



## Canterbury Health Laboratories play key role in international study

**I was thrilled to see the years of work for a small team at Canterbury Health Laboratories recognised on the world stage last week, when the study into causes of pneumonia in children was published in the prestigious medical journal, *The Lancet*.**

New Zealand researchers played major roles in the PERCH (Pneumonia Etiology Research for Child Health) study. Associate Professor Stephen Howie at the University of Auckland was country lead for The Gambia study arm, while Canterbury's Professor David Murdoch led the laboratory arm of the PERCH study. The planning phase of the study started in 2009 with participants enrolled between 2011 and 2013 – this involved field work in seven countries and nearly 10,000 children.

I am delighted that Kiwi researchers are part of this landmark study. Pneumonia is a leading cause of illness and death worldwide, including in New Zealand and the Pacific region.

Each year 150 million children become sick with pneumonia, 11 million are hospitalised and 900,000 die.

New Zealand has high rates of childhood pneumonia, two to five times higher than Australia, England and the United Kingdom. Ten percent of under-two-year-olds are hospitalised for respiratory infections in New Zealand. Our rates of pneumonia, and of death from pneumonia, are highest among our Māori and Pacific children, and children in poverty. A total of 122 children died of the illness in the 10 years to 2015, which is why this work is so important.

The PERCH study revealed viruses as the new leading cause of global childhood pneumonia. These findings will impact how we prevent, diagnose and treat this illness in the 21st century. In particular, they bring a new urgency



Click on the image above to find out more from David Murdoch

to the hunt for a vaccine for the virus that accounted for almost a third of all cases.

Associate Professor Stephen Howie says it's a wonderful thing that Kiwi doctors have been so involved in a study like PERCH. He wants to encourage Kiwis to get more involved in grappling with pressing health needs around the world as New Zealand clinicians have a lot to offer.

I couldn't agree more – I am constantly amazed at the calibre of people we have working in Canterbury, and having Canterbury Health Laboratories involved in testing samples for this global study is significant and a credit to the expertise and professionalism of the team there. Despite less than ideal facilities our people are achieving fantastic things and, importantly, contributing to international research that will help save children's lives in the future.

You can read more about the PERCH study [here](#).

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## Out with the old and in with the new – facilities

Check the photos in this week's Facilities Fast Facts on page 6 to see the spot where the old squash courts used to be, and see the progress being made on the deconstruction of the Diabetes Centre.

Across town work to repair the Burwood Spinal Unit is going well and on track for completion in September. Staff and patients are looking forward to moving back into their refurbished and repaired unit.

And it's all happening in Akaroa this Wednesday morning as we bless the new Akaroa Health Hub before staff and patients move in later this year. I'm looking forward to seeing the rapid progress on this build, which sits on the site of the former Akaroa Hospital, and is designed for maximum light and views out towards the harbour.

## With school holidays almost upon us remember the golden rules

- › Stay home if you're sick
- › Cover coughs and sneezes
- › Wash and dry your hands frequently, especially if you're unwell and coughing and sneezing
- › Use tissues and dispose of them
- › Practice social distancing – stay away from people who are unwell
- › Keep it clean – pay particular attention to cleaning hard surfaces, door handles, keyboards, remotes, tablets/ ipads, and so on if someone in your household has come down with a flu-like illness
- › For advice on when to seek medical attention, refer to the [Coping with flu at home](#) brochure which is available in a range of languages at [flufree.co.nz](http://flufree.co.nz) under 'Resources.'

If you are heading away for the school holidays I wish you safe travels and a relaxing break.

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



David Meates  
CEO Canterbury District Health Board



## Bouquets

### Sexual Health Clinic

Kirsten, Maureen and the doctor were all extremely helpful, friendly, kind, informative and educational. Thank you, team, for your services.

### Surgical Assessment and Review Area (SARA), Christchurch Hospital

Thank you to Nurse Barbara on SARA who took care of me while I was in a lot of pain. Barbara was fabulous.

### Ward B1, Burwood Hospital

I wish to express my utmost gratitude to the staff on Ward B1. From the people who brought the meals, through to the nursing staff and doctors, I was made to feel welcome, and I received wonderful care. I was listened to when I had questions, and it all helped to make my recovery go quicker and for me to return home with more confidence.

### Emergency Department (ED) and Ward 12, Christchurch Hospital

I was admitted into Ward 12 via ED which was totally unexpected... From the moment I arrived, every person I had contact with, including the lady at the front desk, was just brilliant. Having a heart scare was hard to deal with and scary. The care and support offered was just outstanding in every respect. Special thanks to my nurses Emma, Maryanne and Leah. You made a difference, maybe more than you know.

### Radiology, Burwood Hospital

I would like to thank the kind, reassuring staff you have in the Radiology Department. From the friendly receptionist to the kind, professional scan staff. They were very kind to an anxious patient. Well done.

### Ward 2, Ashburton Hospital

I just wanted to say a massive thank you to all the nurses who looked after me while I was staying in Ashburton Hospital. You all kept me sane. Thank you all once again.

### Ward 28, Christchurch Hospital

Very happy with the help I have been given.

### Adib Khanafer, Vascular Surgeon

I read the *Stuff* article about Adib Khanafer. It was moving and very sad. Please pass on my thanks to him and all your staff.

### WellFood and Ward 11, Christchurch Hospital

The food provided was the best hospital food I have experienced. The caterers are to be congratulated. As always, the medical and support staff are top class. Thank you.

