



For the whole system to work the whole system needs to be working

Our health system is a finely balanced ecosystem where even small shifts in demand, volume or changes to the way we work can have a big impact somewhere else in the system. This can work both for and against us.



On the plus side, being adaptive means we can quickly make changes to alter flows to various part of our system. However, the converse also applies - if something's out of kilter, we soon feel the impacts and see the flow of people through our health system slow down. If transfers or discharges are delayed we will see people spending longer waiting in hospital. Thankfully due to our real-time data which is visible to all staff via the [Seeing Our System](#) portal on the intranet, we can see where the hot spots or pinch points are and work with teams to discover underlying issues and put measures in place to help alleviate the problem, and get the system flowing again.

Look for the Seeing our System button on the intranet (pictured above) – it's open to any staff member to click through and see what's happening.

It might sound simplistic, but in reality, we are a big complex system, with all manner of levers to tweak and adjust until things are back in check. We need to review and adjust our resources on a daily basis to ensure we have the right people, in the right place at the right time doing the right thing. Every part of our system needs to play its part, and play it well. As you know there's very little, if any, 'slack' in our health system.

We projected that we would run out of capacity in the Canterbury Health system two years ago. The constrained

capacity and ongoing earthquake impacts have meant that we collectively have had to deal with the impossible to ensure that our community has continued to have access to the health services it has needed. Our new facilities can't come soon enough! Our population is growing, and we are also home to New Zealand's largest number of people aged over 65 who are high users of health services. Despite this the Canterbury Health system has managed to achieve a reduction in usage of Aged Residential Care beds in Canterbury:

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By 2020 we were anticipating needing another 2000 aged residential care beds. However half way to 2020 there are actually 400 fewer people in aged residential care compared with 2007/08. The focus on helping people to stay well in their own homes has created a significant change. Programmes such as CREST and the Acute Demand Service play such an important role in our system to provide care where people need and want it - in their own homes: care closer to home is one of the strategic goals for our people-centred health system.

Construction is progressing well on the new Acute Services Building at Christchurch Hospital – but between now and 2018 we need to do our best with what we have. This means we all have an important role to play in continuing to support the timely care of patients. Whatever your part in the big picture, whether you deliver home support aids such as shower stools, dispense medications, arrange patient transfers, provide in-home care, roster staff or provide care direct to patients, your role is an important one.

We have done incredibly well to date and you are all part of an internationally-recognised, high performing, integrated health system. Despite the challenges we've faced over recent years our collective results are outstanding:

- » Canterbury has shortest length of acute hospital stay in NZ (adjusted for complexity)
- » We have one of the lowest ED utilisation rates in an urban environment in NZ
- » Around 30,000 acute patients are cared for in the community each year

- » A community falls prevention programme is improving lives and saving \$6.8 million annually on hospital care
- » Our mental health teams have changed the way they work to ensure thousands more people receive treatment and care each year
- » With Pegasus Health and Orion Health we have developed an electronic health record for every person in Canterbury – HealthOne helps save lives. It will soon be live across the South Island
- » We've successfully developed and introduced Community HealthPathways and Hospital HealthPathways – these are now used in more than 12 DHBs in New Zealand and most of Australia, with the first UK site about to go live in August
- » A robust and capable primary care system is key to our success
- » The Canterbury Clinical Network are leaders in health alliancing as a way to bring key people to the table to collaborate and implement new ways of working across our health system

There are many, many more successes I could talk about, but I felt it was important to take a moment to reflect just how far we've come, particularly when some areas have been feeling under huge pressure. As the headline says, for the whole system to work, the whole system needs to be working – thanks for what you're doing to make it better.

UNDER THE WEATHER?

Make your GP team your first call 24/7

Even after hours a nurse is available to give free health advice. Phone your usual General Practice number 24/7.

#carearoundtheclock



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Staff Wellbeing Survey Update

Can't get to a computer to do the survey? We can help!

