



## Canterbury DHB welcomes funding for additional hospital building

**On Friday we welcomed the announcement from the Minister of Health of \$154 million to fund the construction of an additional tower that will sit alongside the existing two towers that make up Waipapa, the new acute services building on the Christchurch Hospital Campus.**

The Minister's media statement can be found online [here](#).

It's envisaged that design work will start on Tower 3 early in 2021. The new tower will eventually provide the DHB with 160 additional beds. Tower 3 will sit on the base podium alongside the existing towers. When complete it will provide a modern clinical environment for our patients.

The confirmation of funding for Tower 3 is fantastic news and will provide the DHB additional capacity that's necessary for us to continue to respond to the increasing demand for our services.

It's also pleasing to have the Government's endorsement in principle of the Parkside business case, which covers a range of compliance works in some of the older areas of the facility.

This includes improvements to passive fire safety and earthquake strengthening.



Charge Nurse Manager of Ward B3 (SARA) Jessica Carey, Executive Lead for Facilities Rob Ojala and Minister of Health the Hon. Andrew Little visiting Waipapa last Friday

In addition to this compliance work Canterbury DHB is working with the Ministry of Health to determine what improvements can be made to the clinical environment on the wards, such as changing six-bed rooms to four bed and creating more ensuites.

This work is the subject of ongoing discussion between Canterbury DHB and the Ministry to confirm how this can be achieved, and I will keep you updated on progress.

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Charge Nurse Manager of Intensive Care Nikki Ford shows the Hon. Andrew Little and entourage around the new Intensive Care Unit



Hon. Andrew Little being interviewed about the funding announcement in Waipapa. He's flanked by Labour MPs, Duncan Webb MP for Christchurch Central and Tracey McLellan MP for Banks Peninsula

## Wellbeing initiative provides long-term benefits for tamariki

Early intervention and collaborative approaches such as those being put in place by Mana Ake – Stronger for Tomorrow have been shown to result in a range of wellbeing benefits for children and their whānau, according to findings from a report released today.

Launched early in 2018 as part of the Government's plan to wrap support around children living in earthquake affected communities, Mana Ake supports children at school and at home. It provides parents, whānau and teachers with advice, guidance and education about mental health and wellbeing.

The report, produced by ImpactLab, estimated the social value (the social impact in dollar terms for participants over their lifetime) for each participant is \$23,652 – a return of \$13.32 of 'measurable good' to our community for every dollar invested in Mana Ake. Authors noted the real-world impact is likely to be much greater.

"The global literature indicates that an early intervention approach focusing on the development of self-control and resilience can result in life-long positive impacts not only for these students, but for society as a whole," says ImpactLab Project Lead Emma Chatterton.

Emma adds: "In order to create change, Mana Ake recognises that those who are best placed to identify



Mana Ake supports children at school and at home

and respond to the wellbeing and mental health needs of tamariki are their whānau, teachers and the social services, health care providers and communities that already exist around them.

"By highlighting the value of these relationships, creating shared resources and communication strategies and working to build connections between schools and other agencies, Mana Ake helps schools and communities to develop sustainable approaches that enable timely, locally relevant and evidence-informed responses for their tamariki."

Co-Chair of the Mana Ake Service Level Alliance Ken Stewart says it's the initiative's ability to regularly evaluate and adapt responses according to need that generates such positive outcomes.

"We recognised a pattern of referrals from schools over time suggesting that self-control (the ability to recognise and manage thoughts and emotions) was a common underlying factor, and we have responded with a range of evidence informed individual and group interventions that help to address this."

Mana Ake is designed and developed by schools, social service providers, Oranga Tamariki and the sponsor organisations – Canterbury District Health Board, the Ministry of Education, the Ministry of Health – through a Canterbury Clinical Network-led Service Level Alliance.

Mana Ake delivers dedicated wellbeing and mental health support to children in school years 1–8 across Canterbury,

with kaimahi (workers) helping children learn skills such as coping with change or challenges, managing their emotions, building positive relationships and overcoming grief and loss.

Although pre-dating the Government's wellbeing budget in 2019, the initiative is part of a large programme of work designed to change the way mental health and wellbeing support is delivered in and by communities.

"Ensuring children and young people have early access to support that provides the foundations of life long mental wellbeing can take many different forms, so it's important we tailor approaches to meet the needs of different communities," says Toni Gutschlag, Acting Deputy Director-General of Mental Health and Addiction, Ministry of Health.

For more information, read ImpactLab's full report on the CCN website [here](#) or the summary [here](#).

