



Mihi for New Entry to Practice nurses

Last week, we welcomed a new intake of 98 nurses into the New Entry to Practice (NetP) programme and thanked the graduating nurses for the contribution they've made over the past year.

For the 102 nurses graduating from the programme, I hope they are looking forward to joining the Canterbury Health System. Canterbury offers experience they won't get anywhere else. We have demonstrated time and time again that we can bend and shift under pressure. We also offer acute surgery and trauma experience on a size and scale unlike anywhere else in the country. I urge all graduates to embrace the next stage of their careers with care and compassion, and above all to keep their patients at the centre of all they do – the community needs it and the health system needs it.

For those starting the NetP programme, I ask them to stay curious and to challenge everything they are told. We need to be constantly rethinking how we deliver health care and how we prepare and respond to the inevitable and unpredictable challenges we will face. Our graduates represent the

future of our workforce and we need them to be actively involved in questioning, creating and co-designing that future.

This was the second NetP graduation to be held in the new Manawa building, and once again it was a great example of how well the Ara Institute of Canterbury, Canterbury DHB and the University of Otago are working together.



Nurses graduating from the NetP programme

In this issue

- › Regulars... pg 3-9
- › End of an era for Urgent Pharmacy... pg 10
- › Tribute to Kath Low... pg 11
- › Orderly Mobile on the move | Christchurch Chaplaincy team pay it forward... pg 12

- › Services engineer with "encyclopaedic knowledge" retiring... pg 13
- › New Community Infusion Service for Blood and Intragam®P transfusions | Just when you thought it was safe to get back in the water... pg 14

- › One minute with... pg 15
- › Notices... pg 16-19

Eighth anniversary of the 22 February 2011 earthquake

This week may be a difficult time for some of our people as we remember the Christchurch earthquake. At 12:51pm this Friday we will mark eight years and even though so much has happened since then, significant dates like these can make it feel like it all happened just yesterday.

It's perfectly understandable if the anniversary stirs up emotions and memories. It is during times like this we need to take extra special care to check in with our colleagues and ourselves and to look after our mental health and wellbeing. It is also a time to take pride in the health system's and community's response eight years ago and be proud of how far we've come.

Talking to friends, family and colleagues can help. And remember that you can access free confidential support through [EAP](#) and [Workplace support](#).

There are a number of events happening on Friday, including events to commemorate the 185 lives lost, and places where the community can come together to reflect and remember. The River of Flowers will take place again, there's a memorial art exhibition 'Thx 4 the Memories' and special performances in the Christchurch Transitional Cathedral. Full details can be found [here](#).



Helping people with health conditions or disabilities into work or education

Last week the Minister for Social Development, Carmel Sepuloni announced the expansion of a Canterbury Health System-led programme called *Step Up*, which helps people with health conditions or disabilities to find and stay in work or to engage in education or training.

With the support of the Ministry of Social Development (MSD) as part of a [WellBeing@Work Oranga Mahi](#) drive to build healthier more connected workplaces, *Step Up* was conceived and devised here in Canterbury and

Pegasus Health *Step Up* team – L-R Alex Beaton (*Step Up* Health Navigator), Melissa McCreanor (Community Liaison Access Manager), Anne Ramage (*Step Up* Health Navigator), Loni Beach (*Step Up* Team Leader), Bonnie Tainui (*Step Up* Health Navigator), Maureen Van Venrooy (*Step Up* Health Navigator) and Nicola Mansour (*Step Up* Health Navigator). Absent Samantha McIntyre (*Step Up* Health Navigator)



implemented through a partnership between Canterbury DHB, [Pegasus Health](#) and [Mycare](#).

The pilot *Step Up* programme started in Canterbury in March 2017 and has since helped up to 100 Jobseeker clients who have a health condition and or disability to get healthy and well enough to look for or start work. It has supported 39 participants to return or enter into paid employment – 28 into full-time work, and 11 part-time.

Our Canterbury Health System was keen to back *Step Up* from the start to make sure it was set up in a way that worked best for the client and took full advantage of our integrated ways of working.

The majority of people (75 percent) on the *Step Up* programme pilot are living with mental health conditions that created barriers to them finding and retaining work. Many find it hard to get and keep a job, or even have the confidence to start looking for one because they have ongoing health issues, insufficient support, or because they face discrimination.

With this in mind, the *Step Up* pilot was designed to reduce barriers to employment. This includes:

- › Health Navigators employed by Pegasus Health providing support
- › The Live Life Programme delivered by Mycare, which includes mentors as part of an innovative approach to build the social skills and confidence necessary to take on work-related activities
- › additional case management provided by Work and Income
- › funding for four free general practice consultations, assisting those in the programme with their health needs.

Pegasus Health believes the programme is a success because it is not a one-size-fits-all solution, but instead encourages and enables people to really stop and think about their health, their wellbeing and the things that are preventing them from joining the workforce.

Health Navigators provided by Pegasus Health can attend doctor and MSD appointments for example, and work alongside clients to link them with other services. Desired outcomes include employment in full- or part-time work, voluntary roles and study.

