



New Chief Medical Officer – Dr Sue Nightingale

Following an extensive international recruitment process, last week we announced that Dr Sue Nightingale has been appointed to the position of Chief Medical Officer for Canterbury DHB. This is an important role for our health system and I am absolutely delighted that Sue will be taking up this position.

Dr Sue Nightingale is well known to many in the Canterbury Health System and it's her established credentials and networks, which have led her to the role of Chief Medical Officer (CMO).

Sue will step into the CMO role for Canterbury DHB starting 19 September 2016.

It was former CMO Dr Nigel Millar who 'planted the seed' suggesting she should go for this role. Sue has established connections across the Canterbury and national health systems and is excited about taking on a new set of challenges.

She works from a strong clinical governance framework which includes promoting clinical leadership, best clinical practice and ensuring the patient voice is heard.

A committed clinician and talented leader, Sue has worked for Canterbury DHB and its predecessor organisations since 1988 in a variety of clinical and leadership roles. She is currently Chief of Psychiatry and Director of Area Mental Health Services, positions she has held since 2010.

During her time as Chief of Psychiatry, Sue has displayed a deep appreciation of clinical governance and leadership, and a real passion for ensuring patients' experience of healthcare is the best it can be. Her philosophy is simply "patients really do come first".

Sue places huge value on the importance of involving and engaging families and also encouraging clinicians to work from the view of putting themselves in the patient's shoes.

She also believes clinicians need to maintain care and respect for each other at all times and for any bad behaviour to always be addressed immediately. If you don't, you are saying you're accepting that behaviour.

Sue also holds high the importance of having a work-life balance. Including taking charge of your own physical and mental wellbeing. Family comes first for Sue and everything else comes after that. Making time to stay active and healthy and having outside interests in your life is essential, Sue says.

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Above: Dr Sue Nightingale

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Sue received her medical training at the University of Otago. She went on to obtain a Diploma in Obstetrics and, more recently, a Masters in Bioethics and Health Law. She initially trained in general practice, but moved on to psychiatry and obtained her Fellowship of the Royal Australian and New Zealand College of Psychiatrists (FRANZCP). In 2015, Dr Nightingale was awarded Fellowship of the Royal Australasian College of Medical Administrators (RACMA).

She has held a variety of clinical and leadership positions within mental health services in Canterbury and is also a government appointee to the Mental Health Review Tribunal on which she has served since 2009. Sue is currently National Chair of the Directors of Area Mental Health Services.

In partnership with clinical directors and operational leaders across mental health services, Sue has led wide-ranging service improvements to Canterbury's mental health services

that are delivering stunning results despite the significant pressures that these services have been under over the post-earthquake period.

Sue will start in her new role as CMO on Monday 19 September 2016. Until that time, she will remain as Chief of Psychiatry, and recruitment for that position will begin shortly.

Please join with me in congratulating and supporting Sue as she takes up her new role.



David Meates
CEO Canterbury District Health Board

Culture change for vaccination

Ashburton Nurse Educator Amanda Van Asperen has learnt a lot since she started her nursing career. One of those things is the importance of getting a flu vaccination.

Nine years ago Amanda didn't feel the need to get a flu vaccination. She was young and fit and many of her nursing colleagues had reservations about the effectiveness of the vaccination and possible side effects.

"They didn't get the vaccination so I didn't either, but I wish I had. I caught the flu from a patient who hadn't been isolated," says Amanda.

She's had the vaccination every year since and has also taken on the role of vaccinator. Amanda says the workplace culture around getting vaccinated has changed a lot since then too. One of the main reasons for the change is having vaccinators on site.

"It is very rare for a staff member to decline the free vaccination now. It is so convenient and any questions staff have can be answered on the spot," says Amanda.

In addition to having personally experienced the flu Amanda has very common reasons for getting vaccinated.

"I have school children now, and elderly in-laws. It's about protecting them too," says Amanda. "We've already had a couple of flu cases this year, it's all about to take off. Get vaccinated now so your immune system can protect you."

Three hundred and fifty staff have been vaccinated across Ashburton and rural hospitals, so join your colleagues and get vaccinated.

How to get your vaccination

It's time to protect yourself, your whānau, your patients and your community from influenza (flu).

[View how to get vaccinated here.](#)



Amanda Van Asperen

Facilities Fast Facts

Fast Facts – Burwood

From Monday June 13, the new main entrance to Burwood Hospital will be via Burwood Road. The hospital grounds cover the street numbers from 284-330 Burwood Road. To make the street address of the hospital's new main entrance easy to remember, number 300 Burwood Road has been chosen.

Next week is Move Week at Burwood. General Manager Older Persons, Orthopaedic and Rehabilitation, Dan Coward's penultimate move video is available to view [here](#).

In brief, the main moves are as follows.

- » Radiology is now open for all inpatients and community patients in the new department. It will be fully open for all services on June 13.
- » The Brain Injury Rehabilitation Service (BIRS) moves to its new home in Ward CG on Friday 10 June.

