



## Nursing in the spotlight – lights, cameras and action...

**Nurses from across the Canterbury Health System star in a new recruitment video capturing the wide range of fulfilling opportunities offered by nursing.**

The Canterbury DHB Nursing Workforce Development Team and Canterbury DHB Patient Story Coordinator Ngaere Dawson spent three days together, alongside Belmont Productions, coordinating and filming footage for a two-minute nursing recruitment advertisement video.

The aim of the video is to showcase nurses' work across the Canterbury Health System to promote nursing as a career to intermediate and secondary school students and the general public; be used to attract local, national and international nurses to work in Canterbury; and encourage nurses who previously held registration to consider returning to nursing.

Nurse Manager of the Nursing Workforce Development Team Becky Hickmott says the filming required a massive amount of preparation as it depicts nurses in various practice settings, from neonatal intensive care to palliative care in the community; acute and aged residential care; mental health and speciality areas, as well as rest homes, general practice and rural nursing.

The filming for the video went exceptionally well and this could not have been achieved without the commitment and enthusiasm of all the staff involved, says Nurse Co-ordinator Postgraduate Education Jacinda King.



From left, the video's Director Rick Harvie, Camera Operator James Ellis, Registered Nurse Margaret Thompson, Enrolled Nurse Marg Ryan and Registered Nurse Cathy King

The first day of filming began in the dark of early morning outside the Emergency Department on the Christchurch Hospital campus. A trolley loaded with film equipment weaved its way through various hospital corridors. The hospital was extremely busy, and operating at 100 percent capacity, yet despite this the nursing leaders and managers welcomed the cameras in to their first operational meeting of the day. This was followed by filming in the Intensive

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Care Unit, Child Acute Assessment Unit, Hagley Park, the Acute Dialysis Unit and across to Manawa for an Ara Institute of Canterbury undergraduate teaching.

Day two saw filming take place at Burwood Hospital. Nurses, student nurses, multidisciplinary team members and patients willingly participated in filming. This included filming within Ward C1, the operating theatre and Older Person's Mental Health outpatients.

On the third day filming took place in the community, with our partners in health showcasing aged residential care, general practices and rural nursing. The video represents nurses of all ages and stages of their nursing career, from undergraduate nurse training to nursing leadership positions.

"One of our goals has been to portray nursing as a lifelong, fulfilling career that offers diversity, variety and opportunity along different career pathways," says Jacinda.



From left, Intensive Care Unit Registered Nurse Christina Dollby, Healthcare Assistant and mock patient, Mary Gray and Acting Charge Nurse Manager Kim Parker

"We would like to express sincere gratitude to the patients and whānau members who also willingly participated. We have been so humbled and appreciative of everyone who has contributed and gone over and above in such busy environments to ensure that nursing within their particular setting is portrayed positively, accurately and professionally."

The video can be viewed at [www.nursingincanterbury.nz](http://www.nursingincanterbury.nz)

## We're recruiting now – current nursing vacancies in Specialist Mental Health Services

We have a range of nursing vacancies available right now throughout our mental health service. Registered nurses are needed for [Te Awakura – Adult Inpatient Group](#) at Hillmorton. Part-time, full-time or fixed term roles (on all wards) are available. There are opportunities for experienced nurses in [Crisis Resolution](#) – with vacancies for community mental health nurses. Our mental health inpatient extended care unit [Tupuna is recruiting nurses](#) now – as is our [Psychiatric Service for Adults with Intellectual Disability](#). Our Specialist Mental Health

[Assessment, Treatment and Rehabilitation](#) unit is looking for nurses, and at The Princess Margaret Hospital there are nursing vacancies at our extended care inpatient unit, [The Seager Clinic](#).

Mental health and addictions can be a challenging area of work. This is because of the level of commitment needed to provide interpersonal care for unwell people, combined with clinical environments that are often fast-paced. However, it can also be one of the most dynamic, varied and rewarding career choices for nurses.

## Special welcome to our newest nursing recruits in Specialist Mental Health Services

I would like to welcome the newest cohort of nurses to the Specialist Mental Health Services today. Two registered nurses are beginning the New Entry to Specialty Practice Mental Health and Addiction Nursing Programme (NESP), and 13 new enrolled nurses are embarking on a one-year Specialist Mental Health Services Enrolled Nurse Orientation Programme. Enrolled nurses have been employed within Specialist Mental Health Services since

2011, with approximately 70 currently employed across a variety of services, but this is the first group to participate in a structured orientation programme.

The programme aims to support the enrolled nurses to practice safely and develop knowledge and skills to enhance the quality of consumer care. The programme is underpinned by the importance of enrolled nurses working in partnership



with experienced nurses through an ongoing supportive learning process. On completion of the programme, a certificate will be awarded to acknowledge their participation. I wish them all the very best with their year ahead and thank them – in advance – for the contribution they will make to our mental health services and communities.



## More than \$160,000 raised in one night towards new Māia focus – Mental Health

Māia Health Foundation's new fundraising focus has received a massive kick-start, with more than \$160,000 raised during last weekend's Feast event. The Feast was attended by 288 people who were there to support the Māia Health Foundation on its mission to enhance the Canterbury Health System.

Since its launch in 2016, Māia Health Foundation has raised \$7 million for the Canterbury Health System; \$5.2 million of these funds have gone towards an upgraded helipad for Christchurch Hospital and improvements to child health facilities.

"The community support we have received has been staggering, and the love we felt at this year's Feast is another example of how much our community really care. We want to thank each and every person who has opened their heart and mind to the difference Māia and our community can make," says Māia Health Foundation Chief Executive Michael Flatman.

Feast MC Jason Gunn said the generosity shown at Feast was humbling and demonstrates just how invested the Canterbury community is in Māia's vision.

"We all know someone affected by mental illness – and we want to be able to help in some way. This is the way. Our beautiful kids and the incredible team that work in mental health need and deserve a world-class facility. This is a game changer and I urge all Cantabrians to give a little. It will make a huge difference," says Jason.

The Canterbury population has increased by 10 percent in the last five years, however, demand for mental health services has exceeded population growth – with recent times being particularly tough on some of our children and young people. In the past six years there's been a 108 percent increase in new presentations to Child, Adolescent and Family Mental Health Services. This means every month up to 300 more children and young people are



Māia ambassador Bic Runga performing at Feast



Deputy Chair Māia Health Foundation Trevor Burt

requiring mental health services than did prior to the earthquakes.