For staff who may have difficulty accessing a computer or require assistance to complete the survey:

- » iPads loaded with the survey have been set up at the Great Escape Café, Medici and Burwood's Nourish Café.
- » The People and Capability team are visiting specific work areas with iPads for you to do the survey on. Please contact your manager to arrange a visit to your work area.

Need some help?

If any of these apply to you:

- » Unsure of the division you work in?
- » Struggling to find the time to do the survey?
- » Can't get to a computer?

Or if there are other obstacles preventing you from doing the survey, please talk to your manager.

Want to win one of four FitBit HR wristbands or a Hanmer Springs Pamper package?

- » Do the survey and go in the draw!

[Click here to do the survey and to have your say](#)

Last week's winner of the fitbit was Ainslee Hanson from Specialist Mental Health Services.

Have a great week,



David Meates
CEO Canterbury District Health Board



Above: Jacqui Benter-Lynch from People and Capability talks with Dave Nicholl about doing the survey.



HELP US PUT WELLBEING
AT THE HEART OF ALL WE DO

We're taking our Care around the Clock campaign to the streets

Coming to a bus back near you this week. Our campaign is popping up in all kinds of places as we spread the word that your General Practice team should be your first call 24/7. After hours when you call your medical centre and get the answer-phone, simply press the option to speak to a nurse and you'll be automatically transferred to someone who can provide free health advice. If you do need to be seen urgently the nurse will advise on what to do and where to go. Simple! Care around the Clock.

If you don't have a regular general practice team, visit www.cdhb.health.nz/carearoundtheclock to find one.



IN PAIN?

Make your GP team your first call 24/7

Even after hours a nurse is available to give free health advice. Phone your usual General Practice number 24/7.

#carearoundtheclock



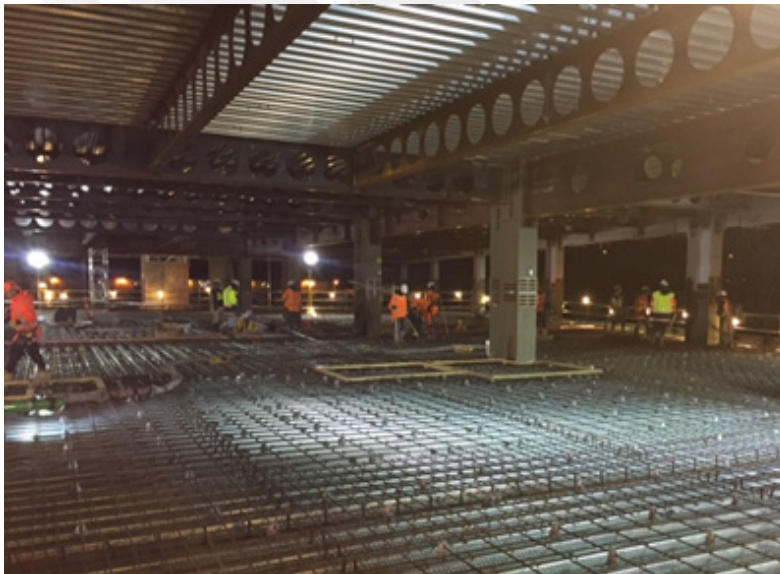
Canterbury
District Health Board
In Teitaki's Whakapapa

Facilities Fast Facts

Fast Facts – Burwood

A reminder to staff to please use the staff car parking areas at the rear of the hospital site, accessed via Entry 5 on Mairehau Road. Now that there are fewer contractors on site, there is also more angle parking on Mairehau Road that staff can use. The parking areas outside the main entrance are for patients and visitors.

Fast Facts - Christchurch



Concrete pours for each floor of the Acute Services building will become commonplace over the next few months, mostly scheduled for Tuesdays and Fridays beginning at 5am. The photo to the left shows final preparations ahead of one of the floor pours last week.

Blue car park demolition

Demolition of the blue car park opposite the hospital continues. The demolition site is hazardous – please follow all signs and directions from the site supervisors when walking or driving past the site (pictured below).



