



## First patients make the move to Waipapa

**The first relocation of patients from existing wards at Christchurch Hospital over to the brand new Waipapa building have taken place today.**

Our Haematology and Oncology wards have now finished the huge undertaking of moving their patients, with approximately 24 patients making the journey over to Waipapa.

Our Radiology services are now fully operational in Waipapa and ready to image patients as the various wards relocate to Waipapa over the next two weeks.

Canterbury DHB Director of Nursing Lynne Johnson says it was an exciting day for both patients and staff making the move to brand new facilities.

"The relocation of wards to a new facility is a huge undertaking and our teams have been so impressed by the commitment of our staff, the effort that has gone in to planning these moves and the support from all over the health system to enable a smooth transition.

"With further moves ahead of us over the next couple of weeks, we will be able to apply our learnings from this move," says Lynne.



The Bone Marrow Transplant Unit on the move

The move from the existing wards takes patients on a 8-10 minute journey from the existing wards of Christchurch Hospital, through the new 'linkway' and on to Waipapa.

Haematology Charge Nurse Manager Sally Braycotton who was a key part of the ward's relocation to Waipapa today says it was quite a task to move sometimes quite unwell patients from one hospital building to the other.

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"We have a complex mix of patients in Haematology and there has been a substantial amount of planning to execute the moves and safely transport our patients to Waipapa.

"What makes it all worth it is the smiles we saw on the patients' faces today as they are whisked away from the existing Christchurch Hospital to the brand new sparkling wards of Waipapa!" Sally says.

Haematology patient Tane Loper was one of the first patients to make the move to Waipapa, and once he was settled in to his new room he told us how impressed he was with the new space.

"It's got all the mod-cons and is very tidy, it's awesome. The best thing about it is the view from the rooms, they've done well designing it.

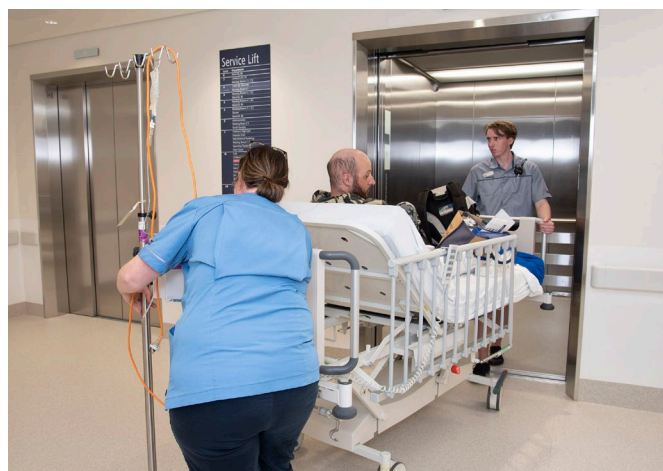
"There's heaps of room. I'm blown away. It's actually a whole heap better than I thought it would be!" Tane said.

A number of other wards and departments will also be making the move to Waipapa over the next two weeks including ICU and our children's wards.

The new Emergency Department will be open on the ground floor of Waipapa at 7.30am on Wednesday 18 November.



Patient Tane in his new room in Waipapa



The Bone Marrow Transplant Unit transfers one of its patients



Orderly Kereti Rolleston (aka "K") transfers a patient via one of the Waipapa lifts



Our orderlies did an amazing job today to ensure a smooth transition of Ward 26 into Waipapa B5. From left, Orderlies Ivan Rogers, Richard Scott, Tim O'Neill, Orderly Manager Alan Heney, Senior Orderly Daniel Mayers and Orderly Spencer Frieze



## Spring delivers DHB magazine to the public

Canterbury DHB's latest edition of *WellNow* magazine is arriving in mailboxes across the region this week.

As usual the magazine celebrates our successes and is one of our most effective channels for letting Canterbury people know what's going on in their health system.

Highlights include a wander through Waipapa in pictures, to introduce people to the new facility, and a number of stories that go behind the scenes of our COVID-19 response – a modest celebration of what we did well that the public may not have seen.

In addition to the print edition, there is an [online version](#) on the Canterbury DHB website. An important additional section called "How we measure up" will be made available by the end of this week. This section looks at our performance against system-level measures and is more focused on data showing our progress in improving healthcare and reducing patient harm.



Keep an eye out in your mailbox for the latest edition of *WellNow* magazine

## Te Ra Haumaru Turoro o Aotearoa/ Aotearoa Patient Safety Day

The Health Quality & Safety Commission (HQSC) is celebrating Te Rā Haumaru Tūroro o Aotearoa/Aotearoa Patient Safety Day tomorrow.

The theme this year is [Getting Through Together | Whāia E Tātou Te Pae Tawhiti](#) – which is a national mental health and wellbeing campaign by All Right? – an initiative led by Community and Public Health and the Mental Health Foundation of New Zealand.

Aotearoa Patient Safety Day is about reminding people working in the health sector that, while they spend their time caring for others, it's also important to care for their own wellbeing.

HQSC would also like to say thank you to the health workforce for their ongoing compassion and commitment.

It has certainly been a big year and you've had to go above and beyond, working in uncertain times. Taking care of others also means taking care of yourself too. Take time for

yourself – talk and spend time with friends and whānau.

Speak up if you need extra support. It's okay not to be okay. You matter, and we want to keep you safe and well. If you want to chat to someone about how you're feeling here's a list of wellbeing support options [available on Prism here](#).

Keep an eye out on the daily staff email throughout the week for more about Patient Safety Week, including Canterbury DHB Patient Safety Initiatives.