### Urology Outpatients, Christchurch Hospital

Second visit to Urology. Both visits were very professional yet friendly and efficient. Keep this balance. Thanks very much.

### Sexual Health Clinic

Thank you to the receptionists and to Dr Heather Young. Good job.

### Emergency Department, Christchurch Hospital

I want to thank the staff. They were friendly, helpful and compassionate. Special thanks to Jordan for his kindness, and to Sally. Also the ambulance staff. Thank you all, your work is appreciated. Thank you so much.

### Support staff, Ward 21, Christchurch Hospital

Thank you so much support staff, cleaners, orderlies and all the guys in the background. The hospital and all of us need you. Great job.

### Hospital and area not specified

No complaints, doing a great job under pressure.

### Emergency Department, Christchurch Hospital

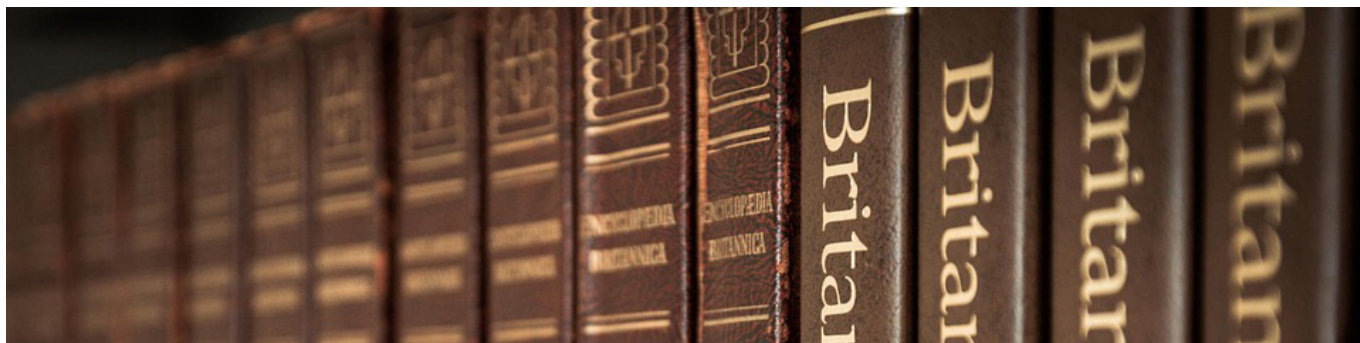
Thank you so very much for seeing me so quickly and reassuring me. Thank you for your loving kindness.

### Ward 27, Christchurch Hospital

Thanks so much Ward 27 staff for the kindness shown to my family recently.

### Ward 27, Christchurch Hospital

I recently spent time in Ward 27. They looked after me really well and I was appreciative of the care given. Please pass on my thanks to all the staff.



## The Library

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

[“Two hours a week is key dose of nature for health and wellbeing”](#) – A study of more than 20,000 people in England found that people who spend at least two hours in nature each week reported significantly improved good health and wellbeing than those who spent no time in nature over the same period. The findings support health professionals recommending patients spend time in nature, in a similar way they recommend physical activity. From *Science Daily*, published online: 13 June 2019.

[“Ministry of Health unveils action plan to tackle syphilis after babies’ deaths”](#) – In response to a significant rise in syphilis cases across New Zealand, and the deaths of six babies caused by congenital syphilis, the Ministry of Health has launched an action plan to try to educate people about the risks of unprotected sex and encourage regular testing for sexually transmitted infections. From *Health Central*, published online: 28 June 2019.

[“There is no progression in prevention’ – The experiences of mental health nurses working with repeated self-harm”](#) – This study involved nine nurses working in a range of mental health settings, and looked at their perceptions and understanding of self-harm, as well as the process of learning to work with repeated self-harm. Participants reported improved understanding after they received specific education about the function of self-harm, and identified opportunities to improve the approach to prevention and control of self-harm. From *International Journal of Mental Health Nursing*, published online: 26 June 2019.

If you want to submit content to The Library email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz).

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

- › **Visit:** [www.otago.ac.nz/christchurch/library](http://www.otago.ac.nz/christchurch/library)
- › **Phone:** +64 3 364 0500
- › **Email:** [librarycml.uoc@otago.ac.nz](mailto:librarycml.uoc@otago.ac.nz)

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](#).



# Facilities Fast Facts

## Diabetes Centre demolition update

The demolition of the old Diabetes Centre site continues on the corner of St Asaph Street and Hagley Avenue. Demolition of the squash courts is complete and the roof and top floor of the Diabetes Centre have been removed, along with all the doors and windows. This week, a high-reach digger will move in to start demolishing the remaining structure.



## Burwood Spinal Unit move

The Burwood Spinal Unit is set to head home in September after the current refurbishment is completed. Earthquake strengthening and upgrade work has been carried out and the team is looking forward to going back to home base.



Test fit of the bracket and arm for a patient television. This will allow a patient to view the television from any position when they are in bed



The new bedroom joinery



Garden planter boxes taking shape. The area beyond will be lawn once construction is complete

## Tuam Street speeds around Bus Super Stop roadworks

While work continues around the Bus Super Stop on Tuam Street, please remember that 30km is the official speed limit enforced in this area. Pavers are being installed and the rain garden is under construction, meaning even though the area is fenced off, the construction team is still working close to traffic. Please be respectful and observe the posted speed limit at all times.