» Older Persons' Health and Rehabilitation outpatients clinics will be closed on Friday 10 June and Monday 13 June. They will be fully open in the new outpatients department on Wednesday 15 June.

» Go-live for the new reception and café is Monday June 13.

» Wards move from The Princess Margaret Hospital between 13 and 16 June.

Click [here](#) for a full list of the upcoming moves to Burwood.

Staff should also keep an eye on the daily staff global emails over the next two weeks, as there will be a lot of Burwood information being posted.

For those who missed it, here's a short [video](#) about the public Open Day on May 29.

Fast Facts - Christchurch

Demolition of the main part of the blue car parking building is now in the "soft strip" phase, when interior fittings such as pipes and cables are removed. The building itself is planned to be demolished using a "cut and carry" method in which pieces are cut and then craned off the building, to minimise effects on neighbouring buildings. The lift tower near the Labs building is being demolished first.



A reminder to staff at Christchurch Hospital that work has now begun on land remediation at the eastern end of the hospital site, near the Avon River. The work will take several months and requires the road layout to be changed at that end of the site. Access to the staff cycle parking by the mortuary, and access to the entrance to the staircase by the Department of Anaesthesia, will be maintained throughout the works. Emergency services have been informed of the roading changes.

Canterbury Grand Round

Friday 10 June 2016, 12.15pm to 1.15pm with lunch from 11.45am.

Rolleston lecture theatre

Speaker one: Dr Matthew Reid, Public Health Physician
"Stop Bombing Hospitals"

This presentation, based on the experience of the international medical humanitarian organisation Médecins Sans Frontières / Doctors Without Borders, will present the proposition that hospitals, health staff and patients are increasingly coming under attack in conflict zones, in breach of international law. What are the implications of this trend and what might we do about it?

Speaker two: Dr Roxanna Sadri, Hyperbaric Medicine
"An introduction to Hyperbaric Medicine. Would you like a consult?"

Christchurch Hospital has one of the two public hyperbaric chambers in New Zealand, and takes referrals from as far north as Taupo to the bottom of Stewart Island. This

presentation touches on the indications for hyperbaric oxygen therapy, and patients you may have that would benefit from a referral to the hyperbaric service.

Chair: Melissa Kerdelmelidis

Video Conference set up in:

- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital
- » Room 1, 160 Bealey Avenue

All staff and students welcome.

Talks will be available within two weeks on the [intranet](#).

Next Grand Round is on Friday 17 June 2016 in the Rolleston Lecture Theatre.

Convenor: Dr R L Spearing, ruth.spearing@cdhb.health.nz

First computerised tomography (CT) scan at Burwood Radiology

The first person to have a CT scan at Burwood Hospital's new radiology department says the experience couldn't have been any better.

Reginald Coles said "everything about it was so great".

"The place was clean, tidy and modern and the staff were very nice. I loved every part of it."

With the re-development of Burwood Hospital, the Radiology department has expanded to meet the combined radiology service needs of Burwood Hospital, Older Persons Health & Rehabilitation (OPH&R) and community referred patients. This includes the introduction of digital equipment and the arrival of CT, Ultrasound, Bone Density and Magnetic Resonance Imaging services.



Above: From left, Team Leader CT Scanning, Louise Dowie, Senior Medical Imaging Technologist (MIT), CT Scanning, Basil Yee, Reginald Coles and Senior MIT, CT Scanning, Jo McIver.



Bouquets

Ward 28, Christchurch Hospital

I would like to congratulate you on your amazing staff at Ward 28 in Christchurch Hospital. I have recently had a 10 day stay after surgery at the neurosurgery department. My care following the surgery was so good. The nursing staff, nurse aides, student nurses were all so caring, gentle, clear in their instructions and never gave me the impression anything was a nuisance. In particular I would like to mention Daniel Pizzey who showed endless gentleness, respect, professionalism and overwhelming care. His exceptional care made my stay so much easier. Also the student nurse who didn't flinch when I threw up on her – instead holding the bowl and rubbing my back. Congratulations on a great team.

Eye Outpatients

I would just like to say thank you for the phone call I received three weeks ago when I was unable to attend my routine appointment because of an accident. Thank you for your concern and taking the time to see how I was – you all have very busy days. Thanks again.

Oncology, Christchurch Hospital

Outstanding service and wonderful staff. Excellent communication. What a dream team all the staff are and something I dreaded for eight weeks turned out to be a special experience and one I will remember with gratitude and good memories. Congratulations on an outstanding service. Also the Cancer Society is truly amazing beyond belief. I will forever be most grateful to them.

Emergency Department, Ward 23 and Acute Medical Assessment Unit (AMAU), Christchurch Hospital

The Emergency Department were wonderful to my elderly blind father.

Staff introduced themselves well and explained all procedures and health outcomes to us both. AMAU was the same. The doctors and nurses were very understanding of his many questions and the needs for his age and blindness and family. Ward 23 gave him excellent care as above. They were excellent in providing assessments of his needs and quick response to providing reviews and equipment required for discharge. Also the cleaners were always keeping the place spotless and bins emptied. Ward 23's mission on their noticeboard describes their care and attitude well. Thank you.