Outpatients

This week, trees were removed from the future Outpatients site on the St Andrews Triangle, to allow groundworks to begin. It has been possible to retain one of the trees – a copper beech.

A white wooden fence is now being erected around the site. The fence will take in some of the roadway on Oxford Terrace to allow space on what will be a very constrained site.

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A container walkway will also be installed along the site's Antigua Street boundary and this part of Antigua Street will be made one way for southbound traffic.

The map shows the site fence (yellow), the footprint of the building (orange), the position of the container walkway (red) and the proposed one-way traffic (yellow arrows). It also shows the current blue car park demolition area (blue dotted line). Staff and hospital visitors are asked to please take care when using the pedestrian crossings around this area, and follow all signs and diversions.

A new area of the intranet has been developed for the Outpatients project, linked to the Facilities Development pages: cdhbintranet/corporate/outpatientsbuilding/SitePages/Home.aspx



Canterbury Grand Round

Friday, 5 August 2016 – 12.15pm to 1.15pm
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker 1: Andy Cousins, Team Leader, Radiation Oncology Physics

“Advances in radiation therapy at Christchurch Hospital”

Radiation Therapy is one of the most capital intensive areas of the hospital with many millions of dollars invested in the last few years. What are Canterbury patients getting for all this investment? Without resorting to any physics equations let's try to explain some new techniques that have recently become available and some others coming very soon.

Speaker 2: Dr Dave Peddie, Until 2014 SMO at Christchurch Women's Hospital

“Cervical Cancer Screening in the Central Pacific”

Dave will talk about the challenges of screening in a remote low resource setting and his involvement as a volunteer.

Chair: Michael Ardagh

Video Conference set up in:

- » Burwood Meeting Room 2.3b ~ Level 2 Administration area
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital (Please note the level three F block VC is no longer available and the level 1 F block VC has moved to the Riley Lounge.)
- » Pegasus, 160 Bealey Ave, Room 3

All staff and students welcome

Talks will be available within two weeks on the [intranet](http://cdhbintranet).

Next Grand Round is on Friday 12 August 2016 in the Rolleston Lecture Theatre.

Convenor: Dr R L Spearing, ruth.spearing@cdhb.health.nz



Bouquets

AMAU and Ward 20, Christchurch Hospital

Just a few days ago I was admitted to CHCH public with a nasty cellulitis infection in my leg and the fever, migraine and all the nasty stuff that comes with it (I was in a very bad way) and I just wanted to say thank you to all of your staff there, they were amazing and I cannot thank them enough from the Doctors to the Nurses and the ladies that dished out hot drinks and food, you all got me through it. The nursing staff are saints every single one of them I cannot sing high enough praises. I am bad enough with names at the best of times so you could imagine how rare it was I remembered the name of a nurse called Felicity, please thank her for me, she got me through the worst couple of nights. I am at home resting up now thanks to you all. Thank you.

Ward 17 (General Surgery), Christchurch Hospital

Jamie Lay, very well-mannered and informative. Showed caring, understanding and respected me. Also a great listener. 10/10 for her professionalism. Nurses Hollie, Rose and Sharri. All three nurses were caring, kind and very well-mannered. Hollie was exceptionally helpful on one day when she prepped me for a procedure – that didn't happen may I add. She was apologetic and very understanding even though she was not to blame. Sharri was also amazing to me. Three very good nurses. I was happy to have them as my nurses, they made my stay very happy. 10/10 in all aspects of their work (for me).

Emergency Department, Christchurch Hospital (via Facebook)

Big thank you to the staff of the Emergency Department at Christchurch Hospital. I was in a minor car accident today and was taken to ED. Can't thank the nurses, doctors, transit nurses, orderlies enough for their professional, friendly and thorough treatment! Keep up the good work.

Urology Ward, Christchurch Hospital

Thanks so much. God is so kind to us, such love! Thank you for your love and kindness.