# Let's get ready to move

## Christchurch Hospital Hagley

Update No:10

### What is comms?

Part of the planning for the move to Christchurch Hospital Hagley involves 'comms' or communications. You'll see Kim Triegaardt or Shannon Beynon in meetings, wandering around taking photos or asking odd questions.

They're working on posters, flyers and pamphlets for you to put in your wards, on your noticeboards and hand to patients and families leading up to and on the day of the move.

Given not every ward is the same, not all of your communication to patients and families will be the same. Their job is to make sure you have exactly what you need to tell your patients and their loved ones, or your customers and clients, what will happen before, during and after the move so you don't have to spend valuable time doing so. They're also working on maps and a building plan so visitors will know exactly where they need to go, and when.

They'll be catching up with you over the coming weeks to find out exactly what you need, and what they can do to help.

If you have any specific questions or requirements, please get in touch today via the contact details at the bottom of the page.

### What's in a name?

More than 3000 staff will be moving to brand new spaces in Christchurch Hospital Hagley. We'll be leaving our old wards and embracing brand new spaces and, as part of that, brand new names.

Aligning with international best practice, our ward names will be kept very simple, reflecting the tower and level they're on.

The names of clinical departments will also be simplified, removing many of the acronyms that confuse and befuddle the general public.

You can view this week's video from General Manager Christchurch Hospital Pauline Clark [here](#), talking about the new names and what else you need to do to get ready for the big move.



Christchurch Hospital Hagley is becoming a part of the Christchurch skyline. Take a great shot and share it with us, and we might even pop it on Instagram



Stay in touch – you can do this through the [Facebook page](#) or email us at [letsgetreadytomove@cdhb.health.nz](mailto:letsgetreadytomove@cdhb.health.nz)





## Stella Ward represents Canterbury DHB at the Las Vegas HPE Discover Conference

In late June, Chief Digital Officer Stella Ward was sponsored to attend the Hewlett Packard Enterprise (HPE) Discover Conference to talk about Canterbury DHB's Cloud Transformation project, as well as listen to presentations and speeches from industry leaders.

Stella Ward was invited to the HPE Discover stage on two occasions to showcase the Cloud Transformation activities underway at Canterbury DHB:

- › In her [Discover More](#) discussion, Stella detailed the benefits of moving to cloud-based storage, as well as what helped prompt it: the Canterbury earthquakes and the need to make sure that digital infrastructure is more resilient in a natural disaster. She also highlighted the importance of changing processes to better leverage new technologies, and keep the public confident that their data is safe and secure.

- › In a [recorded spotlight panel](#) session, Stella participated in the discussion on How to Fund Your Cloud

Transformation, highlighting the importance of having a data-driven and integrated health system, and the importance of getting technological foundations right.

Highlights of the event included the keynote by HPE Chief Executive Officer Antonio Neri, who kicked off the event by sharing his vision that the most successful companies of tomorrow will be edge-centric, cloud-enabled and data-driven. Antonio's guests during the keynote included Team Principal of Venturi Racing Susie Wolff, a Formula-E racing team, and Global Chief Technology Officer for Disney Theme Parks Tilak Mandadi, who talked about the brand new, very high-tech Star Wars – Galaxy's Edge attraction that has just opened in Disneyland, Anaheim, California.



## What's involved in a Cloud Transformation?

Canterbury DHB is continuing to embark on a multi-year Cloud Transformation and Disaster Recovery project that will give users faster, more secure, resilient and reliable computing services.

Want to know more about Canterbury DHB's Cloud Transformation project, such as what is involved, why we're doing it and what it means for you and our health system?

Come along and hear the full story from Stella Ward at the Grand Round on Friday 12 July from 12.15–1.15pm, with lunch from 11.50am, in the Rolleston Lecture Theatre.



Stay in touch – you can do this through the [Facebook page](#) or email us at [letsgetreadytomove@cdhb.health.nz](mailto:letsgetreadytomove@cdhb.health.nz)

# Looking after yourself

## Getting through winter

It's the thick of winter now, so it's a good time for a reminder on what you can do to look after yourself at this time of year. Over the next few weeks, this column will cover different ways to get through winter. It will focus on some international themes, as well as tips on how to look after yourself, and what you can do to look after your teams.

Getting home after work in winter, when the warmest part of the day is over and it's dark already, can make it hard to get the motivation to go outside and exercise. Remember, there's plenty you can do indoors. It's important to get your blood pumping, and get your heart rate up.

**Here are some ideas on what to try doing at this time of year, to keep your wellbeing front of mind:**

- › Make the effort to get out, even though it's cold
- › Change your food intake to make sure you're getting lots of nutrients in your meals
- › Catch up with friends and family
- › Keep up your fruit and fluid intake
- › Cover your mouth when you cough or sneeze (preferably into your elbow or a tissue)
- › Wash your hands regularly and utilise the hand sanitiser around our Canterbury DHB sites.

- › Catching up with friends is one of the best things you can do to look after yourself. Winter is the perfect time to 'head indoors' with friends and share a cuppa, have a pot-luck tea or play some board games.

### Practical tip #1

## Share a cuppa and a kōrero



*He kapu tī māu. Me kōrero hoki*

**all  
right?**  
allright.org.nz

## UNDER THE WEATHER?

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

**Canterbury**  
District Health Board  
Te Pōti Hauora o Wairarapa





# Study of sexual orientation and mental health

Gay, lesbian and bisexual New Zealanders are on average more than twice as likely to experience depression, anxiety and suicidal thoughts as heterosexuals, new research shows.