"We realise that there will never be enough funds to do everything we need in health. This is where Māia can – and will – make a difference. While we can't yet share details of our next project, we know we're going to need to raise in the vicinity of \$5 million to create the state-of-the-art facilities our community needs and deserves. It's a project that's not for the faint-hearted. But I know that with our amazing community of supporters we will be able to help create a physical environment where our loved ones can get the very best care – in the very best place – to enable them to be well.

"The community's generosity at Feast has provided this mission an incredible kick-start, and we are humbled and so incredibly thankful for this support," says Michael Flatman.

## Our staff thanked by the All Blacks last week

As part of 'All Blacks to the Nation 2019', some Canterbury DHB staff along with staff from St John and the Ministry of Social Development were thanked by team members Richie Mo'unga, Ofa Tu'ungafasi, Sam Whitelock and Sonny Bill Williams for the DHB's efforts during the response to the 15 March mosque attacks. Those in attendance got to mingle with the All Blacks who were keen to hear about their contributions on the day of the attacks and the following weeks. The response to the mosque attacks by our health system really has been nothing short of extraordinary. The continued acknowledgement of this is an absolute testament to the work you all have done and continue to do. It makes me immensely proud of our organisation.



## Cantabrians urged to ensure they're vaccinated against measles before travelling

While the measles outbreak in Auckland continues, there is an ongoing risk that Canterbury will see further cases.

Last week the Ministry of Health advised people travelling to Auckland to ensure they are vaccinated against measles at least two weeks before they go.

The MMR vaccine is usually given to children at 15 months

and at four years, but the Ministry of Health recommends children travelling to Auckland receive the vaccine from 12 months. Read more [here](#).

Here in Canterbury, we are also encouraging health professionals to remain vigilant for measles symptoms and continue notifying cases of measles on suspicion.

## Spring has sprung

Now that it's officially spring, let's hope the temperatures keep on warming up. Daylight saving starts in a few weeks on Sunday 29 September, and that really will make a difference to give us more daylight hours in the evening.

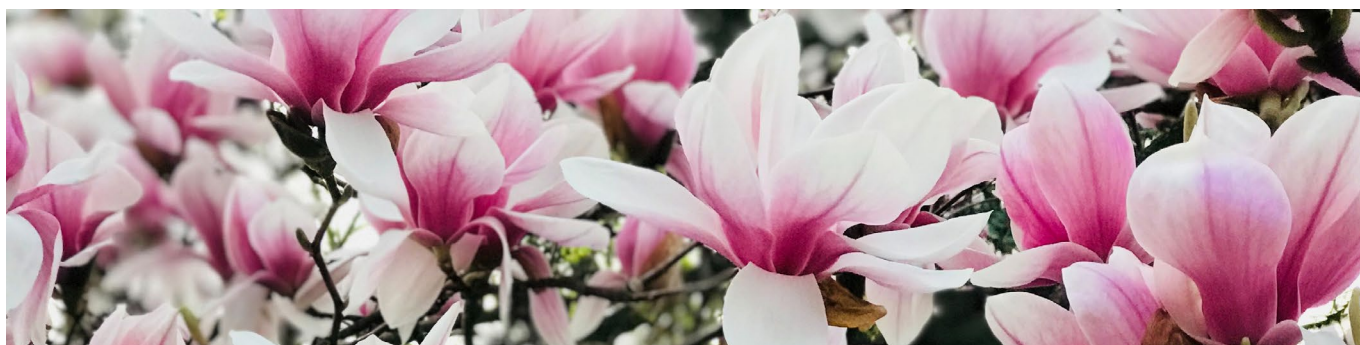
Have a great week.

**Mary Gordon**  
Executive Director of Nursing  
Canterbury District Health Board

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

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





## Bouquets

### **Matt MacKay, Specialist Mental Health Services**

I really think that Registered Nurse Matt MacKay deserves a mention. Over my years, he is the best nurse I've had. His way (approach) to nursing is very thorough and goal orientated. He goes out of his way to make you feel like you can go to him for anything and ask any questions. He's a shining example of what a nurse should be.

### **Day Surgery, Ashburton Hospital**

Just been in Ashburton Hospital day surgery for a minor medical procedure. Everyone from reception through to after-care service was exceptional.

### **Respiratory Laboratory, Christchurch Hospital**

Good experience in the lab. All the staff were friendly and welcoming. The staff performing tests were great and encouraging, talking through tests and making the process easy to understand.

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

I am always gratified by the careful, sensitive, experienced care that I have received over the 10 years that I have had cancer. Your Oncology specialists and staff are golden, thanks.

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

What a great crew. All staff cheerful and helpful. Fantastic. A very happy patient.

### **Christchurch Hospital**

Love the hospital the people, staff, and patients. Hospitality amazing; meals amazing. Thank you for my wonderful stay, you made me better. God bless you all, well done.

### **Day of Surgery Admission (DOSA), Christchurch Hospital**

Staff very efficient, friendly and professional.

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

I am writing this to say thanks for your excellent service. The building is newly constructed with all the required amenities and on top of that security guards are available all the time, even till late, very impressive.

### **Day of Surgery Admission (DOSA), Christchurch Hospital**

My husband had surgery in DOSA. He was most impressed with the caring attitude of all staff involved. You are all doing a great job and we appreciate it.

### **St John Ambulance, Emergency Department (ED), and Coronary Care Unit (CCU), Christchurch Hospital**

I wanted to say how good all the ambulance, ED and CCU staff were recently. Your staff are all so kind and patient. I was processed quickly and looked after well. The man sorting food and menus was always cheerful and helpful, nothing was too much trouble.

### **Wards 12 and 10, and Intensive Care Unit, Christchurch Hospital**

I would like to thank the surgeons and nurses for the best hospital care. Thank you.

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

Wonderful staff, so caring.

### **Day Surgery Unit, Christchurch Hospital**

Our daughter had day surgery under Surgeon Jason Erasmus. We would like to pass on to all the staff involved how super they were. From the receptionist, admitting nurse, doctors and recovery nurses, all were very kind and patient even though it was an obviously busy day. The waiting area and ward were clean and tidy, everything happened exactly as it was explained to us and the post-op phone calls were appreciated. Please pass on to the staff our sincere appreciation.