Ward 20 (Plastic Surgery), Christchurch Hospital

Thanks so much to all the staff of Ward 20 – the doctors, nurses and other staff. They were all brilliant. I am most grateful for their care and kindness.

Park and Ride service, Christchurch Hospital

I would like to compliment the Park and Ride service. It takes all the stress out of coming to the hospital and the staff are very pleasant and helpful.

Ward 27 (Endocrine and General Medicine), Christchurch Hospital

I would like to say a huge thank you to the maintenance man Gary who always comes to Ward 27 with a smile, ready to help. He's always willing to fix or help while he is on the ward whether the job is assigned to him or not. Thanks Gary, you are awesome.

Christchurch Hospital

Hi there, I just put this post on my instagram and wanted to share it with you so maybe you could put it in your staff newsletter to find the lady who helped me.

My coffee this morning is tinged with sadness. After getting a call from family, I booked an international flight to head to the ICU/Hospital, which is where I am now. But... it doesn't end there. Flustered and back in the hospital after catching some shut eye, I was trying to buy a muffin and coffee. I got to the register and it had a little sign saying no credit cards..which in my rush to leave Brisbane, was the only card I could activate. I tried my debit card, but failed. Getting close to tears I grabbed my wallet for the \$10 I knew was there..but on handing it over realised they probably wouldn't take aussie dollars.

During all this, and standing beside me was a nurse, or Dr, or therapist -- I don't know to be honest -- my anxiety was all the time skyrocketing. Without question, she turned to the cashier and just said 'I'll pay for them' and I turned to her, shocked, close to tears, asking many times, "are you sure, are you sure? I can figure this out"... and she replied "this is the last thing you need in this place" before she paid and was gone in a flash. It was so quick and I was so humbled that I didn't get her name, where she was from or how I could find her to thank her again personally. That small gesture, small ray of assistance, has meant the world.

So thank you to everyone in ICU who is looking after my loved one so diligently, thank you to all the nurses who have offered me a kind smile and thank you to that one lady, who went above and beyond to help me in the simplest way possible, and made my morning that bit easier for \$6.50.

SMARTRAK and you

Our new car booking software system - SMARTRAK— is steadily being rolled out and will ultimately affect all Canterbury DHB vehicle fleet users (and West Coast DHB fleet users at a later date).

The new system is already being used by our Adult Community Therapy Service and Rangiora staff. Your team will be contacted before you need to change the way you book fleet vehicles. As completing the 'paperwork' is essential before you can book a vehicle please make sure you return the NZTA Driver License Check Consent form as soon as possible after receiving it.

More information is available on the [intranet](#).

Smartrak is the new and easy way to book a CDHB fleet vehicle.

[Find out more](#)

www.smartrak.co.nz

Colourful characters visit Activity Room

Children in Christchurch Hospital's Activity Room were paid a visit by some interesting characters recently.

Manager of EB Games Eastgate, Vicki Painter dressed as Spiro the Dragon; Manager EB Games, Northlands, Faith Leota and 2IC at EB Games, Eastgate, Janine Geard, dressed as Queen Elsa from Frozen. David Britten from Dark Side Entertainers was Darth Vader.

Children were encouraged to participate in playing on the Nintendo Wii against Darth Vader and Wii tournament champion, Faith Leota. Queen Elsa was greeted warmly by her crowd of loyal followers, and took the opportunity to engage with children in playing with playdough and smiling for photographs.

Darth Vader scared a few smaller children at first but he was able to win them over with spot prizes of free Star Wars Lego.

A big thank you to all staff at EB Games who donated gifts for the children, says Hospital Play Specialist, Rachael Clarke. These consisted of Lego, T-shirts, beanies, posters and character figurines.

"Staff and inpatients of Christchurch Hospital Children's Wards appreciate the continued visits and support from EB Games."



Countdown Kids Hospital Appeal launched

The Countdown Kids Hospital Appeal was launched in Christchurch last Friday, to raise funds to buy medical equipment for Christchurch Hospital's Child Health Division.