Through a feature unique to Canterbury, and only possible because of our strong relationship with primary care, clients are identified in general practice and referred to *Step Up* where they receive individually-tailored support to identify goals to help them become work ready. Canterbury's input was instrumental in ensuring General Practice teams were able to use their clinical judgement, rather than simply set eligibility criteria, to identify people who would benefit the most.

Alongside Pegasus Health, Mycare provides support for *Step Up*'s younger clients. Tyler Brummer from Mycare does a good job here of summing up the difference *Step Up* has made to people who had previously found it hard to find meaningful work for health reasons:

"Our team has seen some amazing transformation over the first two years of the Live Life Programme. One participant went from being too anxious to leave the house, to volunteering a couple hours a week and now works full-time in hospitality."

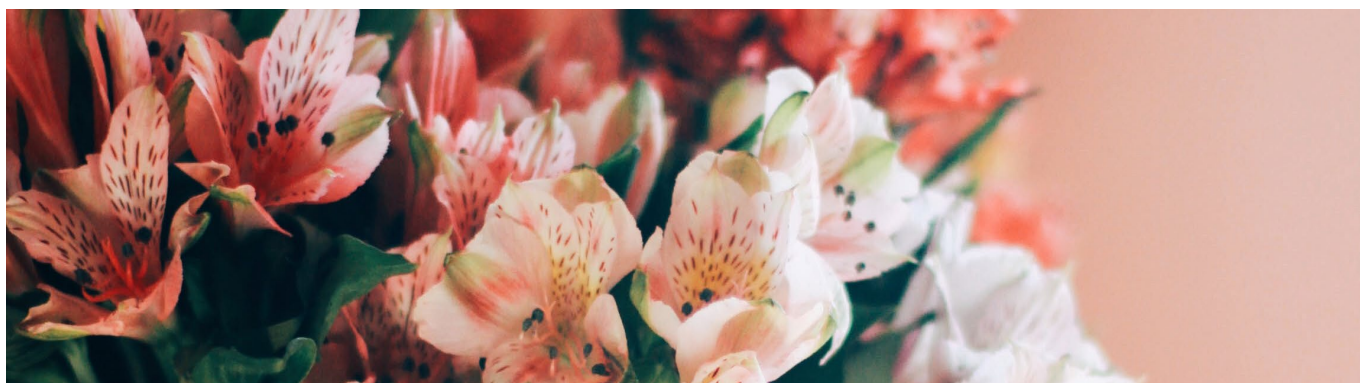
Haere ora, haere pai
Go with wellness, go with care



David Meates
CEO Canterbury District Health Board

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Sharon, Intensive Care Unit (ICU) North, Christchurch Hospital

I am writing to thank Nurse Sharon (from ICU North) for the care and dignity my relative was treated with while under her care. We could not have asked for anyone better. I will forever appreciate all you did for her and my family during an extremely difficult time.

Cardiology Day Unit, Christchurch Hospital

I underwent an angiogram procedure in the Cardiology Day Unit. I want to put on record that the standard of care I received was superb and every single staff member (nurses, doctors and the specialist) were absolutely lovely. What could have been a stressful morning was made easy by these helpful, dedicated people and I want to compliment and thank the staff for their care. You rank tops in my book.

Physiotherapy and Occupational Therapy, Burwood Hospital

The physiotherapists and occupational therapy staff have been instrumental in my recovery. Lots of hard work was required but guidance and input from these people was outstanding.

Oncology, Christchurch Hospital

Thanking the staff for their kind and encouraging words, they really make you feel important. No words can express the gratitude. Thanks for the respect.

Ward 27, Christchurch Hospital

Thank you so much for my care. I was so unwell and everyone was so loving, kind, compassionate, knowledgeable and respectful. The vegan food was lovely. There really are no words to express my thanks except, 'May our dear Lord rain down all of heaven's blessings upon you all, every day, all day long forever.'

Christchurch Hospital

I had a mammogram then surgery in September last year. I would like to thank Dr Malcolm Ward and his team for the excellent care I received, also Dr Avtar Raina and the radiologists in the Radiation Department. It made a big difference when I was diagnosed with cancer to have the cancer nurses and the Cancer Society there for support as well. Thank you to everyone for the excellent care, making a very difficult time much easier.

Ward 24, Christchurch Hospital

Thank you so much to the wonderful staff of Ward 24 who make a tough time so much easier. Nurses, nurse aides, cleaners and doctors – what an amazing team.

Physiotherapy, Burwood Hospital

I was recently in Burwood Hospital for knee replacement surgery. The inpatient physiotherapy was very helpful. After two weeks I had an outpatient physiotherapy appointment

which again I found very helpful to know I was doing the exercises correctly and walking correctly, and that my progress was much better. I have continued to have visits to the physiotherapist at Burwood Hospital which has enabled me to get back into normal activity. I am very satisfied with my follow-up and the advice given and very thankful to be able to have the surgery.

Intensive Care Unit South, Christchurch Hospital

Huge compliments to the staff. Thank you – you have done a fantastic job of caring for my son (not the easiest of patients). Thank you for your caring support of me and my family and for informing us all the way through what happened and was going to happen and for reassuring us through the tough times. I really want you to know how much I appreciate the support, the professionalism and care you all gave. I was glad of the information about the social worker and things that we could get help with.

