



One off opportunity to hear Dr Peter Pronovost speak in Christchurch

The John Hopkins journey to high-reliability organising in healthcare, patient safety, quality and resilience is the topic of his speech.

Canterbury DHB in conjunction with Ernst Young invites you to hear Dr Peter Pronovost of Johns Hopkins Medicine who will be delivering a keynote address on the Johns Hopkins journey to high-reliability organising in health care, patient safety, quality and resilience.

- » When: Friday 28 October 2016
- » Time: 1545 - 1700
- » Where: Rolleston Lecture Theatre, 2 Riccarton Avenue, Christchurch School of Medicine
- » Also available via Video Conferencing at the following -
- » Burwood Hospital – Rooms 2.3a and 2.3b
- » Ashburton Hospital – Wakanui Room
- » Hillmorton Hospital – Lincoln Lounge, Avon Admin Building
- » The Princess Margaret Hospital – Riley Meeting Room
- » Pegasus – Room 1.01
- » Grey Base Hospital / WCDHB – Lecture Theatre
- » The event will also be filmed and placed on the CDHB [intranet](#).

Dr. Peter Pronovost, M.D., Ph.D., FCCM is the director of the Armstrong Institute for Patient Safety and Quality at Johns Hopkins, as well as Johns Hopkins Medicine's senior vice president for patient safety and quality. He developed a scientifically proven method for reducing the deadly infections associated with central line catheters. His simple but effective checklist protocol virtually eliminated such infections in ICUs across the state of Michigan, saving 1,500 lives and \$100 million annually. The checklist protocol has since been implemented across the United States, state by state, and in several other countries. The New Yorker magazine says that Pronovost's "work has already saved more lives than that of any laboratory scientist in the past decade." You can also read about Dr Pronovost in the [Wall Street Journal](#).



Everyone working in the Canterbury Health System is welcome to attend.

For further information please contact alice.earnshaw-morris@cdhb.health.nz.

Left: Dr Peter Pronovost

Our priorities – 5 + 1

Ensuring our patients receive timely treatment

The way we schedule and use our theatres has a significant impact on our ability to provide safe and timely access to elective and acute surgery for our patients.

That's why theatre utilisation and capacity is one of our current '5+1' priority areas.

Making sure our operating theatres are efficiently used requires a thoughtful and concerted ongoing effort both on the part of people that run our theatres and the services that use them.

As a result of this work occurring in different parts of our system we are continuing to increase the amount of elective surgery we are able to provide for our population within our existing resources. This is no mean feat and is testimony to the dedication of the people who work in the Canterbury Health System to do their best for the people we look after.

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The Theatre Utilisation Group has adopted performance against the Electives Health Target as a Key Performance Indicator relating to its work. Regular reports showing performance against this target let the group know how it's doing in allocating theatre space to services.

In 2015/16, Canterbury DHB:

- » Provided 21,039 elective services discharges against a target of 20,474. This is 565 more than target and 103 percent of target.
- » Canterbury's elective services provision has increased 54 percent in the past seven years.

The bulk of the 2016/17 year's increased elective target volumes (an increase of over 500 elective surgical discharges) is initially being provided through working collaboratively with the private sector through outsourcing.

Wait times for acute surgery are another measure that tell us whether we are doing a good enough job at allocating theatre capacity where we need it.

During the past year we have changed staffing models to increase the number of acute theatres available at the weekend and worked to increase the theatres available on, and either side of, long weekends to make sure patients receive more timely treatment at these times.

Some of the other work underway is:

- » The Lean Elective Pathway has included use of single condition operating lists and has been a part of increasing the number of people receiving hernia surgery by 37 percent and cholecystectomy by 15 percent over the past year;
- » Removing Avastin® injection procedures from theatre, making more space available for eye operations that can only occur in theatre. Avastin® is the brand name for bevacizumab, a drug injected into the eye to slow vision loss in people who have "wet" age-related macular degeneration.
- » We have also removed other procedures like varicose vein treatment and management of first trimester pregnancy loss from theatre, moving them to a non-theatre venue, such as a clinic room. As well as freeing up theatre space this takes away the feeling from the patient that they are having a "major" operation, reducing anxiety for people worried about having the procedure. This is best for patients and allows more access to theatres for patients who need a general anaesthetic theatre operation.
- » Acute bookings for theatre are now being made electronically, using the Scope system. This allows improved information about theatre capacity and demand available within theatre and across the wider hospital.

Canterbury part of New Zealand's first kidney exchange

It was absolutely fantastic to learn about Canterbury being part of New Zealand's [first kidney exchange](#).

Well done to Dr Nick Cross, Clinical Director National Renal Transplant Service and Christchurch Hospital nephrologist, who has helped lead this amazing work.

The exchange involved six patients and five surgeons in two of the three kidney transplant centres, and is a way of solving the issue of people who want to donate a kidney to a friend or loved one but may be unable to because of tissue compatibility issues.

It allows a possible donor and a recipient to be matched with another possible donor and a recipient, creating a transplant exchange.