Child Health Service Manager, Anne Morgan, said only one item is on the wish list this year- a paediatric body plethysmograph – a large piece of respiratory equipment that measures lung function in children. The item costs around \$120,000.

General Manager Christchurch Hospital Pauline Clark, told those at the launch that each year she says thank you, and means it.

"We are almost at the million dollar mark for funds that this appeal has donated to us for investing in items in Child Health and it really does make a huge difference. You can be assured that your efforts are going on items that are absolutely essential.

Countdown General Manager Supermarket Operations, Brett Ashley, said over the last nine years the appeal had raised \$9.3million for children's wards around the country.

"The campaign to help make sick kids lives better engages all of us as a Countdown team nationally to go out and raise money for a great cause."

Countdown Kids Area Champion and Manager of Countdown Northlands, Sarah Rudder, said they understand that treatment can be uncomfortable and distressing for both the child and their parents.

"We have a sense of pride knowing we have contributed to making someone's life a bit easier. There is nothing more rewarding than that.

"We are committed to fulfilling your wish list," she said.

Over the years Canterbury DHB has used funds from the appeal to buy a diverse range of equipment such as bedwetting alarms, resuscitation units, monitors and infusion pumps.

From 4 August - 31 October, Countdown stores will be working alongside their local children's wards to host fundraising activities. From quiz nights, car rallies, cake stalls and raffle tickets, thousands of Countdown and hospital ward staff will be rallying their communities to support the Countdown Kids Hospital Appeal.

To donate, simply:

- » Visit your local Countdown supermarket and donate at the checkout;
- » Purchase a Countdown Kids Hospital Appeal wristband or raffle ticket in-store; or
- » Donate while you're doing your [Countdown online shopping](#).



Above: Countdown Kids Hospital Appeal Area Champion and Manager of Countdown Northlands, Sarah Rudder with Warren Nairn, Charge Nurse Manager, CAAU.



New chair for Child Health Advisory Council

Carmen Street has stepped into the role of chair for the Child Health Advisory Council – formerly the Family Advisory Council for Canterbury DHB.

Like many of its members Carmen and her family have a story to tell. Three years ago she and her husband lost their little boy William to leukaemia after a long battle during his very short life.

William was diagnosed at just seven months old.

“He had a very rare leukaemia, so finding a suitable bone marrow donor was really hard. But William was a fighter.”

He managed to knock the cancer into remission. Unfortunately it came back around the time they finally found a suitable donor.

“We just couldn’t get the cancer back into remission to be able to go through with the transplant.”

Sadly William lost his battle just around his second birthday. Carmen says she and William probably spent about half his life in and out of the Child Haematology Oncology Centre.

“That was before CHOC got their lovely new facilities too. We were just in this room 7A and spent a long time together.

“It was very cramped and the staff were so busy in that old tiny unit, so it’s great to see they have a much better CHOC now.”

It was in those close quarters that Carmen got to learn a lot about how things operated in the hospital and where improvements could be made.

Becoming a member of CHAC meant she could do something to ensure other parents’ voices were heard. Carmen takes over from previous chair Sarah Collins and will serve for three terms.

Some of CHAC’s goals this year are centred around encouraging feedback from parents, providing guidance on any new information material, and the new Child Health facilities in the Acute Services Building.

“A number of members are also providing consumer representation on various committees and child health projects such as enteral feeding, palliative and respite care. Many members are attending meetings and committed and our input has been increasingly recognised as beneficial.”



Above: Carmen with her husband Simon and sons, William (left) and Charlie.

Party People!

Written by a parent of a Brackenridge resident.

On Friday night our family ventured out into the cold to Twiggers to watch Brackenridge's Wearable Arts Show. Our 24 year old son Thomas has lived with four 'flatmates' in a community home run by Brackenridge for just over a year.