HQSC is hosting a webinar focused on mental health and wellbeing tomorrow at 12pm. You can download a flyer for the webinar or register to attend on the [HQSC website](#).

A list of existing mental health and wellbeing resources is [available here](#), taken from the [Mental Health Foundation website](#).

For more information, visit the [HQSC website](#). You can use the wellbeing resources however you wish, at any time of the year – not just on Aotearoa Patient Safety Day.

Ngā mihi nui

**Andrew Brant, Acting 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

### Gastroenterology, Christchurch Hospital

My husband recently spent 11 days in the gastro ward. I wish to thank everyone who was involved in his care. It was exemplary.

### Plastic Surgery, Burwood Hospital

I received such excellent care and service I want to praise and compliment all concerned. I was treated with friendliness, sensitivity, dignity and professionalism at all times. Topped off by this morning's follow-up call which was very much appreciated also. In the past, have had procedures done at private facilities in Christchurch and the experience I had at Burwood yesterday was second to none! Thank you again to all the team.

### Emergency Department (ED), Christchurch Hospital

My daughter arrived in ED having unexplained seizures. I live out of town so could only support her by phone. I really want to thank Dr David Richards and the staff for her care. A big thank you Dr David!

### Community Rehabilitation Enablement and Support Team (CREST)

I have just completed six weeks of CREST home support services. During this period, I have completely regained self-care management and have made good progress on mobility and associated issues. Your staff have motivated and saved me from ending my days in dependent care. Your professional leadership, nursing, physiotherapy and occupational therapy has been very important in getting me and my support network on task and better able to cope with ongoing challenges. Please value and endorse this quality service. Thank you so much.

### ED, Christchurch Hospital

Our teenage daughter was found unconscious on the street and brought to ED. In the conversations that have taken place with us about what had happened she has mentioned a particular nurse several times and how "kind" she was. The only description we have of this nurse was that she had blonde hair, blue eyes and wore her hair in a bun. Our daughter was quite taken by her treatment by this nurse, it left an impression on her.

## Big Shout Out

### To: Hornby Community Dental Clinic, St John Ambulance and ED, Christchurch Hospital

I recently had a scare at work with a sharp pain in my chest and ended up leaving my workplace in an ambulance. My colleagues at Hornby Community Dental Clinic were fabulous at making me feel cared for and looked after, keeping me calm and even sitting with me in hospital for the next few hours. Never underestimate the power of friends just looking out for you and your wellbeing. So a big shout out and bouquet please to Hornby Community Dental Clinic – you are all awesome – as well as the paramedics and the Emergency Department team. Thank you.

From: Dental Assistant Jackie Broom

#carestartshere

### Gastroenterology Outpatients

I would like to thank the Christchurch Hospital Gastroenterology Outpatients for exceptional care. I received private care for a decade and I now get the best care in the world in this lovely clinic. I would like to thank the receptionists, nurses and doctors. Please be proud of your awesome work. Thank you and keep up your fabulous work.

### Diabetes Eye Clinic, Burwood Hospital

I was very impressed with the building's design and the first-class medical equipment. The hospital is so modern and spacious, and the technician was very professional and friendly. The modern eye testing equipment was so good... The whole eye testing experience was very impressive. I was really amazed by the procedure from the start, entering the hospital, to the finish. It took less than 15 to 20 minutes. What a great hospital...very efficient, modern, lots of room to move around, very clean, and clear instructions where to go. Thank you very much for making my experience nice and memorable.

### Day Surgery Unit and Urology, Christchurch Women's Hospital

I don't know if you are ever prepared for surgery. Hearing you will lose a kidney is a very stressful time, but the support of great people, can make each step seem a little smaller. To the team in the Day Surgery Unit thank you for your kindness, especially Ben in Recovery. Thanks also to the team in Urology, especially Hannah, for her amazing job in getting me back on my feet. I don't know how you do your job, but my family and I are so grateful that you do it so well.

### Eye Department, Christchurch Hospital

I am writing to thank Canterbury DHB for my two intraocular lenses which have just been fitted. My vision is remarkably improved for which I again thank you sincerely.

### ED, Intensive Care North and Ward 24, Christchurch Hospital

After a mental health crisis in July I received medical treatment from the Emergency Department, Intensive Care North and then Ward 24 General Medicine before discharge. I just want to give a massive thank you to all of those involved in helping me regain my physical health, as well as for the supportive and warm emotional support many of the staff gave me during such a difficult time. I am very impressed with the excellent medical treatment I received but what I will never forget is the kind, compassionate and generous support I received from many staff members towards my mental health struggles. The non-judgemental and gentle words of many of the team touched my heart in a beautiful way and gave me some hope during such a dark time. This thank you has been a long time coming – you are all amazing – and I feel very grateful to have been under your care!

### ED, Christchurch Hospital

I was brought in to the ED yesterday afternoon with facial injuries, I just wanted to thank all the staff for the kindness shown, and the level of care given. Fantastic!

## Big Shout Out

### To: Christchurch Hospital Orderly Ray Patel

Known as 'Ray Ray' to staff and patients, he is the most bubbly, outgoing orderly I know! Always smiling whilst walking down the hallways, singing, saying jokes and just lightening up the dull hospital environment! Great with kids and adults. He deserves to be recognised for this.

### From: Registered Nurse Mikayla Bryce

#carestartshere



# Welcome to Waipapa

## MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

## Today's the day

The patient move to Waipapa began this morning, after a busy weekend moving equipment and anything not needed over the weekend. Migration Manager Liz Thompson reported nearly 28,000 steps on Saturday alone. Read more about the patient moves on [page 1](#).