The National Renal Transplant Leadership Team (NRTLTL), chaired by Dr Cross, is a collaboration across DHBs including doctors, surgeons, transplant coordinators and administrators who have been working together closely over the past two years, with support from the Ministry of Health to increase opportunities for transplant for New Zealanders.

Dr Cross and the team have done exceptionally well to develop a close collaboration between DHBs, allowing this exchange to take place. It's a remarkable effort involving a huge number of clinical teams and other agencies having to align.

We are very fortunate in Canterbury to have Dr Cross and those in the nephrology department who are doing absolutely life changing work every day.



David Meates
CEO Canterbury District Health Board



Facilities Fast Facts

Fast Facts - Burwood

On Wednesday 19 October, the CDHB was awarded an Energy-Mark Bronze Award for its commitment to energy management, by New Zealand's leading environmental certification authority, Enviro-Mark Solutions. It is only the second Bronze award to be awarded by Enviro-Mark – the first was to Antarctica NZ.

To achieve Energy-Mark Bronze certification, an organisation has to demonstrate significant commitment to achieving performance improvements, including the implementation of an energy management system, objectives and targets, and the consideration of energy performance in long-term planning.

The setting for the award presentation was the new boiler house at Burwood Hospital, our flagship state-of-the-art energy facility that runs on environmentally friendly wood waste.



Above, from left: David Meates, CEO Canterbury DHB; Ann Smith, CEO of Enviro-Mark Solutions; Steve Wakefield, Deputy Chair, Canterbury DHB.

Fast Facts - Christchurch

As the steel frame goes up for the Acute Services building, the first stages of the internal fit-out can begin. On the Lower Ground Floor, the first services are already being installed – water pipes and fire sprinklers. Service ducting for the risers for the building is being manufactured off site in Christchurch in long sections (see photos). These sections will be brought to site and craned into position in the coming weeks.



Metro Sports facility update

Preparatory work is to begin shortly on the Metro Sports site, as reported by a [recent article in The Press](#). The first part of the work is to realign sewer and water mains on Stewart Street / Balfour Terrace, and does not affect any parking on the Metro Sports site itself. The main Metro Sports car park is due to close on 19 November. The afternoon staff car park will remain open.

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Fast Facts - Outpatients

The view from the Outpatients webcam shows continued progress on the piling on the site, and – on the right – that the demolition of 33 St Asaph Street and the car parking building is almost complete.



Next week is Let's Talk Patient Safety Week, are you ready?

New Zealand's national Patient Safety Week, coordinated by the Health Quality & Safety Commission is being held next week from 30 October–5 November 2016.

Patient Safety Week is Our Health System's collective commitment to consumers and patients that we continue to strive towards providing the best and safest care possible, every time.

Patient Safety Week

Patient Safety Week 30 October–5 November 2016.

Let's talk

PATIENT SAFETY WEEK

To mark the start of the Week, the CDHB Quality Improvement and Innovation Award Ceremony will take place on Monday 31 October, the WellNow Quality Accounts Edition, 'a snapshot of how we are doing' will be released, and the divisions will be showcasing some of the initiatives and resources aimed at promoting the safety of our patients.





Bouquets

Emergency Department

Thank you for your service.

Eye Clinic

We are from Dunedin and wish to express our gratitude for the care received from the eye clinic staff for what was a very painful eye problem. We are recuperating back in Dunedin, Thank you all heaps.

Ward 27, Christchurch Hospital

You are very hardworking staff – helpful and supportive of each other. Despite being all really busy this morning you made sure I had my breaks and checked that I was ok with the workload and patients – offering help when I needed it. Great team and lovely sense of humour all of you. Thanks a lot (Registered Nurse from nurse pool).

Ward 10, Christchurch Hospital

Thank you to all medical staff and nurses for your care during my stay for a week. I was transferred from Greymouth Hospital and returning there for discharge today. All the meals were excellent also. The nurses here go the extra mile even when they are busy, still cheerful and kind. The doctors and nurses explained my condition so I could understand easily. Thank you

Ward 10, Christchurch Hospital

Thanks again Ward 10 staff for your care and kindness.

Rangiora Birthing Unit

Overall an amazing service. We feel privileged to have had Jackie and Tanya guide our little girl into the world. The care in the days following was really great. Awesome facility, food and staff. Thank you everyone involved in making this experience so memorable.

Gynaecology Ward

Thank you for looking after me. You are all amazing.

Christchurch Women's Hospital Reception

My daughter arrived to be induced and there were complications with the birth. Karen was on reception and had noticed how upset we all were. She immediately spoke with me and paternal grandmother, giving us a cuddle, calming us and talking us through things so we could return upstairs. Over the coming days we received nothing but kindness and care from your reception staff, particularly Karen and then over the weekend, Michelle. I want to thank them both for the wonderful things they both did for me and my whanau. The beautiful display of aroha, manaaki and whanaungatanga they did was so greatly appreciated and received. Both of these two beautiful ladies went over and above their roles to provide this to us all. My whānau think that it is so important to recognise and be able to put this compliment in as, nine times out of 10, you only see complaints. Thank you so very much and ngā mihi kōrua

Ward 21 & Child Acute Assessment Unit

A big thank you to the nurses and doctors in the children's assessment unit and Ward 21 for looking after my son during his short admission. Special shout out to Bridie and student nurse Shayna for being so accommodating and also to Radio Lollipop .