Christchurch Women's Hospital

I have recently been seen in the Gastroenterology Department for a series of tests. I have consistently been treated with respect and courtesy. Thank you to all the staff involved, from reception, to nurses, doctors, and auxiliary staff technicians.

Ward 20, Christchurch Hospital

From reception, to the doctors and nurses caring for me, they all showed that they cared and did an exceptional job.

Radiology and Picture Archiving and Communications Systems (PACS), Christchurch Hospital

I want to extend my thanks and appreciation to the Christchurch Hospital Radiology and PACS after-hours service for their help in obtaining a patient's medical imaging info. All staff were highly professional and a credit to the hospital.

Surgical Assessment and Review Area (SARA), Ward 17, Christchurch Hospital

I had a stay in SARA and Ward 17 this week. I was under Dr Abbott's care and was extremely impressed with two of the staff – Dr Abbott herself and one of the doctors named Georgia. They were both so professional and down to earth with great social skills too. Clear communication, using words I understand rather than just medical jargon, and came across as kind doctors who really care. Thank you.

Ward 18, Christchurch Hospital

Ward 18 Nurse Aide Annabel and Nurse Aide Judy were delightful. Annabel in particular went above any care she needed too. She was such a kind beautiful soul. Treasure her

and, of course, the fabulous Judy. My nurses Joanne Saab and Rachel were amazing and wonderful. They need recognition.

Oncology, Christchurch Hospital

They were all kind and thoughtful and treated us with respect. Made our stay more bearable. Thanks team.

Emergency Department and Acute Medical Assessment Unit, Christchurch Hospital

All I can say is 10 out of 10 on all counts. Wonderful treatment and service, well done. This is an appreciation of the wonderful staff.

Ear Nose and Throat (ENT), Christchurch Hospital

Great service from the ENT team today – Ben and Khalid, for minor surgery. Good patient manner with just enough information provided, also good to see colleagues upskilling each other.

Ward 18, Christchurch Hospital

Thank you very much for your help during my stay.

Emergency Department (ED) and Ward 12, Christchurch Hospital

I would like to thank the staff of ED and Ward 12 – nursing staff and doctors. Without your kindness and expertise I wouldn't be home today with a second chance. Your advice has been heeded. I thank you sincerely.

Emergency Department, Acute Medical Assessment Unit and Ward 27, Christchurch Hospital

I would like to reiterate all that I said in the survey about the excellent, loving and knowledgeable care I received, so that somehow, all the staff who cared for me can be recognised and know how much they are loved for their care.

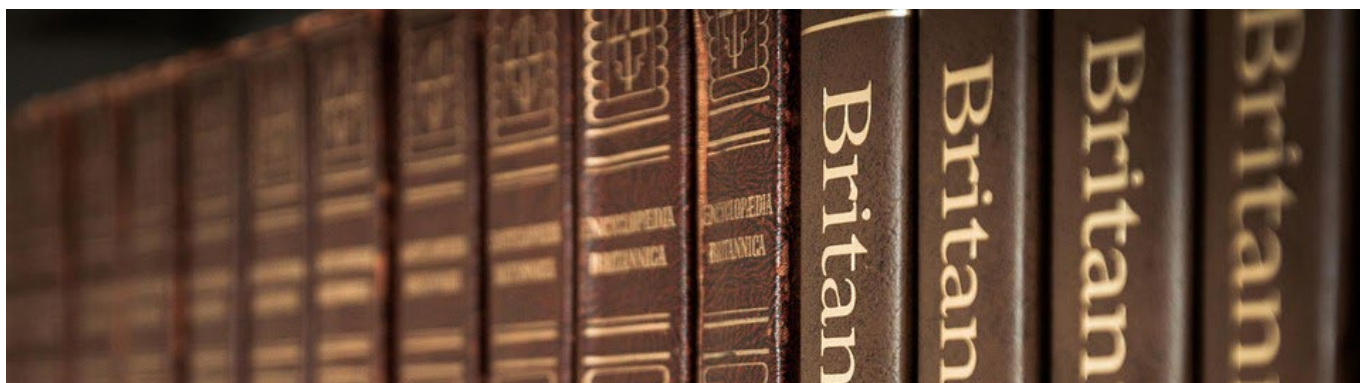
Plastics Outpatients, Christchurch Hospital

Once again I have received exemplary service from the team at Plastics. I have been here many times over the years and the quality of care, advice and expertise is at the top. Kia ora for this. Highly trained staff is the key to ensuring we get the assistance we need. You only have to look at the OECD Better Life Index research to understand why Aotearoa New Zealand Health is at the top. It's because of the type of care I received plus the infrastructure to support it. Kia ora.

Emergency Department, Christchurch Hospital

I would like to thank the nurse who took care of my wife. Fairly certain the nurse's name was Richard. Very professional, empathetic and an awesome sense of humour. Keep up the good work.





The Library

Browse some of the interesting health-related articles doing the rounds.

[“Augmentation therapies for treatment-resistant depression: systematic review and meta-analysis”](#) – This study looks at the best treatment approaches for depression and the effectiveness of available augmentation approaches. From *British Journal of Psychiatry*, published online: January 2019.

