

## COVID-19 lockdown - the changes and challenges are constant

**Every day I come work I'm constantly amazed at the way teams adapt, change and reprioritise in response to the ever-evolving COVID-19 environment.**

At the time of writing we don't have any community cases in Canterbury, but I realise that could change at any moment.

We all must act as if we have COVID-19 – Delta is different, and this is reflected in the way we've streamed care in acute areas of our facilities, and in how we are now working with two separate teams in our Emergency Coordination Centre. Keeping our red and blue teams working in separate bubbles is a way of protecting our capacity and capability should someone in one of those teams become infected.

Emergency Operations Centres have been set up at all our sites – and they've been working seven days a week. We don't know what this week will bring, but our contingency and scenario plans are all about ensuring we are prepared for whatever happens next.



Arohanui to our COVID-19 workers

### There have been some amazing achievements over the past week.

The rapid response to the Alert Level 4 announcement last Tuesday night – a huge team worked into the night to make plans and let the public and staff know what our plans were. To the booking staff who, once again, had to postpone elective (planned) surgery and outpatient appointments, and everyone adapting to wearing masks while at work.

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Our public health team in Canterbury have been assisting with the mammoth task of contact tracing. Over the weekend the contact tracing team of 15 have called and interviewed more than 500 contacts. Some of these calls have involved interviewing multiple family/ whānau members and making referrals for welfare/manaaki support.

The public health contact monitoring team of 14 have been busy over the weekend doing daily wellbeing check-ins with over 200 contacts!

Canterbury Health Laboratories have been breaking records all over the show. They are assisting with processing swabs from Auckland and yesterday 4918 COVID-19 test results were reported. Between 19 and 22 August, 15,359 results were processed – that’s phenomenal when compared to 22,618 for the entire month of July. The Labs team say Canterbury’s investment in robotics and the responsiveness of the team to flex rosters to operate 24 hours, has made this possible, and we’re all grateful!

Our Technical Advisory Group (TAG) have been meeting daily – these are busy clinicians who come together to make important clinical decisions based on the best evidence and information available. And because it’s COVID-19 sometimes this advice can change from day to day as the situation evolves, so thank you everyone for your commitment to keep up with the latest information.

The daily staff updates are a good way to keep up to date with the latest advice.

Late last week, our community-based testing centres went all out to accommodate those who turned out to be tested. The busiest day was last Wednesday when 1201 people were swabbed.

## Golden rules for Alert Level 4



**Stay at home** in your bubble



**Feeling unwell?** Call your doctor or Healthline on **0800 358 5453** about getting tested

**If leaving the house:**



**Wear a mask** and **keep a 2m distance** from others



**Keep on scanning QR codes**



**Wash and sanitise hands** often



**Stay local** and **be kind** to one another

Te Kāwanatanga o Aotearoa  
New Zealand Government

Unite  
against  
COVID-19

Pharmacies and general practices remain open, and quickly switched to Alert Level 4 mode with physical distancing, more phone and video consultations, and more COVID-19 testing as well, with many general practices open extended hours over the weekend to accommodate the high demand.

On the vaccination front, records have been set by our 74 clinics and the staff pop-up site. More than 6696 people were vaccinated on Friday and over 10,000 over the weekend.

In Canterbury we’ve vaccinated 171,709 people with their first dose and 89,980 with their second – a total of 261,689 vaccinations given! This is an incredible result – many thanks to everyone involved and a shout out to some of our newest ‘recruits’ including public health nurses and doctors who have put their hands up to get behind our vaccination roll out. Thanks to you all.

Yesterday's pilot of our first drive-through vaccination clinic was a great success, with more than 130 vaccinations given in a couple of hours. Customer-facing essential workers from companies who have been instrumental in helping with the vaccination rollout were invited to come for an early vaccination as we tested the system and other essential workers will be vaccinated this week – all vaccinations are by appointment.

By all accounts, everything went very smoothly and we're preparing to up the ante. We expect to deliver 750 vaccines today and from tomorrow, over 1000 per day to these essential workers. A big thank you to the Canterbury COVID-19 vaccination team for standing this up so quickly.

You can read more about the drive-through vaccination clinic on [page 6](#).

A massive thanks to you all. I know this is a hard time for many of you and I thank you all for the important role you're playing to keep our community safe.

Please continue to look after yourselves, be kind to colleagues, and check in with friends, families and neighbours who live alone.

Kia whakakotahi mātaou, kia kaha ake mātaou. Together we are stronger.

Ngā mihi nui



**Peter Bramley, CEO**  
**Canterbury District Health Board**



Pilot drive-through vaccination clinic for customer-facing essential workers



The drive-through vaccination clinic proved a success

Please email us at [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz) you have any questions for Peter.

