



Spend every health dollar wisely

Choosing wisely about what we spend health funding on can make a big difference when it comes to reducing our deficit. Every dollar counts. Five initiatives that each save \$100 add up to \$500. Five \$500 savings add up to \$2,500 – if everyone does their bit, we will make a dent in the deficit.

This week I was heartened to hear about an initiative that's a winner all round: saving time, saving money and saving the planet. You can read about this smart cost saving initiative on [page 5](#) of today's Update. Well done to the CT team in Radiology who came up with the idea and trialled it before introducing changes that will realise significant savings: it all revolves around a new way of delivering the dye (contrast media) injected into patients before having a CT scan. With five CT scanners each performing 30 CT scans a day, the new system not only saves time and money, it also reduces waste.

The new system is forecast to save over \$140,000 in the 2020/21 financial year and \$287,000 per year going forward. I commend the team for coming up with the initiative and seeing it through. They've taken an objective look at their way of working, trialled a change to measure the impact, then successfully introduced a new way of working that's better for patients, better for staff and the health system.

Five initiatives that save \$200,000 add up to a million dollars of savings!

Small savings count too. By reducing costs – particularly those expenses that don't impact patient care – we can realise bigger savings over time.

Accelerating our Future – the deficit reduction programme – will remain important for some time as the organisation



works hard to reduce the deficit. Everyone has a part to play. It's not someone else's responsibility – it rests with all of us. If you have any ideas that will save money, talk to your manager in the first instance, or send the details through to the Programme Management Office pmo@cdhb.health.nz.

Haere rā – farewell

As my time in Canterbury comes to an end this week I want to express my sincere thanks to you all for everything you're doing to improve the health of Cantabrians. I've enjoyed meeting and working with a diverse team, and now have an extended network of colleagues throughout the South Island.

Together we've worked on solutions to problems and managed our way through some curly challenges. I want to recognise the excellent clinical work happening in Canterbury's numerous health facilities, which range from

In this issue

- > Regulars – Kōrero ai... pg 3-4
- > Embracing new ways of working for CT scanning nets benefits... pg 5
- > Career development programme for Child Health nurses... pg 6
- > "Highly valuable" contribution to care of the elderly... pg 7
- > Shine-a-Light Appeal raises close to \$100,000 for child and youth mental health... pg 8
- > Suicide prevention is everybody's business... pg 9
- > One minute with... Beth Hamilton, Customer Services Coordinator ... pg 10
- > Notices – Pānui... pg 11-14

tertiary level through to small remote health centres – and in primary and community settings. There is exceptional work happening every day.

Your new CEO Dr Peter Bramley is on deck from next Monday 15 February, and we've already had a number of handover meetings. We are in close contact on a number of projects to ensure a smooth transition at the end of this week. High on his list of priorities will be recruiting people to permanent roles in the executive team.

As always, there's a lot on the go and competing priorities. It's always useful to stop, pause and think about how your time is spent. It may be time to stop doing something if it's

not improving patient care or contributing to better health outcomes. If you have any thoughts about things that could or should stop, have a chat to your manager in the first instance.

There is still significant work to be done to bring Canterbury DHB back to a sustainable financial position while maintaining quality clinical services, however, I am confident that the 'can do' attitude of Cantabrians will shine through and see this achieved.

I wish you all well. I will be watching with interest to see the Canterbury Health System continue to rise to meet whatever challenges it faces in the future.

