



## One year on from the March 15 mosque terror attacks

**Many people, especially those in our Muslim community, are still feeling the effects of the March 15 mosque attacks in Christchurch.**

Many of you were involved in providing care or continue to provide support to those most affected.

With the first anniversary this coming Sunday we are seeing renewed media coverage, public discussion and events that remind us of that day. It's normal to feel distressed, and to experience symptoms of stress, with these reminders.

It can be a good time to reconnect with people and check in on each other. Kindness and empathy go a long way.

Be aware of how you're feeling and look after yourself too. You can choose to avoid social media and/or news media if it's distressing you.

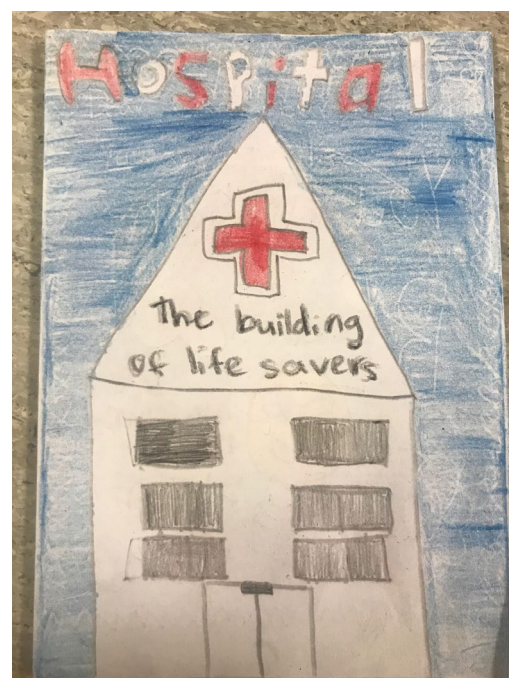
We have experienced difficult times as a health system over the past decade responding to natural disasters and inexplicable acts of terror, where we have been called upon to provide urgent care while processing our own feelings and emotions about the events and their impacts. The support we show each other, the grace and professionalism we display under extreme pressure, the quality of care we provide are something every single person involved should be incredibly proud of.

It's all right to feel affected, whoever you are. And it's all right to need support. It's all right if you don't want to talk about it, and all right if you do.

If you need support to help process these events or other tough times, recognising that need is something to be equally proud of.

Please see information about the workplace support available and common-sense tips for looking after yourself on page 6 which we are promoting around our campuses and have made available [here on PRISM](#).

Kia kaha tatou.



A photograph of a child's drawing received by Christchurch Hospital Emergency Department staff after March 15 last year

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# COVID-19 novel coronavirus

While the global impact is significant, with continued vigilance the risk of a widespread community outbreak remains low.

With five confirmed cases in New Zealand, the proven public health measures of isolating cases and tracing all their close contacts to ensure they know what to do if they develop symptoms has been working well. Using this approach public health teams have been able to reduce the risks to the wider public.

Please remember that for most people COVID-19 is a mild to moderate illness and people will recover well at home. Based on international evidence those most at risk of becoming seriously unwell are elderly people and those

with other health conditions such as heart or lung disease.

With this in mind please keep in touch with older family members, friends and neighbours and ensure they are okay, as many people are understandably concerned, particularly when reading or hearing some of the media reports, which have been scaremongering, confusing and not always factual. For older folk who live alone this information overload can be overwhelming.

Remind them of the simple things they can do to stay well. And show them how to get their information from a reputable source: their own general practice team, or the Ministry of Health website. This year's influenza vaccine is

due to arrive in the country next month and it's free for everyone aged 65 years and over, as well as people with chronic medical conditions. Remind the older people you know to get protected early. It won't protect them from COVID-19 but it is the best protection available from the flu strains expected to be circulating in our community over winter.

And to quote psychologist Nigel Latta: "Do all the things the experts tell us to do and get on with your life... don't panic buy and don't spread panic."

Sounds sensible to me!

Last Friday, our Grand Round on "COVID-19 Preparedness Questions and Answers" was very well-attended. For those of you who could not attend, you can watch the video on the [intranet here](#).

## Here are some simple things you can do to help protect yourself, your patients, colleagues, whanau and community

Importantly, please **stay home if you're sick**. The last thing we want is for large numbers of staff to be infected with any respiratory illness – whether it's a cold, influenza or COVID-19. When you're unwell you should avoid going out in public unless it's absolutely necessary.

To stay well, **avoid close contact with people with cold or flu-like illnesses** – this is called social distancing, and keeps you out of the 'drop zone' from other people's coughs and sneezes.

**Cover coughs and sneezes** with tissues or clothing or sneeze into your elbow.

**Keep your hands clean.** At work clinical teams are well-versed with using Alcohol Based Hand Rub and the World Health Organization's 5 Moments for Hand Hygiene – check out the latest results for Canterbury DHB on page 7.

At home, you should wash your hands for at least 20 seconds with soap and water and dry them thoroughly.

Hand hygiene should be performed:

- › Before eating or handling food
- › After using the toilet

- › After coughing, sneezing, blowing your nose, or wiping children's noses
- › After caring for sick people.

**Avoid touching your eyes, nose or mouth** to stop virus spreading from your hands.

If someone in your family is sick, remember that viruses can live for 48 hours or more on hard surfaces so **keep things clean by wiping hard surfaces with a disinfectant or diluted bleach solution\*** to kill germs. (\*One teaspoon of bleach to 500 mls of water is effective).