### **Acute Medical Assessment Unit (AMAU), Christchurch Hospital**

I would like to thank all the staff at AMAU who cared for my mum. We really appreciated your kind and unhurried approach to her care. Thank you so much for doing such a valuable job. Warmest regards.

### **Christchurch and Burwood hospitals**

I want to put a great comment about all the staff, nurses and surgeons at Christchurch and Burwood hospitals. I recently dislocated and fractured my elbow and was in the Orthopaedic

ward for two nights then sent to Burwood Hospital for the surgery. Thanks Dr Sharpe and his crew. I feel like Arnold Schwarzenegger with my new arm on the mend!

#### **Day Surgery, Ashburton Hospital**

Many, many thanks. I have a weight problem and sometimes feel uncomfortable with medical staff, but today, even with the undignified procedure I was having I felt comfortable with everyone.

#### **Bone Shop, Christchurch Hospital**

I want to thank Dr George Sim who was kind, professional and efficient during my visit. Thank you for your excellent care.

#### **Emergency Department (ED) and Ward 26, Christchurch Hospital**

I am a fairly long-term cancer patient who has over the last three-and-a-half years received nothing but wonderful, caring and sincere care from all the departments involved in this challenging disease. I have just been discharged from a five-day stay in the ED and Ward 26. The caring nurses and doctors in ED were thorough, compassionate and kind, even though they had some quite challenging patients to deal with. I was then admitted to Ward 26, where the busy and absolutely lovely nurses were amazing, especially lovely Hannah, who was a breath of fresh air with her interaction with the patients and was never rushed. The doctors were thorough, and engaged with one as

a person not just another 'case.' We are lucky to be able to partake of this organisation in this city, despite their dealing with some external challenges of their own.

#### **Emergency Department (ED), Ward 11 and Maxillofacial Surgery, Christchurch Hospital**

I want to thank everyone involved in my accident treatment, and make it clear to the DHB what a fantastic job everyone did. I was admitted in the wee hours... and right from ED all the staff were helpful, friendly, reassuring and always made me feel safe and looked after. I have never had to spend time in a hospital before, let alone have facial surgery, so was reasonably anxious about the whole thing. Members of the surgical and anaesthetist team introducing themselves before the surgery was welcome, and definitely helped

keep me at ease. The nurses as well, checking on me throughout the night were always incredibly friendly and supportive... Overall, an incredible level of care, and only a week after the crash and surgery I have been cleared from any further check-ups – a testament to the work done. Thanks to all for everything you do.

#### **Nic Buckley, Orthopaedic Outpatients, Christchurch Hospital**

My husband had an Orthopaedic Outpatient appointment. We met with Alex Malone's Registrar, Nic Buckley. He was amazing, so informative, and explained everything to us clearly and carefully so that we understood the process and he actually listened to us. This young man will make a great consultant. His bedside manner was second to none. We cannot in words describe the caring attitude of such a person.

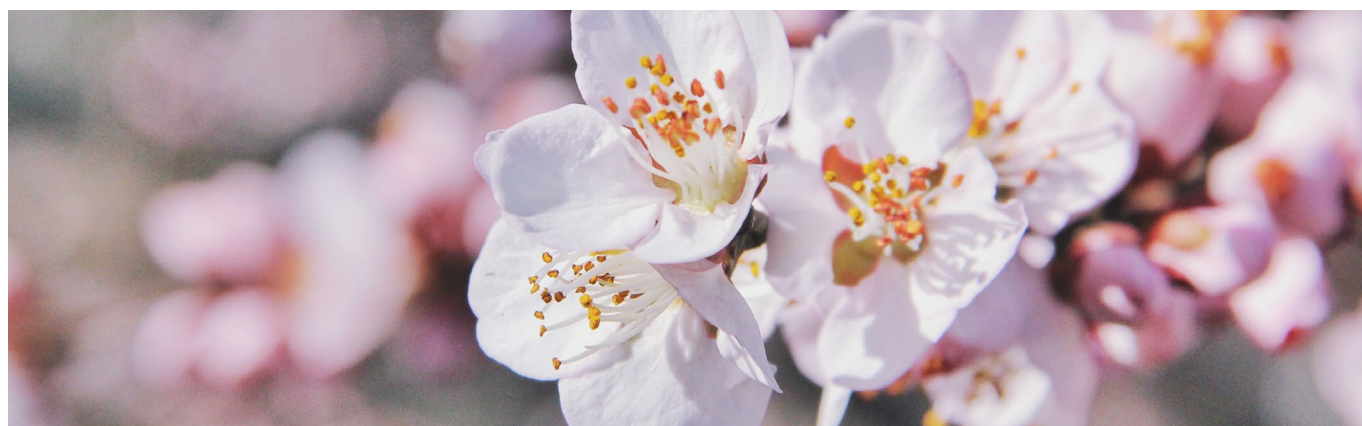
## *Big Shout Out*

### **To my nursing colleagues**

I want to acknowledge the care given to my elderly mother in the Emergency Department when she was admitted acutely with heart failure. Leith was so caring and empathetic towards Mum while in the department, and explained everything clearly to her. When transferred to the Acute Medical Assessment Unit, Annie, Amy and their colleagues were a great team and responded professionally when my mother collapsed.

From: A surgically focused nurse to my emergency and medically focused colleagues – I want to say a huge thanks, from me, and my entire family.

#carestartshere





# Facilities Fast Facts

## Christchurch Hospital Hagley

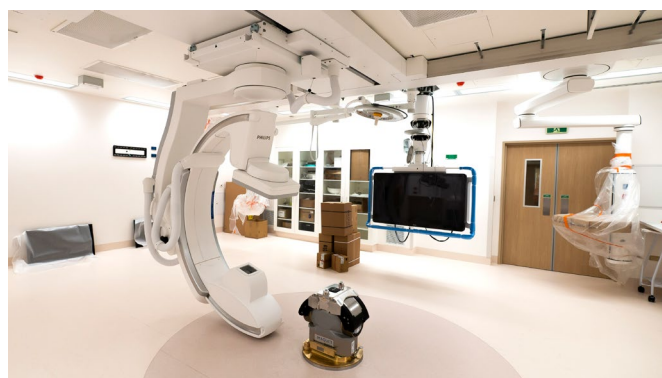
Christchurch Hospital Hagley will feature a hybrid theatre in the operating theatre suites on Level 1.