Noho ora mai



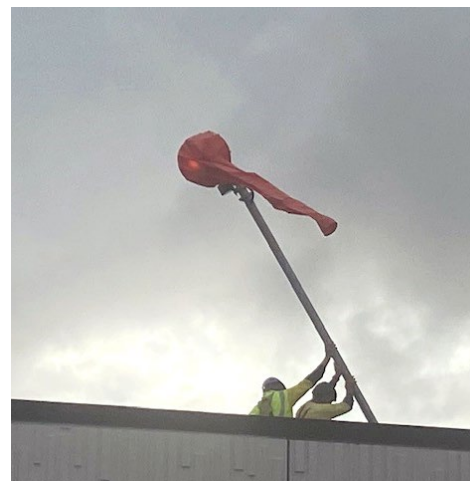
**Andrew Brant, Acting CEO
Canterbury District Health Board**

Regular check-up finds windsock in need of replacing

Keeping our helipad on Waipapa in tip-top condition and running smoothly requires regular maintenance.

A recent check-up of windsock showed it was looking a little worse for wear. The bright orange windsock helps pilots assess the speed and direction of the wind as they come in to land or prepare to take off.

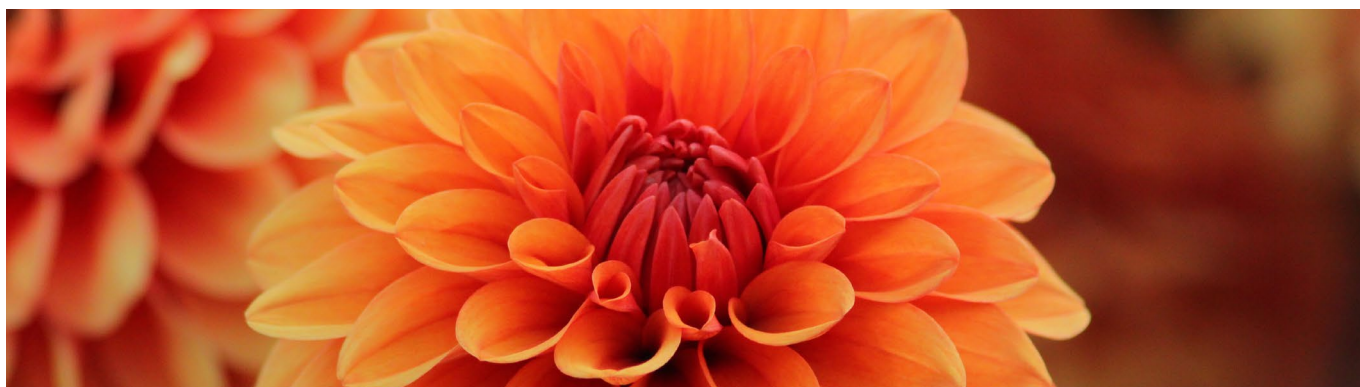
And just like the socks you wear, windsocks are prone to everyday wear and tear and need to be replaced regularly.



Since the first helicopter flight landed in September last year, the original windsock has deteriorated from enduring gusty winds and high levels of UV. Last week it was replaced with a bright and shiny new one, made from durable anti-fray and colour-fast material which will wear and age well.

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. 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

Nola, Volunteer, Christchurch Outpatients

I would like to tell you about Nola, the volunteer on Level 3. Nola noticed a patient looking unwell, she approached the patient who had been seen by the doctor. She was lost, so Nola took her downstairs for her blood test. Then came back to gather her belongings. She then went and caught the bus (which was not her own bus) and took the lady home to make sure she was ok. This was out of Nola's way as she takes an entirely different bus. She is a wonderful caring person. I wanted to pass this on.

Urology Unit, Christchurch Hospital

To all the ward staff of the Urology Unit, thank you so much for the wonderful care you gave me during my stay after surgery. Together with the skill of the surgical team, yourselves, and many prayers offered on my behalf, I am making a very steady recovery. I feel very blessed to have had such wonderful carers, be they the nurses, WellFood staff, or cleaners, and others. Warm wishes to you all.

Lucy, Ward 3A, Burwood Hospital

Thank you for your kind care of my dad as he recovers from surgery. Your willingness to spend time explaining to me what's what and what's next. It makes all the difference, knowing what's happening and how we can support him. You have amazing communication skills. Thanks for being one of his nurses.