## Travel restrictions

As a responsible employer and provider of essential health services, we announced travel restrictions for all staff last week. All non-essential international work travel is to be deferred indefinitely. Staff are urged to consider carefully any personal

international travel and talk to their manager before they travel. Staff should note that travel insurance taken out after 30 January 2020 may not cover COVID-19 related claims and policies have a range of limitations.

The full memo outlining our position on Travel Restrictions is available [here](#).

Remember if you have any queries "send a question" via max. or speak with your manager.

# New video showcasing midwifery in Canterbury and the West Coast

It's fitting in the International Year of the Nurse and Midwife that we have an [inspiring new video](#) showcasing midwifery to join the [nursing video](#) released last year.

This video was commissioned to help us attract new midwifery talent to Canterbury and the West Coast and I encourage you to share it with your networks – be they qualified midwives in New Zealand or overseas who may be looking for a change, young people considering what career path to take or simply to show off what great work your midwifery colleagues do helping women in our communities bring new life into the world.



The new video showcasing midwifery in Canterbury and the West Coast

## Plan to look after your own needs, be kind, and support your colleagues

As we head into another busy week, remember that to care for others (or to support those who do the caring) you really do need to stay healthy and have a balanced life – eat good food, sleep well, exercise regularly and do things that make you happy. Sometimes it's easier said than done,

but it's important to make time to look after your needs too.

As we remember what happened in Christchurch almost a year ago, be kind to each other and look out for your colleagues. And please take heed of the Human Rights Commission's two-step advice pictured.

**Two step guide to COVID-19:**  
**1. Wash your hands**  
**2. Don't be racist and xenophobic**

**Give nothing to racism**



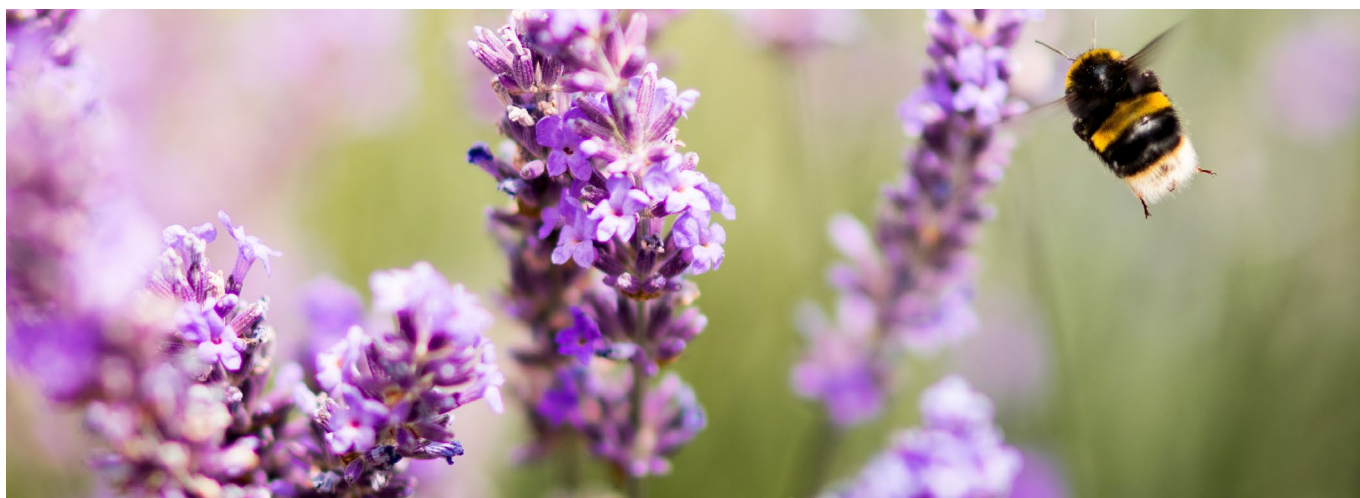
Haere ora, haere pai  
 Go with wellness, go with care

**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](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).





## Bouquets

### **Emergency Department (ED), Christchurch Hospital**

My son was in ED with a condition that was diagnosed in January, so this is all very new to our family. The staff in ED (particularly Bri and Annie) were amazing, and the manner in which they dealt with my son, who was extremely stressed and upset, was incredible. With his condition we may have repeated trips to the hospital, but I am grateful knowing that the next time we go he will be more relaxed and positive knowing that we have a plan in place for his treatment and a wonderful team looking after him. Please pass on my thanks.

### **Wards 11 and 18, Surgical Assessment and Review Area (SARA) and surgical and recovery teams, Christchurch Hospital**

I want to give thanks and show my appreciation to your great, dedicated staff who looked after me on my recent overnight visit – the staff in Wards 11 and 18 and SARA, and the surgical team who operated on me, along with the recovery team. Although it was extremely busy on Friday night and Saturday morning, every single person I dealt with was so kind, caring and dedicated to their jobs. They're all a credit to Canterbury DHB.

### **Dental Department, Christchurch Hospital**

I had a great experience at the Dental Department... Also had a wonderful dentist called Zoe who was very kind and funny. She was the best.

### **ED, Christchurch Hospital**

I came in to Christchurch Hospital after the Electric Avenue Festival. I was really cold and unwell from being in the rain. There was an amazing nurse who let me sit in the warm. We weren't expecting much, just waiting to get an Uber home. She came and gave me a jumper and a hot chocolate which was beyond her duty and most hospitals would never do that. I am very grateful. I am unsure of her name, she had short grey hair and was working at 18:30. She is awesome.