Ward 22, Child Acute Assessment Unit (CAAU), Ambulance

We would like to express our thanks for the outstanding service provided by all staff in our daughter's 'adventure'

from Rangiora in the ambulance, to the CAAU, and finally Ward 22. All staff were friendly, reassuring, welcoming and professional at what was quite a spooky time for us. Thank you!

Lyndhurst

Ladies on this ward were amazing and caring through an emotional procedure. Not once did I feel forgotten about or in the way. They are a credit to this hospital.

Ward B1, Burwood Hospital

Thank you so much for all your care and support and for looking after us all so well. We are so grateful for your help, understanding, guidance and patience. All the best.

Urology nursing staff

Ladies, ladies, ladies, oh where does one begin. You always started your shift and maybe didn't realise inside you made my heart grin. You were all amazing to me ... and my family too. [We will] forever be grateful to you. Thank you all so much for brightening my days and adding your beautiful touch of care...When my days were so full of fear.... You're all amazing and an awesome A1 team. Urology nurses your rock and nurse aides too. Thank you so much for everything you do.

Urology Surgeons and Dr Toby

I don't know where to start...a big thank you to all of you. I guess words can't express how grateful I am to have had you all looking after me and explaining things clearly so I understood. At times I thought it was the end, but you helped restore my faith and made me soldier on...myself and family too are forever grateful to you all...You're an amazing team. Thank you.

Innovative, secure messaging app adds a new dimension to patient care

A secure mobile application, purpose built to allow clinicians to safely share confidential patient information on the go, will soon be made more widely available within Canterbury DHB.

Until now, there has been no secure way for healthcare professionals to use their personal mobiles or tablets to enhance clinical care while on the go.

Celo changes that, they have produced an app that allows users to chat, consent and capture clinical images on their smartphones and easily and securely share them with colleagues caring for the same patient.

Celo has recently completed a successful pilot in Plastic Surgery as well as an expansion into the Emergency Department, General Surgery, Paediatrics, Radiology and Dermatology. Celo has been working with us to integrate with existing IT systems. A new and improved version of their Celo app will shortly be available for use, shaped by feedback received from clinicians during the pilot.

Celo's CEO Steve Vlok says that their app allows real-time chat with only those in a clinician's authenticated directory, and the capture of clinical imaging as well as the ability to gain and record patient consent.

"Celo is a kiwi-made app available on both Android and iOS and uses world-class security standards usually only seen in banking software, to protect patient information. No patient information is ever stored on an individual device and planned integration with Electronic Health Records will allow information captured on the Celo app to be transferred securely to the clinical record where it can be useful to others in a patient's care team."

Canterbury's Executive Lead – Health Innovation, Stella Ward has always been keen to prioritise the development of a secure mobile app for health use, for a number of reasons.

"Being able to send and receive information securely between mobile devices is part of our Canterbury Health System

strategy to promote safe, high-quality care by making the best possible information available at the point of care.

"There was also a need to manage the risk that technology is moving so fast that it was becoming all too easy to do the right thing for the right reasons, but in the wrong way. Sharing information is the easy part, keeping it secure and accessible, but not held on individual devices was the bigger challenge – Celo ticks all of those boxes."

Canterbury's eClinical Health Lead and Consultant General Surgeon – Saxon Connor says Celo tackles the security issue of using personal mobile devices to communicate patient information.

"By using Celo's secure system, not only is patient safety improved but it also allows a more efficient means of communication including capturing clinical imaging and patient consent. The team at Celo's ability to innovate and promptly respond to clinician feedback has been impressive. As an end user, I am excited about the potential Celo offers."

Canterbury and West Coast Consultant Paediatrician & Telehealth Clinical Leader John Garrett added, "Celo gives us access to a secure way of messaging that is both timely and accurate. The smartphones we all carry can now be used to capture an image and record the person's details, obtain their consent, then share the image and message with a colleague as part of providing high-quality care.

"This all happens securely and will become an integral part of how we work in future."

It is hoped the wider rollout within will be just the first step for this clever app that has the potential to be used nationwide, and beyond. To find out more about Celo, visit www.celo.co.nz

Change of entry to TPMH Building

Access points to TPMH building have changed. Please take careful note of the new access points which are now in use.

The front, rear and side doors will no longer be open. Main reception for TPMH and access point for C Ward, Mothers and Babies Outpatients, Child Adolescent and Family Inpatient Unit, Day Unit and Southern Regional Health School will be the Mother and Baby and Child Adolescent and Family Inpatient Unit reception areas (accessed by Entrance 1, marked Building entrance a, C Block).