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](#).

# Wellbeing resources and advice for getting help

Alert Level 4 can be an unsettling time, and the uncertainty can have an impact on our mental wellbeing. It is okay to not be okay.

## Look after yourself and be kind to others

If you're feeling anxious or concerned, it's understandable and normal as it's been a while since we've been in lockdown at Alert Level 4. We have some useful resources on the Prism page, including a [printable poster about managing uncertainty](#) that you may like to display.

There are also [important rules](#) we all need to follow to keep ourselves and others safe.

If you want to talk to someone, there are a number of options available:

- › Call or text 1737 for free confidential counselling 24/7
- › Call the [Employee Assistance Programme](#) EAP team on 0800 327 669
- › Call [Workplace Support](#) on 0800 443 445
- › A full list of the most common [Frequently Asked Questions](#) about working under different Alert Levels, travel and vaccinations can be found on the TAS website. Note these will be updated over the coming days.

There are many other organisations and services doing great work to support people's mental wellbeing through COVID-19. Some useful resources include:

- › Guidance to support workplace wellbeing during COVID-19 on the [Mental Health Foundation website](#)
- › Le Va's [#catchyourself suite of practical resources](#) and information on how to manage through the impacts of COVID-19
- › Advice for wellbeing for Maori and Pasifika available on the [depression.org.nz website](#)
- › Te Pou's range of [COVID-19 resources](#).

Even though New Zealand is in Alert Level 4, there is still help available for those that need it. People are enabled to support their own mental wellbeing by making use of the range of free tools and resources listed on the [Ministry of Health website](#).

If people need professional support, they should be advised to call their health professional or general practice team who can provide advice on accessing mental health and addiction support. 1737 can also connect people to a counsellor via free call or text, 24/7.

## Support for young people

The latest move into Alert Level 4 can be especially challenging for young people, especially if they are finding it difficult to remain linked into education or if their employment is impacted.

There are dedicated self-help tools and supports available for young people including:

- › [SPARX](#) is a computerised self-help programme intended to help people aged 12-19 who may be feeling down
- › [Mental Wealth](#) by Le Va provides online resources to help young people look after their mental health, and includes online counselling
- › [The Lowdown](#) provides videos and articles about anxiety and depression and also includes support through a free 24/7 helpline, text and webchat
- › [Aroha](#) is a chatbot to help young people cope with stress
- › [Youthline](#) provides support for young people via the fee call service, text and webchat
- › [Melon Health](#) provides online tools and resources to help people manage stressful times, and also has an app available for download
- › [Sparklers](#) is a free online toolkit of wellbeing activities for tamariki Years 1 to 8.

## Social media resources

A range of organisations and services are providing useful content focused on sharing mental wellbeing messages. Some examples that you may wish to look at sharing across your own networks include:

- › Mentemia's [blog](#) and [Instagram](#) and [Facebook](#) content
- › Melon's series of [Facebook videos](#)
- › The [Mental Health Foundation's content on the Five Ways to Wellbeing](#) (via the Getting Through Together campaign)
- › Youthline's daily reminders in [Instagram](#) and [Facebook](#)



## Bouquets

### **Ward AG, Burwood Hospital**

I have found it very hard to think of the words to express my thanks to you all. You are quite simply, wonderful caring people. I will not mention names for fear of inadvertently missing someone out, but to help me as you all did, took each and every one of you working together to get me out of the dark, empty space I found myself in. Thank you for the respect and compassion you showed me, for listening when I needed to talk. That, I think, requires a very special quality. I will be forever grateful for all your efforts.

### **Emergency Department (ED), social workers and Intensive Care Unit (ICU) team, Christchurch Hospital**

We are writing to say a big thanks to the team who guided us through the night when Dad suddenly passed away in ED. Many thanks especially to Dr Gemma Brogan, Nurse Jackie and Nurse Courtney in ED. Also, thanks to the social workers and the Intensive Care Unit team. There were many more, whose names we forgot. Truly sorry, the night was such a blur. Mum and I felt at peace. I know kindness does not change the situation, but it certainly made everything much softer.

### **Sexual Health Service**

I would like to send a thank you to the good people at the Sexual Health Service (on Riccarton Road). Everyone was friendly and welcoming, including the people at reception. Kerstin (one of the registered nurses) went over my

medical history carefully and with a great deal of respect. We also had a few laughs which helped me relax. I'd really recommend this free service to anyone: no need to be self-conscious – just go and have your smear tests/sexual health checks done.