Ward 21, Christchurch Hospital

Staff are absolutely amazing, caring and generous with their time. Appreciate you caring and compassionate people who try to fix all our broken bodies. The love of the universe surrounds you.

Ward 18, Christchurch Hospital and Older Person's Health Specialist Service

Dr Jane is awesome – just love her manner with my mother and the way she discussed the care and what's happening with the family. Thank you.

Acute Medical Assessment Unit, Christchurch Hospital

No complaints during my short stay. Staff considerate and very helpful.

Maternity Ward

What an amazing culture the ladies have developed to help new lives. My wife gave birth to a little girl. She lost excess blood but the care she received is outstanding. I am out of words to express my gratitude. Well done ladies!

Birthing Suite - Christchurch Women's Hospital

Congratulations on getting it right!

A fantastic facility for our families to welcome their new babies. Excellent staff, facilities, care and a wonderful experience. Thank you!

Birthing Suite - Christchurch Women's Hospital

Regarding Julia, Fiona, Kath and Kylie. These midwives were all so patient, reassuring and kind after my labour and caesarean birth. I really appreciated their help with learning how to breastfeed plus everything else I have learnt. There was also a Swedish physio who helped on the ward for a bit and she was great too. Thank you.

Gynaecology Assessment Unit, Christchurch Women's Hospital

Many thanks to the nurses and staff for their kind and compassionate care shown with my dear mum. I believe nursing is one of the most rewarding vocations.

Gynaecology Ward, Christchurch Women's Hospital

Appreciate the excellent services provided during our stay.

Ward 21, Christchurch Hospital

Lovely nurses - Dana and Bianca - thank you so much for looking after our son so well for us.

Ward 22, Christchurch Hospital

I enjoyed my stay at Ward 22. I liked all the nurses that looked after me.

Ward 22, Christchurch Hospital

Dr Amy and the nurses were great. We had a lovely nurse who worked in the evening (I don't recall her name

but she wore cross earrings). The paediatricians were also wonderful and very knowledgeable. But the one really worth mentioning was our morning nurse, Andrew. He was fantastic. He

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was clear with his communication, very friendly and approachable. Andrew and the sweet wee nurse (with the cross earrings) were the ones who really helped us maintain our sanity in such a trying time for new parents.

Emergency / Bone Shop, Christchurch Hospital

Hi my daughter was referred from Riccarton Clinic with a broken arm on the evening of 15/05/2016. I would like to compliment the nurses and the rest of her treatment team on how they treated her. They were very kind during a busy time. They took the time to reassure her (and her parents!), they even attempted to make a horrible procedure fun with fairy lights, music and nice smelling masks, allowing mum to be involved in her care.... During her subsequent visits at the Bone Shop on the 23rd and 30th of May, she was always treated with compassion and the nurses realise that the colour of a cast and glitter applied to

the cast are the most important things to an eight year old patient. Thank you.

CAAU, Christchurch Hospital Clowns - they are awesome!

Maintenance

The maintenance guys are fantastic. Especially the trade assistants.

Public Health Nurses

I would just like to give you some positive feedback on our experience with the Public Health Nurse system. All too often all we hear is the negatives about the public system however our experience has been quite the opposite. We were referred to the Public Health Nurse by our GP as our 4 ½ year old daughter was having issues with toileting. We had literally tried EVERYTHING with no success and were getting really concerned with school approaching. We were 99 percent sure it was behavioural but we just couldn't make any headway with her.

We were lucky enough to have Holly assigned to us and within a matter of weeks we have achieved our goal. Whilst we still have a little way to go I know that without Holly's expert help and knowledge we wouldn't have achieved this.

Holly interacts brilliantly with our daughter and having her assistance has without a doubt made all the difference. She has kept in frequent contact with us to see how we are progressing, even ringing to speak to my daughter and has visited her kindergarten to speak with her teachers so that everyone involved in her care is working cohesively towards the same goal.

We just want to pass along our thanks and appreciation to Holly and the Public Health Nurse Team as without your help we would still be struggling.

High Praise for Canterbury's Vision & Hearing Testers

The Vision & Hearing Testers (VHTs), based at Burwood Hospital, have recently been assessed by their governing body, Careerforce, and received high praise indeed!

Careerforce Assessor, Glynne Morresey was so impressed by the VHT Team she emailed the team's Manager, Vicky Brewer, with the following congratulations:

"Thank you all so much for making my visit to Canterbury such pleasure. It was so good to see three new screeners who have been trained well, have a very good knowledge of the protocols, and are thoroughly prepared for their practicum.

The Vision and Hearing Screening team are supportive of each other and also are very well supported by their management – the equipment they require for screening is provided and maintained, they are supported in attending the national Vision and Hearing Technicians Training Seminar and also regional professional development courses.

As an assessor for the Vision and Hearing Screening qualification I have assessed in 10 DHBs throughout the country and would like to congratulate you all on the very high standard of your work and the wonderful support you give each other.