[“Cancer growth in the body could originate from a single cell – target it to revolutionise treatment”](#) – New therapies are targeting cancer stem cells – which are the only cells within a tumour that can make a new tumour. The research is optimistic that cancer will soon be treated like a chronic disease. From *The Conversation*, published online: 4 February 2019.

[“WHO warns of ‘backsliding’ in measles fight as cases soar”](#) – Measles case numbers worldwide have surged around 50 percent, with the World Health Organization (WHO) suggesting it is being caused by a dangerous mix of complacency and misinformation. The disease can easily be prevented with two doses of a safe vaccine that has been used since the 1960s. From *Medical Xpress*, published online: 14 February 2019.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz.

Remember to be SunSmart



Cancer Society

Te Kāhui Matepukupuku o Aotearoa

Slip, slop, slap and wrap!

Fast Facts

March is gearing up to be a busy time for construction around the Christchurch campus. Significant road works are about to start along Tuam Street/Riccarton Avenue, and the roadway alongside Christchurch Women's (and the area that used to house Hagley Outpatients) will soon be closed.

Commissioning of new and demolition of old generators

The four red containers on the east podium of Christchurch Hospital Hagley (the new Acute Services building) house the emergency generators. These will undergo Stage 4 testing from mid-March. The testing runs for four weeks, and there will be some noise and fumes. Wards and staff likely to be impacted by this will be contacted directly.

Once the testing is complete, the old generator house alongside the Avon River/near the mortuary entrance/exit and bike park will be demolished. Currently work is scheduled to start in mid-May.



This photo shows Riverside on the left and the east podium with the four emergency generators (circled) on the right

Road to the back of Christchurch Women's Hospital

Now the temporary outpatients building has been removed, CPB Contractors can begin work on the entry to the new Christchurch Hospital Hagley building. To allow this to happen, the road to the back of Christchurch Women's will be closed from **1 March 2019**. The roadway will be closed for 12 weeks. The Christchurch Hospital Operations team has done significant work around this to ensure the baby ambulance, Burwood shuttle, Sterile Services, couriers, record delivery, diesel delivery and medical gases to name a few of the numerous services that use the roadway have been accommodated and relocated. Services affected have been contacted directly.

Hospital Corner

The Bus Exchange Development Roding programme begins on **4 March 2019**. The bus stops on Tuam Street outside the Christchurch Outpatients will be moved – buses heading east into the city will stop outside the Hospital on Riccarton Avenue, and buses heading west out of the city will stop on Hagley Avenue. The work will be done in stages over the next eight months. Detailed information about the programme will be released shortly.

Boat Shed Bridge

The Friends of the Boatshed have arranged for the gap at the end of the Boat Shed Bridge onto Cambridge Terrace to be widened to improve safety for pedestrians and cyclists.



IT Training underway at the new Manawa facility

The ISG Support and Training team recently started using the new Manawa facility for giving training presentations to Ara Institute of Canterbury (Ara) students. Manawa expands the training options the team can provide, especially to large groups or when needing to run concurrent sessions.

The team has found Manawa to be a fantastic purpose-built training and teaching facility with various types of teaching spaces. The team is now able to use Manawa for large presentations rather than travelling to the Ara campus on Madras Street.

Manawa teaching spaces do not rely on projectors – rather, they use a wireless screen casting solution combined with large TVs. This has presented some technical challenges given the differing Ara/Canterbury DHB network requirements. It has been great to see IT specialists from across Ara and Canterbury DHB work together to enable seamless usability – for anyone using the teaching spaces.



Application Trainer Mark Bourke gives a presentation on Health Connect South, Medchart and Patientrack to Ara students

More options for IT training

Feedback is crucial to the ISG Support and Training team who are constantly endeavouring to match their content and training approach to the needs of staff.

Over the last year, through training evaluation forms, they've received more than 700 comments from staff highlighting what the team did well, as well as areas for improvement.

There are some key trends the team has seen as Canterbury DHB's reliance on technology increases, making using applications even more important in terms of patient care and productivity.

Staff would like training and learning delivered in a variety of methods rather than just limited to classrooms or lecture theatres or even only online. Learning opportunities need to be as relevant to job functions as possible and focused on key tasks. Time is precious, and many staff have asked for the length of ISG's training courses to be reviewed.

Some of the changes to software training and learning modules reflect ISG's desire to respond to feedback and

improve what it offers. For example, South Island Patient Information Care System (SI PICS) training has an online learning option for ward nurses, as well as a variety of classroom sessions from 30-minute clinic management training, to four-hour ward clerk training.

In addition, ISG has been working with the SI PICS project team providing 'at the elbow' support to staff. ISG has also created Éclair eLearning content so staff do not need to attend classroom training before getting access.

For some applications like Éclair, ISG recognises that online learning is sufficient – although the team still offers classroom training. For Cortex, ISG's approach is to now provide presentations and create an eLearning module on healthLearn.

Finally, ISG is working with a number of departments to support staff to improve their general computer literacy, as this brings many benefits, such as boosting individual career development and increasing productivity.

On Behalf of the Committee

The Radiation Safety Committee (RSC)

This week we introduce RSC Chair Richard Dove.