### **Urology Outpatients**

I had a rather unpleasant procedure, a cystoscopy recently... I was dealt with by doctor in training Tengo Kandelaki and a registered nurse called Sue. The procedure was painful but these two were able to help me cope with the situation through patience, skill and care. They did a good job.

### **ED, Christchurch Hospital**

I would like to thank Mel and her team for all they did for me when I was admitted last week after being knocked off my bicycle, particularly the regular follow-up visits to me in Ward 10. You are a great asset to Canterbury.

### **Ward 10, Christchurch Hospital**

A big thank you to you all for your compassion and professionalism during my stay. You made my situation much more manageable and set me well on the road to recovery.

### **Wards 10 and 16 and X-ray, Christchurch Hospital**

I was in Christchurch Hospital and wish to compliment all the nursing staff I observed. I was in Ward 16 then Ward 10. They were an exemplary group of people. Efficient, accommodating and hugely caring. In fact, I really want to tell a little story of what happened on the first day that I was there. In the afternoon I went for an MRI scan and very soon after I went for an x-ray. Before the x-ray I was waiting in my bed. Alongside me, in another bed, was a very elderly lady. She was telling the nurse that she was finding it all a bit scary. The nurse held her hand and gently reassured her. The nurse was there again when we had both

had our x-rays and were waiting to be taken back to our wards. But this time the lady was looking more in need of comfort and what happened made me astonished and filled me with respect. The nurse picked up the old woman's hand and stroking it, began to sing very quietly to her. Wow! She sang 'You are my Sunshine', an old tune that the lady would have known in her youth. I've never seen such compassion. So natural and so warm. Thank you for all the help and for the memory.

#### **Outpatients, Christchurch Hospital**

I only had just sat down when I was called in for my first examination and then subsequently saw three more people after a short wait between each one. I found the whole examination was carried out very courteously and professionally.

#### **Neurology, Ward 28, Christchurch Hospital**

Thank you all for looking after my friend and basically saving his life. Also, a massive thank you to the nurse aides, who were all a pleasure to sit beside.

#### **Oncology department, Christchurch Hospital**

Thank you sincerely for the wonderful treatment. Excellent and helpful staff, very friendly.

#### **Medical Day Unit, Christchurch Hospital**

Lovely people! I was very nervous, but they were very kind and made me feel comfortable. My doctor was James Beharry, he was so nice.

#### **Oncology Outpatients, Christchurch Hospital**

Great service, one of many appointments. Reception, doctors, nurses, all A1, supportive and knowledgeable.

#### **WellFood, Wards 15 and 16, Christchurch Hospital**

Great food, keep up the good work.

#### **Oncology, Christchurch Hospital**

Given the demand on the public health system, the people, staff, and services in this area are professional, personable and excellent. Thank you so much.

#### **Ward 11, Christchurch Hospital**

I have been very impressed with all the care provided and staff during my stay. The service and care far exceeded my expectation. The staff are bright, cheerful and doing a great job, from my first contact with Dr Parkin and Zoe Berryman prior to admission and on presenting. Registrar Ryan and the team have made my stay a good memory while I worked through dealing with my health issues. Thanks to all concerned.

#### **Ward 15, Christchurch Hospital**

Very professional and friendly. Thanks all of you.

#### **Ward 18, Christchurch Hospital**

Lovely admin lady in Ward 18.

#### **Ward 24, Christchurch Hospital**

My father was admitted with a stroke and heart attack. Unfortunately, he could not be saved but I want to thank all the nurses and doctors who helped to look after him. You all did an amazing job. You are all angels.

#### **ED, Christchurch Hospital**

Thank you so much for your kindness.

#### **Outpatients, Christchurch Hospital**

Thank you for putting hooks in the public toilets.

#### **Outpatients, Christchurch Hospital**

Staff very friendly and very efficient.

#### **Operating Theatre, Christchurch Women's Hospital**

Your team of lovely surgical staff extracted my boy by c-section. This is a quick email to say a belated big thank you. I have healed from the surgery very quickly and was clearly expertly stitched. Please pass on our thanks to the team, with apologies for the delay. We really felt we were looked after to the best of standards.

# **UNDER THE WEATHER?**

**Make your GP team your first call 24/7**

**Canterbury**  
District Health Board  
Te Pori | Hauora O Waitaha



# Looking after yourself and your whānau

As March 15 approaches, you may notice a range of emotions being stirred up, including sadness, anger or fear. This is normal, so try not to avoid or over-analyse these feelings as they will usually subside within a few days or weeks.



## COMMON SENSE TIPS

- Limit exposure to news and social media
- Be kind to yourself and others
- Connect with people you care about
- Head outside – being out in nature is good for us all
- Reflect on what you feel grateful for
- Do what makes you feel good to help refuel your body and brain
- Listen to and connect with your children to help them feel safe, secure and happy

## WHERE TO GET HELP:

### Call or text 1737

This free and confidential national helpline connects you to a trained counsellor for a text or a chat.

### Team leader, manager, clinical leader

Your manager or team leader can help you access other support and to implement practical steps for your wellbeing at work.

### Workplace Support services

Confidential and fully-funded counselling by accredited psychologists and counsellors. Call 0800 443 445 24/7.