### **Day Surgery, Christchurch Hospital**

I recently went through the Day Surgery Unit at Waipapa and had a lovely experience. Nurse Rebecca Smith was superb, keeping me informed of when I might head to theatre, and making sure I was comfortable and relaxed while waiting. She was very caring, attentive and personable. Anaesthetist Richard Collins was excellent. He communicated clearly to me throughout the process, letting me know what was happening (before it happened) and what to expect. This made me feel like I was a person who was participating in everything that was going on, rather than just a passive patient having things done to me. I very much appreciated his attention to these details, it made a huge positive difference to my experience.

### **Admitting Unit, Burwood Hospital**

I brought my father-in-law in for day surgery. Everybody – receptionists, nurses, surgeons and trainees gave exceptional service. We would like to say thank you.

### ED, Radiology, Gastroenterology department, Christchurch Hospital

The staff have been exceptional, from ED to Gastroenterology to Radiology, and support, they have been kind and patient with us and our son. I hope this gets passed on to the staff as we hear nothing but negatives. I know they are under stress we didn't see it. We saw a very professional and collegial group, thank you.

## Big Shout Out

**To: COVID-19 vaccination clinic, Orchard Rd**

I would like to say a big thanks. What a great process. My nurse Ann (or maybe Annie) was amazing and hilarious. The lovely young girl who directed me to the right cubicle was great too. It was all seamless and easy. Nothing was a bother for any of the staff involved. Many thanks.

**From: Ann Vanschevensteen, Health Promoter,  
Community and Public Health**

#carestartshere

# Drive-through set up to vaccinate essential workers

A big shout out to Planning Lead Kirsty Peel of the Canterbury COVID-19 Vaccination Programme for her work in ensuring essential workers are invited into additional capacity created in Canterbury to support vaccinating essential workers.

A small, and incredibly busy team worked some long hours to stand up this clinic within a very short time-frame - huge thanks to everyone involved.

Drive-through vaccination clinics are being held Monday to Friday this week at the Christchurch Arena. These will be available to be booked by frontline, customer-facing essential workers (including supermarket staff) using a special code.

This a great help and will be well received, says Foodstuffs South Island General Manager Strategy and People Damian Lynch.

"Thanks for all your help to keep us going with our mission to feed the South Island."

Essential workers will be able to drive into the Christchurch Arena car park, from the Wrights Road entrance. People being vaccinated must be seated next to a window and their full arm/shoulder must be accessible through the window.



Everyone in the car getting a vaccination must have a booking and walk-ins aren't permitted. Those who can't get to the drive-through clinic are able to book their appointment at The Princess Margaret Hospital using the same special code. Some appointments have been set aside this week especially for essential workers.

Kirsty says the Canterbury Health System has been working tremendously hard over the last two days to stand up this clinic.

"We hope it is quickly booked by essential frontline workers. We are grateful for all they are doing for the community at this time."

# Revamp of vaccination centre done within 24 hours

Congratulations to the Canterbury DHB teams, who within a 24-hour period, revamped the Orchard Rd vaccination centre to increase its capacity and maximise efficiency.

This was a concerted effort by an amazing team to remodel the site, says Service Improvement Lead for Canterbury Initiative Carol Limber.

"Following the recent mass vaccination event in Auckland, Nurse Consultant Immunisation Carol McSweeney and COVID-19 Vaccination Events Lead Satish Mistry visited the Auckland site to examine their flow and understand how we could bring their lessons learned back to our sites to create a hybrid model and improve our capacity and flow.