Access to Eating Disorders Outpatients, alternative C ward entrance, Café and Transport will be by the doorway which has a ramp leading up to it, at the rear entrance to the Eating Disorders Service (marked 'B' at rear of C Block).

The TPMH main reception at F block will no longer be staffed. Security staff will continue to be stationed there when not needed elsewhere. Orderlies will operate as usual. For an up-to-date printable map of the TPMH site click [here](#).

New members on the Alliance Leadership Team

The Canterbury Clinical Network (CCN) has welcomed two new members to the Alliance Leadership Team (ALT).

Dr Sue Nightingale and Garth Munro will provide Secondary Care Perspectives, replacing former members Dr Nigel Millar and Scott Babington.

Sue is the new Chief Medical Officer for the Canterbury District Health Board and has established connections across the Canterbury and national health systems.

"The Canterbury Clinical Network has a strong history of supporting clinically-led transformation and collaboration for the people of Canterbury," Sue says.

"I work from a strong clinical governance framework which includes promoting clinical leadership, best practice and ensuring the patient voice is heard.

"I look forward to joining the CCN Alliance Leadership Team and continuing to influence this way of working."

Garth is the Director of Allied Health at the Christchurch Hospital Combined Campus. He is involved in Realign and brings a broad scope of experience in health provision and management across the New Zealand health sector, including rural and urban and primary and community care, as well as regional rehabilitation supply.

"I am excited by the opportunity of utilising this experience within the Alliance Leadership Team to further develop an integrated healthcare system for our Canterbury population," Garth says.

"The Canterbury health vision is for an integrated, patient-focused service which requires the current fragmented and historic structures to be explored and positively disrupted to realise this new way of working.

"This re-configuration of our healthcare system requires energy, competency and capability from the many health providers and stakeholders in our system and this is what I can bring to the ALT."

To see the other members of the Alliance Leadership Team and perspectives they bring, visit www.ccn.health.nz/WhoWeAre/AllianceLeadershipTeam



Key Messages from the CCN Alliance Leadership Team

[Click here](#) to read this month's Key Messages from the Alliance Leadership Team (ALT), including:

- » Dr Sue Nightingale and Garth Munro join the Alliance Leadership Team
- » The Canterbury/West Coast Region of the New Zealand College of Midwives joins the alliance
- » Culturally & Linguistically Diverse (CALD) presentation
- » Integrated Diabetes and Respiratory Services presentations
- » A new System Level Measures Framework to compliment the Canterbury Health System Outcomes Framework
- » Final meeting for Kaikoura Service Level Alliance
- » Standing Orders survey



ED open day and acknowledging excellence in emergency nursing

On Wednesday 12 October ED opened its doors for its annual Open day. Many people from across the DHB took up the offer of going 'behind the scenes' to take a closer look at ED and how it operates. Personnel from ISG, Decision Support, nursing and clerical sectors were shown around the department with some people working alongside a nurse for a period of time. Detailed drawings of the new department in the Acute Services Building were on display and this has created a great deal of interest.

The ED open day is the perfect occasion to present the winner of the Paul O'Donovan Memorial cup for Excellence in Emergency Nursing. For the second time in the award's seven year history we had joint winners – Rachel Burt and Vera Fortune. The recipients of the awards were commended for their positive and professional perspective towards emergency nursing, their compassion and empathy in interactions with patients and colleagues and their willingness to share their knowledge and skills.



Above: Polly Grainger explaining the various areas and models of the new department



Above: Rachel Burt



Above: Vera Fortune

Old Hospital Furniture being sold on Trade Me

Canterbury DHB has set up its own Trade Me account to sell surplus office furniture that is not fit for repurposing within the DHB.

Items such as retro armchairs, tables, sofas and recliners are among those being sold at the moment. Most is in need of recovering, slight repair or not suitable for a hospital environment.

As staff moved from their own offices into shared office spaces it became obvious that there would be quite a surplus of furniture when the moves were completed, says Pauline Tootell.

"We wanted to ensure anything that wasn't fit for rehoming would be sold on Trade Me rather than paying to have it disposed of."

Any funds raised will go into the revenue account with all other CDHB revenue.

If you'd like to check it out: trademe.co.nz/Members/Listings.aspx?member=6034559

[More information here.](#)

Right: One of the items being sold on Canterbury DHB's Trade Me account



Retro Dining Table

Christchurch City, Canterbury, NZ
Closing on Monday, 24 Oct

[Watchlist](#)

\$50.00

Diabetes funding continues to add benefit

The Diabetes Care Improvement Package (DCIP) is appreciated by general practice as a flexible support for caring for patients with diabetes in Canterbury, a recent report shows.

DCIP was introduced in 2012 to support general practice to improve systematic diabetes care for people in Canterbury, with an emphasis on high needs/high risk patients. The funding recognises that general practice is in the best position to determine the best type of care for their diabetic patients.

Practices in Canterbury complete a narrative report every two years detailing how funding has been used to support patients. A summary of this data is presented in the DCIP Narrative Report Summary, available by [clicking here](#).