A new University of Otago, Christchurch study confirmed the belief that members of sexual minority groups generally experience more mental health problems, but is understood to be the first to show this difference persists across adulthood from age 18 to 35.

The study also provides a unique snap shot of New Zealanders' sexual lives as participants shared information on their sexual identity, attraction, behaviour and fantasies at five different periods in their adult life.

It was recently published in the *Psychological Medicine* journal.

Information for the study was drawn from the University of Otago's Christchurch Health and Development Study, which documents the lives of more than 1000 people born in Canterbury in 1977. The study is supported by the Health Research Council.

Lead researcher Janet Spittlehouse says the team used information from 1040 people, gathered over 17 years, to explore patterns of sexual attraction, identity and behaviour, and their impact on mental health. They identified four groups – gay/lesbian, heterosexual, bisexual and mostly heterosexual.

This is the first study to classify sexuality by recognising complexities and changes over time, she says.

Researchers found a clear association between sexual minority status and poorer mental health from ages 18 to 35 years. These mental health differences exist regardless of participants' childhood situations, such as adverse childhood experiences, socioeconomic status and personality.

Eighteen percent of participants were in the sexual minority groups of gay, lesbian, bisexual or mostly heterosexual. Women outnumbered men in the sexual minority groups by 2:1. The remainder of those in the study identified as heterosexual.

Here are some the findings broken down by group:

## *Heterosexual*

- › Of this majority group, 2.9 percent reported a same-sex experience and just under 5 percent reported bisexual or same-sex fantasies.

## *Mostly heterosexual*

- › 12.6 percent of participants were in the 'mostly heterosexual' group. Of this group, 14.5 percent had a same-sex relationship, and more than half reported bisexual or same-sex fantasies.
- › They were 1.5 times more likely to experience depression, anxiety and suicidal thoughts than heterosexuals.

## *Bisexual*

- › 3.5 percent of study participants were bisexual. They were 1.7 times more likely to experience depression and anxiety and almost four times more likely to have suicidal thoughts compared to heterosexuals.

## *Gay or lesbian*

- › 1.9 percent were in the gay or lesbian group.
- › They were 1.5 times as likely to experience depression, twice as likely to experience anxiety and three times more likely to have suicidal thoughts.

Janet says the findings reinforce concerns about stigma and stress experienced by sexual minority members and emphasise the need for mental health help and support for members of the rainbow community going into middle-age.

# Gift pack donations needed

Donations are needed for gift packs given to vulnerable children and young people who are clients of Christchurch Hospital's Child and Family Safety Service (CFSS).

Most of the children/young people who come into the service have experienced abuse and neglect, says Gateway Secretary Tiaki Whānau/CFSS Aimee Pratt.

"When they attend appointments we like to give them something to take home with them to make them happy and excited."

The children and young people are given a gift pack that usually contains some little things to play with, such as playdough. The packs also include a toothbrush, tooth paste and dental pamphlets.

"We try to give them something else as well, whether it is Lego, a board game, blocks or outdoor games," Aimee says.

However, the service's supplies of gifts are running out and it needs donations of toys, games, stationery, clothes and books for children ranging from 0–18 years of age.

"Any new or clean and in-good-repair donations would be very much appreciated," she says.

The CFSS's role is to provide health assessments and interventions for vulnerable children and young people who face adversity.

They provide several programmes such as Gateway Health Assessments; Infant to Teen Health Assessments; Integrated Safety Response; acute physical and sexual



From left: Gateway Assessment Co-ordinator Linda Stokes and Gateway Secretaries Aimee Pratt and Harriet McCubbin-Howell with some of the gift packs

assault assessments; and training and support for the Violence Intervention Programme (VIP).

The CFSS is located on the ground floor, Riverside, Christchurch Hospital, between Ward 21 and Ward 22.

If you would like to donate, please visit the CFSS, press the bell and someone will answer.

Any queries, email Gateway Secretary, Tiaki Whānau/CFSS Aimee Pratt on [aimee.pratt@cdhb.health.nz](mailto:aimee.pratt@cdhb.health.nz).

all  
right?

IT'S  
ALL RIGHT  
TO TALK  
IT OUT.



# Book supporting families of “earlybird” babies

A special book for families of premature babies is bringing delight, comfort and hope.

*Earlybird*, written by Julie Burgess-Manning and illustrated by Jenny Cooper from Patricia Champion's themes and storyline, tells the story of Peri Pukeko who hatched early, as he gets ready to go home and as he learns to fly.

The book is a project by the Champion Foundation Trust. It is being given to any family with a baby born prematurely and who is a patient at one of the country's six Neonatal Intensive Care Units (NICU), and is also available for purchase nationally and internationally.

Christchurch Hospital Neonatal Nurse Manager Debbie O'Donoghue says she would like to acknowledge the generous support that has made this possible.

“The giving of these books provides a further opportunity for families to read to their babies in the NICU, providing that calming and reassuring voice for their baby.”

The benefits of reading to a baby are well researched and include supporting brain growth and development and also promoting future positive reading habits.