The Bone Marrow Transplant Unit was the first to move this morning, with some patients going to other wards and the majority being moved to Ward B6. The move began at 9.30am and all patients were in their rooms settling in alongside staff by 10.30am.

A short video featuring a very obliging patient from BMTU will be available on the [Sharepoint site](#) tomorrow.



The Bone Marrow Transplant Unit team performed a karakia to farewell their old ward



One last photo before the Bone Marrow Transplant Unit settled in to their new digs in Waipapa

## The Emergency Department moves on Wednesday

The Emergency Department (ED) will be live from 7.30am on Wednesday 18 November. This means the old department will be closed from that time. While everything possible has been done to ensure the public are aware of the move and the old department will be clearly signposted, please be aware that there may be an increase in members of the public looking for the ED on this day.

## Migration Operations Centre

On the days of patient migration to Waipapa from 0800 hours until the end of patient migration for that day, an Operations Centre will be set up in the Department of Nursing Operations Centre, Lower Ground Floor, Parkside.

This centre will run like a mini EOC with the following designated roles:

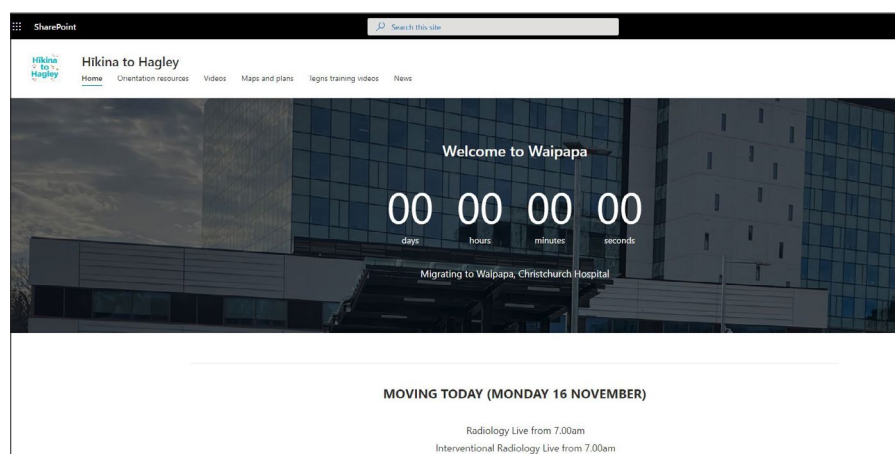
- › Incident/Hospital Controller – George Schwass
- › Operations Leader – Nicky Topp
- › Planning and Intelligence – Felicity Woodham
- › Logistics – Alan Heney.

Communication with the Operations Centre will occur in three ways:

- › Planning and Intelligence lead can be contacted via reception – just ask for the Nursing Operations Centre
- › Key Movement team leads as below will communicate via radio transmitter (RT) with the Operations Centre:
  - › Operational lead for transfer – Yvonne Williams
  - › Equipment lead for transfer – Liz Thompson
  - › Orderly lead – coordinating lifts and volunteers – Daniel Mayers
  - › Decommissioning lead – Wendy Botfield
  - › Maintenance & Engineering – Terry Walker
- › Key contacts for services have nominated one contact number for the Operations Centre to contact if required.

## Need to know

There is some very important information around parking, bike racks, staff access, and how the next week-and-a-half will pan out on the [Sharepoint site](#). Please check this daily as this will be the home of all the latest information and updates from migration.



Welcome to Waipapa Sharepoint site has all the latest information about migration

## Waipapa Move Schedule

DATE	SERVICE	FROM	START TIME	TO
<b>Monday 16 November</b>	Radiology	Level 1, Parkside	7.00am	Ground Floor
	Interventional Radiology	Level 1, Parkside	7.00am	Level 1
	Bone Marrow Transplant Unit (MBTU)	Lower Ground Floor, Riverside	9.30am	Ward B6
	Ward 26 – Oncology	Level 2, Riverside	1.30pm	Ward B5
<b>Tuesday 17 November</b>	Intensive Care Unit (ICU)	Level 1, Parkside	8.00am	Intensive Care, Level 1
<b>Wednesday 18 November</b>	Emergency Department, Emergency Radiology, Children's Acute Assessment Unit (CAA), Acute Orthopaedics	Ground Floor, Parkside	7.30am	Ground Floor
	Acute Medical Assessment Unit (AMAU)	Ground Floor, Parkside	1.30pm	Medical Assessment, Ground Floor
<b>Thursday 19 November</b>	Paediatric High Dependency Unit	Ward 22, Ground Floor, Riverside	7.00am	Intensive Care, Level 1
	Children's Medicine, Ward 22	Ground Floor, Riverside	10.00am	Children's A7
	Children's Haematology Oncology Centre (CHOC)	Lower Ground Floor, Riverside	12.30pm	CHOC A6
	Children's Surgery, Ward 21	Lower Ground Floor, Riverside	Following CHOC	Children's B7
<b>Friday 20 November</b>	General Surgery, Surgical Assessment and Review Area (SARA)	Ward 16, Level 2, Parkside	9.30am	Ward B3
	General Surgery and Gastroenterology, Surgical Progressive Care Unit (SPCU)	Ward 15, Level 2, Parkside	1.30am	Ward A3
<b>Monday 23 November</b>	Operating theatres and associated services	Level 1, Parkside	8.00am	Theatres, Level 1
	General Surgery	Ward 17, Level 2, Parkside	9.30am	Ward A5
	Neuroscience Progressive Care Unit (NPCU), Nephrology and Neurosurgery	Ward 28, Level 3, Riverside	1.30pm	Ward B8
<b>Tuesday 24 November</b>	Orthopaedics and Trauma Unit (OTU)	Ward 19, Level 3, Parkside	9.30am	Ward A4
	Orthopaedics	Ward 18, Level 3, Parkside	1.30pm	Ward B4



# World Antimicrobial Awareness Week: Uniting to slow antimicrobial resistance

Canterbury DHB is co-leading a collaborative, nationwide, antimicrobial stewardship initiative to improve the documentation on prescriptions for antimicrobial medicines.