In a letter to general practices, Canterbury Clinical Network Integrated Diabetes Services Development Group (IDSDG) Chair, Mark McGinn said 100% of general practices in Canterbury completed the reporting.

“The narrative report identified some good examples of innovative practice, suggestions and opportunities for improving services.”

“The IDSDG looks forward to continuing to work with the sector on improving the care of our diabetes population.

The reporting found that most practices use the funding for subsidised nurse or GP consultations with patients. Sixty-nine per cent of respondents felt the DCIP was beneficial for their patients. They appreciate the flexibility to use the funding as needed to enable patients to get help with their diabetes. The findings show that pre-diabetes is seen as a key area of need.

[Click here](#) to read the summary.



Canterbury Grand Round

Friday 28 October 2016 – 12.15pm to 1.15pm with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker: Dr Peter Ruygrok, Director of Cardiovascular Services at Auckland City Hospital

“29 years of Heart Transplantation in New Zealand – Challenges and Triumphs”

Since the first heart transplant was performed in NZ in 1987 more than 300 patients have undergone this operation – which remains hugely constrained by limited donor organs. Despite this, the nature and complexity of both the donor and recipient condition has increased with outcomes as good as reputable centres elsewhere. With the great geographical spread of NZ's population, achieving and maintaining excellent results hinges on collaboration with colleagues around the country.

Chair: David Smyth

Video Conference set up in:

- » Burwood Meeting Rooms 2.3a and 2.3b
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital, Riley Lounge
- » Pegasus, 160 Bealey Ave, Room 3

All staff and students welcome

These talks will be uploaded to the [intranet](#) within approximately two weeks.

Next Grand Round is Friday 4 November 2016.

Convener: Dr R L Spearing

Email: ruth.spearing@cdhb.health.nz

First steps towards system-wide IT Strategy

The Canterbury Health System held a strategy workshop earlier this month to discuss the future of information services and technology for our health system.

Led by the Canterbury DHB Information Services Governance Group and supported by the Canterbury Clinical Network, the workshop at the Design Lab was attended by IT and technology leaders, consumers and health providers from across the system.

It aimed to inform the development of Canterbury's first system-wide Information Technology Strategy.

General Manager Planning and Funding, Carolyn Gullery and Executive Director of Allied Health, Stella Ward presented on the journey so far and challenges and opportunities ahead for IT in the context of the Canterbury Health System.

An "On the Couch" session was then held where a consumer, primary, secondary, community and NGO providers shared their experiences and how IT can support a seamless experience for patients.

With this information, the workshop participants took part in an "Open Space" session where they were asked to each identify one thing that will enable safe, timely and seamless flow for patients in the context of our technology and information strategy.

Participants split into groups to discuss the ideas before voting on the idea they believe was most valuable.

These findings will inform the next steps to developing an overarching Information Technology Strategy for the Canterbury Health System.



Relationship between food and drinks and short term gastrointestinal symptoms

Have you been diagnosed with Irritable Bowel Syndrome (IBS)?

Would you like to help us to determine which foods may make your symptoms worse?

This research project aims to develop a new time specific symptom and food diary. This research is major important because IBS symptoms fluctuate throughout the day.

If you are between 18 and 65 years old, diagnosed with IBS and will be living in Christchurch or Dunedin you might be the person we are looking for! We invite you to take part in our diary study

Keep up a food and symptom diary for three days and receive a \$20 voucher.

For more details please contact: Sebastiaan ten Bokkel Huinink, Department of Medicine -
Tel: 03 3641567 / foodandsymptomdiary@outlook.co.nz



New Zealand College of Midwives joins Canterbury's health alliance

The Canterbury Health System has welcomed the Canterbury/West Coast Region of the New Zealand College of Midwives to Canterbury's district health alliance, the [Canterbury Clinical Network \(CCN\)](#).



The CCN provides leadership to the transformation of the Canterbury Health System in collaboration with system partners and on behalf of the people of Canterbury. It is the broadest health alliance in New Zealand, now with 12 partner organisations.

Chair of the Canterbury/West Coast Region of the New Zealand College of Midwives, Violet Clapham says, "NZCOM Canterbury/West Coast is delighted to be joining the CCN, and will look forward to increasing awareness of the vital role of primary care provision in supporting the wellness of mothers and babies in our communities."

Independent Chair on the CCN Alliance Leadership Team, Sir John Hansen says this alliance further strengthens the work occurring to support Cantabrians to stay well and have access to quality health care.

"Midwives are already active members in many of our groups, including the Immunisation Service Level Alliance, Laboratory Service Level Alliance and Child and Youth Workstream.

"The College of Midwives formally committing to the alliance as a partner further strengthens this connection and our

health system's commitment to work together for the people of Canterbury."