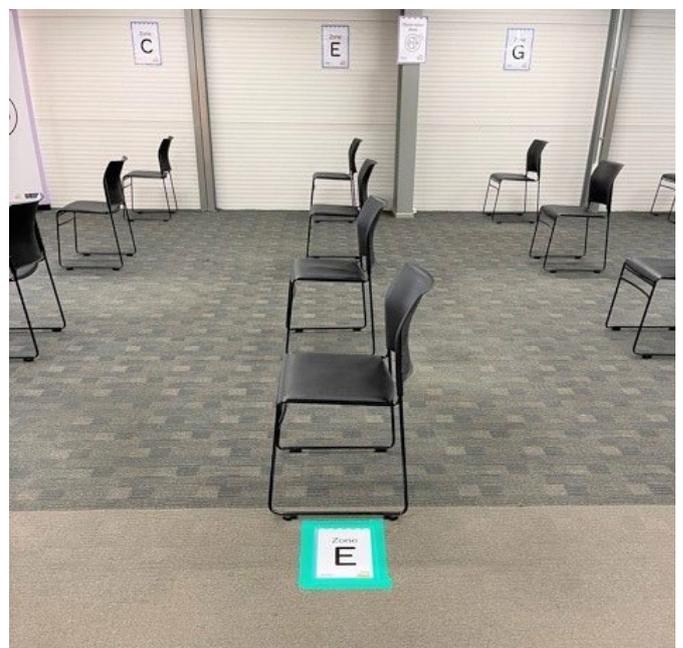
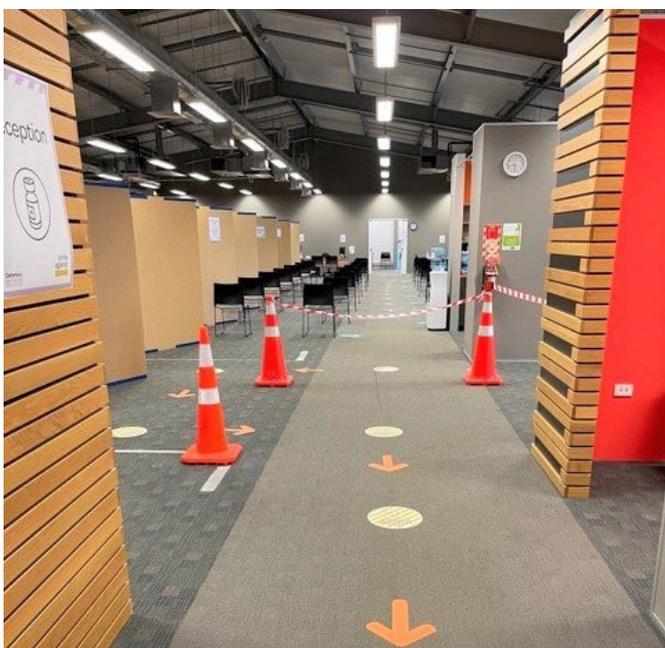
"Building on work done at The Princess Margaret Hospital and from modelling carried out by Planning and Funding's Paul Mollard, we created a duel-pod vaccinating model to improve flow throughout the centre and reduce average vaccination times down to approximately three minutes from six minutes."

As a result of this work, the Orchard Road vaccination centre was remodelled to maximise its use and throughput.

"In essence, this included increasing the number of pods from 10 to 24, completely moving the reception and check-in area to improve flow, and restructuring the waiting area and observation area," she says.



The revamped Orchard Rd Vaccination Centre



These changes will enable the centre to increase its potential capacity from 100 vaccinations an hour to over 200 an hour when fully staffed.

“Planning for this took place over the previous 10-14 days to organise builders, landlords, supplies, facilities, IT, media and the Design Lab team and bring it all together on Wednesday and Thursday of last week.”

The changes made also meant the centre could continue with its current capacity at Level 4 with the required two metre spacing.

“But with the new configuration we will be able to add in the extra chairs in less than 30 minutes to move between levels.”

Carol says she would like to give a huge shout out to all those who put in the hours to make this work and to the amazing Planning and Operations teams.

They included:

Service Manager Lisa McKay, Nurse Consultant Immunisation Carol McSweeney, Lean Coach Paul Mollard, Canterbury COVID-19 Vaccination Operations Lead Erin Wilmshurst, Site Co-ordinator Bridget Leggett, Lead Production Planning Richard Hamilton, Māia Foundation CEO Michael Flatman, Lean Coach Bill Wilson, Senior Communications Advisor Shannon Beynon, Site Co-ordinator Emma Godfrey, Project Manager John Rathgen, Project Manager Patrick Moloney, and Service Support Technician Donna Wright.



# Growing the diversity of our workforce

An emotional mihi whakatau (welcome) was held for Canterbury and West Coast DHB's three new equity staff in what is being described as a "new dawn" for the organisation.

The Equity team are:

Rebecca Murchie, Kaiārahi Matua - Tupu whānake me mana taurite (Workforce Development Lead - Equity and Māori)

Lee Tuki, Kaimātai - Mahi Māori (Workforce Development Partner - Equity and Māori), and

Akira Le Fevre, Kaimātai - Mana Taurite me Kanorau (Workforce Development Partner - Equity and Diversity).

They have been appointed to grow the diversity of our workforce. To both attract and recruit more kaimahi (staff) from diverse backgrounds but also to make the Canterbury and West Coast DHB's a more culturally competent and inclusive place for all to be, and to work in a way that truly honours our commitment to Te Tiriti o Waitangi.

Those attending the mihi whakatau included whānau and friends of the team, their previous colleagues, members of the Canterbury DHB executive team, and other Canterbury and West Coast DHB staff.

Executive Director Māori and Pacific Health Hector Matthews says the appointments will help grow our Māori workforce and the diversity of our transalpine workforce in Te Waipounamu.

"A lot of work has been carried out in the background to get us here. We are grateful for the mahi that Jo Domigan (Head of Equity, Recruitment and People Partnering) has done."

General Manager Māori Health, West Coast DHB Gary Coghlan, told those gathered:

"It's a marvellous day. I would say that some time ago this wasn't the greatest place for Māori and Pasifika people to work. However, I can see a huge change, the fact that these three people are starting on this tells me about those changes.