People are exposed to very small levels of ionising radiation in everyday life – be it from the air we breathe, cosmic radiation, emissions from the ground or food and drink we consume. In a clinical setting, radiation is both a useful diagnostic tool and treatment option: the most widespread use of radiation-emitting technology is X-rays, and radiation continues to be a go-to treatment for many types of cancer. Like many clinical treatments/tools, safe use and monitoring of radiation is required – which is where RSC comes in.

"This committee provides policy rather than operational oversight around the safe use of radiation in Canterbury and on the West Coast. We make sure that people don't receive more radiation than they need to achieve the clinical goal, and that people who don't need it – such as patients in a waiting area – don't get unnecessary exposure. We take a precautionary approach and make sure that every exposure is justified," Richard says.

The committee also ensures that staff exposure to radiation is as low as it can be and also within the legal limits, and this is monitored by badges containing small radiation-measuring crystals that staff wear during work hours. Summaries of the results go to RSC and members look for trends and group explanations.

"For example, if a certain person/team has higher-than-usual readings, we check to see if more X-rays or radiation therapy sessions were carried out or if there is another explanation. The badges can also be used to reassure staff that their exposure is below the legal threshold," he says.

Facilities alteration is a standing item on RSC's agenda, and it has been working closely with contractors on assessing and providing advice on how much radiation shielding – such as lead in the walls and the windows – needs to go into rooms in the Acute Services building.

"It's no good walking into a room already built to then find there is not enough radiation shielding, which is why we're involved in the building process itself. We also need to think ahead. If it is likely that a room will go from being used for one or two X-rays a day to a lot more than that, extra shielding will be needed.



Radiation Advisory Officer Annalie Ronaldson tests radiation exposure levels from a lifelike phantom with the necessary safety gear/equipment

"What I like about chairing RSC is its cross-disciplinary nature; I enjoy being involved in conversations on how different departments are using radiation in different ways, and how we can use our expertise to help other areas – including outside of hospital," Richard says.

Radiation Advisory Officer and RSC Secretary Annalie Ronaldson says she is sometimes called for advice on radiation exposure, including about weld-testing of airplane parts and even from veterinary staff.

"A while ago, I had a call from a vet who had been bitten by a radioactive cat being treated for hyperthyroidism and wanted to know what to do – in this case, the vet wasn't at risk and was fine, but it is good to be able to offer reassurance to people around radiation," she says.

Members

Chair: Richard Dove; Secretary: Annalie Ronaldson; Diagnostic Radiology: Sharyn MacDonald; Nuclear Medicine: Sue O'Malley; Cardiology: John Lainchbury; Oncology: Avtar Raina Canterbury Health Laboratories: Ian Phillips; Oral Health: Martin Lee; Medical Physics and Bioengineering: Richard Dove; Christchurch School of Medicine: Anthony Mitchell; Occupational Health and Safety: Steve Barclay Radiation Advisory Officer: Annalie Ronaldson; Canterbury DHB Representative: Felicity Woodham; and Maintenance and Engineering: Terry Walker

End of an era for Urgent Pharmacy

On Sunday 24 February the Urgent Pharmacy on Bealey Avenue will close its doors, having served the medicinal and primary health needs of the Christchurch public for over a century.

The venture started during World War One in a bid to rationalise the shortage of medicines. The Urgent Pharmacy continued to dispense medications after working hours, during public holidays, seven days a week, through another World War, influenza outbreaks, and most recently the Canterbury earthquakes.



The Urgent Pharmacy on Bealey Avenue

Initially located in New Regent Street, the Pharmacy moved up to the corner of Bealey Avenue and Colombo Street in the mid-1980s.

The unique co-operation of general practitioners and pharmacists resulted in an integrated model of general practice rooms, an X-ray suite and a large dispensary, working in unison to service the after-hours health needs of the people of Christchurch, says Chair of the Urgent Pharmacy, Des Bailey.

"From this new site, with easy access and plentiful parking, plus a back-up generator and independent water supply, the Urgent Pharmacy dispensed well over a million prescriptions to Cantabrians."

With the recent relocation of the 24 Hour Surgery to larger premises at 401 Madras Street, it is time to write an end to the Urgent Pharmacy's chapter of service to the community, he says.

"On behalf of the Board I want to thank the original pharmacists who invested their time and money in the Urgent Pharmacy vision and for the many decades of service from staff members who manned the ship.

"Thank you also, to the original group of GPs who invested and worked alongside us. May that spirit of health-delivery partnership continue into the future."

With its closure pharmacy services will continue to be available after-hours to Christchurch's community from various other pharmacies associated with after-hours medical care providers, such as:

- › Unichem Moorhouse Pharmacy, Pilgrim Place, open 7 days 8am–8pm.
- › Unichem Riccarton Clinic Pharmacy, Upper Riccarton, open 7 days 8am–8pm.
- › Unichem Bealey Avenue Pharmacy, located in front of the Pegasus Health 24 Hours Surgery, and open 7 days 9am–10pm.

There is also a range of other pharmacies open for extended hours – in major shopping centres and with supermarkets. A list of these pharmacies and their hours is available [here](#).