### Your GP

Your doctor knows you and is there to help with your mental and physical health.

### EAP (Employee Assistance Programme)

Call 0800 327 669 to book confidential counselling. It's free for Canterbury DHB employees and their immediate family.

### Other whānau support

Canterbury Resilience Hub – [www.resilient.org](http://www.resilient.org)  
All Right? – [www.allright.org.nz](http://www.allright.org.nz)  
The Headspace mindfulness app – download on the Apple App Store or Google Play  
Lifeline 24/7 confidential support – 0800 543 354  
Youthline for children up to 18 – 0800 376 633

For more information, search “Wellbeing, Health and Safety” on max. or PRISM

# Quality and Safety Matters

## Oxygen Therapy

Do you know if your team is meeting the medicines and prescribing legislation in New Zealand?

You'll know yourself if you are being lawful in your practice.

Have a look at the MedChart Prescriptions against Oxygen Recordings in [Seeing Our System](#).

## Hand Hygiene

Canterbury DHB is at 82 per cent in the last audit period that finished on 29 February 2020.

**Big shout out to Christchurch Women's Hospital staff who have exceeded our Canterbury DHB December 2020 target of 90 percent. Burwood Hospital has also exceeded the current target of more than 85 percent.**

We are inching up to our target of 100 percent in those areas that are really obvious points in hand hygiene – before and after a procedure but there is real work to do in before touching a patient in some areas.

Everyone is interested in your innovative ways of tackling this practice standard. Venues for sharing broadly are clinical governance meetings and on the Quality Hand Hygiene intranet site.

Please see the [Hand Hygiene programme site](#) for results and resources.

## Your 5 Moments for Hand Hygiene

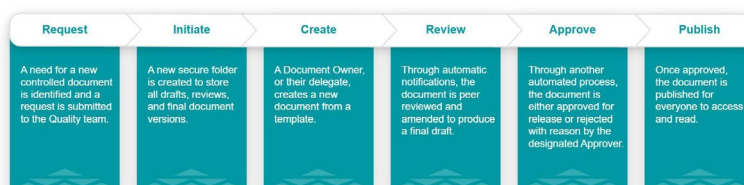


## Policy Procedure Library Tips and Tricks

The library has a review workflow that facilitates consultation.

Before you start the workflow, check that the document folder has the correct people listed. In "Policies and Procedures Register":

- Put a key word or reference in the small search box.
- Check the people fields.
- Subject experts relevant for the document content must be listed under "Document Members".
- Email your document controller with a list of corrections for each people field.



To learn more about document review check out the education material on the Controlled Documents Development Process, under the [review step](#).



# Unity the focus of National Remembrance Service

A year on from the Christchurch mosque attacks, people will come together on 15 March at a National Remembrance Service to remember and honour those who died, and build on the spirit of unity that came out of the tragedy.

Fifty-one people died as a result of the shootings at the Al Noor and Linwood mosques on 15 March 2019 and many others were injured and traumatised.

To mark the first anniversary of the mosque attacks, a national remembrance service, Ko Tātou, Tātou We Are One, will be held in Christchurch's North Hagley Park, on Sunday 15 March starting at 3pm.

The programme for the national remembrance service has been put together with input from those most affected by the attacks, including survivors and families of the victims.

Students from Burnside High School and Cashmere High School will perform music at the service. The two schools were heavily impacted by the mosque attacks. Cashmere High School lost two current students and a past student in the attacks, and one student from Burnside High School died.

Local Muslim leaders, the Mayor and other dignitaries will also take part in the service, which will be jointly led by the local Muslim community, Christchurch City Council, the Government and Ngāi Tūāhuriri as mana whenua.

For more information, visit [Christchurch City Council's website](#).

## Invitation to share your message of hope and aroha

One year on from the March 15 Christchurch mosque attacks, All Right? is giving Canterbury DHB staff the opportunity to write messages of aroha and hope on paper that will be strung up as bunting in the city.

All Right? manager Sue Turner says the project will provide an opportunity for people to share their messages of support and their hopes for the future.

"Our hope is that hanging messages of aroha and hope in the city will be a visual reminder of the love and compassion that still resides within our community, one year on."



The triangular bunting paper will be available at the Great Escape Café between Monday 9 and Wednesday 11 March. Once collected, the Student Volunteer Army will combine the messages to create approximately one kilometre of bunting. The

bunting will then be hung in the city in time for Friday Prayers on Friday 13 March.



# Celebrating the success of Mana Ake – Stronger for Tomorrow

Last week Prime Minister the Rt Hon Jacinda Ardern and Minister of Greater Christchurch Regeneration and MP for Wigram Hon Dr Megan Woods visited Northcote School to talk about the difference Mana Ake – Stronger for Tomorrow is making to the wellbeing and mental health of Canterbury's tamariki.

Mana Ake provides wellbeing and mental health support for children aged five to 12 years old across Canterbury.

Kaimahi (workers) work with schools to support teachers, families and whānau when children are experiencing issues that impact their wellbeing such as managing emotions, friendships and bullying, parental separation, and grief and loss.

Learn more about Mana Ake on the [Canterbury Clinical Network website](#).