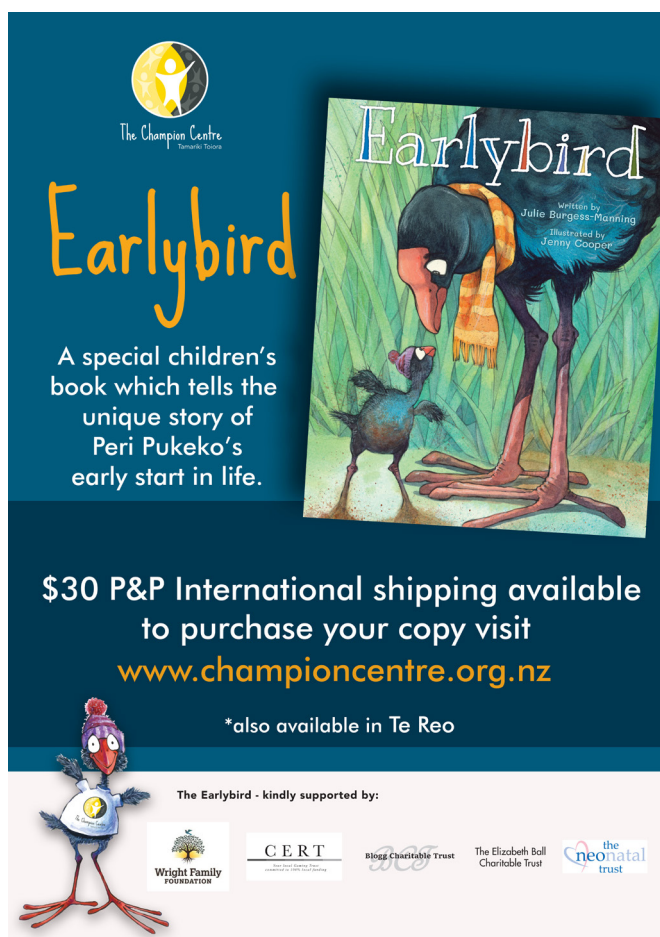
“This particular book also gives the opportunity for parents to share the neonatal experience with wider family and the baby themselves in years to come,” Debbie says.

Patricia Champion, who founded the Champion Centre and is the assistant editor of *Earlybird*, says the book was written to give children born early and their families a story about their own precious beginning.

The Champion Centre provides early intervention services to Canterbury children with significant developmental delays, disabilities and learning challenges

As a children's story about premature birth it is unique internationally, Patricia says.

“Parents of premature babies frequently told me that they did not have a good or a special story to share with their growing children about their early birth. So we decided to create a beautiful picture book that would help parents support children born as ‘earlybirds’ to make sense of the experience.”



The book cover for *Earlybird* features a large penguin and a small chick. The text on the cover includes "The Champion Centre", "Earlybird", "A special children's book which tells the unique story of Peri Pukeko's early start in life.", and the website "www.championcentre.org.nz".

**\$30 P&P International shipping available to purchase your copy visit [www.championcentre.org.nz](http://www.championcentre.org.nz)**

*\*also available in Te Reo*

The Earlybird - kindly supported by:

Wright Family Foundation, CERT, Ridds Charitable Trust, The Elizabeth Ball Charitable Trust, the neonatal trust

The book captures the realm of emotions through the baby's journey as they become ready to go home.

“It is also a helpful resource for older siblings and provides a pathway for families to talk to children about their own experiences,” she says.

In creating the book, the Champion Foundation, and author Julie, worked closely with a group of parents who shared their experiences of having a premature baby, and consulted with a range of child development experts from New Zealand, Britain and the United States.

The book is available for purchase from [www.championcentre.org.nz](http://www.championcentre.org.nz)



# A chance to shape health services across Ashburton

The Ashburton Consumer Forum is calling for new members to influence how health services are designed and delivered in the area.

Established in 2016, the forum aims to support people to engage with and influence the way health services are planned and delivered across the Ashburton region. In the past three years it has contributed to the work around how patients access urgent care, specifically outside normal working hours.

The forum has also been pivotal to the success of the #carearoundtheclock campaign, which advises people to call their usual General Practice team's phone number, any time of the day or night, for advice from a health professional.

Jess Timmo, 16, of Allenton joined the forum early last year to provide a youth perspective.

"As a consumer of health services you wouldn't normally have much insight or say in how those services are designed and delivered. But through the forum our feedback is taken into account and we're encouraged to actively share ideas and experiences so we can make improvements. I really value how inclusive it is," she says.

The forum is accountable to Canterbury Clinical Network's (CCN) Ashburton Service Level Alliance (ASLA) and the Ashburton Health Services Manager based at Ashburton hospital.

Jess, who is also Chair of Ashburton Youth Council, says the commitment of attending two-hour meetings every eight weeks is minimal and the SLA is understanding of members' schedules.

Ashburton Service Level Alliance Chair Gordon Guthrie says the links between the forum, the ASLA and the hospital is key to getting health services right for the people of Ashburton.

"Having a consumer voice means that the way services are designed and how they are delivered can be sense-checked by the people who'll be using them. It also gives our community a space to make suggestions and have a voice when they're hearing feedback from their communities."

The group currently has eight vacancies to fill:

- › 1 x Child and Youth perspective
- › 1 x Older Persons Health and Aged Care perspective
- › 1 x Mental Health perspective
- › 1 x Maternity Services and Family perspective
- › 1 x Māori perspective
- › 2 x Pasifika perspectives
- › 1 x migrant/ culturally and linguistically diverse perspective

For more information visit the [CCN website](#) and view the forum's [terms of reference](#) and the [CCN remuneration policy](#).

