Bourn (GM), Kim Manahi, Sir Jerry Mateparae, Aroha Reriti-Crofts, Inu Farrar, Vicki Ratana

Cheviot Men's Health Promotion Evening - Thursday 28 November 2013

RCPHO, Cheviot lions and Cheviot Medical Centre delivered an evening of health promotion at the Cheviot hotel last Thursday to mark the end of Movember and raise awareness on men's health issues.

About 120 people attended the evening where they were able to get free blood pressure, blood sugar, and cholesterol screening provided by the Cheviot medical Centre and Rural Canterbury Primary Health Organisation.

The health promoters were kept busy as screening continued following the completion of the evening.

Dr Alastair Wilson, from Cheviot Medical Centre was MC, and presented on prostate cancer screening, erectile dysfunction, and answered a number of questions from the floor.

Other presenters included Gina Vente- Smith from the Christchurch Heart Foundation who gave an overview of Heart Disease.

Gina was supported by a client who had recently had heart surgery. He provided a personal account of his journey from diagnosis, operation, recovery and the lifestyle changes he had made.

Dr Anthea Prentice gave a particularly informative presentation on melanoma, covering early detection, what is and isn't normal, prevention and treatment.

Brochures on sunscreen protection and melanoma were made available.

Chris Jones, a *Prostate Cancer* survivor and member of the Prostate Cancer Foundation, presented some out-and-out facts and figures on the subject.

Speaking from his personal experience, Chris is an absolute role model and advocate for men's health

He covered prostate cancer from diagnosis, surgery and recovery. His ability to speak openly and in layman's terms certainly resonated with the audience,

Dr Richard McCubbin presented on mental health – particularly depression. His professional and sensitive approach to an area of health that is often difficult to discuss was reflected in the positive feedback and the on-going dialogue that followed his presentation. Richard's experience created an environment where the audience felt safe and willing to contribute without feeling isolated.

The RCPHO would like to acknowledge those that supported the evening in particular the Cheviot Hotel Management for hosting the event.

The night ended with the moustache prize giving in support of Movember RCPHO will continue to take Health Promotion into the workplace and rural communities.

Being pro-active, knowing your community and the people's health and social needs and working in collaboration across the health sector is key to providing meaningful health promotion in an effort to improve access to services, and improve community.





Registered Nurse - Waikari Hospital
Nurse Educator - Ashburton
Senior Service Support Tech
Administrator - DAMHS
Clinical Resource Nurse - Ashburton

[Click here to see more opportunities on the careers website](#)

***Open for better care* picks up momentum, and Canterbury branding**

Open for better care is a national patient safety campaign that seeks to build on the work towards zero harm already being done locally. The campaign runs until June 2015 and follows four key harm prevention themes in turn: falls prevention, surgical site infection, perioperative harm and medication safety.

Open asks health professionals to make a commitment to being open to ongoing learning and improvement, and make a positive contribution to patient safety and the quality of care. The *Open* campaign dovetails with Canterbury DHB's own patient safety programme aimed at zero harm.

Since the launch of *Open* in May until October this year, the theme was falls prevention. Canterbury can be justifiably proud of having been at the forefront of innovative developments to reduce harm from falls, both in hospitals and people's homes and communities. Through a proactive falls prevention programme, Canterbury can boast an impressive 95% of at risk people having had a falls risk assessment. This shatters the HQSC target of 90% and there's yet more good news – 89% of those assessed now have a care plan.

The surgical site infection phase is now well underway through the SSIS (Surgical Site Infection Surveillance) programme and you can expect to hear more about local initiatives early in the new year.

Open will be promoting:

- The case for change – raising awareness of the scale of SSI issue
- Surveillance – actions to improve data quality and teamwork
- Prophylactic antibiotic intervention – its importance as a first SSIS intervention
- Skin preparation – its importance as second intervention
- Clipping, not shaving the surgical site as the third intervention

Early next year, look out for a new wave of *Open* posters and a planned SSI display booth at Burwood as well as further information and progress updates in the CEO update.

For more information about *Open for better care*, visit the new Quality and Safety website at www.open.hqsc.govt.nz.



Towards zero harm in Canterbury



Health target reached

Canterbury

District Health Board
Te Pori Hauora o Waitaha



Thanks for making a difference!

95% of hospitalised smokers received help
and advice to quit this quarter.

This is the first time Canterbury DHB has reached the Government's
BETTER HELP FOR SMOKERS TO QUIT target.

Thank you!



WARM FUZZY XMAS COMPETITION

Share a photo of your Christmas tree or
favourite homemade decoration and be in
to win either half a leg of *Hellers* ham or a
Christmas-inspired cake *By Anna*.