Prime Minister the Rt Hon Jacinda Ardern and Greater Christchurch Regeneration and MP for Wigram Hon Dr Megan Woods visiting Northcote School and meeting with kaimahi and the children benefitting from the programme





# CCDM

Care Capacity  
Demand Management

*Safe staffing, healthy workplaces*

## Care Capacity Demand Management programme roll-out gathers pace

A programme for nursing and midwifery staff helping ensure we have the right people, in the right place, delivering the right care at the right time is well underway in multiple areas.

One of the tools for capturing shift data, TrendCare, is now being used by staff in Christchurch Hospital Medical Wards 23, 24, 25, 27, 12, 14, the Coronary Care Unit, three surgical wards: Urology, Wards 11, and 20, and across Specialist Mental Health Services. Its also being used at Ashburton Hospital in the Acute Assessment Unit and Wards 1 and 2.

TrendCare is a validated patient acuity software tool for inputting data on the intensity of nursing or midwifery care required by a patient, for each shift, so that there is a clear view of patient acuity demands for every ward and area.

Testing of every staff member using the tool is underway to ensure the validity of the data.

The next rollout is at Burwood Hospital starting late April. Early indicators suggest that staff have responded well to the programme and are successfully incorporating the data entry into busy work schedules.

Ward 23 Charge Nurse Manager Jo Goodwin says TrendCare gets easier to use as you get used to it and early engagement with a TrendCare Coordinator is essential for success.

The [Care Capacity Demand Management \(CCDM\) programme](#) is all about matching care capacity to patient demand, which is central to the workings of a district health board.

Canterbury DHB is one of the last DHBs to roll-out CCDM, which means we have had the benefit of other DHB's experiences, says CCDM Nursing Director Janette Dallas.



Christchurch Hospital staff attending TrendCare training

"Capital and Coast and Auckland have been generous with their time and advice."

To support the programme, Canterbury DHB now has a team of seven CCDM co-ordinators and a part-time data analyst working with Janette. The team has expertise in a wide range of clinical specialities.

The TAS office and our CCDM Governance Group have also supported the team's efforts, she says.

The first working group meeting for the Variance Response Management workstream took place last week and Local Data Councils will be established over the next few months. These councils meet monthly to review the ward data to identify issues, develop plans, set goals and monitor measures and improvements to the core set data

If you would like to sit on a council, please talk to your manager.

# World Delirium Awareness Day

Your brain is your most valuable asset and Brain Week is a chance to raise awareness of delirium, dementia, and other neurological conditions and the role we can all have in supporting brain health.

Burwood Hospital staff are celebrating Brain Week with a range of activities – see the poster on the next page 15 for details.

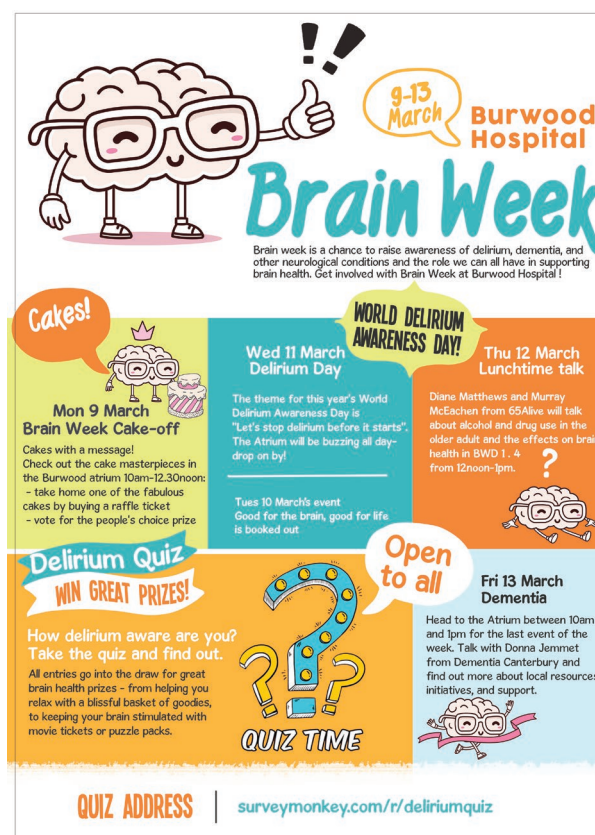
A key day in the calendar is Wednesday 11 March, which is World Delirium Awareness Day. The theme this year is "Let's stop delirium before it starts".

Delirium is sudden confusion which develops over hours to days. People with a delirium have trouble thinking clearly, focusing their thoughts, and paying attention. This tends to fluctuate across the course of the day.

It is different from dementia which is a progressive cognitive decline that develops and progresses over time.

Delirium is under-recognised but is surprisingly common, particularly among older people who are hospitalised, says Lead Researcher, Psychiatry of Old Age, Susan Gee.

"Delirium can have lasting and grave consequences for a patient's recovery, with an increased risk of staying in hospital longer, having more complications, being discharged to long-term care, and dying. We are often



used to working in a curative model, the kind of health care that focuses on identifying and managing delirium once it has occurred."

This year's theme reminds us to think about delirium prevention, and to help people before they suffer delirium and its negative impact on their lives, she says.

**A handy mnemonic for remembering the key preventable risk factors is PINCHES ME kindly:**

**Pain** identify and manage pain

**Infection** treat underlying infection

**Constipation** treat and prevent constipation and address nutrition

**Hydration** treat and prevent dehydration

**Exercise/mobility** maximise mobility

**Sleep** promote a normal sleep pattern

**Medication** review medications, avoid sedation if possible, but avoid withdrawal

**Environment** HOUSE: Help Orientate, Use Sensory aids, Engage in activities

**KINDLY** Be calm and patient and mindful of emotional needs

So, on World Delirium Day, and every day, remember **PINCHES ME kindly** and help prevent delirium.