The three new equity staff, from left, Kaiārahi Matua - Tupu whānake me mana taurite (Workforce Development Lead - Māori and Equity) Rebecca Murchie, Kaimātai - Mana Taurite me Kanorau (Workforce Development Partner - Equity and Diversity) Akira Le Fevre, and Kaimātai - Mahi Māori (Workforce Development Partner Māori and Equity), Lee Tuki

"I was lucky enough to be part of the interview panel and it was an absolute privilege to be part of that process. I saw people who really understand who they are, where they are going, what their tikanga is and are so passionate."

Chief People Officer Mary Johnston said:

"This is a very special day and it's been a long time coming. I have only been here five months but know the work that has gone on and I would like to thank Jo for all she has done."

To the three appointees she said:

"We are here to learn from you and I thank you for coming to us to lead us in this very important work. This is the start right now."

Jo says it's a privilege to be able to welcome the new team members and their whānau.

"This is a real moment for us as a DHB. It's incredible to have this new team. It's a new dawn, a new opportunity to serve our Māori and Pasifika, LGBTQIA, disability and other communities in a more inclusive way. This represents the start of that. It's a pretty special day"

She told the new Equity team:

"I'm looking forward to you all bringing yourselves. We hired you to be you, uniquely you and we are thrilled to have you. We are sincerely grateful that you have come here, this really means something."

Rebecca says it is a real honour to be welcomed into the team.

"I am very excited to be here, and I am looking forward to working with you all. It is a fantastic time to be starting our journey alongside the establishment of the Māori Health Authority board, a very exciting time."

Akira says he is thankful for the beautiful welcome and proud to be part of the team.

"Thank you for creating this role that not only acknowledges but celebrates those of diverse identities. I am really excited to be able to work with this amazing team, learn from everyone and represent and support so many"

Lee says she stands in awe of her two team members.

"I am going to learn so much from you (Rebecca and Akira) and can't wait to get into the mahi."

**Please note: this mihi whakatau occurred prior to COVID-19 Alert Level 4 restrictions.**



Greetings at the mihi whakatau

## max self-assessments – please complete yours ASAP

**Reminder - All staff are required to complete their COVID-19 Staff Self-Assessment.** Visit the max. home page and you'll see the pop up.

This updated version now includes additional questions aimed at determining where some staff can work.

The screenshot shows the 'max.' home page with a prominent 'Covid 19 Self Assessment' pop-up. The pop-up text reads: 'Update your COVID-19 Self Assessment, click here to do this now' with a button 'Go to Covid 19 Self Assessment'. Below the pop-up, the page features a navigation bar with 'All services', 'Knowledge base', and 'Send a question'. There are also several content cards: 'Quick links' with icons for leave, pay, and employment; 'Announcements' with a text snippet; 'My favourites' with instructions; and 'Social media channels' with icons for Facebook and Twitter. The footer includes logos for Canterbury, West Coast, and PRISM Canterbury DHB, along with links to HRIS payroll reports and the HELM hub.

# Purchase of training equipment streamlined by Simulation Operational Group

What training equipment might your department need in the next 12 months?

That is the question the Simulation Operational Group (Sim Ops) is asking staff to consider, to ensure successful group purchases continue, money is saved, and more sophisticated items may be acquired.

SimOps was established at the request of the Simulation Governance Group to give clinical simulation teams the opportunity to inform on their activities, better collaborate, and develop simulation documentation and training, says Manawa Co-ordinator Christine Beasley.

The group started meeting mid-2020, with representatives from all clinical areas and specialities invited. The first phase was about developing a collaborative process for the purchase, sharing and maintenance of training equipment.

“Before this system, every department would buy their own equipment with no central record of purchases made. This resulted in training equipment being duplicated throughout the DHB, and in some cases that equipment getting little use,” she says.

“Our first order of business was to collaborate on a CAPEX plan for the procurement of training equipment that is accessible to everyone across the region with joint ownership.”

In the last financial year SimOps agreed on a joint CAPEX plan which was submitted and passed.

“With the new process we have been able to reduce duplications which has allowed us to buy more sophisticated equipment that meets more than one area’s needs, including the new, Adult Life Support (ALS) manikin named Wally.

“Because of Wally’s advanced features he can be used by all adult complex care areas such as the Emergency



From left, Physiotherapist Maisie Farndon and Senior Physiotherapist Sarah Fitzgerald teaching at an Intensive Care Unit course for physiotherapists looking after a ventilated patient (manikin named 'PaccMan')

Department, Theatre, the Anaesthetic Department and the Intensive Care Unit (ICU).”