Trish, Physiotherapy Outpatients, Christchurch Hospital

I would like to let you know that Trish from Physiotherapy Outpatients is an amazing asset to your team. At no stage has she made me feel a problem. Trish's knowledge and manner far surpasses what's expected. In one visit she has helped me so much that I have my life back.

Urology Unit, Christchurch Hospital

I wish to thank you all for the support and care while I was on your ward. So, to you all, thank you again.

Urology Unit, Christchurch Hospital

We can't thank you enough for all your love and care. We received such fantastic care from every member of staff. It was very much out of this world. What a wonderful team you all are.

Ward 16, Urology, Christchurch Hospital

This is a small token of my deep appreciation for the professional, cheerful and pleasant care given to me over the seven days of my stay in Ward 16. I am still regaining my stamina but am feeling quite well. I will long remember my time with you all. Thank you.

Emergency Department (ED), Christchurch Hospital

I recently spent a few hours in the ED and wish to convey my thanks, gratitude and appreciation to all those who assisted me. The nurse on reception (Jo), the nurse in ED (Sienna) and the doctor (Isaac) were helpful, friendly, informative, knowledgeable, patient and, above all, kind. Being in an ED, irrespective of the reason, is nerve-racking as you are there because you have a health concern. The staff helped considerably in alleviating my stress and I left feeling reassured and confident. You have all made a difference to one person: me. Thank you all again.

Christchurch Hospital

I had an appendectomy. Could you please pass on my thanks to the anaesthetist and anaesthetic technician who made my 'going to sleep' entirely anxiety free which, for me, is no easy task. They were both very friendly, professional and I felt very calm being in their care. It was also the easiest I have woken/recovered from surgery. Also – my surgeon was awesome, could you please pass on my thanks to him as well. I'm sorry I don't remember any names!

Surgical Assessment and Review Area (SARA), Christchurch Hospital

I am a GP in Christchurch. A patient attended the new SARA recently – she said the facilities were wonderful, beds comfortable and the staff amazing. Thank you for taking care of this patient and well done team!

Urology Unit, Christchurch Hospital

Thank you so much for the wonderful care that I received during my donor nephrectomy journey. I have been singing your praises and how you all made the process easier for me. Many thanks.

ED, Christchurch Hospital

As a staff member who has been into ED twice in a week (for myself and my spouse) I have to admire the patience of the whole team. It was busy both times and the staff kept us regularly updated with a smile even when everyone around us was complaining. Thanks for the care.

Urology Unit, Christchurch Hospital

Thank you each and every one of you for your courtesy, kindness and professional care. Beginning in Urology Outpatients I had a total of 12 pre-op procedures and consultations. Every professional treated me with thoroughness and kindness. The highly skilled theatre team were kind. The post-op effects were far worse than I expected and gave me a fright. I found it stabilising to have the same nurse (Karen) on the morning shift for my stay in hospital. Her skill and calmness were very reassuring.

Ward 11, Ear Nose and Throat (ENT) team, Christchurch Hospital

I have had two, one-week stints in Ward 11. I would like the ENT Team, nursing staff and everyone involved with the running of Ward 11 to be acknowledged, for the great work they do. My time in Ward 11 has been far better than I expected. The staff have made it a memorable if not enjoyable time. I have witnessed them dealing with other patients where they have been both resolute and compassionate. I have absolute respect for the work they do and the way they do it.

Day Surgery Unit, Christchurch Hospital

Excellent care from all staff, cheerful, attentive, kind and informative, felt sad to leave. Thank you all so much.

Level 1, Outpatients, Christchurch Hospital

Lovely, clean, spacious building. Friendly efficient medical staff. Nice café and garden.

Angela Lee, ENT Audiology, Outpatients, Christchurch Hospital

Angela Lee was excellent with my seven year-old son. Professional, efficient, showing warmth towards him.