The initiative encourages prescribers, wherever they are in the healthcare system, to be specific about the indication for antimicrobial use on the prescription to help ensure appropriate use of this precious resource.

For example, if someone has a urinary tract infection instead of using a general term like 'infection', use 'cystitis' (inflammation of the bladder) or 'pyelonephritis' (a kidney infection).

All 20 DHBs have agreed to undertake this initiative, which is the first of its kind in New Zealand, says Antimicrobial Stewardship (AMS) Pharmacist Sharon Gardiner.

“Our aim is for this to be generic enough to apply across the country, including hospital and primary care. We are sharing it with our primary care colleagues for them to adopt if they wish and have the support of the organisations such as the Ministry of Health, Health Quality and Safety Commission, Accident Compensation Corporation and the Pharmaceutical Society of New Zealand.

"If we pull it off it will be the first nationally co-ordinated effort of its kind for World Antimicrobial Awareness Week (18-24 November). I am proud that Canterbury DHB is leading this work."

This year the World Health Organization has changed World Antibiotic Awareness Week to World *Antimicrobial* Awareness Week (WAAW) to indicate that the fight is against resistance in all types of bugs (bacteria, viruses and fungi) not just bacteria.

WAAW aims to increase awareness of global antimicrobial resistance and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of drug-resistant infections.

There is also a move at Canterbury DHB to raise the profile of antimicrobial stewardship (AMS) within our hospitals and the wider Canterbury Health System, says Sharon.

"We have established an AMS Strategic Group that oversees the operational Canterbury DHB Hospital AMS committee and are working towards improved engagement with the community and have direct reporting to the Canterbury Health System Clinical Board."

**Document the indication for antimicrobial use in the prescription**

## ANTIMICROBIALS ARE A PRECIOUS RESOURCE

Help keep antimicrobials working by documenting a meaningful indication for their use in each prescription

**This facilitates:**

- **Thoughtful antimicrobial prescribing**
- **Communication** between healthcare providers, and with patients
- **Timely reassessment** of the appropriateness of antimicrobial use
- **Reduced patient harm** from inappropriate antimicrobial use
- **Decreased errors** through prescription misinterpretation
- **Justification of non-guideline compliant prescribing**
- **Quality improvement** initiatives including auditing

## United to preserve antimicrobials



Contact: sharon.gardiner@cdhb.govt.nz (CDHB Antimicrobial Stewardship Committee) and eamond@adhb.govt.nz (ADHB Antimicrobial Stewardship Committee) on behalf of the New Zealand Antimicrobial Stewardship Programme

New Zealand has one of the highest antimicrobial uses in the developed world and a growing problem with antimicrobial resistance (AMR), which poses a catastrophic threat to human health that will make many common infections impossible to treat.

"Our antimicrobial use is higher than countries such as the United Kingdom, Denmark, Canada and Sweden, so there is a lot of work to be done. We all need to do our bit to support AMS and slow the progression of AMR."

AMR occurs when bacteria, viruses, fungi, and parasites resist the effects of medications, making common infections harder to treat and increasing the risk of disease spread, severe illness and death. Antimicrobials are used to fight diseases in humans, animals and plants and include antibacterial ("antibiotic"), antiviral, antifungal and antiparasitic medicines.

It is estimated that about 700,000 people a year die worldwide from antimicrobial resistant infections and that this number could grow to 10 million by 2050 unless strong and effective action occurs now.

# A tour of a different sort

A giant inflatable bowel drew a curious crowd at the Hoon Hay Fiesta held last week.

The Fiesta is held each year, supported by Christchurch City Council, as a celebration of community. It features the Pacific Series Opening Ceremony plus various activities, fundraising, food stalls, health information and more.

The giant inflatable bowel is an educational tool for the National Bowel Screening Programme (NBSP) to raise awareness of bowel cancer and the value of screening to catch it early. People 'tour' the bowel and see the progression of bowel cancer from small polyps to advanced tumours.

Taking it along to community events is a great way to publicise the programme which is now in Canterbury, give people the opportunity to ask questions and to record the details of anyone aged 60–74 not registered with a general practitioner – to ensure they don't miss out on receiving their free bowel screening kit. This event is a huge draw for Pacific peoples and Māori in particular and being there is one way to ensure those communities have equitable access to proactive health initiatives such as the NBSP.



From left, Awa Edwards from the Hoon Hay Fiesta event team, Hon Tracey McLellan MP, Hon Megan Woods, Rachael Haldane NBSP Project Manager



Kirsten Carey spreading the NBSP word at the Hoon Hay Fiesta



Kids explore the giant inflatable bowel at the Hoon Hay Fiesta



One of the younger dance acts at the Hoon Hay Fiesta



# Waipapa's café and retail store to open to the public this week

Fresh, locally sourced food, premium coffee and tea, thoughtful gifts and more. That's a selection of what people can expect when Waipapa's café and retail store open their doors to the public on Wednesday 18 November.

With two brand new stores, Peaberry and Willow Lane, patients and visitors will have a wide variety of options to choose from.