The Canterbury DHB Simulation Team is currently filling last financial year’s orders, allowing for up-to-date training equipment to be available wherever staff work.

So far SimOps purchases have included:

- › ALS manikin (Wally) available from the Waipapa Tech Training Room (booking needed).
- › Intravenous arms and central venous access trainers. These will be distributed throughout the region.
- › A naso-gastric trainer, which will be based Burwood Hospital.
- › A sternotomy trainer for use in ED/Theatre/ ICU, for training on emergency chest procedures such as emergency open-heart surgery.
- › A Practical Obstetrics Multi-Professional Training (PROMPT) birthing trainer for Midwifery.
- › A Sara Stedy (mobile active lift for transferring patients) for manual handling training (joint purchase with Ara Institute of Canterbury).
- › A surgical abdomen trainer – for use in Theatre room simulation.
- › Replacement of CPR training manikins.

SimOps is now asking staff to think about the training equipment they may need for CAPEX 2021/22, Christine says.

Request forms are available from: [christine.beasley@cdhb.health.nz](mailto:christine.beasley@cdhb.health.nz)

# Whenua ki te whenua – advance care planning guide for whānau launched

The Health Quality & Safety Commission has launched Whenua ki te whenua: A taonga for your whānau, a new advance care planning guide designed using kaupapa Māori processes.

An Advance Care Plan is a way for people to think about, talk about and share what matters to them now, in case someone needs to speak for them in the future.

Whenua ki te whenua is available in English and te reo Māori. It was co-designed with a Māori advisory group and is a resource to help all New Zealanders think and talk through their advance care plans.

The guide encourages people to think about what's important to them, their values and beliefs, and consider practical decisions should they become unwell or unable to speak for themselves. It also provides resources and examples of other people's approaches to advance care planning.

Whenua ki te whenua was developed with aroha and wairua by the commission's ACP planning Māori advisory group. A wānanga was held at Kōkiri Marae in Lower Hutt to explore with whānau Māori and hauora staff how to best start the kōrero around advance care planning.

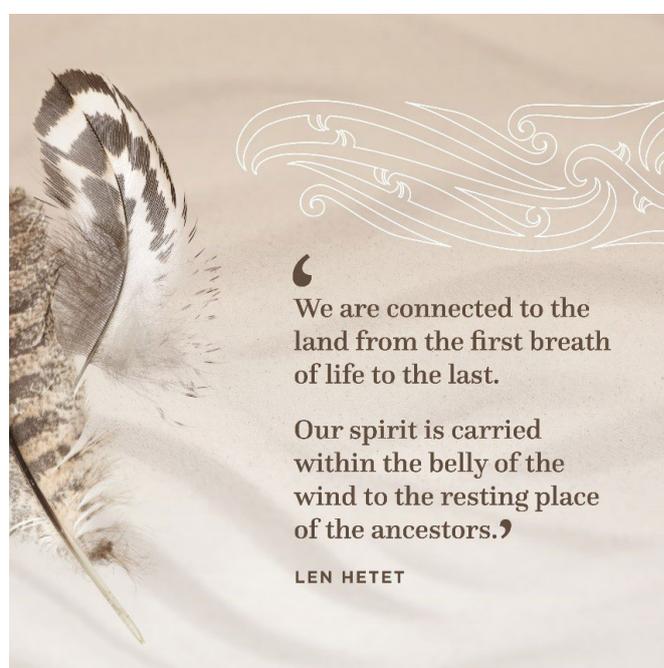
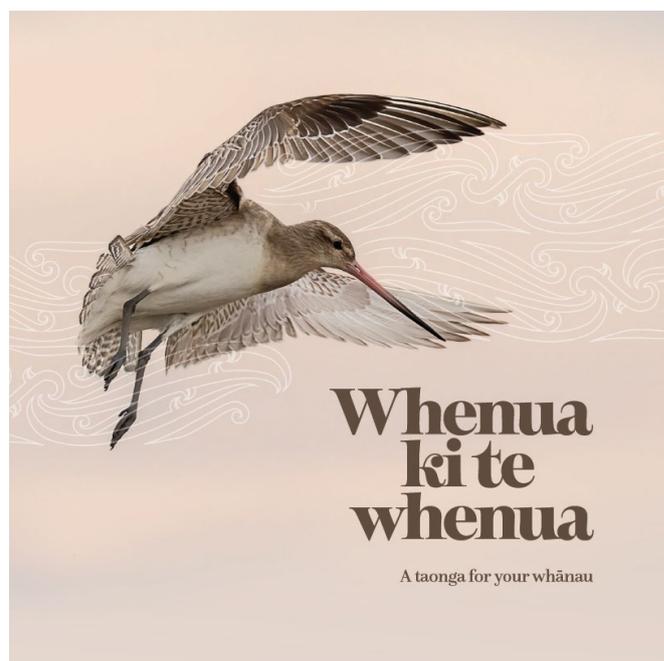
This included the development of a tohu (pattern), whakatauaikī and the kuaka bird imagery by artist Len Hetet.