Ward B8, Christchurch Hospital

Many thanks for the excellent care and kindness shown to my mum. The constant attention and kindness are greatly appreciated, especially the thoughtfulness of Catering Assistant Kumea who brings her meals. It is so good to know that she is in such kind and capable hands.

Physiotherapy Outpatients, Christchurch Hospital

Always great service, treatment and attitude. Applies to all departments here at the hospital. Thank you.

Eye Department, Christchurch Hospital

You folks are great.

Phlebotomist, Honora Renwick, Blood Test Centre, Outpatients, Christchurch Hospital

Amazing blood test done by Honora. This nurse deserves a medal for her expertise. Thank you.

Oncology Outpatients, Christchurch Hospital

What awesome staff you have.

Cardiology Outpatients, Christchurch Hospital

Thank you for Dr Paul Bridgman's care and professionalism, plus all the nurses, security and reception. We are so grateful. Thank you so very much.

ED, Christchurch Hospital

Professional care. Thank you.

Phototherapy Unit Dermatology, Christchurch Hospital

To everyone at the Phototherapy Unit, even though sometimes I am really tired and grumpy, I really appreciate the ongoing work and care you have all demonstrated towards myself.

Big Shout Out

To Bill Boddington, Mark Jayet and other Burwood orderlies, and Eric Reeves from ISG

The Community Dental Administration team would like to send a Big Shout Out to Bill, Mark and other Burwood orderlies who assisted with our relocation this week. Also, a Big Shout Out to Eric Reeves from ISG for assisting us at short notice to set up our work spaces. Thank you very much.

From the Community Dental Administration team

#carestartshere



ACCELERATING OUR FUTURE

Hapaitia te ara tika pūmau ai te rangatiratanga mo ngā uri whakatipu

Embracing new ways of working for CT scanning nets benefits

Moving to a new multi-use system for delivering the special dye used in CT scanning will save Canterbury DHB nearly \$300,000 a year and is having positive impacts for patients, staff and the planet.

Contrast media or dye is injected into a patient's vein via an IV catheter during a CT scan to enhance vessels and emphasise structures within the body.

Historically, Canterbury DHB used single-use disposable contrast injector consumables for CT scans. Christchurch Hospital's CT department in Radiology investigated using a multi-use syringe delivery system instead which allows 12 hours use per syringe set. The system is designed with safety features that protect against contamination from multiple use.

CT Team Leader Paul Mouthaan says after an initial trial the benefits of the new delivery system were clear.

"It allows a safe and efficient workflow between patients, which is especially important as our outpatient and inpatient CT workload has increased in demand. The system also allows our Medical Imaging Technologists (MITs) to easily individually tailor the contrast material volume for patients based on their weight and renal function, reducing the risk of contrast-induced acute kidney injury.

"There's also less waste – which results in significant cost savings and reduced environmental impact."

With the ability to individually tailor the volumes there's less contrast material thrown out and a single contrast material bottle can be used for several patients.



CT Medical Imaging Technologist (MIT) Emma Stray, CT Team Leader Paul Mouthaan, CT MITs Jo McIver and Sam Coster with the new multi-use syringe delivery system for Waipapa's Emergency Radiology CT machine

Saline, which is used to flush out the IV line, can now be drawn from a one-litre bag across 12 hours rather than using smaller 100ml bags.

And obviously, there is less syringe waste. In late 2020, Canterbury DHB grew its CT scanner fleet to five. Each performs around 30 scans during daytime hours across Christchurch Hospital campus and Burwood and Ashburton hospitals. Under the old system that would have meant 150 individual syringes and contrast bottles disposed of per day.

The new system is forecast to save over \$140,000 in the 2020/21 financial year and \$287,000 per year going forward.

Paul says the CT staff have adapted to the new system well and have been impressed with the saving in time between patients. Larger volumes of contrast and saline can quickly be filled into the syringes and the system does not need to

be freshly set up each examination. He estimates it saves around five minutes of staff time per examination – or over eight hours total per day.