Ngā mihi nui



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**Andrew Brant, Acting CEO**  
**Canterbury District Health Board**  
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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](#).

## Holiday publication dates and deadlines for the CEO Update

The last CEO Update for 2020 will be a Christmas special, to be published on **Monday 21 December**, with a deadline of midday on Thursday 17 December.

Please send in your Christmas-themed photos – whether it's decorations, a tree, a festive team outing, or activity. Share the love and help us spread some Christmas cheer.

The first issue for 2021 will be published on **Monday 18 January**, with a deadline of midday Thursday 14 January.

Feel free to share some holiday snaps to show how you made the most of some time off work.

Photos and stories should be sent to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

We're always after new people to interview as part of our 'One Minute With' series – feel free to nominate a colleague or yourself.





## Bouquets

### **Cindy Cockeram, Physiotherapist, Burwood Hospital**

On two occasions in the last 12 months a close friend of mine has been admitted to Burwood Hospital. She has been extremely fortunate to have Cindy Cockeram as her main physiotherapist. On every occasion when visiting my friend, I have noticed Cindy's empathy, her self-deprecating humour, and absolute desire to ensure my friend receives the physio she needs. Dealing daily with patients with different needs and different personalities must be very difficult, yet not once have I ever seen Cindy show signs of frustration, anger, or ever speak down to my friend. Cindy has only ever given positive encouragement and constantly instilled the need to keep trying, no matter how hard it seems. If it wasn't for people like Cindy, family and friends would not perhaps see the visible changes that take place. We tend to forget it is behind the scenes where the work takes place. Cindy is an absolute credit to you. Please ensure Cindy is recognised for her excellent work ethic and her tireless positivity working with those who have various disabilities.

### **Emergency Department (ED) and Coronary Care Unit, Christchurch Hospital**

My husband had a massive heart attack and was in ED for a few hours where he was given awesome care then spent a week in the Coronary Care Unit. He wasn't the best patient at times, suffering from delirium but I tell you all those nurses up there are fantastic, every single one of them. We are so very grateful for their care, nothing was ever a problem to them. They all deserve a medal for the job they do, so thank you all and keep up the great work you do.

### **Parking/Security outside ED carpark, Christchurch Hospital**

On the day the new hospital opened I had to bring my 13-year-old grandchild to ED for a bad leg injury. I was questioned at the entrance and directed to the emergency door. The parking/security attendant followed me and asked if he could get a wheelchair. He went into the new building and was unable to get one. Instead of suggesting my grandson used the crutches he had been given at school, he told us to wait. He ran over to the old hospital and came back very quickly with a wheelchair and helped my grandson get into it and then took him inside while I parked my car. This chap went the extra mile to help us and it was very much appreciated. He was there for security (written on his back) but he saw we needed help and he provided it.

### **Radiology, Christchurch Hospital**

I had a colonoscopy scan. Please thank the several nurses and radiologists who looked after me. They were all very friendly, kind and efficient. I appreciated their attention very much.

### **Eye Glaucoma Clinic, Christchurch Hospital**

You are friendly and welcoming – always eager to support and help anyone. I have been there a few times over the years and appreciate what you have done for me. Keep up the good work.

### **Orthopaedic Trauma Unit, Christchurch Hospital**

Thank you for your kindness, patience and dedication towards my brother. There can be no doubt as to who is loved, admired and appreciated in this hospital. That is, the nursing staff.

**Burwood Hospital**

I had minor surgery on 12 November. I cannot speak highly enough of the staff who looked after me. My before and after care from Tahlia was lovely. My surgeons Blair and Clare and nurse Georgi were fun and made me feel very relaxed. They have also done a really good job of the surgery. I was very anxious about my eye, but these staff made it such a positive experience.

**Ward 14, Christchurch Hospital**

Amazing kind staff. Thank you so much.

**Dermatology, Christchurch Hospital**

A huge thank you to the team at Dermatology who worked with and supported [patient name]. Don't quite know where we would have been without your timely intervention. We really appreciate your dedication. Once again to you all – thank you.

**Dermatology, Christchurch Hospital**

I would like to thank Julia for her support and expertise in helping me with my acne. It has honestly changed my life and saved my self-esteem. What a bright, bubbly lady she is too. It has been a very positive experience dealing with the Christchurch Dermatology team. Thank you.

**ED, Park and Ride shuttle and Maxillofacial Outpatients, Christchurch Hospital**

I want to say a huge thank you to all involved in my care for my fractured jaw, especially the incredible maxillofacial team. From the service in ED, then seeing the maxillofacial team that night, to the follow-up calls the following days, to my appointments that never ran overtime, and the great service of the Park and Ride shuttle crew. Gosh I am super impressed and have told all my friends how wonderful my experience has been. Thank you just so much. I feel very grateful.