The following are the Canterbury Clinical Network partners:

- » Canterbury District Health Board
- » Access Homehealth
- » Canterbury Community Pharmacy Group
- » Christchurch PHO
- » Christchurch Radiology Group
- » Healthcare NZ Community Health
- » Nurse Maude
- » Pegasus Health
- » Rural Canterbury PHO
- » Canterbury Southern Community Laboratories
- » St John South Island Region
- » Canterbury/West Coast Region of the NZ College Of Midwives

"Midwives are already active members in many of our groups... The College of Midwives formally committing to the alliance as a partner further strengthens this connection and our health system's commitment to work together for the people of Canterbury."

*Sir John Hansen | Alliance Leadership Team Chair
Canterbury Clinical Network*



Staff Wellbeing Programme

Stress-Self Management

Are you looking for a way to actively manage your health and wellbeing? Have you visited the [Stress: self-management intranet page](#)? A wide range of information is available on the [Staff Wellbeing Programme intranet page](#). This includes information on:

Workplace Support

Free and confidential on-site support for work/personal issues.

EAP Services

Free and confidential off site counselling for all staff for work/personal issues.

NHS 'How Are You Feeling?' tool

The NHS 'How Are You Feeling?' tool can help to check wellbeing. It also provides resources and signposting, no matter how you are feeling. Using this tool may help you take control of your situation

For more information please contact Lee Tuki: lee.tuki@cdhb.health.nz / extension 82855
Staff Wellbeing, Canterbury and West Coast District Health Boards



The NZNO Cancer Nurses College Conference is coming to Christchurch in May 2017!

Our conference theme 'Cancer Nursing Under Construction' is a reflection of what is happening in Christchurch after the 2010-2011 Canterbury earthquakes. Canterbury is focused on improvisation, rejuvenation and innovation to rebuild the environment and improve the wellbeing of Cantabrians. Cancer Nursing within New Zealand is developing its own identity and evolving as a specialty. As cancer nurses we are influenced by improvisation, rejuvenation and innovation in research, clinical practice and developing technologies to provide high standards of care to people living with cancer.

The 'Cancer Nursing Under Construction' conference offers a variety of sessions with the aim of providing you, as a health professional involved in care of people living with cancer, tools to fill your cancer care toolbox. Delegates will be enriched with novice to expert classes, plenaries and concurrent speakers through education, research, technology, community and wellness topics. The conference will enable delegates to explore their cancer knowledge, strengthen clinical skills and resources for the future development of cancer care in New Zealand.

Visit our [website](#) for full conference information, including a preliminary programme.

Call for abstracts

This biennial event for cancer nurses is an opportunity to showcase the passionate work undertaken by nurses working with people with cancer. We invite you to submit abstracts for oral presentation or posters on the following themes: education, technology, research, wellness and community care/hospital in the home.

The closing date for submissions is Friday 3 February 2017.

For full details please visit the [website](#).

Registration is open!

Be sure to get in quick to secure early bird rates and nearby accommodation.

Visit the [website](#) for more information and to register.

Cancer Nursing NZ
Under Construction
11-13 May 2017 Christchurch

One minute with... Terran Nowlan, Older Persons' Health Registrar for General Surgery, Christchurch Hospital

What does your job involve?

I am currently working as a registrar in the general surgical wards at Christchurch Hospital in a new role where I provide support to the house officers looking after older patients and to the multidisciplinary team who manage patients' rehabilitation and discharge planning. This is a new, exciting area of older persons' health (importantly not many hospitals in New Zealand offer this service) and goes alongside the excellent orthopaedic older persons' health service that has been here for a number of years. I will continue to work in various older persons' health rotations until in four or so years I can hopefully become a consultant in this area.

Why did you choose to work in this field?

I chose to be a doctor for two reasons, one I love talking – so what better way than to do it with patients, especially older patients who have some amazing backstories and life experiences to discuss. Secondly I wanted a challenge, and area of work than was ever evolving and always provided new things to learn. Older persons' health offers both of these areas.

What do you like about it?

Each patient and scenario is unique, patients have up to 90 years of life to talk about and a multitude of experiences and health issues.

What are the challenging bits?

Sometimes it is hard to get everyone pulling in the right direction so requires some bending and reshaping of the processes and it can be challenging keeping up with the large number of staff working on the wards, they should wear larger name badges!

Who inspires you at work and why?

My bosses always inspire me to take each step as it comes and always try to be positive when handling the complex cases we often face. They are very enthusiastic about their job, meeting people and teaching, which is something I strive to be like. The staff I work with, from health care assistants to physiotherapists and ward managers etc. all bring something unique to the job and inspire all of us in their approaches to making sure the patients get the excellent care they deserve.

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?

They are the core principles that keep us striving to be better at our jobs whilst constantly reviewing our performance and improving the service we provide our patients and families.

The last book I enjoyed was...

The Dwarves, written by Markus Heitz. A fast-paced, no holds barred approach to an ancient race told from the point of view of one smarter-than-usual-dwarf. It has comedy, action and

isn't afraid to have a few people die along the way. Well worth a read, the series is four books long with a second series, The Legends of the Alfar told from the opposite (or "evil") point of view. Think The Hobbit but better.