To apply for one of the roles, complete the [nomination form](#) and submit it to ASLA Facilitator Hiedee Harris at [Hiedee.Harris@ccn.health.nz](mailto:Hiedee.Harris@ccn.health.nz) by 5pm on Friday 12 July.



# A new way for you to connect with max – max.chat – is here

From today, you can access three online People and Capability services via the new chat function at the bottom right-hand corner of your screen on max. the HR services portal.

The three services are:

- › Updating your personal details
- › Requesting leave
- › Making a general enquiry.

It's easy to use. Simply follow the prompts from **max.chat**. You can also choose to connect with a **max.pert** for a live chat in real time, or request a call back.

You won't notice any differences to how you usually use max. You'll still be able to use it as you normally would, but you'll just have another way of using the above three services.

As with all max. services, you'll find an [in-depth knowledge article](#) about max.chat, but here's the basics of what you need to know:

## How to chat

Simply click on the max.chat icon on the bottom right of your screen, and follow the prompts in the chat window.

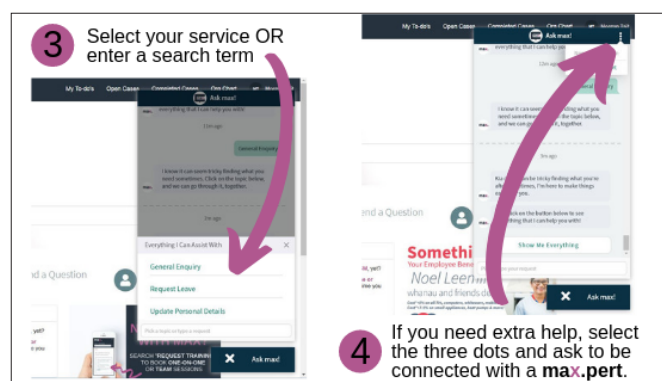
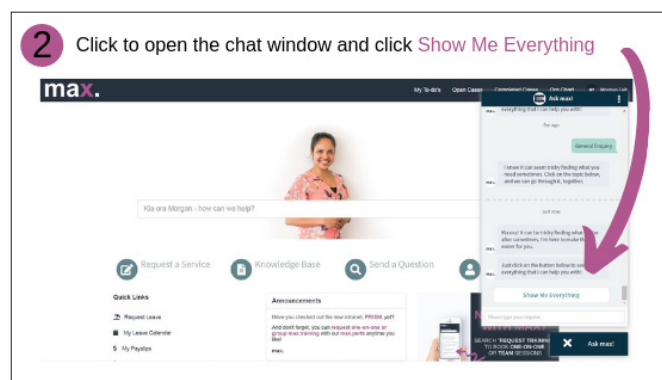
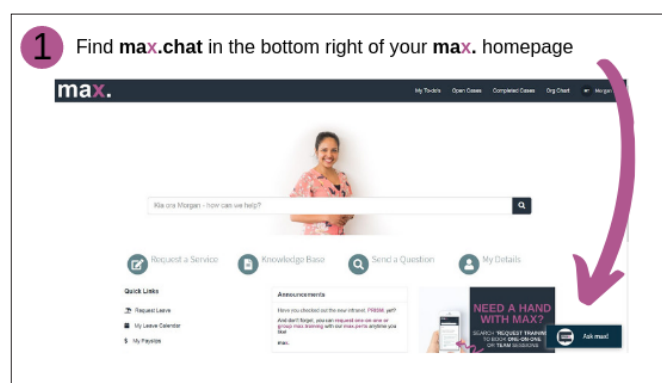
## How to live chat with a max.pert

There are a couple of ways you can switch to live chat with one of your max.perts. This may happen automatically if max.chat can't answer your query, or you can select the three dots at the top of the max.chat to contact support.

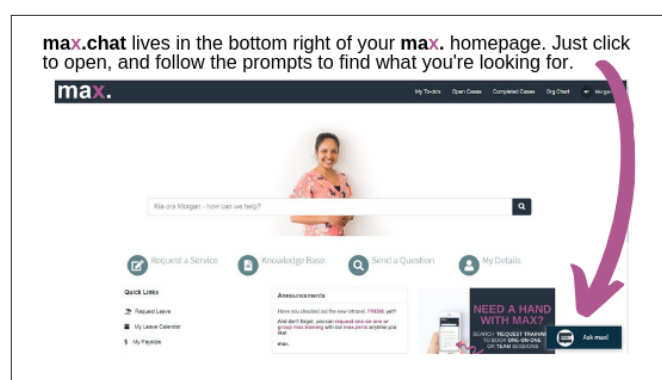
## Chat history

All your previous chats will be stored in your chat window. This helps the max.perts if you need them to understand your queries, and to prevent you from having to repeat yourself.

We at People and Capability hope you enjoy this new way to access your People and Capability needs.



4 If you need extra help, select the three dots and ask to be connected with a **max.pert**.



# One minute with... Kim Thatcher, Unit Charge Medical Imaging Technologist (MIT)

## What does your job involve?

Day to day I am a MIT (radiographer) and in my current role, I am the Unit Charge for General Imaging at the Christchurch Campus – which means I help organise the roster, deal with equipment faults and other administration. I am also leading organising the orientation for Radiology at Christchurch Hospital Hagley.

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

Originally I wanted to study medicine and become a radiologist. I can't remember what made me decide not to go down that path (many years ago), but I still wanted to be in a similar field – which lead me to Medical Imaging at the then Christchurch Polytechnic Institute of Technology.