**Ward 16, Christchurch Hospital**

Full marks to the staff on Ward 16 – Catering Assistant Kumee, the nurses, all of them. Great job, thanks so much.

**Ward 14, Christchurch Hospital**

Great care and consideration to my best buddy (a patient). My friend holds Ward 14 in high regard and feels he has received exceptional care. Thank you.

**Level 4, Christchurch Outpatients**

Exemplary service, thank you.

**Dental Service, Christchurch Hospital**

Excellent service, great communication.

KEEPING OUR COMMUNITY HEALTHY

# WELL NOW

SPRING 2020

CANTERBURY

A snapshot of how we're doing

Your community health magazine is out now!

Keep an eye on your mailbox, or check it out on our website.

[cdhb.health.nz](https://www.cdhb.health.nz)

# Welcome to Waipapa

## MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

## Well done!

It seems like more than a week ago that we were moving the final wards and services to Waipapa, and yet, here we are. Waipapa is a fully functioning addition to our campus, and it's thanks to the planning, preparation and careful attention of many individuals that the building was readied and migration was a success. The move was praised by Minister of Health the Hon. Andrew Little, and Director General of Health Ashley Bloomfield during their visit last week. They, along with our Board Chair Sir John Hansen, have acknowledged the smooth running and level of

calmness in our incredible new facility, and the seamless transition to it.

Congratulations to all involved. Waipapa is a testament to the vision and fortitude of our people. From the design process to the final grand product, Waipapa has always been more than just a building; it's a collective idea brought to life, contributed to by literally hundreds of people.

You are all very much a part of history, and you should be very proud of what you've accomplished.

## A fond farewell

Last Wednesday a final fond farewell was bid to the wards and service areas that have been vacated in Parkside and Riverside. A number of staff attended with representatives from each space speaking of the move and the new spaces. Executive Lead for Facilities Management Rob Ojala presented a small token of appreciation to Facilities Development Programme Manager Angela Mills, Hagley Operational Transition team leader Yvonne Williams and Migration Manager Liz Thompson. It was an opportunity to say thanks and to take a moment of silence amid the busyness to acknowledge the work of everyone.

A [video of the occasion](#) is now available on the Sharepoint and Prism sites for those unable to attend.



Ecumenical Hospital Chaplain Sandra Wright-Taylor giving a prayer of thanks to all involved

## Settling into Waipapa

### New equipment and ways of working

Not everything in Waipapa is exactly as expected, however, it is as requested and designed. This means that some things may 'feel wrong' when in fact they are fit for purpose and exactly what was asked for.

This includes basic things like taps. There are multiple types of taps in Waipapa, and while all provide cold, warm and hot water on demand, they may function slightly differently. [A video](#) explaining the differences and clarifying the operation of each type of tap is on the [Prism](#) and [Sharepoint](#) sites.



Charge Nurse Manager Allison Partridge places a purple ribbon from AMAU in the memorial kete



Please remember that just because something doesn't operate exactly as you expect it to, doesn't mean it's wrong. It simply means it's different. Give yourself time to get used to new equipment and procedures and, if in doubt, refer to your orientation resources.

### Signage and wayfinding

Now that Waipapa is a functioning hospital building, people are busy finding their way, and, unsurprisingly, taking a bit of time to find their way. It's a big building, it's new, and this was expected.

The current signage in the building adheres to the Wayfinding strategy and, as with all projects, Waipapa signage will be reviewed soon to check any hot spots that may need additional wayfinding and additional signage will be installed if required.

### Parking

The number of Drive and Drop parks around campus has nearly doubled with the opening of Waipapa. These parks are for clinicians required to attend emergency situations and allows for fast and unimpeded access to units with patients requiring critical clinical attendance. Those wishing to have access to the Drive and Drop facility must request a form from their line manager and register their vehicle with the Transport Office.

There are currently eight spaces near the old Emergency Department in the old ambulance bay, four in front of the main entrance drop-off zone, four in the Waipapa undercroft and this week we have added an extra nine to the undercroft spaces, bringing the number of available Drive and Drop spaces to 21.

These spaces are clearly marked and it is essential that they are kept free at all times for clinicians attending emergencies. Apart from the Drive and Drop spaces and the clearly marked mobility spaces and reserved parks for the likes of Air Retrieval and Cardiac in the undercroft, there are no other designated parks in the Waipapa undercroft. Any signage put up without the express permission of the Transport office will be removed.