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

Watching the U.S Open and seeing Wawrinka muscle his way past Djokovic, then enjoying an evening "celebrating".

My ultimate Sunday would involve...

A day at the partner's holiday home tramping, relaxing with a barbeque and beer before enjoying a walk along the river and hills.

One food I really like is...

Mexican, any form of Mexican food but particularly fajitas, followed up by a large portion of churros.

My favourite music is...

Any soundtrack or film score music really, especially Hans Zimmer, John Williams and Howard Shore amongst many others. They are easy to listen to whilst reading, working etc. and allow you to imagine the movie at the same time.



Above Terran Nowlan

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

Recruitment

Social Work or Occupational Therapy New Entry to Specialist Practice (NESP)

An exciting opportunity exists for new graduates in Social Work or Occupational Therapy to enter the Specialist Mental Health Service (SMHS) via the Allied Health New Entry to Specialist Practice (NESP) programme within the Canterbury District Health Board.

The NESP programme will include:

- » Provision of a preceptor/work place mentor, and a thorough orientation and training package.
- » Regular clinical supervision, tutorials, and workshops with other NESP trainees.
- » Completion of the Postgraduate Certificate in Health Science (Allied Mental Health and Addictions). Please refer to www.tepou.co.nz/training/skills-matter/2017-programmes for more information. This course will most likely be block taught by AUT in Christchurch, and fees are covered.

Applicants must be:

- » A recent (or imminent) SW or OT graduate with no previous SMHS experience (applicants may have had student placements in SMHS)
- » If the applicant is expecting to graduate in 2016 they must be able to provide confirmation from their Training Agency that they are on target to meet graduate requirements.
- » Registered OR provisionally registered by the relevant regulatory body.
- » Committed to learning, and developing mental health professional practice.
- » A New Zealand resident, with a full drivers licence.

Your application must include:

- » A copy of your CV, including the names and contact details of two referees.
- » A one page covering letter stating "Why you want to develop a career in Mental Health and what particular qualities and experiences you would bring into SMHS"

Applications close on Tuesday 25 October 2016.

We expect shortlisted candidates will be available for interview the week of 7-10 November 2016.

You will be expected to bring a copy of the transcripts for your professional qualification to interview.

Successful appointees will be expected to start in the service in late January 2017. The AUT university programme will commence early in March 2017 but dates for this and dates for enrolment on the 2017 University course (usually mid-January) have not yet been finalised. They will be posted on the AUT website as soon as the university has confirmed these.

Enquiries should be directed to Heather Ewing, Recruitment Specialist, email heather.ewing@cdhb.health.nz.

Applications are only accepted online so please click the "Apply Now" button below to send us your CV and covering letter today!

Location: Christchurch

Closing Date: Today, Tuesday 25 October 2016

[Apply Now](#) >

Sexual Health Physician

Here at the Canterbury District Health Board our Christchurch Sexual Health Service prides itself on being client focused. We are culturally appropriate and always strive for an excellent standard of care.

We are currently looking for physicians who may be interested in casual shifts to cover leave or sabbaticals. You may be a general physician or general practitioner that is interested in sexual health and reproductive medicine.

Motivation, excellent interpersonal skills, and the ability to build successful relationships within the service is a vital part of this role. You will enjoy working as part of our specialist multidisciplinary team that includes our very highly professional nursing team and health advisors.

Our team is very interested in research so if this is something that appeals to you we will be able to support you with this.

For further information please contact Liz Hill at liz.hill@cdhb.health.nz or call (03) 337 7954.

Location: Christchurch

Closing Date: Today, Tuesday, 25 October 2016

[Apply Now](#) >

In brief

e-CALD workshops in Christchurch

Pegasus is hosting two one-off eCALD face-to-face courses outside Auckland.

The two full day eCALD workshops will be held on 5 November and 11 February in Christchurch. The first one comprises:

- » CALD 1- Culture and Cultural Competency
- » CALD 4-Working with Interpreters
- » CALD 9 – Working in a Mental Health Context with CALD clients

The second course includes:

- » CALD 1 – Culture and Cultural Competency
- » CALD 3 – Working with Refugee Patients
- » CALD 4 – Working with Interpreters

Please register through events@pegasus.org.nz

[Download the flyer here.](#)

University of Otago, Christchurch

POSTGRADUATE



Postgraduate Studies in Public Health

Build on any undergraduate degree

- Postgraduate Certificate in Public Health
- Postgraduate Diploma in Public Health
- Master of Public Health
- Postgraduate Diploma in Health Management
- Master of Health Sciences

Study full-time or part-time | Tailor to your area of interest | Enhance your career options



FOR FURTHER INFORMATION, PLEASE CONTACT:

Programs Manager
Department of Population Health
University of Otago, Christchurch
P O Box 4345, Christchurch 8140, NZ
Telephone: 64 3 354 3602
Email: publichealth.uoc@otago.ac.nz