Located on the ground floor in the main foyer, Peaberry provides a modern, comfortable space to sit down and relax while in Christchurch's new hospital – Waipapa.

Willow Lane is located next to Peaberry and will offer premium coffee, grab 'n' go food options and a range of giftware and other necessities for a stay in hospital.

Retail Manager Nick Abernethy says he's looking forward to providing patients, visitors and staff with great choices.

"Just because people are in a hospital shouldn't mean they miss out on quality retail and hospitality options. We'll be preparing our selection of fresh food on site daily, with the variety on offer sure to have wide appeal.

"Both sites will cater to a range of dietary requirements, with gluten free, dairy free and vegan options available. There's something for everyone at Peaberry and Willow Lane," says Nick.

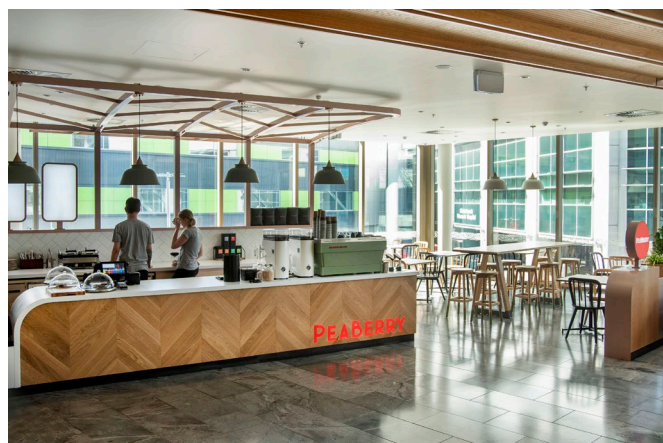
For those in a hurry, Willow Lane will also offer an easy-to-use ordering app to ensure people can get their fix without the wait.

Customers can look forward to top quality espresso coffee, with Canterbury DHB partnering with two of New Zealand's top coffee roasters, Allpress and Atomic. All of the passionate baristas have undergone intensive training to ensure the coffee appeals to even the harshest critic.

Complementing the coffee at Peaberry is T2 tea, and if you know T2 then you know that it's not your average tea experience.

Both options will be open 7 days a week. Peaberry will be open 7am–4pm Monday–Friday and 9am–3pm Saturday–Sunday. Willow Lane will be open every day 8am–8pm.

See you there!



Peaberry Café is ready to welcome its first customers from Wednesday



The view looking out to Christchurch Women's Hospital



The Willow Lane retail store offers premium coffee, and grab 'n' go food options



# Protecting people in your care from preventable pressure injuries

Whether you're a nurse, occupational therapist, physiotherapist, doctor, dietician or caring for someone in the community, you play an important role in preventing pressure injuries.

Thousands of New Zealanders get a pressure injury each year, even though research shows that most are preventable. When they happen, pressure injuries can have a significant impact on peoples' lives, lead to long periods of bedrest and social isolation and, in the most severe cases, be fatal.

They also have a significant impact on the health system.

This Thursday is STOP Pressure Injury Day so we are inviting everyone to STOP and think about how you can make sure the people in your care don't develop pressure injuries.

## Follow SSKIN care planning:

**SKIN:** Early inspection means early detection. Check skin regularly and rotate medical devices.

**SURFACE:** Select the right support devices for each patient according to their risks.

## IT TAKES A TEAM TO PREVENT A PRESSURE INJURY



**S**KIN CHECKS  
**S**UPPORT SURFACES  
**K**EEP MOVING  
**I**NCONTINENCE & MOISTURE  
**N**UTRITION

**INTERNATIONAL STOP PRESSURE INJURY DAY** 19 November 2020

**KEEP MOVING:** Encourage mobility and regular repositioning, avoid friction and shear.

**INCONTINENCE:** Support continence and manage moisture at the skin. Ensure skin remains dry and clean.

**NUTRITION:** Support adequate nutrition. Screen for malnutrition and provide adequate protein and calorie for wound healing.

Across the Canterbury Health System, the aim is to reduce hospital acquired pressure injuries by 20 percent by June 2022. The [Pressure Injury Prevention site](#) on PRISM has been developed to support healthcare staff in this aim by providing them with evidence-based resources and educational tools.

Prevention relies on staff in assessing, managing and evaluating care according to best practice guidelines. This [one-page guidance document](#) is available to assist you with this.

## Nutrition is key for the prevention and management of pressure injuries

Good nutrition supports healthy strong skin and promotes wound healing. The Nutrition and Dietetics team have recently implemented a pressure injury pathway including a Pressure Injury Protein Energy or 'PIPE' diet for inpatients who have either a pre-existing or new pressure injury. The diet includes a high protein energy diet and two oral nutrition supplement drinks per day, ensuring patients have access to good nutrition from the first point of pressure injury prevention assessment.

Dietitian Emily Gilchrist says, nutrition plays an essential role in preventing malnutrition and promoting wound healing for people with pressure injuries.

"Yet as dietitians we only get referred a small portion of these patients who would benefit from dietitian input."

The Pressure Injury Protein Energy or 'PIPE' diet targets a high-risk group of patients who will benefit from additional nutrition support and is designed to increase awareness around nutrition for wound healing and encourage prompt nutrition intervention, she says.

This has been a joint project between Clinical Dietetics, the Canterbury and West Coast Pressure Injury Prevention Advisory Group and WellFood.

Work is continuing on expanding the PIPE diet across other areas in Canterbury DHB as required. If you have any questions, please contact Clinical Dietitian Emily Gilchrist or Chair of the Canterbury Pressure Injury Prevention Advisory Group Robyn Cumings.