There is a yellow cross-hatched section of the undercroft for a number of patient pick-up and drop-off vehicles for the public, and there are bike racks and space for motorcycle parking.

Please note that there is also a 10km speed limit in the undercroft and it is essential for the safety of all users, including cyclists and pedestrians, that this be adhered to at all times. Vehicles exiting the undercroft must give way to vehicles or cyclists accessing the parking in the area behind Christchurch Women's Hospital.

*A full and detailed update on the parking resources around the whole campus and how they are allocated can be found on the [Parking Spot](#).*

### Staff and service resource booklets for Waipapa

If you work in Waipapa, keep an eye out for your new ward or service orientation and resource booklets, which will be coming your way soon. These will include everything from the background of the building and the layout right down to the nitty gritty of how to get in and out, how to use the equipment and procedures for new ways of working.

If you have something specific to your area that needs to be included in these booklets, please email Facilities Development Communications Advisor [Shannon Beynon](#) this week with the details.

### Pics please!

Wondering what to do with all those photos you took during the last couple of years, while we were preparing, orientating, and moving to Waipapa? A [new Flickr album](#) has been set up to be a repository for all the images. If you have photos you'd like included, please bundle them up and email/WeTransfer/Dropbox them to [hagley@cdhb.health.nz](mailto:hagley@cdhb.health.nz). Include as much detail as you can and please let us know if you would like to be credited and that the images are okay to be shared with the public. We'll include some of the best images here in coming weeks.



### Scavenger hunt winners

During the orientation period, staff were invited to complete cards for a scavenger hunt which identified key elements of workspaces and the building that staff need to be familiar with. Winners of the hunt have been drawn and will receive a keep cup and a coffee voucher from the fabulous new Willow Lane café in Waipapa.

- › Registered Nurse Keri Killackey
- › Registered Nurse Tamara Bowers
- › Clinical Dietitian Hilary Dumbleton
- › Pharmacy Assistant Elizabeth McNulty
- › Social Worker Yun Park.

# Looking after yourself

## Surviving the silly season

In the final Looking After Yourself for the year, we're focusing on looking after yourself in the silly season.

Whether you're working through, or taking a break with whanāu, it's important to take some time as the year comes to an end to stop, review, and reset.

Take a fresh look at the Five Ways to Wellbeing and how to apply these during the silly season.

### Give, tukua

Giving is huge at Christmas time but it's also expensive. Why not focus on giving kindness, your time, or your presence – it's a present in itself!

### Connect, me whakawhanaunga

Spend time really connecting with your whanāu each day. If you haven't seen them in a while, stop and ask them how their year has been, how they've handled things etc.

### Be active, me kori tonu

Get the whanāu out and play some games at the beach or on the lawn, go for a run or take the dog for a walk. It's important to keep active while we're indulging so much delicious food!

### Take notice, me aro tonu

Pay attention to the special moments throughout your break or nice interactions at work. Practise mindfulness and savour the good moments.

### Keep learning, me ako tonu

Seek out new experiences, and try something new, this festive season, as learning is good for the brain! Learn something from your whanāu or make a new year's resolution to learn a new language!

We asked staff to share some of the common challenges of the silly season and provide some ideas on how they tackle them:

**Food at shared morning teas** – suggest a healthy spin on the event or try to bring your own healthy plate and just eat that. You can also eat prior to attending!

**Expensive time of year** – make your gifts or suggest doing a Secret Santa with a limit – this way everyone gets just one present, and you save some dollars!

**Christmas can be a lonely time of year** – if you've recently lost a loved one, or you're away from your whānau, why not set up a Christmas Day event for those around you who are in the same position – send out an invite and you'll be surprised who will want to come!

**Christmas traffic is hectic and unsafe** – try online shopping instead. You'll be surprised what you can buy online! It's also a good time to consider taking your bike, the bus, or walking. If you must drive, leave yourself extra time for the journey.





# Canterbury DHB first in NZ to get new Cath Lab technology

Canterbury DHB has become the first in New Zealand to install the ARTIS icono Cardiac Catheterisation Laboratory (Cath Lab) imaging system from Siemens Healthineers.

The DHB's two Cardiac Cath Labs provide angiograms (taking images of the coronary arteries), interventional cardiology (including ballooning and stenting of arteries), structural heart procedures such as aortic valve implantations, implantable devices such as pacemakers, and a range of other cardiology procedures.