Tribute to Kath Low

Kath Low, who worked for the WellFood team for nine years and was Hillmorton Café Manager, passed away recently.

Kath started at Hillmorton Hospital's kitchen in August 2010 where she quickly became a valued team member in the diet kitchen, before transferring to the Avon Café in 2011.

Kath was well known and loved by many staff in the administration building and by consumers and staff across the Hillmorton campus.

Always with a smile, Kath had a knack of getting to know her regular customers by name and their food and drink preference. She was famous for her floral arrangements at the Avon Café, regularly bringing in fresh flowers from her garden for the café tables.

For the last three years, Kath's husband Eddie Low and friends have entertained staff with wonderful festive music at staff Christmas meal functions. Kath loved to watch her husband perform and often accompanied him on tours.

Kath's legacy will continue in the refurbished café, which she wanted to be a relaxing place for all, away from the rush of clinical and work areas.

General Manager of Mental Health Toni Gutschlag says her thoughts are with Kath's family, friends, colleagues and all those that were so fond of her.

"She will be greatly missed."

Kath's manager, WellFood Service Manager Karen Watson, has many fond memories of her.

"Kath treated the Avon café like her home, welcoming all who stepped inside. She was also a hard worker. I remember after the September earthquake when she worked two weeks with no time off. She later admitted the earthquakes scared her and she felt safer at work."

In typical Kath style, helping others gave her the comfort she needed to endure the aftershocks.

"Kath was loved and respected by so many people in all services across Hillmorton. She took such pride in her work and was so proud her job impacted positively on others."

When asked what her legacy would look like when she eventually retired/resigned, Kath answered, "I'm a hard act to follow".

"And, of course, she was right," Karen says.



Kath Low

Orderly Mobile on the move

Orderly Mobile has seen more than 96,000 orderly tasks logged at Christchurch Hospital, and now it is streamlining work at Burwood Hospital too.

Orderly Mobile was launched at Burwood today, extending the fully digital service further across Canterbury DHB.

Orderly Mobile sees orderlies armed with mobile devices, enabling them to accept, respond to, and fulfil work requests on the go. This means staff can now make requests for orderly services online, and orderlies receive and complete tasks which are tracked on a smartphone app.

Co-designed by orderlies, nurses and ward clerks, the app was developed by the People and Capability and Information Services Group teams.



Burwood orderlies Deborah Collins and Brian Marsh trial the Orderly Mobile system, which was launched at the hospital today

Christchurch Chaplaincy team pay it forward

After the Christchurch earthquakes, the Chaplaincy team received a load of hand-knitted teddy bears from colleagues at Hawkes Bay Regional Hospital. These were to be given to children and babies in the hospital.

This was so successful that the Chaplaincy team continues to give away bears in these areas. A large team of volunteers from local churches keep the supply of bears well stocked.

Following the Nelson fires and as a way of paying this gift forward, teddies were sent to Nelson Hospital for chaplains to give out to children they meet in the Emergency Department, Paediatrics and Maternity. Hawkes Bay has sent a similar gift.



Services engineer with “encyclopaedic knowledge” retiring

Services Engineer Dave Watson, who retires on Friday, initially came to Christchurch Hospital in 1989 as a Controls Engineer contractor to commission the building management system in the then new Oncology, Parkside, and Canterbury Health Laboratories buildings.

Dave did such a fantastic job that Clive Cook, the hospital's first facilities manager, wouldn't let him leave, says Dave's current manager, Facilities and Engineering Manager, Terry Walker.

“I can honestly say that I have never met a better building services engineer and many a consultant would have been floundering if it wasn't for Dave's encyclopaedic knowledge and willingness to help anyone who asks.

“I believe he must have a photographic memory as he remembers details of installing plant and equipment 25 years ago.”

Those tremendous skills might make some people arrogant, Terry says.

“But Dave has always been a very humble man with the patience to explain to audiences of all ability levels.

“He loves this hospital and has been dedicated and selfless in his service to Canterbury DHB. I can't thank him enough for his enormous contribution to the DHB in general, and Maintenance and Engineering in particular. He will be an enormous loss.”

Dave, who has worked on the electronic upgrade at Greymouth Hospital, says he has enjoyed the engineering challenges the job has brought and the diversity of the work.

“It's been fantastic.”

When he arrived at Christchurch Hospital in 1989 there was no computer cabling in Parkside and only two major computers – one that ran the patient management system and the other the building management system.

“Canterbury DHB didn't have cellphones then, they were only just launched, so when out and about 'on call' we had to ask to borrow a phone. In the early 1990s we got our first PC with Windows 3.1.”

Dave says he came from a non-hospital background and has learnt a lot. He will miss the contact with the people he has worked with and would like to thank them all.

“One of the nice things about working here is that everybody has a real interest in, and is very focused on, developing health services and good health outcomes for the people of Canterbury.”

Facilities Commissioning Manager Alan Bavis says Dave is well known and respected within the building services industry for his vast knowledge and experience of the engineering complexities that make a major hospital operate efficiently and safely '24/7', 365 days a year.

“He is often the person that many of his colleagues around the country call when they encounter a problem.”

He has educated many graduates, and even more experienced engineering consultants, on the practicalities of their engineering solutions.