A hybrid operating theatre is a surgical theatre that is also equipped with advanced medical imaging devices – enabling minimally invasive surgery. They are usually used for cardiac, vascular and neurosurgery but can also be used for other types of surgery.

The image (below left) shows the extensive steel work that had to be built in the framework of the building to hold the weight of the equipment that hangs from the roof. The image (below right) shows the equipment in place and getting ready for commissioning. While there will just be one hybrid operating theatre when Christchurch Hospital Hagley opens, a second theatre has been built to be a hybrid so the equipment can be fitted at a later date.



Secondary steel framework designed to hold the weight of the equipment



The medical imaging device in place

## Events

Staff are welcome to attend the following events:

- › The Māori chaplains will lead a blessing service for the new Burwood Spinal Unit on Friday 6 September at 10.30am.
- › Akaroa Health – Te Hauora o Rākaihautū celebrates its official opening on Saturday 7 September at 11.30am with a ribbon cutting by Minister of Health the Hon. David Clark.

## Hillmorton Specialist Mental Health Services

The foundation excavation for the new high-care pods at Hillmorton Hospital's Assessment, Treatment and Rehabilitation (AT&R) unit has begun. Work to protect the existing hot water pipe system is now 80 percent complete.



Foundation work underway at Hillmorton campus for the AT&R unit



# Let's get ready to move

## Christchurch Hospital Hagley

Update No:19

### Ways of working

The multi-linear wards in Christchurch Hospital Hagley are integral to the new ways of working. They are a concept that is unique to the building and were developed through intensive user group consultation in the Design Lab. The wards reflect a decentralised model of care and a different way of working for many of our staff.

The multi-linear wards are designed so staff can stay in their stations and still have a direct line of sight to their patients. Clinical notes are near the patient.

Nurses will be able to remain in their stations to complete records and still be engaged with the patients.

Among the benefits of this layout are going to be: reduced calls on staff, fewer falls, and a more streamlined workflow and bed allocation. Staff will no longer be constrained by what affects the patient. For example, if the patient has an

infection, they won't need to be isolated from other patients as the sliding glass doors between beds can isolate them while still providing line of sight for clinical staff. The doors also provide more privacy for patients in mixed gender wards.



Staff based in the staff station have visibility of patients

If, during your red tagging and sorting, you find clinical equipment or furniture that you no longer need and want to have it removed from your area, please don't give it away. It might be needed, or already have been allocated to another department within the DHB. For any clinical equipment, please email the Facilities team at [itsallhappening@cdhb.health.nz](mailto:itsallhappening@cdhb.health.nz) and for furniture, please contact Pauline Tootell on ext. 66882 or email [Pauline.Tootell@cdhb.health.nz](mailto:Pauline.Tootell@cdhb.health.nz) and let her know.

### Staff Open Day

Staff are invited to an Open Day at Christchurch Hospital Hagley on

Friday 4 October. There are two sessions: between 10am and 12pm, and 2pm and 4pm. The route through the building is a 30-minute walk that takes in the Emergency Department, Emergency Radiology, Intensive Care, Children's High Care, A3 (Ward 15 – General Surgery and Progressive Care Units) and the Ground Floor lobby. There are some photos in this [Flickr album](#) for a small taste of what you can see on the route.



### LOOKING FOR VOLUNTEERS

**FRIDAY 4 OCTOBER 2019**  
10AM – 12PM / 2PM – 4PM

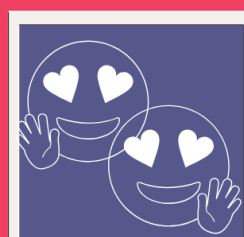
**SUNDAY 6 OCTOBER 2019**  
9.30AM – 4PM (1/2 DAY SHIFTS)

We're looking for volunteers who can assist on the staff and public open days for the new Christchurch Hospital Hagley building. There will be a variety of roles and ways you can help. If you are interested, please email

[letsgetreadytomove@cdhb.health.nz](mailto:letsgetreadytomove@cdhb.health.nz)

Let's get ready to move...

### Big Shout Out



Chanel Matthews (Supply Coordinator Supervisor) and Heather Murray (Project Officer)

... for keeping on smiling (see photo) despite the absolutely mammoth task of coordinating supplies, rationalising and culling unnecessary stock, and leading the charge for putting eco-friendly products on the shelves. Thank you!

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





## interRAI is now in the cloud



ISG's core interRAI cloud migration team, from left, Senior Business Systems Analyst Travis Pittman, Systems Engineer Ronil Prasad, Business Systems Analyst Carlo Damiani, Solutions Architect Roy Jacob, Business Analyst Grant Fife, Systems Administrator Damien Franklin, Systems Engineer Glen McNiven, Database Administrator Sue Foti and Application Tester Sambasivarao Guntupalli. Absent: Systems Engineer Murali Krishnasamy

### Why are we moving to a hybrid cloud environment?

Canterbury DHB is well underway with a multi-year Cloud Transformation and Disaster Recovery project which will result in computer services being faster, more secure and more reliable for Canterbury DHB's users, and reduce IT operating costs.

The project team has reached a major milestone with interRAI (an application used to assess an older person's care needs) being the first Canterbury DHB application operating in the cloud. Although there were a few minor issues after the initial move, interRAI is now working as it should.

### Why interRAI?

interRAI was selected as the first application because it is a relatively simple application, with limited dependencies on (or links to) other applications.

### Who's been involved?

The combined team, made up of staff from Information Services Group (ISG), Cloud Technology Partners (CTP)

and Computer Concepts Limited (CCL), have been working with interRAI's key stakeholders to complete the steps needed for the cloud migration, such as:

- › A technical 'deep dive' and knowledge gathering: the current application environment is documented and a design for the cloud completed.
- › Security checks to ensure the application is compliant and secure in the cloud.
- › Communicating with key stakeholders, vendors and users.
- › Support plans put in place to ensure it will adhere to requirements on a day-to-day basis.
- › Deployment to the cloud.