The new icono X-ray machine installed in Cath Lab 1 brings world-leading technology to the DHB and incorporates multiple imaging technologies integrated into one machine, allowing staff to complete more complex diagnostics in a shorter space of time.

Cardiology Diagnostic and Interventional Manager Maria Jackson says the Cath Lab team completed their training on the new equipment last week.

"Now training is complete, our staff are able to use the icono and have access to a patient's other diagnostic scans over-laid with the X-ray images from the icono – such as angiograms.

"For example, a patient's CT scan can now be superimposed on the angiogram images as they are produced by the icono, and our staff can see this together on one monitor.

"Having a patient's various imaging results in one place allows our teams to provide a more efficient and condensed diagnostic process," says Maria.

Cath Lab Imaging staff will have control of the icono from the machine's 'cockpit' using a large touchscreen, reducing the monitors they have to look at from the five that came with the previous technology down to the one large monitor.

Cardiology Senior Medical Officer Aniket Puri says there has been quite a long and thorough process for the DHB to get to this point, with him and Charge Medical Radiation Technologist Jenn Sands attending the world-first installation of the icono in Germany in May last year.

"The training and knowledge that goes in to using this type of equipment is immense, with the trainer from Siemens, who has undertaken specific training in Germany, guiding our preparations.

"Now we've completed our training, we can start using the icono, and providing a more efficient diagnostic processes for our cardiology patients in Canterbury," says Aniket.



From left, Cardiology Registrar Fellow Pavan Thaneeru, Cardiology Senior Medical Officer Aniket Puri, Clinical Support Specialist (Device Technologies) Alison Herman, Applications Specialist (Siemens Healthineers) Helen McLaughlin, Diagnostic and Interventional Cardiology Manager Maria Jackson, Interventional Cardiology Clinical Specialist (Abbott Vascular) Jeremy Marshall, Charge Radiographer Jenn Sands, Charge Nurse Manager Lorraine Owen, Cardiac Physiologist Jackie Sutherland, Staff Nurse Maureen McHenry, Senior Cardiology Registrar Alison Nankivell



The Cath Lab team practising using the new machine on a patient



The new ARTIS icono machine in Cath Lab

A full patient schedule on the new machine commenced today, Monday 30 November, with a Siemens applications specialist on site for the whole week.

You can read more about the ARTIS icono on the [Siemens website](#).

# Labs specialists detect vital factor for treatment of Whakaari/White Island patients

A recent television documentary revealed that Canterbury Health Laboratories (CHL) staff provided important information for the treatment of survivors of the Whakaari/White Island eruption.

'The Eruption: Stories of Survival' screened on TV3 last week portraying those injured in the eruption and their clinical team.

A Burns Unit specialist interviewed referred to work undertaken which showed that the patient's ash burns caused a severe chemical imbalance in their bodies. This chemical imbalance was identified by CHL's Specialist Chemistry Team.

This information aided treatment and care decisions which made a significant difference to these patients' recovery and survival, says CHL General Manager Kirsten Beynon.

"Another good news story about the amazing team of scientists and clinicians at CHL, our Canterbury DHB laboratory, who work in collaboration with our hospital colleagues locally and nationally.

"Within the lab this was achieved through good know-how, capability, and expertise within our Specialist Biochemistry Service and collaboration between highly skilled chemical pathologists and scientists to ensure we support our referrers and patients to enable positive outcomes."

Thanks to Specialist Chemistry Section Head Chris Sies, Clinical Biochemist Chris Florkowski and the whole Specialist Chemistry Team, she says.

Chris Sies says the Specialist Chemistry Section of CHL was able to identify that the ash from Whakaari/White Island was both acidic and contained fluoride (from hydrofluoric acid).

"This information was supported by a publication in the New Zealand Medical Journal from 2005 which resulted from a collaboration between Canterbury University and scientists at CHL."

The information provided to ICU clinicians treating the burns patients was much appreciated as it helped explain the severity and type of the burns received by the patients in their care, he says.

## PUT THE RIGHT THING IN THE RIGHT BIN





# Burwood Spinal Unit upgrade wins Master Builders award

The Burwood Spinal Unit has won a silver award at the 2020 Master Builders Association Commercial Project virtual awards.

HRS Construction took out the Silver Award in the Health Category for the Burwood Spinal Unit extension and upgrade.

The project, run by the Site Redevelopment Unit with HRS Construction as the main contractor, was completed in September 2019 and provided additional patient rooms and a substantial upgrade to other parts of the Spinal Unit. The architects were Sheppard and Rout.

Patient lifting hoists were installed in all the new and existing patient rooms along with other amenities and aids for both patients and staff.