The competition closes Monday 16 December
at 4pm. The two winning entries will
be selected by our special guest judge,
Christchurch Mayor Lianne Dalziel.

all right?

To enter upload your picture to www.facebook.com/allrightnz or email
hello@allright.org.nz

Window 7 upgrade project, coming soon to a PC near you

CDHB's operating systems are about to get an upgrade to Windows 7 which is faster, more usable and with more functions than our current operating systems. Critical applications will still work with Windows 7 but there is a risk that people with older applications on their machines may no longer be able to use them.

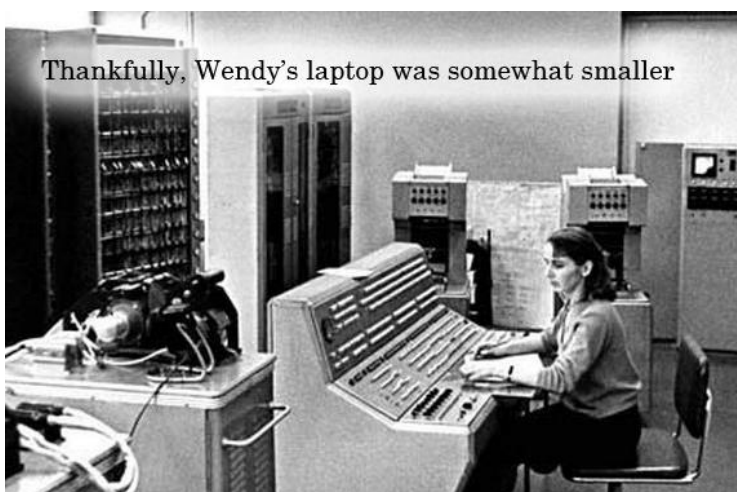
For that reason, and because it is a massive task, the progressive rollout of Windows 7 is being managed very carefully. Up to twenty five staff will be assigned to this project and a supply of new PCs with Windows 7 has been sourced.

The main driver for all this activity is that Microsoft will withdraw support for Windows XP in April next year. Much of the CDHB currently uses Windows XP and without support, the security of our data could potentially be compromised – hence the urgent need for change.

There's more good news to add to the fact we will all soon have faster more usable software, even for those who find technology a bit of a mystery: No less than 3000 of our older computers will be replaced as part of the upgrade process to ensure Windows 7 will work as it should.

The rollout is already underway and has started with non-clinical parts of the CDHB where users do not have any patient or clinical information management systems –early adopters or guinea pigs, depending on your point of view. Upgrades are on a 'geographical' basis, meaning people who work together in the same workspace will be upgraded at the same time.

Clinical staff will be upgraded once the process itself has been tested and refined so that it causes the minimum of disruption and does not put patients or access to clinical systems at risk.



We are unable to provide a precise timeline at the moment but an outline of the process is as follows.

- Identify parts of the business to be upgraded as part of a first wave – you will probably already know if you are one of them.
Contact staff 2-3 weeks ahead of the upgrade date.
- Provide new sample PCs or upgrade a few to Windows 7 so staff can test those older applications to make sure they still run. If they don't, people will have time to approach the ISG team (Information Services Group) for a solution.
- On an agreed date, a Windows 7 'hit squad' will replace PCs overnight so as to cause the least possible disruption.
- 'Super users' will be identified for each work areas as the go-to people for staff needing low level (user, rather than technical) advice.

ISG look forward to working with you to make this as smooth a process as possible. In the meantime visit the websites for more information and to have some of your questions answered

<http://cdhbintranet/corporate/Supportandtraining/SitePages/Windows7.aspx>

<http://cdhbintranet/corporate/Supportandtraining/SitePages/Office2013.aspx>

Whānau Ora November Update

[Read more about](#)

- Your feedback sought on updates.
- Integrated contracts.
- Tākiri Mai Te Ata – a new collective takes flight.
- Farewell for 2013.

Whānau Ora Update
for District Health Boards



Move for Business Development Unit

The Business Development Unit (BDU) has moved to the Design Lab at 17 Print Place (Addington) off Birmingham Drive



Follow Showcase Signs from the end of the cul-de-sac. Then follow the drive around the back of the building. Parking is available near the Railway lines. The Design Lab Entrance is on the right of the building.

CPIT Graduate Certificate of Nursing Practice — level 7

There is a wide range of level 7 papers offered by CPIT for registered nurses wishing to continue their professional development.

A number of courses are available as a professional practice option to upskill in a particular area of practice. Examples of some specialties include Cardiac Nursing, Critical Care Nursing, Gerontology, Medical Nursing, Oncology, Palliative Care, Surgical Nursing, Wound Management and Health Assessment. These level 7 courses contribute to the Graduate Certificate in Nursing Practice.