Validating and getting the project over the line was the result of collaboration with multiple teams.

"After our trial we liaised with Natalie King (Programme Lead for Treatments and Technologies) who assisted us using the [ECRI platform](#), which is an independent tool to make evidence-based decisions on what medical practices and products to pursue.

"Clinical Product Coordinator Ann Thorp was invaluable supporting with the procurement side and running down existing stock. Then, we worked closely with Sarah Berger and Infection Prevention & Control (IPC) to make sure the CT contrast administration procedure documentation was updated correctly, and IPC standards were met.

"It took a morning of training with groups of CT MITs and Radiology Nurses and then we were away."

Paul encourages anyone, in any department, to look at whether their way of working is best for the patient, staff and DHB.

"I'd encourage any team to investigate more efficient ways of working and identify wastage and solutions. It takes some work to implement positive workflow changes, but it is definitely worth it in the end."

Please share your ideas for doing the right thing for our sustainability or tell your story of how you're already made an impact so we can celebrate your efforts and inspire others by emailing pmo@cdhb.health.nz.

Career development programme for Child Health nurses

Congratulations and welcome to participants of the Child Health Acceleration Programme (CHAP) for 2021.

This programme, now in its fifth year, is focused on enhancing the career development of registered nurses working within Child Health. The participants will spend four months at each of the other areas between February 2021 and February 2022.

Alongside this these nurses will be undertaking child health postgraduate study. Thank you to the four mentors who will support the participants over the next year and all the best to these nurses for the year ahead.



From left, Registered Nurses Hannah Thomas (Children's High Care), Jess Single (Ward B7), Kate Thomson (Child Haematology and Oncology Centre, Ward A6) and Emily Horgan (Ward A7)

IT'S THE SIMPLE
THINGS WE REMEMBER
AHAKOA HE ITI
HE POUNAMU



“Highly valuable” contribution to care of the elderly

Older Persons Health Consultant Physician Julie Kidd retires this week after 40 years as a doctor, 30 of those as a geriatrician.

Working as part of an interdisciplinary team where everyone plays a role in improving the quality of life and independence for older patients has been a privilege, she says.

“Part of the philosophy of older person’s health is to consider the whole person, not just their illness. The person they are, their life experiences, what’s important to them, their environment, their social milieu etc. This has made working in this specialty very satisfying.”

Julie was involved in the early development of Elder Care Canterbury and HealthPathways (an online manual used by clinicians to help make assessment, management, and specialist request decisions). She was particularly involved with the group looking at improving care for people with delirium and has had a long association with Older Persons Mental Health assisting with medical management of inpatients.

The progress in stroke management over the course of her career, both acute and rehabilitative, is satisfying, as is the increased numbers of women consultants in all areas, especially Older Persons Health, Julie says.

Except for 1988 when she was in the United Kingdom, she spent at least part of every year at The Princess Margaret Hospital (TPMH) until Older Persons Health moved to Burwood Hospital in 2016.

“TPMH always had a convivial small hospital atmosphere, even when it was still an acute medical and surgical hospital.”

“My first visit to TPMH was when I was still at school and my grandmother was admitted there for rehab after a hip fracture. I was 16 and rather overwhelmed by the frailty of the people who were there. Back at school I wrote a poem about it which got published in the school magazine.”

Memories of her time at TPMH include swimming in the freezing cold staff swimming pool.

“It was an outdoor pool, never heated. We signed up for keys to give us access. There were tennis courts too that we used to play on.”

Clinical Director Older Persons Health Inpatient Services and Consultant Geriatrician Sarah Hurring says Julie has made a highly valuable contribution to the care of older people in Canterbury over the past four decades.

“Countless students and doctors have benefited from her teaching, clinical knowledge and experience.”

Her interest and skills in continence management and caring for older people with Parkinson’s disease have improved the lives of many patients.