## What do you like about it?

It is a good balance of technical skills and patient care. In this job, we get to work in many different areas such as Theatre, the Emergency Department, Fluoroscopy and General X-ray, which means every day is different and presents a different challenge. We have an awesome mixture of people in our department, which also keeps it interesting.

## What are the challenging bits?

In my role, particularly, keeping track of our ever-changing roster is the most challenging part. Other than that, the job itself has the typical challenges of managing patient flow and trying to get

good images in tricky situations. Again, that's what keeps it interesting.

## Who inspires you?

In regards to work, to sound cheesy – my Team Leader Lyn. I have semi followed in her footsteps, progressing through similar roles to where I am at now. She has really helped me to grow and mould me into the MIT and Unit Charge that I am. I felt like she took a risk by offering me the Unit Charge role when I was only 25 years old and I appreciate that I was given the opportunity.

## 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?

Care and respect apply strongly to how I treat the staff who fall under General Imaging, not only the patients that I image. I have tried hard to be a kind and fair Unit Charge and ensure I listen to all of the staff, maintaining my integrity and approachability at all times. I think that with this role comes all sorts of responsibility – for patients, equipment, staff, workflow, and I think that I manage it well.

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

I don't have a LinkedIn but people are often surprised that I am an only child.

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

Either one of two opposites – at the beach or somewhere it's snowing.



I grew up in Methven (under Mt Hutt), so I spent most of my life living through winters with at least one or two weeks of snow – I miss it! Now I live near the beach and over summer I am there every weekend.

## What do you do on a typical Sunday?

My Sundays always involve spending time with my husband (the one day we see each other for more than an hour or two) and walking my dog Aspen. He is a Swiss Shepherd – picture a long-haired German Shepherd, but white. He requires a lot of exercise, so Sundays usually involve walking him for an hour or two, either along a river or at the beach.

## One food I really like is...

Pizza, pasta, Mexican, KFC!

## My favourite music is...

A good mixture. Anything from Ed Sheeran to the Rolling Stones and Taylor Swift.



# University of Otago hosting research symposium

The University of Otago, Christchurch (UOC) Early and Mid-Career Researcher (EMCR) group is hosting a research symposium.

Date: 23 July 2019, 9.30–10.30am, UOC Beaven Lecture Theatre (level 7)

9.30 –10.30am:

## Panel discussion on “Research Sustainability”

We have assembled a panel of experts to discuss sustainability in research (funding, fellowships, teaching), including both basic science and clinical research.

Panel Members: Associate Professor Tim Woodfield (Director, Centre of Bioengineering), Professor Margreet Vissers (Associate Dean (Research), Professor Martin Kennedy (Head of Department, Department of Pathology and Biomedical Science), Associate Professor Suzanne

Pitama (Associate Dean Māori), Professor Lisa Stamp (Rheumatologist, Department of Medicine), Kosta Tabakasis (Research Adviser, Research and Enterprise)

If you have any questions that you would like covered during the panel discussion, please send through questions to the contacts below by 12 July 2019.

10.30–11.30am:

## Rapid fire and informal networking session

- › We invite EMCRs to share their current research via short five-minute talks in this session, with the aim of fostering inter-departmental collaboration
- › Please email us if you would like to present in this session.

EMCR representatives: Dr Khoon Lim [khoon.lim@otago.ac.nz](mailto:khoon.lim@otago.ac.nz) and Dr Elisabeth Phillips [Elisabeth.phillips@otago.ac.nz](mailto:Elisabeth.phillips@otago.ac.nz).

# MAKE THE SWITCH

IN 2018 OVER 400,000 WASTE ITEMS FROM BEVERAGES ALONE WERE SOLD THROUGH CANTERBURY DHB CAFES

199K

PLASTIC WATER BOTTLES



230K

TAKE AWAY CUPS



2/3 of all hot beverages sold

## WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup



Canterbury  
District Health Board  
Te Pori Hauora o Waitaha

**CURRENTLY NO TAKE AWAY CUPS CAN BE RECYCLED IN THE SOUTH ISLAND.**

**ALL WENT TO LANDFILL – OVER 3000 KGS OF WASTE.**

**SWITCHING TO REUSABLE CUPS WOULD SAVE 94 MATURE TREES WORTH OF CARBON**

Brought to you by the Transalpine Sustainability Governance Group





A WORKSHOP FOR VOLUNTEERS AND THOSE  
SUPPORTING PEOPLE AFFECTED BY THE  
CHRISTCHURCH TERROR ATTACKS

## THE COST OF CARING

JULY 5, 6-8PM  
HAGLEY COLLEGE

SUPPORTED BY THE NZ MUSLIM PSYCHOLOGIST COLLECTIVE  
CONTACT: [ORANGA@CDHB.HEALTH.NZ](mailto:ORANGA@CDHB.HEALTH.NZ) | REGISTER AT: [MUSLIMEVENTS.NZ](http://MUSLIMEVENTS.NZ)

**Canterbury**  
District Health Board  
Te Poari Hauora ō Waitaha

# WELLBEING AND MENTAL HEALTH SUPPORT

AVAILABLE TO THE MUSLIM COMMUNITY AND  
ANYONE AFFECTED BY THE TERROR ATTACKS

## COMMUNITY WELLBEING MEETINGS

**WHERE: HAGLEY COLLEGE**

**WHEN: FRIDAYS 6-8PM**

(DROP-IN CLINICS 5-6PM)