Please pass on my thoughts to the rest of the team - I don't have all their email addresses – but it is very obvious to me that the whole VHS team is working together for the benefit of the children of Canterbury."

Well done!



From left: Vision & Hearing Team May 2016 - Leona Rooney (Pink Cardigan), Sue Brosnan (Black), Haley Murphy (Grey Cardigan), Rosalie Tuhuru (Blue Top), Louise Pickering (Red top) and Colleen Harford (Spotty Top).

SI PICS goes live

Staff in older person's health and rehabilitation outpatient and community services became the first in the country to use the South Island Patient Information Care System (SI PICS) last week.



Following the final 'go' decision taken by the programme board late in May, it was all hands on deck to ensure the final preparation was in place for go-live morning. Dougal McKechnie, CDHB SI PICS Programme Manager, offered a big thanks to everyone involved.

He said: "In addition to the CDHB, regional, Nelson Marlborough DHB (NMDHB) and Orion Health teams, there was a huge amount of effort from Decision Support and ISG to get this over the line – it really was a team effort.

"Despite some initial teething problems, recent feedback suggests that as staff become more familiar with the software, there will be higher level of comfort and confidence in completing day-to-day tasks.

"This is the first piece in a much larger puzzle for the region's solution to patient management and administration, and there will be many lessons to take

forward as we roll out across the South Island."

There have been more than 75,000 patient records migrated to SI PICS and the software was put through its paces with several rounds of user acceptance, system integration and data migration testing, before it was released on Monday 30 May.

Super User Niki Bailey joined the project team last year, from her role as ward clerk at Hillmorton Hospital. A proficient SAP user, Niki had no problems transitioning to SI PICS and believes that, although more advanced functionality is yet to come, from day one SI PICS will still provide a better user experience.

She said: "It might be more difficult, or a little slower, as end users familiarise themselves with new software while they do their day-to-day jobs. But as confidence and capability grows, I'm

sure staff will find it much more intuitive and user-friendly than their previous patient management systems."

Stella Ward, Executive Director of Allied Health and SI PICS executive sponsor, said: "Canterbury DHB is leading the way in the innovation stakes – SI PICS is just part of our movement to provide efficient, patient-centred care.

"This is a real partnership piece with a huge amount of effort from a lot of people. Big thanks to all involved, including the project team, NMDHB project team, the regional team and Orion Health. I'd also like to recognise the support the project has received from service managers, and input from end users – it's been a real collaboration."

To find out more about the project or view the frequently asked questions relating to the go-live, visit the SI PICS intranet pages by typing intranet/sipics into your browser.

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Above: Showing support: Stella Ward (R), Executive Director of Allied Health and SI PICS executive sponsor, came to support those working on final go-live preparations over the weekend with lots of treats and messages of encouragement. While she was here she joined triage meetings and was put to work folding reference guides.



Above: Team effort: Dan Coward (L), General Manager for Older Person's Health and Rehabilitation, popped in to join some triage meetings, but also to express his thanks to end users who'd given up their weekend to support the team with data entry and validation.



Above: Marking milestones: Helen Ramsay (L), Business Process Analyst, and Stella Ward (R) display the first labels to be printed from SI PICS.

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Above: Out with the old: Andrew Hall, CDHB SI PICS technical team lead and Stella Ward, Executive Director of Allied Health and SI PICS executive sponsor, model t-shirts for respective patient management systems. Andrew was involved with the deployment of Homer 21 year ago, which is one of the three systems which will eventually be replaced with SI PICS



Above: Check please: Chief Information Officer, Chris Dever, called in on Saturday to see how the tasks were tracking.



Hand Hygiene Campaign – great feedback received

Our May campaign “Its Ok To Ask Me To Clean My Hands” has been very well received from staff and patients. The national target for the audit period finishing the end of June is 80%. Interim reports will continue to be circulated widely, with the latest result being 77.8%.

Remember that the video resources (produced involving CDHB staff, consumers and the Clown Doctors) and a variety of printed resources are still available for meetings, discussion and leadership activity to improve hand hygiene practices. You'll find these on the [Intranet](#).

- 1 “It's Ok To Ask Me...” with Clown Doctors and CDHB staff
- 2 “Cantabrians Talk Hand Hygiene” – what consumers tell us
- 3 “CDHB staff believe” - multiple staff interviews

Staff are asked to utilise and promote these resources within their service for education and improvement purposes.

Intranet (1, 2, 3) - [click here](#).

Internet (1 and 2) - [click here](#).

For an update about the Hand Hygiene improvement Journey [click here](#).