Further information on courses available can be found here:

CPIT website: <http://www.cpit.ac.nz/>

or by contacting CPIT Department of Nursing & Human services PH: 0800 242476.

RN Application process for study leave and support for CPIT courses

Registered Nurses intending to apply for this funding will be required to complete the online application form:

[CPIT funding online application form](#)

Please ensure applications are submitted in time to allow a month for study assistance applications to be processed.

Any queries should be directed to Jenny Gardner, Nurse Coordinator, PG nursing education ext 68679 Please note that this online application form is only to be used for RNs applying for study assistance for CPIT level 7 papers.

Conference leave etc must still be applied for via the course/conference leave form.

Eligibility for funding requires the completion of all aspects of the course. This includes attendance at study days and submission and successful attainment of assignments for the funded paper. If you are intending on attending the study days only and not completing the written requirements then you will not be eligible for funding.



ceo update

Corporate Christmas cards – order yours now

Orders for printed Christmas cards are still open but you need to be quick. This year the printed version looks like this:



Canterbury
District Health Board
Te Pūnaha Raukōwhiri
**WISHING YOU A MERRY CHRISTMAS
AND A HAPPENING NEW YEAR**

Staff can order **printed cards** for work purposes from Natasha.capon@cdhb.health.nz. Please provide your name, department and number required.

In addition to the printed card, we have the following being completed:

- an animated version
- A PDF version
- A different PDF version using artwork created by Governor's Bay school pupils (see story earlier in this update)

We will let you know as soon as these are available—they can all be sent via email.

All Right? Christmas cards

As well as the "It's all happening" printed Christmas card the CDHB is also taking orders for an All Right? Christmas card highlighting the importance of spending time with the people you love at Christmas. If you would like to order some for your work area please email Natasha.capon@cdhb.health.nz by 11 December.





WELLINGTON

The **18th Public Health SUMMERSCHOOL**
3 - 21 February 2014

www.otago.ac.nz/uowsummerschool

Don't miss out on early bird discount for Public Health Summer School courses. Register now.

Just a reminder that the early bird discount offer closes on Friday, 20 December 2013. With the Xmas season upon us, it is easy to put it off and then find it's too late...so click on this link now to review the courses on offer and Register now <http://infosci.otago.ac.nz/summer-school/>

This popular event offers over 30 courses of 1-3 days duration and will be held from 3 – 21 February 2014 at University of Otago, Wellington.

You may be interested in a skills-based course such as one of the statistical or research methods topics, or maybe you'd like to hear from leading international speakers at one of the topical symposiums – there is such a diversity of courses to inspire you.

The 2014 programme offers 13 new courses together with 18 repeat courses in core subject areas. For a summary of the full programme please view our flyer [here](#).

To register or find out more visit [Summer School](#) website. Remember to act quickly to take advantage of the 25% early bird discount.

2014 Public Health Summer School

When: 3-21 February, 2014

Course length: 1-3 days

Where: University of Otago, Wellington campus in Newtown

For further information, contact kerry.hurley@otago.ac.nz or call 04 8061807

[View website
here](#)

Welfare Truck

St John launched its welfare truck yesterday to provide food, tea and coffee to St John ambulance volunteers and ED staff on night shift throughout December.

It is based on a successful operation which was operated by St John in Auckland over winter.

The truck will run between 7.00pm and 3.00am on 19 nights in December, and it will be based outside Christchurch Hospital's Emergency Department, so that ambulance crews will be able to get some food etc after they have finished delivering a patient to hospital. ED staff are welcome to utilise it when they are on their breaks, if they wish.



TPMH Café Repairs

**THE PRINCESS MARGARET HOSPITAL
CAFÉ WILL BE UNDERGOING EARTHQUAKE
REPAIRS THROUGHOUT DECEMBER.**

**Between Saturday 7 December and Saturday 16 December
the café service area will be closed and there will be
reduced café seating.**

**A food and coffee cart will be available in the main
entrance of TPMH over this period. The cart will sell
takeaway coffee, cakes, muffins, scones, fruit and some
savory items, and EFTPOS will be available.**

Steamplicity meals will be available in the evenings.

The CDHB thanks you for your patience during the repairs.



IT'S ALL HAPPENING

Got an idea?



Got a problem?



Tell Orion Health!



10 – 13 December

Drop in to the Orion Health Lab in Christchurch Public Hospital anytime between 9am and 5pm. We are on the Lower Ground floor, Parkside, in Store Room 16, next to the Telemedicine Room.
Light lunch and coffee provided.