“Dave will leave a huge footprint at Canterbury and West Coast DHBs and he has had huge input into the engineering design and installation of the new developments that will be operationalised in 2019,” Alan says.



Services Engineer Dave Watson

New Community Infusion Service for Blood and Intragam®P transfusions

A new Primary Health Care service has commenced in Canterbury, which enables patients to have Resuspended Blood cells or Intragam®P infusions in the community.

The Community Infusion Service began in July 2018 providing resuspended blood cell transfusions and by the end of 2018 quickly evolved to include Intragam®P patients.

Intragam®P patients alone who have transferred to this service provide an annual saving of 1148 hours which is the equivalent of nearly 29 working (40 hour) weeks.

These saved hours have released critical capacity in the Medical Day Unit (MDU) to enable other patients requiring secondary care to use this service. When the MDU is unable to accommodate patients due to a lack of capacity, these patients often need to be admitted for treatments in a ward or department.

Hospital and Community HealthPathways have been integral to the success of patients accessing a primary rather than secondary care setting by providing a clear process to ensure patients access the correct service for their needs.

Just when you thought it was safe to get back in the water

With the recent warm weather school pools and outdoor public pools in particular are getting plenty of use at the moment. Canterbury DHB has been working on public messaging to reduce the spread of water-borne diseases that can come with those little 'accidents' and because people swim when they are sick, or assume they don't need to shower before swimming because the chlorine will kill any bugs.

Look out for the "Some things aren't welcome in this pool" posters at your local pool, and for online messages such as those on our Facebook page that provide tips on how to reduce the spread of nasty and potentially dangerous gastro bugs like *Cryptosporidium*.

Some things aren't welcome in this pool!

Please stay out of the water if you've had a serious tummy bug – chlorine doesn't kill everything, and bugs spread quickly in pools:

- Stay away from pools for at least two weeks after you feel better
- Always shower before entering the water
- Report any 'code browns' immediately
Yes, we may need to empty and clean, but that's better than sharing the pool with an 'unwelcome guest'

Hi, I'm *Cryptosporidium*

Help us keep gastro bugs at bay

A public health message from
Canterbury
District Health Board
Te Pahi Hauora o Waitaha

One minute with... Keith Hawker, Regional Contracts and Services Manager, Information Services Group

What does your job involve?

At Information Services Group (ISG), we are in an evolving process to transition from an internal Canterbury DHB IT department to a regionally managed services provider. Because most projects that ISG is implementing have a regional component and we are becoming the regional host for many applications, the need for someone to manage regional engagements and relationships was identified. As a result a new role within ISG was created and I was fortunate enough to be appointed. I am involved in contract negotiations, vendor and customer relationship management, and the varied activities that go with that. As part of the ISG Management team, I work closely with the other managers.

Why did you choose to work in this field?

I started at Canterbury DHB five years ago to help with Windows 7 after working as an Account Delivery Manager at companies such as Computer Sciences Corporation and Hewlett Packard. At Canterbury DHB I became a project manager and delivered Windows 7 among other projects. One of these was the regional Health Connect South rollout to Nelson Marlborough DHB and Southern DHB, and one of the tasks was to work through contractual obligations – the type of work I had been doing in my previous roles. So working in this field is a continuation of what I had been doing for some time, just in a different environment.

What do you like about it?

That there is so much to do, and working in health is unlike anything I have done before; it is most enjoyable and rewarding. Being a new role, it means I can, along with others, help shape ISG as we transition to a regionally managed services provider.

What are the challenging bits?

The fact that there is so much to do, and in particular, the pace of change. We are working to quite aggressive timeframes and trying to fit the work into the available resources is a constant challenge.

Who inspires you?

The people around me and their ability to continue to deliver and sustain services in what are often difficult and

challenging circumstances. And I don't mean just at ISG, but in the wider world here at Canterbury DHB.



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?

Being the Canterbury DHB host representative means that I need to be a trusted advisor and business partner, so treating vendors and customers alike with respect and taking responsibility for outcomes comes with the role.

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

I am a bit of a cricket tragic, in particular the longer forms of the game.

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

Right here really.

What do you do on a typical Sunday?

Sunday is usually a fairly relaxing family day, and most Sundays my children and their families come for tea.

One food I really like is...

I quite like spicy food, in particular curries, either Indian or Thai. Having said that I am rather partial to an old-fashioned roast.

My favourite music is...

Music from the 1960s and 70s mainly, in particular groups like Fleetwood Mac with Peter Green, Cream, John Mayall, Rolling Stones, Steve Winwood, Pink Floyd etc. I never tire of listening to Leonard Cohen. I know Bob Dylan won a Nobel Literature prize but in my opinion Cohen's body of work is far superior.

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

Health and wellbeing at work

At Canterbury DHB we encourage you to focus on your own health and wellbeing, because we all want to feel happy and healthy at work. Take a look at the new [Wellbeing in the Workplace webpage](#) (this will replace the wellbeing content on the intranet) where you'll find information on free finance sessions, subsidised on-site fitness classes, and other resources for your health and wellbeing. The webpage has just gone live and we'd love you to take a look! If you have any further suggestions or requests for health promotion, please contact Health Promoter [Rachel Morton](#).