KEY MESSAGES

From your representative at the Hand Hygiene Governance Group Meeting May 2016

THE BIGGEST CHALLENGES THAT REMAIN

Specific moments

- Moment 1 - Before touching a patient
- Moment 2 - Before a procedure
- Moment 5 - After Touching patient's surroundings
– improvements are noted for Moment 5

**NATIONAL
TARGET IS 80% BY
END OF JUNE 2016
INTERIM RESULTS
AT 23 MAY 2016
IS 77.8%**

Moment		Current Interim 23 May 2016	Previous Nov 15 - Mar 16	Previous July - Oct 15	Previous April - June 15
1	Before touching a patient	75.2% ↓	76.1%	77%	76%
2	Before procedure	72.8% ↓	81.6%	84%	74%
3	After a procedure or Body Fluid Exposure Risk	83.9% ↑	80.2%	84%	77%
4	After touching a patient	83.3% ↓	84.4%	82%	86%
5	After touching a patient's surroundings	71.1% ↑	66.1%	67%	62%

USE DATA TO TARGET AND SHOW IMPROVEMENT

- Specific staff groups

Compliance Rate by Health Care Worker				
	Name	Correct Moments	Total Moments	Compliance Rate
1	Nurse/Midwife	599	738	81.2%
2	Medical Practitioner	78	116	67.2%
3	Allied Health Care Worker	23	30	76.7%



Hand Hygiene Campaign

- "Its Ok To Ask Me..." Campaign – Video resources developed for this campaign for you to watch, share, discuss and utilise for education.
- **Intranet:** http://cdhbintranet/corporate/Quality/SitePages/Hand_Hygiene_Month.aspx - "Its Ok To Ask Me..." and "Canterburians Talk Hand Hygiene"
- http://cdhbintranet/corporate/Quality/SitePages/Hand_Hygiene_Month.aspx - "CDHB Staff Believe..."
- <http://www.cdhb.health.nz/News/Media-Releases/Pages/default.aspx> - "Its Ok To Ask Me..." and "Canterburians Talk Hand Hygiene"
- Please utilise and communicate these resources within your services for education and improvement purposes

Canterbury
District Health Board
Te Whānau a Māori

Dermatoscopy and skin lesion course now available

A team of Canterbury clinicians have developed a dermatoscopy and skin lesions course in HealthLearn with content provided by subject matter expert, Dr Amanda Oakley from Waikato.

The course has been designed as part of the Faster Cancer Treatment Programme, after Canterbury DHB secured funding from the MOH for a “Find the Spot Melanoma project”.

Project Lead, Carol Limber, says the course is specifically designed to assist general practitioners and nurses who undertake skin examinations in identifying skin lesions that may be a suspected melanoma.

Learning objectives include:

- » Identify appropriate lesions that might need to be excised
- » Understand how to take a high quality photographic image
- » Capture and upload high quality images
- » Complete teledermatology referral template

“It is expected that after completing this course the GP or

nurse would have increased knowledge on identifying benign skin lesions, melanomas and skin cancer and, be able to effectively refer a patient with a skin lesion to the New Zealand Teledermatology service.”

The course is available for anyone who has access to HealthLearn healthlearn.ac.nz.

“The benefits are you can learn at your own pace, coming in and out of the course as time permits and there are four CME points or four professional development hours attached to it, which will be allocated on completion of the course.

“Canterbury DHB have shared the programme with Waikato DHB already and we are offering the programme to any other DHB that would like to offer it on their online forum for example. Moodle.

“We have been working closely with Canterbury Initiative Education Facilitator, Karlene Ward to promote the course to more than 400 GPs and many practice nurses throughout Canterbury and the West Coast.”



Above: Dr Amanda Oakley

Men's Health Month 2016 has started

It's [Men's Health Month](#) here in Aotearoa for the entire month of June 2016! [Men's Health Month](#) is a great time for New Zealand men and whānau to have a think about their health, how important being healthy is, and to start making some changes to become healthier. It's also an opportunity for the wāhine in our lives to support their tāne in living full, healthy lives.

#MenStartTalking is the theme for Men's Health Month 2016. Let's start talking to each other a bit more about our health, both physical and mental, because it's pretty important. Let's share our stories, let's ask our mates how they're doing, let's ask for help when we're stressed or feeling down, and let's talk to our coaches and doctors when we know something's up.



As part of the workplace programme being championed by the Men's Health Trust this year there are a number of activities over the four weeks of Men's Health Month. Log on to their [website](#) and take a look at the [resources](#), information and links. There are no tests, exams or massive events you have to attend. It's the small things and the small conversations that might make a difference to the important men in your lives.

Te wero tuatahi - the first weekly kaupapa is: [Ask a mate how he's doing?](#)

When we think something is up with our mates, we think they seem down, worried, or unhappy we often won't mention it. Instead we make conversation about sports, cars, or housing prices. A problem shared is a problem halved. Make an effort this week to ask your mate how he's really doing. Don't be afraid of what he might say – you don't need to have the answers. If you have had a similar experience, tell him about it. If you are stuck for what to say next, try something like "What are we going to do about this?" or "Is there anything I can do to make this better? If you think something is up, but you can't get past the small talk, you can always say "You have my number if you want to talk about it."

Workplace activities:

Host a casual event to celebrate the launch of Men's Health Month. How about a work lunch? An after work coffee or kai catch-up? Or a quiz night? Decorate your event or workplace with some of the downloadable posters via the Men's Health Trust [website](#).

Make accessing counselling and support services easier. Free [EAP](#) counselling for Canterbury DHB staff is available, make sure staff know about it, and know the process for accessing it. Put signs up in the bathrooms and mention it in staff catch-ups this week.