Canterbury DHB hosts interRAI for about 4000 users across the South Island, the four Northern Region DHBs (Northland, Waitematā, Auckland and Counties Manukau) and for all of the residential care facilities and healthcare providers within those regions. As a result, getting stakeholder support was critical, as well as ensuring that all technical and change management aspects of the migration were thoroughly planned, tested and implemented.

Completing this migration is the result of a lot of hard work from the combined project team, as well as key business owners and stakeholders from within ISG and wider Canterbury DHB, Central Region Technical Advisory Services Limited (Central TAS), and the vendor, Momentum Healthcare.

### What does this mean for interRAI users?

For users, the application will continue to work as it currently does. The benefits will become more apparent, with fewer outages and improved performance.

## The Cloud Transformation Project site

What is cloud storage? How is data kept secure? What will this mean for ISG and the wider Canterbury DHB? For answers to these and other common questions, as well as more information on the benefits of cloud-based storage and how this transformation will happen, check out the [Cloud Transformation Project site](#) on PRISM.

# Looking after yourself

## Sit less, move more

Spring has officially sprung so now is the ideal time to get up, get outside and get moving.

Our bodies need vitamin D and it makes us feel good, so be sure to go outside and get some sun.

It's also a good time to start exercising more as the weather warms up.

Why should we sit less and move more? The benefits of active working and exercise include:

- › Reduced risk of chronic diseases such as cardiovascular disease, type 2 diabetes and cancer
- › Improved weight management
- › Improved mental wellbeing and reduced stress
- › Reduced risk of musculoskeletal disorders and injuries.

It all sounds great, right? But it can still be hard to get moving at work. If you're finding it hard to incorporate movement into your work day, here are some tips to help you:

- › Stand up and move for at least a few minutes every hour (preferably more)
- › Stand regularly to stretch or take phone calls
- › Stand during meetings or when reading
- › Walk to see colleagues instead of phoning, texting or emailing them
- › Take regular breaks if you're driving long distances
- › Go for a walk at lunch time.



If you work at a desk most of the time, there are also some handy workstation exercises you can use throughout the day to ensure you're working in an active way and to reduce discomfort.

You can search pain and discomfort on max. or check out the exercises in the links below:

- › [Workstation exercises for neck and shoulders](#)
- › [Workstation exercises for legs and ankles](#)
- › [Workstation exercises for hands and wrists](#)
- › [Workstation exercises for back](#)

Check out the [Workplace Wellbeing page](#) on the intranet to find more resources and support to help you sit less and move more.



# Supporting our people to grow their future

A new programme to help recognise and grow our people is being piloted with nearly 400 staff.

The *grow* initiative offers a range of benefits and opportunities to improve people's income, health and working conditions, and support them to reach personal and career goals.

The programme was developed in consultation with staff and the pilot is for all of our café assistants, baristas, catering assistants, cooks, kitchen assistants and orderlies, and their supervisors based across our Christchurch and Ashburton campuses. It also includes our cleaning staff in Ashburton. The intention is to roll out the programme more widely, and work is underway to meet with other eligible people to discuss their needs.

There are a number of new benefits that people will receive in the coming months, such as free insurance (life or funeral), a free annual general practitioner (GP) visit, better access to computers and a free chair massage through New Zealand College of Massage.

Further wellbeing and training offerings to come over the next 12 months include computer skills and online training; workshops on financial wellbeing, healthy living, Ministry of



Social Development/Inland Revenue assistance and by the Heart Foundation; and assistance with studies.

WellFood catering assistants were among those popping up in their breaks at the Christchurch Hospital launch last Monday to get their goodie bag filled with information about the programme and hear more about it from their supervisors and managers.

Lynn Curry said: "It's great to be recognised and see that people appreciate us every now and then."

Jacqui Van Brucken added: "The recognition is the main thing – it's nice that it's recognised that we do a hard job."

Jay Valiev said he liked the sound of the free GP visit and the free massages.



WellFood Catering Assistant Jay Valiev at Christchurch Hospital



Camera-shy WellFood staff at Hillmorton Hospital with their goodie bags



Orderly Deborah Collins and Orderly Supervisor Tony Danenberg at Burwood Hospital

At the Burwood Hospital launch the same day, Orderly Deborah Collins was also happy to hear about the free GP visit.

Orderly Supervisor Tony Danenberg, who features in the programme booklet, said: "It's a good signal to us to think about our wellbeing."

Chief People Officer Michael Frampton says our people are our biggest asset.

"We know that when we value everyone and support them to be and stay well we make it easier for them to deliver the best possible care to our patients.

"We spend more time at work than we do just about anywhere else but our work life doesn't operate in a bubble – our wellbeing and our life outside of work have a huge influence.

"We've been thinking about this and how we can support our people and their families in practical, tangible ways," Michael says.

A lot of thought has gone into making sure most benefits are available during work time in or near people's work area and that managers know what is happening and support people's attendance.

"We're looking forward to hearing people's feedback and, in time, seeing it start to make a real difference to people's lives," Michael says.

For more information, check out the *grow* page on PRISM [here](#).

## Quality Improvement Showcase 2019

Staff are invited to submit their wonderful improvements this year to the Canterbury DHB Quality Improvement Showcase 2019.

Improvement initiatives, whether small or complex, should be submitted in poster format. Posters must align with the [Canterbury DHB Process for Improvement](#), however, this year the posters will not have the competition aspect of previous awards. For guidance and information visit [Quality Improvement Showcase 2019](#).

Submissions are open to all Canterbury Health System staff and providers. The amazing improvement work across the health system will be celebrated on Thursday 5 December 2019 at Manawa.

Entering the Quality Improvement Showcase is an exciting opportunity to share ideas and learning, gain recognition for your project and celebrate the achievements of your project team.

We look forward to receiving your submissions.

Any questions or expression of interest please contact [Quality@cdhb.health.nz](mailto:Quality@cdhb.health.nz) and submit your poster in the PDF format by Friday 1 November 2019.

Your poster will be reviewed to ensure content is aligned to strategic direction and displays evidence of process for improvement/is data driven.

### Key dates for 2019 poster submissions

- › Poster submission due Friday 1 November 2019.
- › Quality Improvement Showcase Thursday 5 December 2019.