# Canterbury showcases maternity quality and safety programme

Canterbury DHB's fourth annual maternity quality and safety programme (MQSP) presentation morning was held last week with an audience from across the Canterbury maternity system including kaupapa Māori providers, non-governmental organisations, maternity and neonatal providers, clinicians and consumers.

The event was an opportunity to hear from our consumers and the work of the Canterbury DHB Women's Health Consumer Advisory Committee, review Canterbury's maternity and neonatal clinical outcomes and use an equity lens discussion about how to improve our maternity service.

The programme also showcased projects and quality initiatives that have been implemented over the last year,

including moving to misoprostol for induction of labour and the Maternity Assessment Unit that opened in October 2019.

In previous years the presentation would complement the maternity quality and safety annual report, however, due to COVID-19 and a delay in national data and reports, the MQSP annual report will be published in March next year.

Presentations were made by a number of speakers, with a keynote address from Oranga Team Leader, Te Puawaitanga ki Ōtautahi Trust Cara Meredith, titled 'Poipoia te kakano, kia puawai – Steps to equity'



Back row, from left, Lead Maternity Carer (LMC) and COVID-19 LMC Liaison Catherine Rietveld, LMC Violet Clapham, Senior Advisor Analytics Neroli Nicholson, Oranga Team Leader, Te Puawaitanga ki Ōtautahi Trust Cara Meredith, Project Lead Laura Aileone, and Clinical Director, Neonatal Service Nicola Austin

Front row, from left, Obstetrics and Gynaecology (O&G) Consultant Rosemary Reid, Maternity, Quality and Safety Programme Coordinator Sam Burke, Chair, Women's Health Consumer Advisory Council Jen Coster, Director of Midwifery Norma Campbell, and Clinical Director, O&G Emma Jackson

Not pictured: Vice Chair, Women's Health Consumer Advisory Council, mother and Pepi kaiawhina Te Tai O Marokura Lisa Kahu and Lead Maternity Carer and LMC Liaison Helen Fraser



# Kia kōrero | Let's talk advance care planning

Throughout November the Health Quality & Safety Commission is promoting Advance Care Planning.

The focus is on fostering conversations about what really matters to people and between friends and whānau over the summer break, especially when facing the pandemic and its impacts on our communities.

Advance care planning is an important aspect of helping people to take control of their own health. A plan is particularly important if a person is no longer able to speak for themselves. For example, it helps to record who they want involved in decisions about their care and treatment and the care they want (or don't want).

Knowing a patient's values and what is important to them can make their treatment approach clearer and easier to follow. Some people in your care may want to discuss their Advance Care Plan with you – you can help them plan for their future care and treatment.

Or, if your patient does not have an advance care plan, you can suggest it to them – no matter what their age or state of health.

For resources and training to make advance care planning easier for you and your patients, check out [www.myacp.org.nz](http://www.myacp.org.nz).



**'This is my plan, it's been designed by me – not by the doctors, not by my children, but by me.'**

**Arthur Te Anini**

Kia kōrero

Let's talk

Advance care planning

RF OR 3 STAR (OPERATIONS)  
2-22 March 1978

HEALTH QUALITY & SAFETY  
COMMISSION NEW ZEALAND  
Keep Everyone Healthy & Safe

New Zealand Government

Plan for your future health care  
[www.myacp.org.nz](http://www.myacp.org.nz)

Arthur Te Anini has written an advance care plan for his future health and end-of-life care. [Watch this video](#) of Arthur talking about how writing down what he wants to happen has given him and his whānau confidence about the future



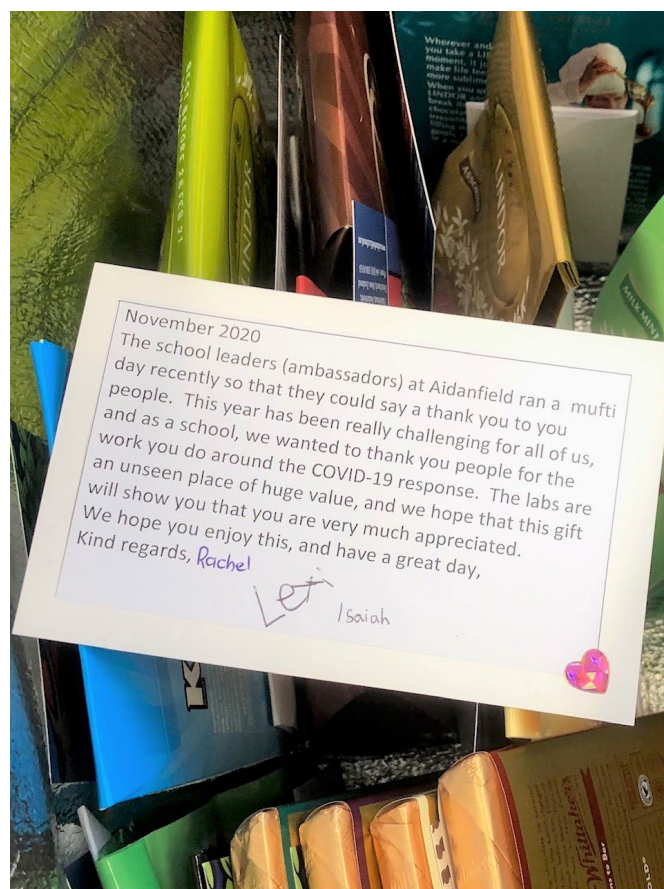
## School pupils thank laboratory staff for COVID-19 work

Some Canterbury Health Laboratories staff had a pleasant surprise last week with a visit from pupils of Aidanfield Christian School bearing coffee and chocolate treats.