The Twiggers venue was transformed. We were met at the door by a large mural of Tane - God of the forest, apparently the mural was recently found in a garage and became a restoration project for the residents. Brackenridge staff and the residents who participate in the Community Choices programme had done an amazing job of decorating the space in keeping with the recycling theme - this included twinkly lights which added to the suspense and ambience of the room.

The show began with introductions and welcomes from Brackenridge staff and then the fun began. One by one, members of the Community Choices Programme strutted their stuff, proudly wearing amazing costumes to reflect their interests, cultures or heritage, all choreographed to specially chosen music. The costumes reflected a huge amount of time and effort - all were made of recycled materials. The pride and enjoyment was palpable as the 'models' sashayed through the room and around the tables to whistling, cheering and clapping. Some participants waved flags, others were escorted by carers but all showed such pride. The whole evening was a celebration of their achievement.

From a parent's perspective, it was a time to celebrate our son's newly found independence and to meet and reconnect with his friends and carers in an informal setting. For Thomas (who mostly ignored us!) it was a time to celebrate and party with his friends, he absolutely loved the evening and his carer told us he had to be prised away from the dance floor to leave the venue. Over the weekend he asked us where the 'party people' were.

We had a thoroughly enjoyable night, mainly from seeing the happiness and pride on the faces around us. Brackenridge staff are to be commended for their hard work, support and genuine love for those in their care.



Release of Decision Document

The decision document for the leadership framework for Community Stroke Rehabilitation Service and Adult Community Therapy Services teams, Older Persons Health and Rehabilitation is available to [view](#).

Recruitment

Quality Patient Health and Adverse Events Facilitator

Stretched out along a thin strip of flat land between the mighty Southern Alps and the Tasman Sea, is the West Coast. This distinct geographical location creates unique and interesting challenges for the provision of health services. The West Coast health system is continuing its journey towards the vision of an integrated health and social care system with people at its very heart. It is a health system that aims to support people to stay well in their homes and communities. It is a health system that is connected, integrated, and values people's time. It is a health system in which quality, continuous improvement and innovation underpins everything we do.

A unique opportunity exists for an experienced health professional to undertake a challenging and refreshingly different career pathway in consolidating both the function and role of ensuring quality patient outcomes. This role acts as a single point of contact for both staff and patients in responding to their feedback on their experience of the services, overseeing the day to day smooth coordination of incident management system and, supporting clinical leaders in organisational learning.

We seek a self-motivated and confident individual who is a registered health professional, who has exceptional interpersonal skills, and a proven track record of experience in quality improvement and clinical risk management in health organisations.

A well organised systems person, your writing skills will also need to be of very high standard alongside a proven ability to communicate effectively and calmly with the consumers, their families and clinicians.

Apply on line, or to find out more information, please contact Steph Keene, Recruitment Specialist – Nursing, Phone: (03) 337 7961 or email stephanie.keene@cdhb.health.nz

Administrator - People and Capability Services

Come work with us!

We are seeking dynamic and driven new personalities to join our People and Capability Services Team in a full-time administration role, with a difference...

We are not necessarily looking for formal experience on this one- we really want to focus on finding that right person to join our lively team, so aside from having a great personality you will be a naturally proactive, goal orientated, and focused person with a strong eye for detail. You know just how important it is to be a team player and bring with you the ability to provide exceptional customer service to your team and internal stakeholders.

Based at our *brand new* corporate office building on Oxford Terrace, your main focus will be on providing quality administrative support to the P and C Services team as well as the wider P and C group and managers. The big difference here is that you will be part of our team at a time when anything is possible- the changes within P and C are opening up a great scope of potential for your professional development.

For a confidential conversation regarding this role contact Sarah Carnoutsos 027 47 27 113 or Apply Now on the CDHB Careers site.

Apply Now >

Staff Wellbeing - Be Active CDHB programme: Wellbeing Workshops



Be Active CDHB programme – only four places left, so be in quick.

Don't miss the opportunity to re-establish or restart physical activity. The 'Be Active' initiative aims to provide staff who want to be more physically active with opportunities to try different forms of activity. The programme is run at the YMCA across the road from the Christchurch Campus so it's easy to get to and it's cheap (\$3 for a one hour session!). For more information please call the Green Prescription Coordinator on 03 373 5032.