Download the PDF brochure [How to Ask Your Staff R U OK?](#) Check out the [HeadsUp](#) website and the [Men's Health](#) website for more information.

Māori Men's Health

For your own whānau and the Māori guys you work with, hang out with and play sports with, check out some of the information available through [Mana Tāne Ora o Aotearoa - the National Māori Men's Health Coalition](#)

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Local resources in Waitaha

[Canterbury Men's Centre](#)

[Mana Tāne Ora o Waitaha](#)

Te Mana Ora - Supporting Māori Health in Canterbury

www.facebook.com/TeManaOraWaitaha/

[Community and Public Health](#)

[The Blokes' Book](#) - A resource listing Canterbury agencies and services relevant to men's health and well-being.

Feel free to share these message amongst your networks. Change it, add things, put in some links to some of the services close to you that you know support men's health in your area. Ko te mea nui me kōrero tātou katoa mō te hauora o ngā tāne. Let's talk... #MenStartTalking

Retirement of loyal medical secretary

Medical Secretary Jean Hallam retires on Friday 10 June after more than 35 years of loyal service.

Jean joined the Nephrology Department in 1981 to work as secretary for Professor Kelvin Lynn.

At that time the Nephrology medical and secretarial staff, a microbiologist and a research nurse (six in total) were housed in the stand-alone Renal Laboratory on the ground floor near the University Department of Surgery and a small office at the end of ward four.

Before that Jean worked in the Renal Lab where the facilities left a lot to be desired.

"I was there too and can vouch for the inconvenient work space and conditions. There were manual typewriters, carbon paper and lots of Twink to correct errors," says Kelvin.

Many secretaries were still using shorthand to take dictation. The arrival of electric typewriters, dictaphones, facsimile machines and desktop computers were major events that each changed how the secretaries worked.

An additional challenge for Jean and her colleagues was the introduction of the Nephrology Clinical Database, now called Proton, in 1985. Jean accepted and welcomed these changes in a professional manner.

Jean's loyalty to the Nephrology Department and its patients was never in question and she developed a good understanding of what kidney patients and their families were experiencing. She was never too busy to answer patient enquires or seek help from other staff members if necessary.

"Jean is naturally quiet and not one to blow her own trumpet," says Kelvin.

She has worked with many staff over her time at Christchurch Hospital and always saw the best in people.

"It took me a while to discover that this English migrant was an expert on tramping in New Zealand and a skilled photographer."

Many people visiting her office were surprised to learn that the photos on her office wall were taken by her and not a professional photographer.

All the best for your retirement Jean.



Right: Jean Hallam

Ringling bell signals end of treatment journey

The Child Haematology Oncology Centre (CHOC) is excited to have an End of Treatment Bell for children.

Ten year old Jacob Whyte, who completed his treatment for leukaemia in February 2014, was recently joined in a ceremonial ringing of the bell at CHOC by his parents, Heather and Gregory, and his younger brother, Cameron.

The End of Treatment bell was donated thanks to the generosity of Jacob's aunt, who lives in England.

The bell is a great way for children to publicly acknowledge that they have completed their treatment and is enthusiastically rung by children on the ward who have, says Charge Nurse Manager, Chrissy Bell.

While a meeting is held to mark the end of a child's treatment journey the bell is something they can actively be involved in.

"When a child rings the End of Treatment bell family take photos and it is a way for everyone to celebrate."

For younger children particularly, it helps them understand that their treatment is finished.

Being diagnosed with cancer is life changing for children and their families. Cancer treatment can go on for years and young children might not even remember what life was like before they started chemotherapy.



Above: Jacob ringing bell.

For those families, whose children are still being treated, hearing the bell ringing gives them confidence and hope that one day their child will also ring the bell.

End of treatment bells have become a tradition that has spread around the world but this bell is believed to be the first in the Southern Hemisphere.



Above: Jacob, his parents, Heather and Gregory and Jacob's younger brother, Cameron.

‘FAST’ campaign for Stroke Awareness

A stroke can happen to anyone, anytime – it could be someone you know or the person next to you.

Each year 9,000 people have a stroke – that’s around one Kiwi each hour!

It is important to recognise when someone is having a stroke and to start medical treatment as soon as possible because treatment can reduce brain damage and mean better outcomes.

Know the signs of stroke. Acting FAST can save lives, improve recovery and reduce ongoing costs from stroke to families, caregivers and communities.

Stroke is always a medical emergency.

Know the signs of stroke, think FAST:

- » Face – Is their face drooping on one side?
- » Arm – Is one arm weak?
- » Speech – Is their speech jumbled, slurred or lost?
- » Time – Time to call 111.

Calls to action (what we want people to do):

Call 111 immediately if you see any of the FAST signs.

Learn FAST and tell others about it. If we all learn to recognise the signs of stroke, we could save a life!

[Watch the FAST video - Stroke: Know the signs. Think FAST](#)

[For more information go to the Stroke Foundation of New Zealand website](#)



PDRP Resource Person Training

The next Professional Development Recognition Programme (PDRP) Resource Person training session will be on Thursday 16 June 2015.