# Maternity Assessment Unit opens

Last week Christchurch Hospital's new Maternity Assessment Unit was officially opened, with a small ceremony held to mark the occasion.

The Maternity Assessment Unit is located in Christchurch Hospital on the ground floor of Parkside, opposite the Acute Medical Assessment Unit (AMAU). Noting the similarity in names, the all-important signage has now been installed.

The unit provides a dedicated place for women who have concerns during the second half of their pregnancy to receive the care they need.

Director of Midwifery Norma Campbell says the creation of the Maternity Assessment Unit is part of the Canterbury Maternity Strategy that aims to ensure pregnant women receive the right care in the right place and at the right time.

"Specifically, it responds to an ongoing need that can often see women present to the Birthing Suite at Christchurch Women's Hospital before their due date, because they are anxious or concerned about some aspect of their pregnancy."

The Maternity Assessment Unit service is midwife/Lead Maternity Carer-led and comprises an initial assessment, leading to a collaborative individualised care plan. It is anticipated that many women will be able to head back home with a plan for care in the community.

The first patients were seen in the unit last Wednesday.

Associate Clinical Midwife Manager Louise McKinney says it is an exciting time for maternity care in Canterbury, and it is hoped that the new service will relieve between 20 to 30 percent of the current pressures from the Birthing Suite at Christchurch Women's Hospital.

"The main achievement of the Maternity Assessment Unit will be the removal of the confusion that sometimes existed which led to the Birthing Suite being a 'one-stop shop' for all pregnancy-related care."



New signage leading the way to the unit



Louise McKinney and Louise White with the unit's beautiful new tapa cloth

The new unit aligns with international and national models, and streamlines a women's care by diverting antenatal assessment, for things such as a spike in blood pressure or minor bleeding, away from the Birthing Suite.

"These improvements are exciting and they'll reduce uncertainty and anxiety for women and lead to a much shorter wait time than can be achieved on the Birthing Suite," says Louise.

# Uike o e Lea Tonga – it's Tonga Language Week!

## Mālō e lelei!

The theme for **Tonga Language Week** (Uike 'o e Lea Tonga) this year is *Fakakoloa 'o Aotearoa 'aki 'a e Tauhi Fonua – A Tongan Perspective of Enriching Aotearoa, New Zealand*.

## Fun Facts! Did you know?

- › Officially known as the Kingdom of Tonga, Tonga is made up of 176 islands and has a population of just over 100,000 people. It is the only country in the South Pacific never to have been colonised by a foreign power and still has its own monarchy.
- › Tonga has one of the world's oldest written constitutions, which is still in use today.
- › Tonga is also known as the "Friendly Islands" due to the hospitality afforded to Captain Cook during his visit to Tonga.
- › Tongans are the third largest Pacific community in Aotearoa, making up 20.4 percent (roughly 60,000) of the Pacific community.
- › A ta'ovala is a woven mat (as pictured) wrapped around the waist and worn by both men and women at all formal occasions as a sign of respect, much like the tie in Western culture.

## Simple ways you can support Tonga Language Week

1. Use a Tongan phrase every day this week! Check out the collection of useful words and phrases you can use in everyday situations whether you're at work or at home. It doesn't have to be complicated, why not give it a go?
2. Get out and about! These community events celebrate Tonga Language Week and everyone is welcome:
  - › Tongan Youth Speech Night  
6 September, 6–9pm, Riccarton High School Hall
  - › Tongan Family Times – stories, songs, performances  
7 September, 12–2pm, Level 1, Tūranga Library



3. Wear red! Ditch the black and grey hues of winter and brighten up everyone's day by donning your loudest and brightest red clothing, shoes, coats, hats etc. in celebration of Tonga Language Week. The more fun and creative, the better!

## Useful phrases

Hello	Malo e lelei Malo e tau lava Malo e tau ma'u 'a e 'aho' ni (daylight) Malo e mo'ui (after long absence)
Welcome	Malo e me'a mai
Farewell – Goodbye	Me'a a Mou o aa (more than two people)
Please	Fakamolemole Kataki
Thank you	Malo 'aupito
Respectfully	Faka'apa'apa atu



# Passive Fire Programme award

## “awesome result”

Canterbury DHB staff have again been recognised for their innovation.

The newly implemented passive fire programme won a Highly Commended in the James Hardie Innovation Award category of the recent New Zealand Building Industry Awards 2019 held in Auckland.

Passive fire protection provides the initial protection from smoke before the detection systems and sprinklers activate, and continues to reduce the spread of flames and smoke to other areas of buildings. Canterbury DHB's Passive Fire Programme began three years ago and is believed to be the only fully integrated passive fire programme in New Zealand and includes supply, inspections, testing and training.

Award judge, Bruce Rogers, who is a Board and National Council Member of the New Zealand Institute of Building, says it is quite unusual for a client based organisation to be able to step up and reach into the industry and achieve great results.

“It is testament to the energy, innovation and passion of Canterbury DHB Site Redevelopment Project Manager Simon Hemmings and PFITS Consultancy Technical Director Alan Page. Spectacular. You are onto something.”

Managing Director of BOSS Fire Mark Prior says, “it is an awesome result for some game-changing, inertia-busting trailblazers. Congrats to both Simon and Alan.”

Construction Advisor for Fletchers Construction at Grey Base Hospital Jonathan Laird tweeted:

“Congratulations to Canterbury DHB, Simon, and Alan. NZIOB Innovation Award – Highly Commended for their Passive Fire Programme. Recognised for its innovation in response to passive fire issues at CDHB. Great work guys – keep it up!”

Simon says he is thrilled to receive the award on behalf the team.

“It’s been a long and, at times, very challenging process but we are proud to say we are seeing positive changes in the way passive fire protection is considered both within Canterbury DHB and throughout the wider industry. We have recently been approached by a number of other DHBs and Ministry departments as well as contractors and private health providers to assist and provide guidance for their own passive fire issues.”



From left, James Hardie Technical Manager Singh Kamboj, Canterbury DHB Site Redevelopment Project Manager Simon Hemmings and PFITS Consultancy Technical Director Alan Page

Research and information company BRANZ, the Ministry of Business, Innovation and Employment, the Fire Protection Association of New Zealand, and the New Zealand Insurance Council are taking a vested interest in Canterbury DHB's programme.