Nurses undertaking a HWNZ funded
Postgraduate Diploma in Nursing may
be eligible to take some Public Health
papers as part of that qualification.
consult your programme advisor.

otago.ac.nz/publichealth

SEXUAL HEALTH

SEXUAL HEALTH SEMINAR

THURSDAY 3 NOVEMBER 2016
FROM 1.00PM – 4.30PM

Community and Public Health
310 Manchester Street, Christchurch

1.00pm - 2.00pm	WELCOME Time to catch up with work we are currently involved in, to share information and new resources, and projects planned for this year.
2.00pm - 3.00pm	GARDASIL 9 HPV VACCINE PRESENTER: GLENYS STEVENSON, CANTERBURY IMMUNISATION Gardasil 9 will be introduced in New Zealand from 1 January 2017, replacing the current Gardasil vaccine. It will be funded for both males and females up to age 26 years. Glenys will give an overview of HPV disease, introduce the new schedule and eligibility, and update on the new vaccine and how it differs from the existing one.
3.00 - 3.30pm	AFTERNOON TEA
3.30 - 4.30pm	SEXUAL HEALTH UPDATE PRESENTER: DR EDWARD COUGHLIN, CLINICAL DIRECTOR, CHRISTCHURCH SEXUAL HEALTH CENTRE Edward regularly attends national and international sexual health conferences and will give us an update on current issues in sexual health, including the introduction to New Zealand of PreP medication to prevent HIV infection. This is planned to be rolled out in 2017. It is used for people who are at high risk of becoming infected with HIV.
4.30pm	CLOSING

There is no cost for these seminars and afternoon tea will be provided.

Please let me know if you will be attending.

Diane Shannon, Health Promoter
Community and Public Health
(a division of Canterbury District Health Board)

P 03 378 6755
E diane.shannon@cdhb.health.nz

Health Quality & Safety Commission E-Update

Issue 56, 26 September - 16 October 2016

In this issue:

- » SNOMED conference – the global language of health care
- » Everyone needs to have a conversation about death and dying
- » Deadline extended for ACP national forum poster submissions
- » Management of the ACP programme and training
- » Consumer reports from the 2016 APAC Forum
- » Vicki Culling awarded a Winston Churchill Memorial Trust fellowship
- » Commission celebrates infection prevention work in International Infection Prevention Week
- » Surgical site infection orthopaedic report
- » Commission's falls prevention work profiled at international forum
- » Inaugural hip fracture registry annual report released

[Read the full update here.](#)



HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND
Kupu Hauarangi Huarora n Aotearoa




In brief

CHRISTCHURCH PUBLIC LECTURE

2016
Carl Smith
MEDAL LECTURE


**PROFESSOR
RICHARD GEARRY**

Department of Medicine | University of Otago, Christchurch
2016 Winner of the Rowheath Trust Award and Carl Smith Medal



**Diet, digestion and disease
– learning more about the
effect of food on gut health**

Monday 31 October at 7:00pm
Rolleston Lecture Theatre
2 Riccarton Avenue
University of Otago, Christchurch
Christchurch Hospital Campus



THE ROWHEATH TRUST AWARD AND CARL SMITH MEDAL IS AN INITIATIVE OF THE ADVANCEMENT CAMPAIGN

Triathlon Festival

The Triathlon Festival includes a wide variety of events and there is something for everyone from the first time runner to the professional athlete.

The festival comprises:

- » The Pegasus Classic – targeting the seasoned triathlete
- » Team Challenge – great for corporate, social or families with a swim/bike/run or run/bike/run option
- » Try a Tri – targeted at first timers and novice athletes
- » Terra Firma – a Duathlon for the non swimmers (run/bike/run)
- » Loop the lake 5km run or a team of 3x5km – a run only event than can be individual or teams of 3x5km
- » Kids Tri Challenge – For 9-13 year olds + a new 5-8 year olds race
- » The Elite Cup – (Draft legal) – for national and international class athletes

For more information and to register go to -

www.triathlonfestival.co.nz/



Sexual Health Newsletter

November 2016

The Community & Public Health's Sexual Health Newsletter provides up to date information to health co-ordinators in schools and others working in the area of sexual and youth health in the Canterbury/ West Coast region. Any feedback is welcome.

In this issue:


- » New HPV Vaccine - Gardasil 9
- » Sexting and cyberspace safety
- » Mates and dates programme
- » Syphilis on the increase

[Download newsletter](#)



1st Safety Christchurch Hospital 2016 **PATIENT SAFETY WEEK**

Do you have questions about Safety 1st?



How do I report a patient incident?
How do I report an incident that has happened to me?

Come along to a **Safety1st** Session

Where	Padua Lecture Theatre	
When	Monday	31st October
	Tuesday	1st November
	Wednesday	2nd November
Time	12.30 - 1pm	

No need to register just drop in.
Come to a session and ask your questions.
Stay for as long as you like.

Safety Safety Safety Safety Safety

Any questions about the drop in sessions contact:
Heather Phillips phone ext 81751 or email: heather.phillips@cdhb.health.nz