"The tohu design is based on the pito [umbilical chord] and the traditional Māori practice of burying it as a way of connecting a newborn baby to the ancestral lands. Through this tikanga [Māori custom] the link is made with Papatūānuku [Earth mother] and the role that both whenua, the land, and the pito play in a spiritual sense," Len says.

Canterbury DHB Palliative Care Physician Kate Grundy says it is an exciting new advance care planning resource and a great document to support whānau across Canterbury thinking about their own advance care planning wishes.

Physical copies of Whenua ki te whenua are available free of charge and can be ordered from the commission online in English and te reo Māori [here](#).

Or you can download PDF versions [here](#).



# One minute with... Jo Starr, Communications and Fundraising Coordinator, Māia Health Foundation

## What does your job involve?

I provide administrative and financial support in the daily operation of the Māia Health Foundation, which is the official charity for Canterbury DHB. My job includes writing communications and creating content for Māia's social media, our website and e-news. I liaise with donors and stakeholders, assist with the logistics of fundraising events, support the Trustees, and manage the financial transactions.

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

I started at Māia in January 2016 to help set up the operational systems and processes, however, at the time I wasn't that interested in working for a charity. As Māia began to actively fundraise my perspective changed on philanthropy and giving. Now, we are a team of four, two of whom are fundraising and events professionals, and I have learnt a lot about charities and how they operate. I also volunteer for the New Zealand Horse Ambulance Trust, managing social media and community engagement.

## What do you like about it?

It feels so good to give, and to help make a difference – thanking a donor is really important and it makes you both feel great! I love to create content – writing posts and designing social tiles for Māia's communications, and I also like the transactional side – using a fundraising database and Xero. I get to be both creative and structured in this role.

## What are the challenging bits?

For me it is keeping my energy up during a fundraising campaign. I try to engage as many people as possible across Māia's social media channels, while in the background I am also doing the admin and finance. Teamwork makes the dream work – we all have strengths that make a campaign successful.

## Who inspires you and why?

No one person in particular, but I love to gather inspirational nuggets from people like Brené Brown or Liz Fosslien. Dylan Schmidt, who won bronze in the trampoline at the Tokyo 2020 Olympics, said to achieve your dreams you need to "own your truth – if you can't say it, do you really believe it?" I love that!

## What do Canterbury DHB's values mean to you in your role?

You can't go past the 'golden rule' – treat other people the way that you would like to be treated, and that includes respecting a donor's privacy and their wishes.

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

I started working in health in 1989 at Christchurch Hospital, as a 19-year-old.

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

Without a doubt, Rarotonga. It is a fantastic place to unwind, snorkel, eat, laze around and enjoy down-time. The people are so warm and welcoming. Imagine being stuck there...



## What do you do on a typical Sunday?

I have a sleep in, go for a walk in Bottle Lake Forest or at Spencer Park beach with our dalmatian, Stella. Prior to lockdown, in the afternoon I'd go to my happy place – a racing stable at Riccarton Park where I muck out the yards and help with the horses. I like to think of myself as a volunteer stable-hand but really, it's equine therapy.

## What's your favourite food?

I love a good omelette with spinach and mushrooms. I sometimes think my husband has ESP – he knows when I need an omelette and it sets me up for the day!

## And your favourite music?

I downloaded Spotify a few weeks ago and have been listening to 80's UK music – I guess I like a bit of drama and glam. The current song that I can't get out of my head is Beggin' by Måneskin, the 2021 Eurovision winners.

## 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.



### Vodafone

Get broadband and mobile discounts exclusive to Canterbury DHB staff when registering your interest through this [link](#).



### Parkside Pharmacy

32 Oxford Terrace, Christchurch Central

Get 10 percent off the recommended retail price of all products except prescriptions, pharmacist-only medicines and items on special. Show your Canterbury DHB ID to redeem.



### Dell

Get exclusive discounts and benefits when you buy online with your Canterbury DHB email address. Offer valid till 31 August 2021. Click on this [link](#), select 'Get a Coupon' and enter your work email address to receive the discount code.



### Unichem Parkside Pharmacy

2 Riccarton Avenue, Christchurch Hospital

Get 10 percent off all products except prescriptions, pharmacist-only medicines and items on special. Cannot be used in conjunction with the use of a Living Rewards card. Show your Canterbury DHB ID to redeem.

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



## PDRP Update 2021

### ePortfolios:

The CDHB PDRP office is preparing for changing over to electronic portfolios.