Wellbeing Workshops – Only seven more workshops planned for 2016

Be in quick to secure your place in one of the remaining seven workshops being held in Christchurch, as we have limited places in all.

Character strengths based workshop, limited numbers – available to managers / supervisors.

[More information](#) about the wellbeing workshops.

[Register](#) for the wellbeing workshops.

Participant comment ...*"The most engaging facilitator I have experienced in a long time. I learned a lot and had a lot of fun doing it".*

We are also running another series of the very popular Staff Wellbeing Workshops – this is the same workshop offered in 2014 / 2015.

[More information](#) about the staff workshops

[Register](#) – available to all staff. Excellent workshop. Highly recommend that other staff attend.

Participant comment ...*"Excellent workshop. Highly recommend that other staff attend. Will definitely send the rest of my team that haven't been yet. Great opportunity to 'connect' with others. Thank you".*

Lee Tuki
Staff Wellbeing
Canterbury and West Coast District Health Boards
DDI: 03 378 6855 ext 82855
Cell: 027 689 0285

Five ways to wellbeing



Issue 52 - 4-24 July 2016

[Read the newsletter online](#)

In this issue:

- » Quality improvement scientific symposium
- » Hold the date for the advance care planning national forum
- » MORSim (Multidisciplinary Operating Room Simulation) rollout to start in November
- » Whakakotahi – primary care quality improvement challenge
- » Hear short talks delivered by innovators from health and related fields at 2016 APAC Forum
- » Hand Hygiene New Zealand newsletter, July 2016
- » Safe use of opioids group
- » Aged residential care medication chart
- » Surgical teamwork and communication intervention roll-out
- » Safe Surgery NZ regional workshops with Professor Cliff Hughes
- » Orders for patient safety week resources open

The Nursing Workforce Team is on the Move!

The Nursing Workforce Team is relocating to the new Corporate Office on 32 Oxford Terrace today, Monday 1 August 2016.

This involves the following groups of staff:

- » Dedicated Education Unit – Jacinda King and Sarah Gibbon
- » Nursing Entry to Practice – Steph Cook, Yvonne Thorpe and Jo Greenlees-Rae
- » Postgraduate Nursing Education – Jenny Gardner and Margaret Bidois
- » Professional Development and Recognition Programme – Suzanne Johnson and Adriana Humphries
- » Nursing Workforce – Becky Hickmott, Jane Clarke, and Jackie Nepia

What does this mean for staff visiting?

We will be located on Level 1 with the Corporate Services team. For staff visiting there will be a receptionist on level 1 after 15 August, and a “sign in” process will be set up to enable you to notify our staff that you are visiting. A text message will be sent to the person you have the appointment with and they

will come and greet you and take you through to the meeting room area.

Submission of your work

For staff submitting their portfolios for PDRP/NETP or for key programme documents for the NETP programme there will be a change in our processes. A secure drop box will be placed in reception and we will e-mail you a confirmation e-mail acknowledging receipt of your work once we clear the box.

Meeting with staff

If you need to meet with somebody this can still occur. All that needs to happen is to contact the person concerned and an appointment time can be sent out electronically to meet with you.

Any questions do not hesitate to contact us. We are excited about the shift into town and look forward to meeting up with staff soon.

Becky Hickmott
Nurse Manager – Nursing Workforce Development Team

**NZNO 10TH
NATIONAL GERONTOLOGY
SECTION CONFERENCE**
Rydgas Latimer, Christchurch **31 Oct & 01 Nov 2016**



**BACK
TO OUR
FUTURE**



The NZNO 10th National Gerontology Section Conference will be held for the first time in Christchurch this year!

The theme for this conference reflects on the past, the present and future ... Recognising achievements, overcoming challenges and implementing innovative new ideas to promote gerontology nursing successfully into the future with skill and compassion. The ageing population faces increasing clinical complexities and the conference programme contains a great mix of presentations inspiring delegates to meet the challenges with confidence.