“We still have a long way to go but are already seeing the benefits of our unique programme,” he says.

Following the Canterbury earthquakes and subsequent building inspections, Canterbury DHB became aware of some areas in our buildings that need rectification.

This was due to the age of the buildings, the work undertaken on them over the years, and the changes to the Building Code over time. A programme was put in place and systems implemented to ensure the integrity of passive fire systems is maintained into the future.



# Decreased taboos around sexual health a highlight

When Dale Kennedy started work in sexual health in 1984 the person in the role before her had been in the job for seven years.

"I remember thinking how could someone be in a job that long – and five minutes later I have been here 35 years," she says.

Dale retires on Wednesday.

The clerical supervisor/receptionist who has become a well-known fixture, not just for the longevity of her career, but her friendly, welcoming manner, says the biggest thing to change in over three decades is acceptance.

"The acceptance of sexual health as just another part of health, that really is my highlight."

Such was the stigma attached to what was formerly commonly known as the 'VD' Clinic' that in its previous locations it was only open after business hours and men and women were directed through separate doors to separate areas. Frequently clients used aliases.

Dale says she is from an era when contraception – though available – wasn't spoken about and people didn't want to admit they were having sex.

"When I first got the job my friends would joke a bit about where I was working. What I hope has been achieved is to get rid of much of the stigma and I believe it is happening. To me that is the biggest plus."

Today teenagers come into the clinic in their school uniforms.

"I say 'good on them' for being so responsible. That's the wonderful thing that has happened. People are much more comfortable."

A prerequisite of the job is to be open-minded, be very good at keeping secrets and be non-judgemental, Dale says.



Dale Kennedy retires this week

"Everyone who works here is really special. The way we deal with things is to normalise them. We laugh and are friendly. We welcome all of our clientele, and there have been some characters over the years."

Dale says the last weeks have been filled with hugs from "favourite" regular clients.

"I will miss the clientele; they are a special part of the job. I also have lovely friendships here with staff and I am certainly going to miss them."



# One minute with... Alberto Vida, Report Developer

## What does your job involve?

Working with Microsoft technologies SQL Server (SQL stands for Structured Query Language, it's part of a brand name) and Report Services to create new reports, change existing reports, troubleshoot issues on reports and migrate reports from Crystal. Crystal is shorthand for Crystal Reports produced by the German software company SAP. These are found in Canterbury DHB Decision Support and Patient Information Care System DHB report suites. SSRS (SQL Server Report Services) is the competing product from Microsoft that we are converting the reports to.

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

My first job was with a bank right after university. Working with computers everyday made me realise that I should have taken software development instead of accountancy. It wasn't attainable until I moved to New Zealand from the Philippines. I quit my job and went back to school to get a diploma in distributed computing. I have loved it ever since.

## What do you like about it?

The creative aspect of software development. Some ideas form in your head, you write code to implement it, and eventually a fully formed application is in front of you working as you imagined. That is very pleasing. And then you add one more feature and it becomes even more gratifying. This iterative process keeps going, with your imagination the only real limit.

## What are the challenging bits?

Knowing where the data lives. Since I'm relatively new and the Canterbury DHB data warehouse is huge, I am grateful for all the help I get from my co-workers. For software development in general, it's thinking of work-arounds to computer language/technology limitations.

## Who inspires you?

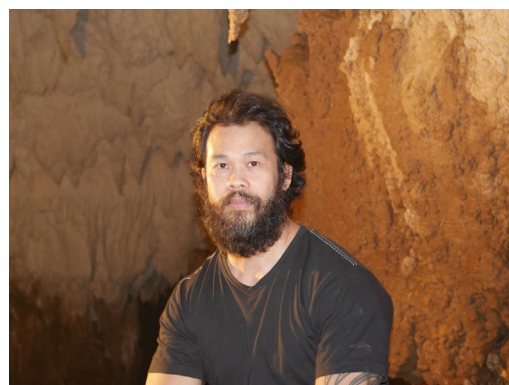
Who I am inspired by depends on my interests at the time. Since at the moment I am interested in compilers, interpreters and assemblers, they would be Richard Stallman and Chris Lattner. I'm just fascinated reading the history of how they started Gnu Compiler Collection and Low Level Virtual Machine respectively and their subsequent development.

## 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?

For me, these mean steering the process so the results show accountability, integrity and respect. One aspect of it is being compliant with privacy legislation in all I do. Another is making my reports accurate, fast, timely and

fit for its purpose so it can make a difference in other people's work. Lastly, it also means being accepting

and tolerant of other people we encounter at work provided it does not harm others as well.



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

What makes me sad, my aspirations, the hardships I've been through, whether I am good, bad or something in-between. A LinkedIn profile is a resume whose sole purpose is to get you an interview, so it must be a snug fit to your next desired job.

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

In the Cordillera region of the Philippines. Unlike the rest of the country, this place has a temperate climate all year round due to its high elevation and forested mountains. The beach, with warm tropical waters, is only two to three hours' drive away. I like staying there because it is rural and peaceful and for me has memories of loved ones.

## What do you do on a typical Sunday?

Housecleaning and relaxing. My idea of relaxing is tinkering with my computer, when I explore computer languages or technologies that are non-mainstream.

## What's your favourite food?

Sinigang with rice. Sinigang is a hot, spicy sour soup either with fish, prawns or pork, made sour by the addition of either tamarind, guava, unripe mango, etc. It has green chilies, radish, bok choy and okra, and you eat it while it's hot.

## And your favourite music?

Music is not too prominent in my life. I only hear music in shared spaces. If I am alone, I prefer it to be quiet or with natural white noise.

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

# Canterbury Grand Round

Friday 6 September 2019, 12.15pm – 1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre

**Speaker 1: Laura Corrigan, Clinical Team Coordinator**  
*"Teaming up in the afterhours"*

Looking at the afterhours model of care in Christchurch Hospital.

**Speaker 2: Alistair Humphrey, Medical Officer of Health and Public Health Physician**  
*"Measles Outbreak Control – It's a sprint not a marathon"*

In February 2019 Canterbury faced a measles outbreak which was brought under control after 38 cases. We could have done worse – could we have done better?