Ten pupils of the school dropped off the goodies as a way of saying thank you to the Serology/Virology staff working on the Covid-19 response. The Year 10 class organised a mufti day to raise money to purchase the chocolate and coffee card gifts.

"We were so overwhelmed by their kindness and generosity," says Medical Laboratory Scientist Rebecca Dew.

"They were a great bunch of kids and we are blessed to have them in our community."



The bag of goodies and the note which was attached to each item in the bag

## Catching fish in managed isolation

Following the announcement of the community cases associated with the Sudima Christchurch Airport managed isolation and quarantine facility, our Russian and Ukrainian fisher guests were feeling understandably dejected.

To cheer them up, our health staff handed out some quintessentially Kiwi chocolate fish while on their rounds. The fishers appreciated the joke and the gesture.



From left, Nurses Ciara and Jessica-Rose

# Donation “amazing demonstration of kindness”

A big thank you to Justin and Claire Vaudrey, owners of New World Durham Street.

Through Foodstuffs South Island they have acted as sponsors facilitating a generous donation of 15 Wedderburn commercial scales to the South Island Ketogenic Dietary Therapy Service, says South Island Clinical Lead, Paediatric Ketogenic Dietitian Charlene Tan-Smith.

“This is an amazing demonstration of kindness and a desire to help families in our community who find themselves in extremely challenging circumstances.”

“Justin and Claire’s vision and generosity is contributing to improving the lives of South Island refractory epilepsy patients, their families and their extended communities. Thanks also goes to Wedderburn for continuing to supply scales to the service.”

Children with refractory epilepsy can suffer hundreds of seizures a day, and do not respond to anti-epileptic drugs. Ketogenic dietary therapy is often the last option for these children. It uses a very high fat (up to 90 per cent), low carbohydrate ketogenic diet to induce and maintain nutritional ketosis.

The South Island Ketogenic Dietary Therapy Service is extremely grateful for this donation as these very accurate commercial scales are a key tool for the delivery of ketogenic dietary therapy, Charlene says.

“The service has a big focus on accuracy and eliminating any possible errors. Patient families measure all meal and recipe ingredients to a 0.1g accuracy matching a



Back row, from left, Paediatric Neurologist Cameron Dickson, Kaiāwhina Whaea me Ngā Pēpi Toriana Hunt, Keto Assistant Kelly Hartstonge, Clinical Manager of Dietetics Tory Crowder, Paediatric Neurologist Paul Shillito and Clinical Nurse Specialist (Epilepsy) Dawn Anderson

Front Row, from left, Dietary Assistant Katherine Woodcock, South Island Ketogenic Clinical Lead Charlene Tan-Smith, New World Durham St owners Justin and Claire Vaudrey, and Director of Allied Health Scientific and Technical Christchurch Campus Helen Little

personalised macro food prescription, as introducing unintended carbohydrates can cause breakthrough seizures, Charlene says.

The Canterbury Ketogenic Dietary Therapy Service was established in 2016 and last year was extended to cover the whole South Island in a hub and spoke model from Christchurch Hospital.

# Step counts skyrocket during Steptember's Spring into Action

Māia Health Foundation and Child Health combined forces to run a Steptember – Spring into Action event to raise funds for a SimBaby.

SimBaby is a training manikin that will become part of the simulation programme at Christchurch Hospital. The aim of this programme is to help Child Health staff from all disciplines practise simulated clinical emergencies.

There were 250 participants from a variety of Child Health areas as well as Child Adolescent and Family, Christchurch Outpatients, Gynaecology, Māia Health Foundation, Older Persons Health, Ophthalmology, Pharmacy and Radiology.

The fundraiser raised more than \$2000. The winners are:

**Highest individual step count** – Youth Speciality Service Psychiatrist Suzanne Sundheim with 973,289 steps!



Individual winner Suzanne Sundheim with Māia Health Foundation's CEO Michael Flatman

**Department winner** – Christchurch General Outpatients, with 9,424,716 steps.

**Department with the highest average step count per participant** – Pharmacy, with an average of 430,649 steps per team member.

Big congratulations to all the winners and a huge thanks to all the participants!

## ED is moving!

From **7.30am on Wednesday 18 November**, Christchurch Hospital's Emergency Department will be in the new Waipapa building alongside Christchurch Women's Hospital.

Keep up to date at [cdhb.health.nz/Waipapa](https://cdhb.health.nz/Waipapa)





# One minute with...

## Clare Greasley, Clinical Pharmacy Supervisor

### What does your job involve?

My role is a mix of clinical pharmacy work and leading the clinical pharmacy service. My clinical role is primarily with nephrology who are a wonderfully inclusive team. The pharmacist's role is to help everyone get the most out of medicines. We support prescribers, the wider multidisciplinary team and patients to ensure safe and effective use of medicines. My leadership role ranges from day-to-day tasks such as rostering through to service improvement and strategic planning.

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

I thought I wanted to be a dentist, but we had a family friend who had done a Pharmacy degree and was talking about her first job in a hospital, she had some great stories and made it sound like an interesting career with lots of opportunities.

### What do you like about it?

The satisfaction of being able to use my knowledge and experience to help patients. I also enjoy being part of the pharmacy team, they are a great bunch to work alongside. My favourite aspects of leadership are problem solving and supporting others to achieve their goals.

### What are the challenging bits?

The frustration that the clinical pharmacists are a hugely underutilised source of knowledge. We don't want to be picking up the pieces and just be a safety net, get us involved so we can use our pharmaceutical powers for good!