# Tribute to Phillip Keene

*From Specialist Mental Health Services  
Acting General Manager Barbara  
Wilson and Director of Nursing  
Joan Taylor*

It is with deep sadness that we let you know of the sudden death of Phillip Keene last Tuesday evening following a stroke.

Phil started work as a Hospital Aide in Coronation Hospital in May 1988 and went on to train at Christchurch Polytechnic, from 1988 to 1990. Following graduation, he started work as a registered nurse in the Acute Inpatient Service in February 1990.

He broadened his knowledge and nursing skills by working in the Community Alcohol and Drug Service, the Kennedy Detoxification Unit and Child, Adolescent and Family (CAF) Community Services, and refreshing his general nursing skills, he worked over the period of 2001/2003 in the Emergency Department at Christchurch Hospital.

Phil started work at Totara House in December 2004, and aside from a few

months in CAF Rural, continued at Totara House in the role of registered nurse case manager up until the present time.

He worked for Canterbury DHB for almost 32 years.

Phil was committed to the kaupapa of Totara House and demonstrated through his work a sound knowledge of early intervention and brought a wealth of expert experience and knowledge. He was a caring nurse who worked alongside the young people and their whānau in their recovery and creation of a better life for themselves.

He was a highly valued team member, contributing to the positive team culture by his compassionate, open and respectful manner. His positive attitude, great humour, love of music, interest in minis (cars) and bulldogs will be greatly missed by his colleagues and clients.

Phil always went out of his way to greet people at Totara and make them feel very welcome.



Our condolences to his wife Steph, who until very recently worked in People and Capability, and his sons Max and Theo, and to all his friends and colleagues at this very sad time.

The flag on the Hillmorton campus is now at half-mast.

Kia kaha.

## Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.





# Volunteers donate state-of-the-art equipment to eye service



Seated, Christchurch Hospital Volunteer Gaye, one of the volunteers at Christchurch Outpatients who offer a friendly face, giving directions and making cups of tea and coffee. Standing, from left, Service Manager Ophthalmology Ali Watkins, Team Leader Orthoptist – Ophthalmology Natalie Murphy, and Volunteer Co-ordinator Louise Hoban Watson



The Nidek TONOREF III, one of the pieces of high-tech equipment purchased by Christchurch Hospital volunteers for the Canterbury Eye Service

The Canterbury Eye Service has gratefully received a generous donation of over \$50,000 worth of new eye testing equipment thanks to the hard work of Christchurch Hospital volunteers.

The items purchased were:

- › Two Nidek Tonoref III machines, which measure both the pressure and focus of the eye
- › A Lensmeter, which allows staff to test the prescription of patients' glasses.

The Nidek TONOREF III is a combined Autorefractor/ Tonometer/Pachymeter/Keratometer, so it does four different measurements in one, replacing the need for four separate pieces of equipment.

It measures the focusing power of the eye, the intraocular eye pressure, the corneal thickness and the corneal curvature. This is used frequently for most patients being pre-tested for an ophthalmologist clinic.

Having these additional pieces of equipment has enabled the staff to move patients through testing faster as they are not waiting for long periods of time for shared equipment to become available, says Canterbury Eye Service Charge Nurse Manager Jody Allen.

"Having the Nidek is fantastic as it means that testing of the pressure and focus of the eye is done on one machine, rather than two separate ones. This is much better for patients as it means they don't have to be moved around the department to different testing spaces."

Volunteer Co-ordinator Louise Hoban-Watson says the donation was made possible by funds raised through the Christchurch Hospital gift shop and the ward trolley which volunteers sell items from.

"Our volunteers work incredibly hard to raise such a large amount of money. This represents a huge effort and I am so proud of them. It is especially heart-warming to know that these pieces of equipment will be so beneficial to patients. We are very lucky to have such wonderful people volunteering for this organisation."

# Cricket prize enjoyed by 'sports-mad' family

A big thanks to the Canterbury Cricket Trust (CCT) for donating tickets to a family staying at Ronald McDonald House to see the recent Black Caps test against India at Hagley Oval.

The 'sports-mad' family from Greymouth, parents Melia and Kriston Guthrie, their 10 year old-son Keil, and his brother Keton, and sister Payton, were welcomed into the Lexus of Christchurch Member's Lounge by CCT Chairman Lee Robinson.

CCT sent an invitation to Canterbury DHB with the offer to host a young patient at the Oval. The Guthrie family were very excited to attend and enjoyed the hospitality and a prime place to watch the game.

Kriston says Keil was diagnosed in July last year with T-Cell ALL Leukemia a rare cancer of the blood. A very active sportsman, the days before he was diagnosed Keil had played under 12s rugby, under 11s league, under 13s league and ironically completed a cancer fundraiser mud run all in one weekend.

The diagnosis was "shattering" and the last seven months had been "testing".

"We would just like to say how grateful we are for being given the opportunity to enjoy such a generous gift. We had a tremendous time and enjoyed absolute first-class cricket and company. It's a real lift for a young boy fighting and winning his own battle to watch his idols live and so great to know our sports heroes and the administration behind the scenes care, support and get behind the people in our community.