**Chair: Geoff Shaw**

It is requested out of politeness to the speakers that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the staff [intranet](#) in approximately two weeks.

Video conference set up in:

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

Next is Grand Round is on Friday 13 September 2019 in the Rolleston Lecture Theatre.

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

## Something For You

Something For You is Canterbury DHB's employee benefits programme.

The deals offered are from the Canterbury business community to say thank you for all that you do. You can access all your deals right [here](#). Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.

### Alameda Kennels and Cattery

271 Dyers Road, Bromley

Receive 10 percent off all services for your pets.

### Flex Fitness

Riccarton, Lincoln and now Kaiapoi

No joining fees, reduced weekly fees (\$16 a week), and receive your first week and personal trainer consult and programme free.



### Zen Sushi and Dumplings

301 Montreal Street, Christchurch Central

Enjoy 10 percent off all purchases at Zen Sushi and Dumplings – located just inside the Arts Centre.

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



The latest edition of the Health Quality & Safety Commission's e-digest is now available. Stories include:

- › Gender-affirming care in Canterbury – simplifying the complexity
- › Hauora Māori approach to developing care plans
- › Suicide rates unacceptably high – mortality review committee
- › Upcoming events calendar

You can read more [here](#).



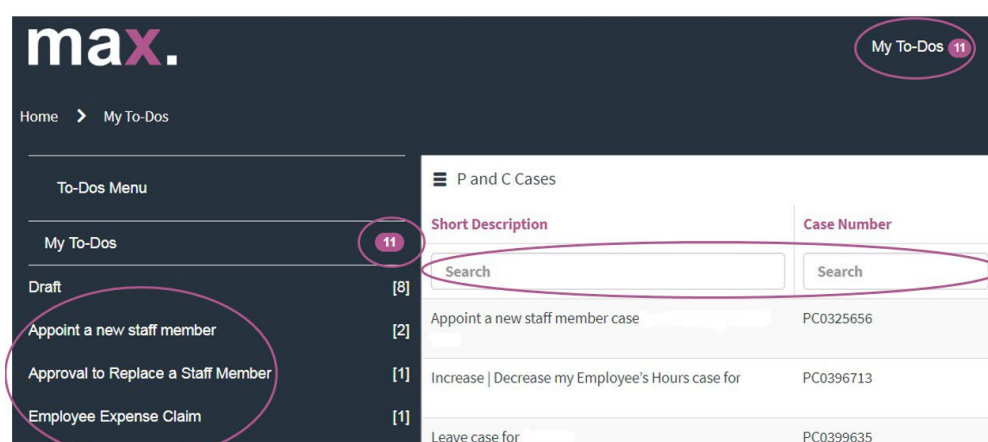
# Have you checked out the newest max. services and enhancements yet?

Have you discovered how you can now apply for leave without pay, manage your To-Dos with subfolders, and edit and delete notes on your leave calendar on **max.**?

**These new updates on max. went live recently and were designed from your feedback:**

1. **A Leave Without Pay Service** – Apply for leave without pay on this new digital service, which breaks approval down depending on the length of your leave.

2. **Changes to the way your To-Dos are organised** – Your To-Dos are now organised in folders to make it much easier to manage lots of approvals. When you click into My To-dos, you'll be taken to the new view. When you click into each folder you'll be able to search every column. You can click on a case to open it and complete any action required.



Your max. To-Dos are now automatically organised into searchable folders

3. **Edit and delete notes you've made on your leave calendar** – Managers can edit or delete notes which have been manually entered into their Leave Calendar.

The People and Capability team hopes you find these enhancements helpful – but remember, if you ever need any more information or help, just ask your [max.perts!](#)

## South Island Alliance update



The South Island Alliance is a collaboration of the five South Island district health boards (DHBs).

This bimonthly update from the South Island Alliance Programme Office aims to educate, inform and celebrate our achievements as we work towards improving health outcomes for all South Islanders.

In the latest issue you can read about faster treatment for South Island stroke patients; the Regional Service Provider Index making more digital connections across the South Island; how online interRAI training is now available, and much more [here](#).

Christchurch Campus Quality & Patient Safety Team

## **Invitation to All Staff**

# **MINI QUALITY & PATIENT SAFETY SYMPOSIUM End of Life Care**

Come along for an overview of the different work streams that are currently occurring in Canterbury DHB around end of life care. Discuss the quality of dying audit (endorsed by Health Round Table) and how we could use this audit across Canterbury DHB.

**Venue:** Manawa, 3rd floor, Room 311

**Date:** Thursday 5 September 2019

**Time:** 9–11am

Please RSVP for numbers only to [Shona.MacMillan@cdhb.health.nz](mailto:Shona.MacMillan@cdhb.health.nz) Quality Manager





# 40/25 ANNIVERSARY PARTY

Join us to celebrate the anniversaries of the  
Burwood Spinal Unit - 40 Years  
& NZ Spinal Trust - 25 Years

SATURDAY  
19<sup>TH</sup>  
OCTOBER  
2019

**Black Tie Event**  
7.30pm to Midnight  
Quality Hotel Elms  
456 Papanui Rd, Christchurch

Limited to 220 tickets  
Visit our website for more details  
[nzspinaltrust.org.nz](http://nzspinaltrust.org.nz)

Principal sponsor

**permobil**



**New Zealand Spinal Trust**  
Te Taratihu Manaaki Tuanui

**Canterbury**  
District Health Board  
Te Pori Hauora o Waitaha



# Quiz Night

## 9 October 2019

Hornby Working Men's Club

Time: 7.30pm start

Bar opens 7.00pm

Teams 4–6

\$10 per person

Pre-ordered snack platters \$10

Toss the Coin/ Prizes / Mystery Envelope

**All teams to be confirmed by  
Friday 4 October 2019**

*Please contact Elana Breytenbach for tickets:*

Ext – 80742

email – [elana.breytenbach@cdhb.health.nz](mailto:elana.breytenbach@cdhb.health.nz)





## **Matters of the heart – Women & Heart Disease**

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

Dr Aniket Puri will talk about acute heart disease in women, how symptoms of heart disease can present differently in women, sudden coronary artery dissection and the latest treatments available.

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

**When:** Thursday 5 September 2019, 6.30 pm – 8.00 pm

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

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