Westpac's Growing Your Financial Wellbeing seminar timetable

Topic	Date & time	Location
Spending & Budgeting	Wed 13 March, 12:00 pm–12:35 pm	Christchurch Hospital, Great Escape Lounge
Home Buyers	Thurs 9 May, 12:00 pm–1:00 pm	Burwood Hospital, Room 2.3a
Saving & Investing	Wed 12 June, 12:00 pm–12:35 pm	Hillmorton Hospital, Lincoln Lounge
Protecting What's Important	Wed 24 July, 4:30 pm–5:00 pm	Burwood Hospital, Room 2.3a
Preparing for the Future	Tue 3 Sept (Money Week), 4:30 pm–5:05 pm	Christchurch Hospital, Great Escape Lounge
Understanding Debt	Tue 5 Nov, 4:30 pm–5:20 pm	Hillmorton Hospital, Lincoln Lounge

UNDER THE WEATHER?


Make your GP team your first call 24/7

Canterbury
District Health Board
Te Pōwhiri Hauora o Wairarapa



CATHOLIC HEALTH CARE MASS

catholic diocese of christchurch
to sanctify - to teach - to care for



Bishop Paul warmly welcomes all those who work in health care in Canterbury.

This is an opportunity for all those involved in health care; nurses, doctors, rest home staff, pharmacists administrators etc. to celebrate this healing ministry and to acknowledge and pray for the challenges faced.

Afterwards please stay for refreshments in the narthex at St Mary's to enjoy the company of others who work in this field.

For more information contact:
Paula Avery, email averypaula@gmail.com
Mike Stopforth, email mstopforth@chch.catholic.org.nz, ph 027 539 8542

Sunday 24 February 2019 ▪ 5:30pm ▪ St Mary's Pro-Cathedral, 373 Manchester Street

INTERNATIONAL SPEAKER

A not to be missed
free seminar!



The health and developmental determinants of adolescent criminalisation

Professorial Fellow Nathan Hughes | Department of Sociological Studies
University of Sheffield, UK

The highly esteemed Professor Hughes was awarded a University of Otago William Evans Fellowship in 2018. His research examines the influence of health and developmental difficulties on the risk of criminality and criminalisation among young people and young adults, with a particular focus on experiences of neurodevelopmental disorders and traumatic brain injury.

Strong international evidence shows that neurodevelopmental disability, poor mental health, trauma, and experiences of child maltreatment all appear to increase the risk of exposure to criminal justice systems in adolescence.

Come along to find out more about the persuasive evidence that could influence approaches to reforms relating to criminalisation on the basis of health and developmental difficulties.



Wednesday 20th February
10.30–11.30am
Beaven Lecture Theatre, 7th Floor
University of Otago, Christchurch

No RSVP required. For more information, please contact: sandra.scannell@otago.ac.nz

CANTERBURY DHB 2019

Māori and Pacific SCHOLARSHIPS

Māori and Pacific Scholarships are for Christchurch-based tertiary institution students who are studying a health-related NZQA accredited course and has whakapapa with Māori communities and/or cultural links with Pasifika communities, and is also planning to work in the Canterbury district.

- Applications close 5pm Friday 29 March 2019
- Online applications to be forwarded to:
manawhenuakiwaitaha.kaiawhina@gmail.com

Any queries, please contact :

Ruth Chisholm, Kaiawhina 0274434532

For more information please visit:

www.cdhb.health.nz/maorihealth

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Te Pōari Hauora o Waitaha





MATTERS OF THE HEART TALK SERIES 2019

A FREE community information series brought to you by the Heart Foundation. You'll learn about Heart Health with different topics being covered each month.

**Location: New Salvation Army Building, 853 Colombo Street
(Corner Salisbury Street)**

Thursday 7 March 2019 – 6.30 pm – 8.00pm

➤ **Dr John Elliott, General and Interventional Cardiologist**
CORONARY ARTERY DISEASE

Dr Elliott will cover a range of topics such as; acute heart attacks, heart attack awareness, risk factors, stable angina and current methods of diagnosis and treatment.

Registrations Essential – Please book at coronaryarterydisease.eventbrite.co.nz

Thursday 4 April 2019 – 6.30 pm – 8.00pm

➤ **Cardiologist**
HEART TESTS AND INVESTIGATIONS

Our specialist speaker will discuss a number of different tests and investigations relating to Heart issues including Echocardiogram, Angiogram, Exercise Stress Tests & MRI scans

Registrations Essential – Please book at hearttests.eventbrite.co.nz

Thursday 2 May 2019 – 6.30 pm – 8.00pm

➤ **Dr Matt Daley, Cardiologist and Electrophysiologist**
THE ELECTRICS OF THE HEART

An information session relating to The Electrics of the Heart, covering various topics Such as; EP (Electrophysiology) tests, Implantable defibrillators, Pace makers, Atrial Fibrillation, Medication and treatments.

Registrations Essential – Please book at electricshheart.eventbrite.co.nz

Please book your ticket at www.eventbrite.co.nz using the event listings above
Or ring the phone number below.

Event Booking Line
T: 03 366 2112 ext 5
helenc@heartfoundation.org.nz