Canterbury District Health Board nurses: From 1 May 2022 all portfolio submissions will be electronic for CDHB nurses.

Primary and community organisation's nurses: who submit a portfolio to the PDRP office in Canterbury - a later date will be advertised next year for ePortfolio submissions only. Until that date is advertised both hard copy and ePortfolios will be received.

Education is currently being delivered, particularly for Nurse Educators, using a 'train the trainer' model. Nurse Educators will be the primary group to educate and support nurses in their ePortfolio submission within the CDHB from 1 May 2022.

#### Online Introduction to ePortfolio Training:

All nurses are invited to undertake ePortfolio education, by first completing the ePortfolio online education on healthLearn. Complete this on healthLearn: **ePortfolio RGIT003**.

Completing this online learning gives you access to the Mahara ePortfolio site within your healthLearn account. We then assist you to navigate Mahara at the face to face training sessions.

#### Face to Face Training:

The face to face training bookings are currently open for all nurses, particularly Nurse Educators; PDRP applicants; and peer assessors (Nurse Manager, Associate Nurse Manager, Senior RN, preceptors etc).

Book into these on healthLearn: **ePortfolio Training sessions CAIT005**

CDHB venues and dates will continue to be added to the current training on healthLearn, to be held at Manawa, Hillmorton, Burwood, Ashburton and some primary/community organisations. Any organisations nurses can attend at any venue, by booking into these sessions.

Resource Nurses and Assessors: Face to face Education is coming. Again, you will need to have completed the healthLearn Introduction to ePortfolio training RGIT003 prior to attending this education or please attend the Resource or Assessor updates this year, also booked via HealthLearn.

Canterbury region NETP nurses: will be completing an ePortfolio from the September 2021 intake, so all NETP preceptors will be required to have ePortfolio training.

Currently until 1 May 2022, both ePortfolios and hard copy submissions are being accepted by the CDHB PDRP office, for nurses at all PDRP levels.

### AUGUST 2021 UPDATE

#### ePortfolios are coming

From 1<sup>st</sup> May 2022 all portfolio submissions will be via electronic portfolio for CDHB nurses. Community and Primary nurses will be a later date.

Step One: healthLearn  
**RGIT003**

Step Two: healthLearn  
**CAIT005**

Further education is being advertised.

All nurses from any organisation are invited to undertake the above training on ePortfolios.

Nurse Educators, Nurse Leaders, Preceptors and PDRP Applicants are encouraged to train early for ePortfolios.

For all PDRP related queries please email  
[PDRP@CDHB.health.nz](mailto:PDRP@CDHB.health.nz)

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# we're talking health...

**Starting Well, Living Well and Ageing Well**

Come and join us for a fun evening of talks from Canterbury researchers who are improving healthcare for us all. **Registrations essential**

Wed 22nd September, 5.30pm – 7.30pm  
Manawa Foyer, 276 Antigua Street  
(Doors open at 5pm for refreshments)

**For more information visit**  
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**‘Save the date’** for the upcoming consultation meetings to discuss the Ministry of Health’s Strategy to Prevent and Minimise Gambling Harm (2022/23 to 2024/25) Consultation Document.

Consultation is one element of the process for developing the Strategy as required by section 318 of the Gambling Act 2003. From 1-17 September 2021 the Ministry will be holding a series of public consultation meetings in the country’s main centres and online. At these meetings you will have the opportunity to discuss the Ministry’s proposed Strategy to Prevent and Minimise Gambling Harm (2022/23 to 2024/25) and learn how to make a written submission.

The itinerary for this consultation is shown below:

<b>Date</b>	<b>Meeting</b>	<b>Viewpoints</b>	<b>Time</b>
1 September	Wellington	General	10.00 am to 12.00 pm
2 September	Auckland	Industry	12.00 pm to 2.00 pm
6 September	Christchurch	General	10.00 am to 12.00 pm
7 September	Dunedin	General	9.30 am to 11.30 am
8 September	Online / zoom	Young people	6.00 p m to 8.00 pm
13 September	Auckland	Lived experience	6.00 pm to 8.00 pm
14 September	Auckland	Asian	9.30 am to 11.30 am
14 September	Auckland	General	2.00 pm to 4.00 pm
15 September	Auckland	Māori	12.00 pm to 2.00 pm
15 September	Auckland	Young people	5.00 pm to 7.00 pm
16 September	Auckland	Pacific	9.00 am to 11.00 am
16 September	Hamilton	Māori	2.30 pm to 4.30 pm
17 September	Online / zoom	General	10.00 am to 12.00 pm

You are most welcome to attend the meeting that is most convenient for you. However please note that the Lived Experience and Young People hui are only open to those communities.