Standing from left, Keton Guthrie and Chairman of Canterbury Cricket Trust Lee Robinson. Seated from left, Melia, Payton, Kriston and Keil Guthrie

"Keil's treatment will take four years of chemotherapy and hospital visits but he's bursting at the seams to get well again, get home to Greymouth and get back out on the sports field. Hopefully one day he can replicate his sports heroes he was kindly given the opportunity to watch.

"A massive thank you from Kriston, Melia, Keil, Payton and Keton."

# One minute with...

## David Perez, Catering Assistant

### What does your job involve?

Knowing our menu options, and about diets, food textures, and allergens, and communicating constantly with the patients and their nurses, in order to know patients' needs and provide not just a meal, but also care, sympathy and kindness.

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

I would rather say that the field chose me. When I started looking for a job years ago, I had no clue about what to do or what direction to take. The opportunity just came to me and I grabbed it. Later, I realised that this job is all about service and that service is an expression of kindness.

### What do you like about it?

Caring about people, helping them in any way to get better or, at least, to make their recovery time more bearable, even if it is just with some food, a short conversation and a smile.

### What are the challenging bits?

We are all humans, meaning we are all a little bit unpredictable, especially in environments like a hospital. There are times you may see patients crying and expressing discomfort, or simply just not in the mood. This is then a perfect time to do our best, to sympathise, to stand in their shoes, and offer some comfort through a sincere service to them, by offering a drink or snack, or just listening to them.

### Who inspires you?

I've always believed that inspiration can come from anywhere at any time. Some days you get that pump of energy from your co-workers, other days from your friends, or someone in the media. However, my biggest inspiration usually comes from my partner and his remarkable job as a nurse, and of course my mother, who's always on the other end of the telephone line ready to lift me up when the days get a little bit gloomy.



### 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?

These are the cornerstones of this job, especially care and respect. If you care and respect, it mirrors responsibility and integrity. Thus, those two first words are a lighthouse in a sort of sense, not just at work but in day-to-day life. We need people who care about their neighbours, are respectful with each other and our differences. In short we are 'one' with the 'all', thus we are all the same.

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

My last three years of experience in this industry. I should probably change and update it.

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

Maybe in Spain getting ready to start my Master's degree in literature and gender, or teaching.

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

If it is my day off, I go to the gym or have a stroll in the Botanic Gardens or just watch a TV series at home with my partner.

### What's your favourite food?

A traditional and massive Colombian fruit salad with ice-cream, jelly, berry syrup and shredded coconut on top.

### And your favourite music?

From Sigur Ros (Icelandic post-rock band) to Hans Zimmer and even Alan Walker (electronic music).



## Canterbury Grand Round

Friday 13 March 2020, 12.15–1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre

**Speaker 1: Maxwell Pankhurst, Forensic Psychiatrist**

*"Perspectives on Violence"*

The presentation will look at ways to understand different forms of violence with consideration of the underlying psychological drivers.

**Speaker 2: Ramon Pink, Medical Officer of Health, Josh Freeman, Infection and Prevention Control, Alan Pithie, Infectious Diseases**

*"COVID-19 Update"*

Chair: TBA

It is requested out of politeness to the speaker(s) that people do not leave halfway through the Grand Rounds.

This talk will be uploaded to the [staff intranet](#).

Video Conference set up in:

- › Burwood Meeting Room 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge

All staff and students welcome.

Next Grand Round 20 March 2020, Rolleston Lecture Theatre.

Convener: Dr R L Spearing (email: [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz))

For those who could not attend the COVID-19 Grand Round the COVID-19 session has been uploaded to the intranet now. You can find the Grand Round videos [here](#).

## 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.

Check out [Something For You](#) on the intranet for more information on these deals and many more! Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.



### YOGA LIVE

**YOGA LIVE** – Join the Yoga LIVE 30-day Butt + Gut Yoga Challenge for just \$1! Find out more and the link to enter on the Something For You homepage.



**XE MONEY** – Receive 40 percent off the standard margins and no fees when transferring money internationally.



**ACADEMY GOLD CINEMA** – 363 Colombo Street, Sydenham Discounted tickets for all screenings from Monday to Thursday.



**ELUSION ELECTRICAL** – Get 5 percent off the total bill (power outlet installs, outside lighting, new build wiring, heat transfer kits, hot water repair, smart ventilation).



# ‘How We Do Leave Around Here’: Workshops for managers

One of the most important components of making a difference when it comes to managing leave is the conversations that leaders have with their people.

Sometimes these conversations can be challenging, especially when talking about people’s wellbeing, patterns of sick leave or simply thinking about leave differently.

“How we do leave around here” is a two-hour, face-to-face workshop. It is designed to support Canterbury DHB managers to develop the practical skills needed to navigate these challenging conversations in the context of leave care with the aim of:

- › Better understanding the importance of being proactive about leave
- › Using data to inform the right leave conversations at the right time, and
- › Using the ‘3 Whats’ to support effective planned and unplanned leave conversations

**Workshops will be held throughout the year, and managers are encouraged to attend one.**


The first one will be:

Tuesday 31 March 2020

8.30–10.30am


Room 102A Manawa

To enrol in this workshop or one at a later date, visit healthLearn [here](#).