“The Older Persons Health department will certainly notice her absence, but we wish her well in her pursuit of more relaxing interests,” Sarah says.

Julie joined the then North Canterbury Hospital Board as a second-year house surgeon in November 1981. She spent three months in 1982 on Ward K1 at TPMH, part of the Assessment and Rehabilitation Unit, which sparked an interest in geriatric medicine.

From 1982 to 1985 she was a registrar in General Medicine, one of only two women registrars appointed in 1982 in Christchurch. Julie was a registrar in Geriatric Medicine at TPMH from 1985 to 1987.

In 1988 she worked in the UK as an honorary senior registrar in Nottingham’s Department of Health Care of the Elderly where psychiatry and medicine for older people were integrated. Christchurch’s model of service for older people ended up based on this concept, Julie says.

The following year she started as a consultant physician in Health Care of the Elderly based on ward K1. She has continued to work in inpatient rehabilitation for older people, including specialist stroke rehabilitation, as well as outpatient clinics and services.



Older Persons Health Consultant Physician Julie Kidd retires this week

Shine-a-Light Appeal raises close to \$100,000 for child and youth mental health

Māia Health Foundation would like to thank everyone in our community who lit up its [Shine-a-light](#) Christmas appeal in support of child and youth mental health services in Canterbury.

Together we raised a staggering \$98,728 for the project kete!

The Māia team is excited about the prospect of the year ahead as we commence a bold and audacious mission to raise \$5 million for a modern, fit-for-purpose [Child, Adolescent and Family outpatient facility](#) by 2024.

Māia is working closely with Canterbury DHB to confirm details of what the new outpatient area will look like, which will replace the current outdated facilities at The Princess Margaret Hospital and Hillmorton campus.

Donors were quick to praise the care and dedication of the CAF teams who work in these areas.



Māia
Health
Foundation

The success of the Shine-a-Light appeal is a confident first step towards making it better for vulnerable tamariki and rangatahi, and their whānau who need to access child and youth mental health services in the region.

To learn more about the Child and Youth Mental Health project go to www.shinealight.nz.



“I’m helping protect our community against measles.”

GRACE GATENBY

**RMO
AND A GUARDIAN
OF THE FUTURE**

Aged 15–30? Get your MMR shot now!

Suicide prevention is everybody's business

Canterbury communities affected by suicide are benefitting from a newly formalised collaboration between Pegasus Health and He Waka Tapu's Kia Piki Te Ora team (Māori Suicide Prevention Coordinators).

The Pegasus Health Suicide Prevention team leads, coordinates and puts into place suicide prevention activities in efforts to reduce the number of suicides and attempted suicides in Canterbury. It also steps in, as requested, after a death by suicide to support affected communities.

The He Waka Tapu team provides suicide prevention activities by addressing the risk factors most relevant for Māori and by building strong communities.



From left, Elle Cradwick and David Cairns from the Pegasus Health Suicide Prevention Coordinators team with Kia Piki Te Ora Coordinator Jayden Iti
Not pictured: Pegasus Suicide Prevention Coordinator John Robinson

Pegasus Health Suicide Prevention Coordinator, David Cairns, says the Pegasus Health-based team has always worked alongside and held in high regard He Waka Tapu and the Kia Piki Te Ora Coordinators.

The lack of a formal arrangement and limited capacity has meant that, up until now, interactions between the two groups have only happened on an ad-hoc, as-needed basis.

The new collaboration has come about thanks to funding provided by the Ministry of Health. Kia Piki Te Ora Coordinator Jayden Iti is working at Pegasus Health one day a week, contributing his knowledge and skills to the team, particularly with regards to Te Ao Māori (the Māori world).

The team of four works closely together to share resources and experiences to strengthen the support they offer communities within the shared kaupapa (programme) of suicide prevention.