The award noted that the project required a very high level of cooperation and coordination between the client and the contractor.

With the Spinal Unit having its own unique clinical requirements, it was very important for the design team of project managers, architects and engineers, to get input from many members of staff both within and outside of the Spinal Unit, says Project Manager Site Redevelopment Unit Brendon Groufsky.

"Special thanks to the late Ngaire Hunt, former Facilities Project Manager, whose wealth of knowledge and enthusiasm went to ensure the best outcome for patients and staff."

"Ngaire had her own unique method of communication which kept myself, and Site Redevelopment Project Manager Bruce Hellyer (now retired), on our toes along with all the contractors and Canterbury DHB staff."



A completed patient room in the Burwood Spinal Unit



The late Ngaire Hunt, former Facilities Project Manager, in a triple-bed patient room during demolition

"Since the upgraded unit was occupied there has been a lot of positive comments and feedback from patients, visitors and staff alike."

As with all new construction there have been a few minor issues that have needed attending to which the contractors have been responsive to

correct, and this is one of the factors the judges took into account for this award, Brendon says.

Well done to everyone involved.

The full awards listing can be found online: [Master Builders Awards Results](#).



# Hospital HealthPathways turns five

In November 2015, the Hospital HealthPathways site went live.

Hospital HealthPathways offers clinicians locally agreed information to make the right decisions, together with patients, at the point of care. It provides online clinical and process guidance for patient management in Canterbury DHB hospitals.

Written for junior doctors (and senior doctors working outside their specialty) in a hospital setting, Hospital HealthPathways can also be used by other Canterbury DHB medical and nursing staff, and allied health professionals.

At its five-year birthday, Hospital HealthPathways is already a high achiever, says Health Pathways Portfolio Manager Mary McLeod.

"In the first five years, Hospital HealthPathways has had a successful following and is used a great deal. It has more than 50,000 page views per month and has had more than 2.1 million page views since it was launched."

A recent survey of Canterbury DHB junior doctors and medical students showed that:

- > 98 percent use Hospital HealthPathways at least once a week
- > 72 percent use it every or most working days
- > It is used particularly on acute days, and after hours
- > 96 percent agreed or strongly agreed that it made their job easier.
- > 92 percent agreed or strongly agreed that it improved the care they provided to their patients
- > 96 percent agreed or strongly agreed that it is easy to use in clinical practice.
- > 97 percent agreed or strongly agreed that it is clear and easy to understand
- > 97 percent agreed or strongly agreed that it contains high quality information.

One junior doctor says:

"It's an incredibly useful resource that's been invaluable in day-to-day practice, especially as a junior doctor, and especially out of regular working hours when seeking the advice of senior colleagues is potentially less easily accessible."

Hospital HealthPathways' community sibling, Community HealthPathways for General Practice teams, is already in 45 regions in New Zealand, Australia and the United Kingdom, Mary says.

Total Page Views per Month



Hospital HealthPathways has more than 50,000 page views per month

"Hospital HealthPathways is also in the Hunter New England health region in New South Wales. It is likely it will follow Community HealthPathways in creating a community of HealthPathways regions which share, collaborate and improve our collective guidance resources."

At its inception, Hospital HealthPathways had a suite of pages, including clinical management pathways, guidance about performing procedures, resource pages linking to other useful information, and request pages detailing how to get appropriate help to manage patients.

Since then many pages have been added and now there are 884 pages with 368 clinical pathways.

The work began well before November 2015 as the Hospital HealthPathways team (the first in the world, navigating through uncharted territory) populated the site, she says.

"This was by initially converting the guidance in the very successful 'Blue Book' (management guidelines for common medical conditions) which had provided valuable clinical guidance for many years."

The HealthPathways model had more than a decade of development in the community (Community HealthPathways, for general practice teams). The format and ease of use of the HealthPathways model was adopted by Hospital HealthPathways and allowed the transition of the Blue Book into a platform both easier to use and easier to maintain.

# Protect our community against measles: Get your free staff MMR now

It's been less than a year since the most recent measles outbreak in Canterbury was declared over. Thanks to the closed borders we currently don't have any measles in New Zealand – but once the borders re-open, measles will once again only be a plane ride away.

Many young people missed out on immunisations to protect them from measles, mumps and rubella immunisation as children.

Canterbury DHB is offering free MMR vaccination clinics as part of the national campaign for people aged 15–30 years to ensure the community is protected against future outbreaks of these diseases.

The DHB currently has almost 2500 staff within the target age range for the MMR catch-up programme, so if you're one of them and aren't sure whether you have had two doses of MMR, the Ministry of Health recommends you get vaccinated. There are no additional safety concerns with having extra doses.