**Choosing Wisely – Choosing Equity**  
a focus on equity, sustainability and shared decision-making

**Forum 1 May 2020**  
Harbourside Function Centre, Wellington  
[www.choosingwisely.org.nz](http://www.choosingwisely.org.nz)



## Choosing Wisely forum early bird

The fourth annual *Choosing Wisely forum*, on Friday 1 May 2020 in Wellington, has a strong focus on equity. *Choosing Wisely – Choosing Equity* includes a panel discussion on *Choosing Wisely*, equity, and unconscious bias, featuring Matire Harwood, David Tipene-Leach, Kyle Eggleton and John Bonning.

In a separate session, David and Anna Adcock will present on their research into *Choosing Wisely* and shared decision-making for Māori

The forum opening address is from Health Quality & Safety Commission chair and Waitemata District Health Board chief executive Dale Bramley. The first keynote speaker (via video link) is Kaveh Shojania, editor-in-chief of the British Medical Journal Quality & Safety, talking about *Choosing Wisely* and the sustainability of health care.

There is strong consumer input throughout the day, with a consumer panel commenting after each section; and a keynote presentation from *Choosing Wisely* Australia consumer representative Melissa Fox on shared decision-making.

Other highlights include:

- › Health and Disability Commissioner Anthony Hill on *Choosing Wisely* and medico-legal concerns
- › Alex Psirides on shared goals of care.

Early-bird rates are available until Wednesday 1 April. The forum is brought to you by the *Choosing Wisely* campaign, supported by the Health Quality & Safety Commission.

See the [forum event page](#) for more information.



## Alliance Leadership Team key messages

Please use [this link](#) to read the key messages from the Alliance Leadership Team (ALT) meeting held on Monday 24 February 2020.

You can view previous key messages via the [resources page](#) of the CCN website.

## Tiriti-based futures & Anti-racism 2020



Tiriti-based futures & Anti-racism 2020 is an innovative (inter)national, online and offline, Tiriti-based, anti-racism and decolonisation event in Aotearoa.

The event will start with a one-day hui on 21 March, Race Relations Day 2020, hosted by Te Rūnanga o Ngāti Whātua in Tāmaki Makaurau, and run for 10 days. Webinar topics include institutional racism and anti-racism, decolonisation, building Tiriti-based futures and transforming our constitution.

Overseas presenters will also discuss lessons for Aotearoa from their experiences with these issues. The open-access webinars will be posted online, where they will become permanent resources for anti-racist activism and Tiriti education.

More than 40 webinar opportunities are available to participate in and learn about Te Tiriti Futures and Anti-racism. There is a huge variety of topics and speakers/presenters including some who are world-leading.

For more information visit the [Tiriti-based futures website](#).

## Medical Grand Round

### Smokefree in Canterbury – what does vaping add?

Presented by Aukati Kaipapa, Stop Smoking Practitioner Maraea Peawini, Public Health Physician Matthew Reid and Respiratory Medical Specialist Lutz Beckert.

**Wednesday 11 March 2020, 12.45–1.15pm**

**Rolleston Lecture Theatre, University of Otago,**

**Christchurch Hospital campus**



# RSV immunisation in pregnancy study

## Overview

- › RSV is a respiratory virus that affects most children under two in New Zealand and around the world. It can cause upper respiratory tract infections (URTI), bronchiolitis and pneumonia, which can lead to hospitalisation and intensive care.
- › This trial aims to test the safety and efficacy of an investigational RSV vaccine given to women during the third trimester of pregnancy, to potentially protect their babies from RSV infections during their first winter. The vaccine enables the woman's immune system to develop antibodies against RSV which are transferred through the placenta to her unborn baby.

## Who qualifies?

Women who are:

- › Healthy pregnant women aged 18–49 years
- › Have an expected delivery date between 8 April and 14 August 2020

## How does the trial work?

- › Participating women will be randomised into one of two groups:
  - › the treatment group: receive the RSV vaccine
  - › the control group: receive a placebo
- › One intramuscular injection will be administered from 24 weeks to 36 weeks of pregnancy
- › Blood will be collected from the mother and her baby during the trial
- › Mother and baby will be monitored by the research team until the baby is 12 months of age.

For more information please contact either:

Di Leishman, Research Midwife, University of Otago, email: [di.leishman@otago.ac.nz](mailto:di.leishman@otago.ac.nz), Phone 3644 631

Dr Kerry Orlowski, Research Fellow, email: [kerry.orlowski@otago.ac.nz](mailto:kerry.orlowski@otago.ac.nz)

## Latest Community Health Information Centre newsletter out now

The Community Health Information Centre (CHIC) provides free health resources to any person or organisation in Canterbury, South Canterbury, West Coast and Chatham Islands.

The resources are developed by Community and Public Health staff, and other health agencies.

The [latest edition of CHIC's newsletter](#) is out now and highlights new and revised free resources available from your local CHIC office, as well as recently deleted resources.

## This month's featured resource is:

### Wash and dry your hands for 20 seconds stickers (HYG 60)

For more information about CHIC and to order resources online visit the [Community and Public Health website](#).



9 March 2020



CHRISTCHURCH


# 2020 ipl Inaugural Professorial Lecture

## Professor Suzanne Pitama

Māori/Indigenous Health Institute (MIHI) | University of Otago | Christchurch

### Educating for Māori Health Equity

Tuesday 31 March 2020  
11:30am–1:00pm  
Rolleston Lecture Theatre  
University of Otago  
Christchurch

Public talk – all welcome  
 [otago.ac.nz/christchurch/events](https://otago.ac.nz/christchurch/events)