The data shows that Māori are disproportionately affected by suicide. Provisional suicide data for 2019/2020 indicates Māori suicide rates were 1.7 times higher than non-Māori rates, and so it is vital that suicide prevention activities are heavily informed by Te Ao Māori.

"Working with Pegasus Health means I regularly sit down with the team to talk about tools we are developing, how we can do things better and areas we think can we do more in. Suicide prevention is everybody's business and only by each of us playing our role can we provide the support that is needed," says Jayden.

David says that one goal of this joint initiative is to successfully demonstrate how agencies can work together for the benefit of the community.

"We're hoping that our collaboration with organisations like He Waka Tapu can strengthen our work and the support we offer. We'd like to provide an example to other groups sharing this kaupapa that we can have a greater impact by working more closely together," says David.

Nā tō rourou, nā taku rourou ka ora ai te iwi. With your kete and my kete the people will thrive.

This article was first published in the Pegasus 2025 newsletter.

One minute with...

Beth Hamilton, Customer Services Coordinator

What does your job involve?

Being a point of contact for medical and surgical complaints and for general enquiries which come in to Christchurch Hospital by phone, post or email. It also involves looking after and updating the database of complaints and generating reports about numbers and the types of complaints. Customer Services oversees all the written responses which go out to patients and/or their families. Part of my role is to make sure we keep to the timeframes outlined in the Consumer Complaints Management Policy, which is assisted by generating progress reports from the database.

Why did you choose to work in this field?

I like that there is variety in this type of work. It involves people contact which I enjoy, and it also involves some 'geeky' stuff as well (spreadsheets, reporting, graphs, etc), which I love doing.

What do you like about it?

I work with a great team and we are always looking at how we can work more efficiently and effectively. I also like being able to turn a patient's negative experience in to something more positive, and for patients and/or their families to feel like they have some tools to help them to address their concerns in a constructive, useful way.

What are the challenging bits?

Dealing with angry upset people, especially when they cannot be calmed down and just want to vent.

Who inspires you?

People who are 'Pioneers', who think outside the square, and come up with ideas/solutions that the rest of us haven't thought about.

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?

In this role it means doing a lot of listening and having respect for people's different perspectives. I like to make people feel listened to and valued, and for them to go away with confidence in the system and the feeling that they have got what they needed.

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

My most fun job was working for a French baron and his wife looking after their four boys in their home in London and travelling with them when they holidayed in France.

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

Swimming and lying on a beach in the Abel Tasman.



What do you do on a typical Sunday?

We usually go out for brunch or for a coffee somewhere, preferably somewhere dog friendly. We also like to visit friends or do something pretty low-key like gardening, walking, reading, etc.

What's your favourite food?

I really like vegetarian food and seafood. My favourite meal would be salmon with a nice fresh salad.

And your favourite music?

I like all sorts of music, including modern music. I was given a UE Boom for Christmas and have to say I have really enjoyed having easy access through Spotify to old favourites like JJ Cale, Neil Young, Joan Armatrading, Eva Cassidy, etc.

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

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.



Run to Remember

Sign up and support the Run to Remember 10km walk/run event on Sunday 21 February 2021, and receive 15 percent off the adult and youth entry prices (can be extended to your family members too!) by using the discount code on the [Something For You homepage](#).

The Press Run to Remember has always honoured lives lost and affected by the Canterbury region's earthquakes. Given the significant challenges our region has faced since, including the Port Hills fires and 15 March terror attacks, this event takes on an even greater meaning. It is a great way for communities to join together, by getting active and enjoying the outdoors, and taking the opportunity to reflect and remember.

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



More volunteers wanted to collect green waste from staff kitchen areas

So far 19 staff members from across Canterbury DHB are taking home the green waste from their staff kitchen areas. Join them and you too can give your compost a nutrient boost. Not only will you be growing amazing food, it will help reduce the amount of waste we're sending to landfill and save the organisation a significant amount of money.