The Occupational Health team will contact you via email or text message if you are within this age range and we don't have a record of your immunity to measles, mumps or rubella.

If you haven't already heard from them, Occupational Health will be in touch within the next couple of months.

If you know you are immunised against measles, send an email, along with a photo or scan of your MMR record, to NIR Canterbury on [nircanterbury@cdhb.health.nz](mailto:nircanterbury@cdhb.health.nz) so this information is up-to-date.

For more information about measles and the catch-up programme, visit [www.cdhb.health.nz/MMR](http://www.cdhb.health.nz/MMR).



PROTECT  
AGAINST  
MEASLES

## Upcoming MMR staff vaccination clinics

No need to book ahead.

### Christchurch Hospital, Great Escape Lounge:

- › Friday 11 and 18 December, 11am – 2pm

### Waipapa, Room L. 6b

- › Wednesday 9 December, 11.30am – 1.30pm
- › Tuesday 15 December, 11.30am – 2.30pm

### Burwood Hospital

- › Infusion Suite (Outpatients), Wednesday 2 December, 8.30–9.30am, – general vaccinations as well as MMR

- › Ward D2 Whanau Room, Wednesday 16 December, 11.30am – 2.30pm

### 32 Oxford Terrace

- › Corporate 436, 437 (please wait by chairs on lift side outside the rooms)
- › Thursday 10 December, 11.30am – 1.30pm

### Hillmorton and The Princess Margaret Hospitals

- › Please book an individual appointment with CSU by contacting [CSUNursesSMHS@cdhb.health.nz](mailto:CSUNursesSMHS@cdhb.health.nz), or phone 03 339 1166, or ext. 33966.

# New Privacy Act and Health Information Privacy Codes take effect from 1 December – what it means for all of us

The significant advances in technology over recent years have driven the need for the new Privacy Act 2020.

We spend a significant part of our private and working lives online and privacy laws needed to change to keep up.

We already share a lot of information about ourselves. We share information through the apps we use, our online searches, the sites we visit, the shopping we do, the memberships we sign up for, and the information we share about ourselves and what we like or follow through social media.

But this piece isn't really about taking care of your own information, (though we all should) – it's about the increased diligence and responsibilities for other people's Information that comes with the Privacy Act 2020.

There are now 12 principles that fall into the three categories below. At the end there are links to more information on each.

1. Collecting personal information
2. Holding personal information
3. Using and disclosing personal information

For those who just want a very high-level summary, below are the main differences the new Act brings about. If you'd rather watch a four-minute video summary, you'll find a link at the end:

- › There is a new principle that applies to all companies overseas that wish to trade with New Zealand. They need to comply with this new Act.
- › We must tell the Privacy Commission, as well as anyone whose information has been affected, about any breaches.
- › The Office of the Privacy Commission can issue compliance directives – generally 'you must do this' or you must stop doing something relating to the collecting, storage or use/disclosure of information.
- › The Office of the Privacy Commission can also issue an access direction, which is where someone requests a copy of their information – it says we must provide it.
- › There are new offences, including misleading people in order to obtain information – and there are substantial fines of up to \$10,000 that can apply.



- › Lastly, we can only ask for information we need for our lawful purpose. In other words, we must be prepared to explain why we need it, how it will be stored and what it will and won't be used for.

Personal, and especially health information, is precious, and we should treat it as such – which is why you will see it turn to gold on the ad now playing on television and the online Privacy Act 2020 campaign.

Here's that short video: [Privacy Act, short animation](#)

Here too are those links to the 12 principles, as promised, by category:

- › [Collecting personal information](#)
- › [Holding personal information](#)
- › [Using and disclosing personal information](#)

There's a handy learning tool you can use and other resources that can help you spread the message: [elearning](#), [Privacy Act 2020](#) or visit [Privacy Act 2020 resources](#).



# Congratulations to allied health assistants

It was celebration time for Allied Health last Thursday as the latest group of allied health assistants (AHAs) graduated with a Level 3 Careerforce qualification.

These AHAs have worked hard for at least a year to complete their Level 3 Health and Wellbeing Careerforce qualification and the graduation ceremony was recognition of this, says Director of Allied Health Christchurch Campus Helen Little.

"The Careerforce pathway provides AHAs with the opportunity to continue learning and developing new skills that they can apply directly in their work. All those attending the graduation, directors, managers and other Allied Health staff join together in congratulating them."