**EVERY SECOND FRIDAY:**

12 JULY | 26 JULY | 9 AUGUST

23 AUGUST | 6 SEPTEMBER

20 SEPTEMBER | 4 OCTOBER

● Info sessions by local psychologists & Muslim mental health professionals on managing trauma

● Individual Drop-In Clinics: Free, confidential advice from Muslim mental health professionals

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

All Welcome. Register at [oranga@cdhb.health.nz](mailto:oranga@cdhb.health.nz)

## FREE ONGOING SUPPORT SERVICES

### ACCESS TO INDIVIDUAL COUNSELLING

Access to free individual or family/whānau counselling sessions via your GP or Victim Support worker

### PUĀWAITANGA PHONE SUPPORT

For Muslims supporting their families & others -call 0800 782 999 to be allocated a counsellor for regular support by phone

### MANA AKE: STRONGER FOR TOMORROW

Support available through schools for children aged 5-12 years old experiencing ongoing difficulties

### TEXT 1737

Call or text 1737 to speak with a trained counsellor. Free and available day or night

For more information visit: [www.resilient.org.nz](http://www.resilient.org.nz)





## Matters of the heart – Staying well with Heart Failure

Join us for a FREE community information series brought to you by the Heart Foundation and Christchurch Heart Institute, a University of Otago Research Centre.

Julie Chirnside, Clinical Nurse Specialist and Professor Richard Troughton, Cardiologist from Christchurch Hospital, will discuss the factors that can contribute to developing heart failure, available medications and what you can do to feel better and lead a more normal life.

You will also have an opportunity to ask questions. Friends and family are welcome to come along.

**When:** Thursday 4 July 2019, 6.30 pm – 8.00 pm

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

**Register:** Please register at [hfchch.eventbrite.co.nz](http://hfchch.eventbrite.co.nz)  
or by contacting Helen on 03 3662112 or email  
[helenc@heartfoundation.org.nz](mailto:helenc@heartfoundation.org.nz)



# Mental Capacity Law Conference 2019

Vida Law, the New Zealand Law Foundation and Thomson Reuters are pleased to provide details of the Mental Capacity Law Conference 2019, a full day conference to be held in seven centres across New Zealand in September 2019.

The conferences are aimed at lawyers, health professionals and others working with people who may lack capacity to make certain decisions. Every full paying registrant will receive a copy of the treatise, I Reuvecamp and J Dawson (ed) *Mental Capacity Law in New Zealand* (Thomson Reuters, Wellington, 2019). The cost of attending the conference is \$495.00 plus GST.

## Topics to be covered at the conferences include:

- **Introduction to capacity law:** Professor John Dawson, Faculty of Law, University of Otago (Wellington, Napier, Nelson, Christchurch, Dunedin).
- **Ethical, relational and cultural elements of capacity:** Dr Brent Hyslop, Southern District Health Board and Professor Grant Gillett, Bioethics Centre, University of Otago (Christchurch, Dunedin, Hamilton, Auckland).
- **Capacity and Māori:** Dr Hinemoa Elder, Professor Indigenous Health Research, Te Whare Wānanga o Awanuiārangī (Wellington, Auckland).
- **Assessment of incapacity:** Dr Anthony Duncan, Capital and Coast District Health Board and Dr Mark Fisher, Auckland District Health Board (all centres).
- **Best interests – a standard for decision-making:** Alison Douglass, barrister (Wellington, Dunedin).
- **The Protection of Personal and Property Rights Act 1988: an overview:** Professor Bill Atkin, Faculty of Law, Victoria University of Wellington (Wellington).
- **Providing health or disability services to people who lack the capacity to consent:** Iris Reuvecamp, barrister and solicitor, Vida Law (all centres).
- **Enduring Powers of Attorneys and court-appointed guardians:** Iris Reuvecamp, barrister and solicitor, Vida Law (Nelson, Hamilton).
- **Supported decision-making:** Dr Jeanne Snelling, Bioethics Centre and Faculty of Law, University of Otago (Napier, Dunedin).
- **Children and capacity:** Professor Mark Henaghan, Faculty of Law, University of Auckland (Napier, Nelson, Christchurch, Hamilton, Auckland).
- **Participation in research:** Dr Cordelia Thomas, Associate Health and Disability Commissioner (Nelson, Christchurch, Hamilton, Auckland).
- **Donation of human tissue, gametes and embryos:** Professor Nicola Peart, Faculty of Law, University of Otago (Napier, Christchurch, Dunedin, Auckland).
- **The incapacitated trustee and company director:** Greg Kelly, Principal, Senior Solicitor, Greg Kelly Law Limited (Wellington, Auckland).
- **Participation in litigation:** Kimberly Lawrence, Senior Solicitor, Greg Kelly Law Limited (Napier, Christchurch, Hamilton).



## The dates of the conferences are:

Wellington – 2 Sep; Napier – 3 Sep; Nelson – 10 Sep; Christchurch – 12 Sep;  
Dunedin – 13 Sep; Hamilton – 18 Sep; Auckland – 19 Sep.

To request further information, or to register for the conference, please see [www.mentalcapacitylaw.eventbrite.co.nz](http://www.mentalcapacitylaw.eventbrite.co.nz), email [athenaeducationlimited@gmail.com](mailto:athenaeducationlimited@gmail.com) or phone Iris Reuvecamp on 021 869 361.