If you're interested in volunteering or would like some more information, please phone Medical Physicist Steven Muir on ext. 80854 or email steven.muir@cdhb.health.nz. He will set you up with a four-litre container with a 'green waste' sticker on the lid and also send you some tips on how to make the most out of the waste and keep it hygienic.



Consultation is now open on central city parking policy

Christchurch City Council is reviewing how it manages parking in the central city, in particular on-street parking, and is welcoming submissions on its draft policy.

Information sessions are being held:

- > 10 February, 11.30am – 1pm, Te Hononga Civic Offices, 53 Hereford Street, Function Room
- > 17 February, 5 – 6.30pm, Te Hononga Civic Offices, 53 Hereford Street, Function Room

To find out more information or make a submission, visit ccc.govt.nz/haveyoursay.

Making great delirium care a little bit easier

Resources for your professional 'delirium toolkit' are now easily available on the CDHB intranet. Geriatrician Val Fletcher says it's an important step in raising awareness about the importance of recognising delirium and what can be done to prevent and recognise it in different environments. "The resources make it easier for staff to look at their own processes and systems, in terms of working towards recognising and treating delirium. Part of the focus of this work is to improve the quality of the care we are giving to patients and their families, by not only reducing the likelihood of their loved ones getting delirium and detecting it when it happens, but helping to support those who do get it, throughout the whole experience." Val says along with providing education, it's also about changing systems, culture and environments to make them more delirium-friendly. "We want to introduce more systematic ways around monitoring delirium, including screening. We recommend the 4AT which is a very quick questionnaire that is easy to deliver in most health care settings."

NOW ON THE INTRANET

Whanau Information For hospital and community



The 4 AT Delirium assessment tool

Abbey Pain Scale Nonverbal pain assessment

Check it out, print it out

These important resources are now 'print your own' on the intranet

- [4AT](#)
- [Abbey Pain Scale](#)
- [Understanding and preventing delirium in older people](#) (community whanau brochure)
- [Preventing delirium while in hospital](#) (hospital whanau brochure)
- [Ideas for older people to help prevent delirium](#) (community brochure)

Broadly Speaking

ABOUT HEALTH AND ITS DETERMINANTS



All planning, policies and actions can potentially affect the health of the community. As we work and plan together we can create opportunities to improve the wellbeing of the community.

Broadly Speaking is a free interactive training course run over two morning sessions focusing on the determinants of health. Work with others from across the wider health sector, local government, and communities to unpack the complexities of wellbeing in our population.

2021 course dates:

1	2	3	4
WORKSHOP 1	WORKSHOP 1	WORKSHOP 1	WORKSHOP 1
Wed 24 February	Wed 12 May	Wed 11 August	Wed 3 November
WORKSHOP 2	WORKSHOP 2	WORKSHOP 2	WORKSHOP 2
Wed 10 March	Wed 26 May	Wed 25 August	Wed 17 November

Facilitators: Experienced practitioners from Community & Public Health

Location: Salvation Army Christchurch City
853 Colombo Street, Christchurch

Time: 8:30am - 12:30pm

Cost: Free

"Excellent course. Refocused my awareness of the social determinants of health. Great to add the big picture to the day to day interface with people."

Service Manager

Keen to enrol? Contact hiap@cdhb.health.nz

For more information on the social determinants of health and the Health in All Policies approach in Canterbury visit:
<https://www.cph.co.nz/your-health/health-in-all-policies/>



CHRISTCHURCH

2021
ipl

Inaugural Professorial Lecture

Professor John Pickering

Department of Medicine | University of Otago, Christchurch



On becoming a
Scrymaster: Shiny
objects, multiple
organs, bits of blood
and the art of telling
fortunes in medicine

Wednesday 3 March,
5:30–7:00pm
Rolleston Lecture Theatre
Ground Floor, UOC Building
2 Riccarton Avenue, Christchurch