Becoming a Resource Person

PDRP Resource People are integral to the success of PDRP and are valued highly. They form the backbone of the programme and are located throughout the organisation. Their role is to be sources of information for nurses applying for the PDRP.

PDRP resource staff are trained to answer questions relating to the programme, and to be available to applicants for portfolio coaching and/or recommendations.

PDRP resource staff are nominated by their line managers and will regularly attend education sessions and updates. They are not assessors.

A PDRP resource person will have completed the following:

- » Have successfully completed their own PDRP submission;
- » Received approval from their Nursing Line Manager to be a Resource Person; and
- » Signed up to attend a PDRP resource person training day.

If you are interested in attending this PDRP session, please contact the PDRP office on (ext 68835) or email Adriana.Humphries@cdhb.health.nz.

Find your hidden strengths and begin to live brighter

All Right? is on a mission to help Cantabrians' find their hidden strengths as part of their latest campaign.

We've all got strengths, it's just a matter of recognising them and finding ways to build them into our lives and share them with others. Bringing your top strengths to life has been shown to lead to improved happiness, confidence and job performance.

All Right? is working alongside [American non-profit organisation the VIA Institute on Character](#) to help Cantabrians' find their hidden strengths. VIA has developed a 10-15 minute survey that has been scientifically proven to identify character strengths. There are 24 strengths in total, including curiosity, creativity, teamwork, fairness and leadership.

There are two great reasons to spend 10 minutes doing the VIA quiz:

- » Knowing and using your strengths has been scientifically proven to make you happier, more confident and to improve your relationships with others.
- » You'll go in the draw to win a Pamper Pack from Hanmer Springs Thermal Pools and Spa... All Right? is giving away one every week during June!
- » Teams can also create their own All Right? "Playing to our strengths" poster which can showcase the top three strengths of people within your ward, team or organisation. It's been created because helping people become aware of each other's strengths can lead to happier, more engaged, and better performing teams. All Right? will even print and post you a copy!
- » To do the VIA survey and find your hidden strengths go to www.allright.org.nz/strengths.



June edition of Hot Tips

The [June edition of Hot Tips](#) from the Child Health Nurse Educator Team is available for you to share with your teams.

Inside this issue are a number of articles on procedural preparation for children including:

- » A new technology called CoolSense
- » LMX4® - a cream to replace Emla®
- » Correct siting of local anaesthetic cream

Another hot issue is medication management:

- » Single check medications for children
- » Countdown to Medchart roll out in Child Health
- » Preventing harm during prescribing

Pager Use Survey

Canterbury DHB's current paging system is coming to the end of its life. Rather than replace like for like we need to find out what, who and why paging is presently used.

Understanding how pagers are used provides us with an opportunity to find a solution that may provide many new features - but only if they are needed and helpful.

If you use the current pager system please take five minutes to complete the following survey so we can use this information to better meet your needs.

[Click here for Survey Link](#)

Staff Wellbeing Programme: Finance/Retirement planning Next CDHB golf game

Free financial / retirement planning and housing advice

Westpac are running free 30 minute appointments at main hospital sites with an authorised financial advisor or home loan expert.

Next sessions at TPMH, 14 and 15 June.

[Click here](#) for information on dates/times and how to make an appointment.

CDHB golf game - Kaiapoi Golf Club - 3 July at 10.00am

Contact Jamie Brown golfgroupcanterbury@gmail.com or 0212676892 to register for the game. Everyone welcome.

Visit the [Social Interest Group page](#) for information on golf and other CDHB groups.

Wellbeing workshops – be in quick to secure your place

- 1 NEW strengths based workshop – available to managers / supervisors. [Click here](#) for more information and [click here](#) to register
- 2 We are also running another series of the very popular Staff Wellbeing Workshops – this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register – available to all staff.

Mindfulness sessions

Mindfulness is a proven technique to help manage stress and promote mental wellbeing

Anyone welcome – no experience necessary. When you arrive just introduce yourself to one of our wonderful volunteers who run these sessions

Available at main hospital sites. [Click here](#) for details


Over 30 classes a week across main DHB sites – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#)

Free counselling available to all staff

Free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more information





POROPOROAKI

A farewell to the Burwood Birthing Unit for staff and community

3.00pm, Thursday 30 June 2016
Burwood Hospital Chapel

**Please assemble initially in
the Burwood Hospital Chapel
at 3.00pm.**

**A Mihi/welcome at the
Birthing Unit will be followed
by a blessing from the
Hospital Chaplains. We will
then return to the Chapel for
speeches and refreshments.**

One minute with... Di Riley, Manager, Southern Cancer Network and National Director, Cancer Health Information Strategy

What does your job involve?

Supporting the five district health boards and everyone involved in delivering cancer care to the one million people of the South Island, to ensure we provide equitable, high quality and comparable care to everyone, and as close to home as possible.