Those graduating were Aimee Taylor, Joanne Clemens, Katherine Woodcock, Nancy Christian and Zaneta Tumova.



From left, Director of Allied Health Workforce Catherine Coups, Director of Allied Health Christchurch Campus Helen Little, Allied Health Assistants Aimee Taylor, Joanne Clemens, Katherine Woodcock, Zaneta Tumova, and Nancy Christian, Director of Allied Health, Specialist Mental Health Services Sandy Clemett, and Executive Director of Allied Health Jacqui Lunday Johnstone



Allied Health Assistant graduates with their clinical support team

# One minute with...

## Benita Hulme, Wellbeing Advisor, Managed Isolation and Quarantine Facilities

### What does your job involve?

Our main focus is to ensure that all of our guests in isolation feel supported with whatever challenges they may be facing by developing genuine rapport with them via the phone, so that they know they can call us anytime. I am always thinking of ways to help families to keep their children entertained and engaged.

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

Coming from a customer service background, I can easily relate to people and enjoy helping others (and chatting!). Previously I was a flight attendant for nine years, so this has been useful assisting guests with onward travel.

### What do you like about it?

I like the fact that I can truly make a difference to those returnees facing uncertain times and/or travelling alone. People often look to us for assistance with a range of different situations that we are happy to help problem solve. It's rewarding when guests send us chocolates and special notes of thanks.

### What are the challenging bits?

Everyone manages isolation differently and sometimes like to vent their frustrations to us!

### Who inspires you?

People who always look on the bright side of life.

### 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?

Understanding that everyone has emotions and you never know what someone may be going through. Always showing kindness and offering support to others including your colleagues can make a huge difference.



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

That I worked in a bar at the base of the mountain in Whistler, Canada, for a year, sometimes we could see bears from the balcony! (Maybe I should put it on my profile?)

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

Somewhere in the Greek islands having a cocktail and working on my tan. I'm definitely missing holidays!

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

Typically, I am at work, but If I have the day off I like to switch the office for something outdoorsy, a hike or the beach on a sunny day. Or cuddling my Burmese kitten who demands all my attention.

### What's your favourite food?

Can't beat a platter with all the best fresh produce! Quince and blue cheese combo.

### And your favourite music?

I am into a bit of everything, even my mum's music from the 60s and 70s! I've seen the Rolling Stones live twice.





## 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.

This week's featured offer is from Noel Leeming. From Monday 23 November to Sunday 6 December, you and your whānau and friends can receive various discounts on a large range of items instore. Print [this flyer](#) or take a photo and show it on your device instore. Note all terms and conditions are listed down the bottom of the flyer.

Check out [Something For You on the intranet](#) for more information.

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<p><b>SAMSUNG</b> TVs <b>cost* + 5%</b></p>	<p><b>Apple</b> iPhone <b>cost* + 0%</b></p> <p><small>(excludes accessories)</small></p>	<p><b>FISHER &amp; PAYKEL</b> whiteware <b>cost* + 5%</b></p>
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## 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 [November 2020 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:

› **Stay cool and well this summer (ENH0034)**

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





# HUMANITY: A TARANAKI EMERGENCY MEDICINE CONFERENCE

NEW PLYMOUTH | 4-5 FEBRUARY 2021  
NOVOTEL NEW PLYMOUTH & TARANAKI BASE HOSPITAL

Cutting edge Emergency Medicine content including:

- President's address by Dr John Bonning, ACEM
- Caring for COVID-19 patients in the USA
- Wellness and resilience in Emergency Medicine
- Megasimulation
- Top articles in the recent Emergency Medicine literature
- Manaaki Mana: embracing Māori heritage in Emergency Medicine
- Ventilator management in the COVID era

*...and much more*



TO SEE THE SCHEDULE AND  
REGISTER YOUR INTEREST:

Scan the QR code  
or go to <http://bit.ly/temc45>

## OPTIONAL SOCIAL AND OUTDOOR ACTIVITIES INCLUDING:

- Climb Mount Taranaki (YES, TO THE TOP!)
- Surf lessons (all levels)
- Hike to the tarns (reflecting ponds)
- Cycle the coastal walkway or Lake Mangamahoe
- Microbrewery Tour
- Dinner on evening of 4 February

## EARLY BIRD PRICES IF REGISTERING BY 5 DECEMBER:

Consultants: \$300. Discounted registration for junior doctors and students

**CONTACT:** [Mark.Sagarin@tdhb.org.nz](mailto:Mark.Sagarin@tdhb.org.nz)



14 ACEM CPD hours

This independently organized conference is supported by the Australasian College for Emergency Medicine