### Who inspires you?

Sounds pretty cheesy but I love hearing stories of ordinary people doing kind things such as on TV One's Good Sorts. People who selflessly give their time and energy have such an impact on other's lives without even realising. It reminds me how many good people there are out there.



### 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?

Attitude towards work is a big thing for me. These values underpin how I believe we should all turn up, every day. I think when you are here for the right reasons, have a positive attitude and treat people well we get better outcomes for everyone.

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

I went camping with Harold Shipman.

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

In Spain with my mum having a beer by the pool.

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

I might go to the gym or for a run, hang out with the family, and then hopefully get the pizza oven going.

### What's your favourite food?

Pizza and anything with seafood in it but I reckon crab is my favourite.

### And your favourite music?

All sorts but I love Rudimental, Groove Armada, dance music and the good old 80s.

## Holiday publication dates and deadlines for the *CEO Update*

The last *CEO Update* for 2020 will be a Christmas special, to be published on Monday 21 December, with a deadline of midday on Thursday 17 December.

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

The first issue for 2021 will be published on Monday 18 January, with a deadline of midday Thursday 14 January.

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

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

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

## 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.



### EVO

7c Mandeville Street

Get discounts on a wide range of bikes and accessories from Evo! Check out the website link on the Home Life and Maintenance page for more information.



### One50 Group

All Canterbury DHB staff can book in for a free one-hour initial consult (usually \$250), plus 12 months free access to the online vault which includes all financial tools and document storage. For more details on how to book, check out the 'Finance and Legal' page.

We also have plenty of other great deals from local businesses, check them out [here](#)!

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# International Men's Day

It's International Men's Day (IMD) on Thursday 19 November with New Zealanders being encouraged to share what they love about the men in their lives and celebrate men's contributions to society and family.

If you'd like to be involved you can join an open [Zoom meeting](#) from 7.30–9.30pm on 19 November, or share a story to social media about a man you know who you admire, value or respect. Use the Hashtag #IMDNZ2020.

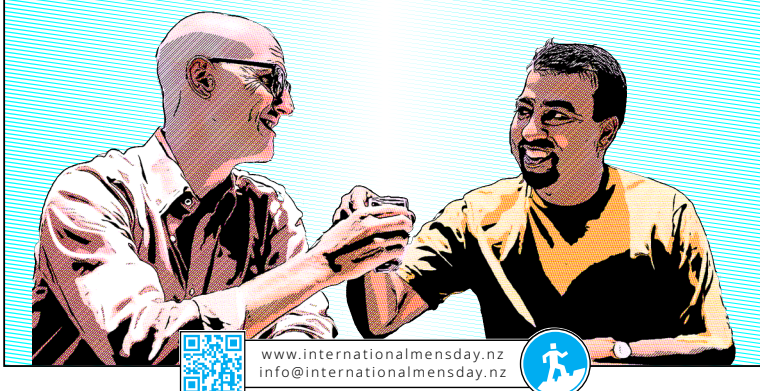
More details are available here: [internationalmensday.nz](http://internationalmensday.nz).

On Sunday 22 November Christchurch City Libraries is hosting a Focus on Men Expo at Tūranga with activities and demonstrations.

## INTERNATIONAL MEN'S DAY

November 19

*Value the men around you*



[www.internationalmensday.nz](http://www.internationalmensday.nz)  
[info@internationalmensday.nz](mailto:info@internationalmensday.nz)



# Collectively moving together – no matter the age, ability or flavour

That's the premise of the Pasifika Fitness Challenge, a month of free activities from 9 November to 1 December.

Pasifika health and social provider, Tangata Atumotu Trust are launching the initiative, in partnership with the Christchurch City Council and with support from the Ministry for Pacific Peoples.

Tangata Atumotu registered nurse Suli Tuitaupe says the initiative removes the barriers that often prevent our Pasifika communities from getting active – like cost and access.

"Every day, we are offering an epic free class, from Zumba to aqua aerobics and from Waka Ama to Siva Samoa. We're really proud of the calendar we have created and know our community will love getting involved."

Darren Folau, a professional exercise and fitness coach, is bringing his Outdoor Jungle Gym, a programme he developed in the Solomon Islands, to the mix.

"It's about having accessibility to something that is simple, affordable and close to home. Going to a gym can be very scary but doing things together in a natural environment takes away those barriers."

In Darren's Outdoor Jungle Gym, participants can expect to complete a variety of body weight movements, helping with mobility, safely strengthening muscles and supporting joints. And, of course, it's also about having a good time.

"If you're laughing and having fun then you're going to get results," says Darren.

For the full calendar of events, check out Tangata Atumotu on [Facebook](#).

Week Two			
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19
OUTDOOR JUNGLE GYM 6.30pm Cranmer Square	PASIFIKA DANCE OFF 6.30pm Arncliffe Waitoni Community Centre	ZUMBA PASIFIKA 6.30pm Sheworth Studio, 969 St Asaph Street	SIVA SAMOA 11.30am St Pauls Trinity Pacific Church
FRIDAY 20	SATURDAY 21		SUNDAY 22
PACIFIC OCEAN/AQUA AEROBICS 6.15pm Tairua QER	PASIFIKA WAKA AMA 8am Lyttelton Naval Point	PASIFIKA YOGA IN THE PARK 1pm Cranmer Square - weather dependent	ALAMAI WALKING GROUP 7am Halswell Quarry (Meet at the carpark near the public toilets)
OUTDOOR JUNGLE GYM 10am Cranmer Square			
Christchurch City Council	TAT TANGATA ATUMOTU TRUST		Pacific Peoples