In addition I am now also working alongside the other cancer networks across New Zealand, the Ministry of Health and the New Zealand Cancer Registry to maximise the value and use of all the cancer information and data we have available to us, to understand our services and ultimately lead to improved cancer outcomes for the whole population.

Why did you choose to work in this field?

Everyone talks about evidence based medicine, but globally we are data rich and information poor. I have been fortunate to have a long career in the cancer field which initially came about because I was told that as I was a 'cell biologist and scientist' I could not analyse my own research data. That was over 35 years ago! From there I joined a cancer clinical trials team, saw the impact the early trials for Tamoxifen had on the cancer community for changing practice and outcomes and was hooked.

What do you like about it?

The variety, helping clinical teams and services to understand 'how they look' through the data and information available to us all. Encouraging everyone to challenge the status quo and to ask interrogating and difficult questions of ourselves, where or how we can improve and how we are delivering our services.

What are the challenging bits?

Understanding what 'good' looks like and how do we get there, with maximum value but minimum time. Plus of course recognising we have a finite resource for healthcare and all have to be responsible for how it is used effectively.

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

I have huge respect and admiration for both Elizabeth Cunningham (Chair of Te Waipounamu Maori Leadership for Cancer) and Marj Allan (Chair of the SI Cancer Consumer Group). They lead the two 'non service' groups that support the Southern Cancer Network. Both work tirelessly in their commitment to ensure all of us within the health sector remember we are here to support patients and their whanau, understand and address inequalities and continually assess and reassess our views and services.

I also admire all the clinical teams and everyone involved in supporting them, they have a tough time from people like me!

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?

All of these values should be integral in how we all live our lives. Whether at work or personally, all actions have an outcome and we are each accountable for our actions.

The last book I read was...

Tamar, by Deborah Challinor.

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

Somewhere warm, sunny, peaceful and with spectacular views

My ultimate Sunday would involve...

I feel privileged to be here in New Zealand, and my aim is to visit as many of the most amazing places as possible in my time. Last week I was on the glaciers in Franz Josef, a must do for everyone.....

One food I really dislike is...

Nothing comes to mind immediately.

My favourite music is...

Like most people the music I grew up with, so anything from the 1970s to 80s, especially Bruce Springsteen and Nanci Griffiths.

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



Above: Di Riley

Strengths Workshops

MANAGERS
SUPERVISORS

NEW for 2016 - Strengths Workshops for Managers/Supervisors

In the current Christchurch environment it is more important than ever that we take time to focus on our own wellbeing.

With this in mind the CDHB Staff Wellbeing Programme and MHERC are running a NEW series of 2.5 hour workshops focusing on 'Harnessing our Strengths'.

On completing the workshop staff will have:

1. A theoretical understanding of the strengths based framework.
2. Tools to enable a greater understanding of themselves and others which can help improve personal wellbeing and interactions with others, both at home and in the workplace.

This NEW workshop is designed to extend the foundation of positive mental and emotional health developed in the Wellbeing Workshops run throughout 2014 and 2015. Managers/Supervisors are therefore encouraged to attend a Wellbeing Workshop before attending the NEW Strengths Based workshop (although it is not a requirement to do so).

Workshop Overview:

- Increase understanding of character strengths as personal resources
- Identify and measure personal strengths
- Experience strengths-based conversations
- Engage strengths in everyday life
- Recraft tasks to increase wellbeing

Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSc Psycho, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

[Click here to register](#)

Creativity **HONESTY**
Fairness *Teamwork*
PERSEVERANCE *Hope*
JUDGEMENT *Prudence*
Humour **LEADERSHIP**
BRAVERY **GRATITUDE**
Kindness **Humility**
Zest **Forgiveness**
Perspective *Curiosity*

Canterbury

District Health Board

Te Pori Hauora o Waitaha

 **MHERC**
 Mental Health Education & Resource Centre

For more information contact:

Lee Tuki
Lee.Tuki@cdhb.health.nz
 027 689 0285

Wellbeing Workshops

ALL STAFF

For All Canterbury District Health Board Staff

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are continuing to run a series of 2.5 hour wellbeing workshops.

You play a crucial role in the delivery of high quality care to the Canterbury community. It is more important than ever to take time to focus on your own wellbeing.

We are running a number of workshops in 2016 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients – will also benefit.

2.5 hours to focus on YOUR wellbeing!

Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Enhance positive relationships and social connections
- Improve your health and wellbeing: 5 Ways to Wellbeing, Staff Wellbeing Programme

Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSo Psyo, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

[Click here to register](#)



Canterbury
District Health Board
Te Pōari Hauora o Waitaha

 **MHERC**
Mental Health Education & Resource Centre

For more information contact:

Lee Tuki
Lee.Tuki@cdhb.health.nz
027 689 0285

Influenza.
Don't get it.
Don't give it.

Canterbury
District Health Board
Te Poari Hauora o Waitaha

FLU
CAN BE
ANYWHERE

**YOU COULD COME IN CONTACT WITH INFLUENZA
ANYWHERE, ANYTIME. GET IMMUNISED.
THE VACCINE IS FREE FOR ALL STAFF.**