Keynote speakers include:

Dr Michal Boyd – Gerontology Nurse Practitioner and a Senior Lecturer with the School of Nursing and the Department of Geriatric Medicine at the University of Auckland

Catherine Cook – Senior Lecturer in the School of Nursing at Massey University

Trina Cox – Social Worker – Age Concern Canterbury

[More information and registration.](#)

or email joanne@conferenceteam.co.nz

One minute with...

Gabrielle Kerdemelidis, Registered Nurse, Burns & Plastic Reconstructive Surgery Unit, Ward 20, Christchurch Hospital

What does your job involve?

Being a nurse involves being many things to your patients. Sometimes it means being the listening ear when they need to talk; teacher when they want to learn about different terms/ or treatment; pharmacist when they require medication, and 'sponge' when they need to vent.

It means being the hand that holds theirs when they reach out, and the advocate for their care during their journey through. But it also involves being the critical thinker that sees the slight change in their readings, in their behaviour, or their presentation.

It is being the person that, even when your patient has crashed, you steady your hand and insert the IV line. You do what you do for the greater good of your patient.

I have made the top 20 for the Miss Universe New Zealand final this year and I really feel that these attributes that I have learnt in nursing will help me be a fantastic ambassador for this role and help me contribute positively to the community. The competition will be held in Auckland on 3 September.

Why did you choose to work in this field?

I grew up spending a lot of time accompanying my beloved father in and out of hospital through his battle with cancer. From a young age I looked up to the staff taking care of him, and I set my sights on working in the field. My mother also inspired me, she has been working as a healthcare assistant for 20 years and is currently specialising in dementia care. I understood at an early age the happiness that comes from helping others, and now that I am a nurse, I could not imagine my life without it. It has grown and shaped me as a person and I wouldn't have it any other way.

What do you like about it?

Everything, even if it's good or bad. Everything we do in our lives shapes us and teaches us new lessons. I always remain positive about my work and continue to grow as a person and also through further study. I hope to continue to complete my post graduate diploma this year and continue onto a Masters and become a nurse practitioner.

What are the challenging bits?

Almost every day I am faced with a challenge of some kind. Whether it is a tricky vein to cannulate, or an emotional relative who needs some support. All the challenging bits make being a nurse exciting and are another reason to love it.



Above: Gabrielle Kerdemelidis

Who do you admire in a professional capacity at work and why?

I admire the entire team on ward 20. From our Charge Nurse Manager, Sharon, Clinical Nurse Specialist, Margaret, to our team of registered nurses, healthcare assistants, multidisciplinary team, doctors, and surgeons, we all work cohesively as a team to achieve our patients' goals as best we can. With a strong team we have and will continue to achieve so much.

What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

These values are what we base our care around, along with a whole lot more! They are key values for me and I carry them with me in all interactions I hold.

The last book I read was...

Non existent! I keep myself very busy with all sorts of projects in my spare time. I often do not have time to watch TV or read a book. If I am not busy with my projects or study, you will find me at the gym.

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

Greece. I have family in Athens, Greece. The Greek islands are particularly fantastic to visit for rest and relaxation.

My ultimate Sunday would involve...

Playing soccer or going to the gym, some good food, an interesting TV series or documentary, visits from family and friends, or having a jam with the guitar.

One food I really dislike is...

Nothing, I enjoy everything!

My favourite music is...

Depending on the mood I am in. Normally different songs for different occasions, e.g the gym, going for a run, cleaning the house, dancing!

I am currently raising funds for the Miss Universe New Zealand entrepreneurial challenge. Fifty per cent of the proceeds from the challenge are donated to children's charity, Variety. If you would like to donate go to missuniversenz2016.everydayhero.com/nz/gabrielle

If you would like to vote for Gabrielle to win the competition? you can vote [here](#). Votes cost \$5 per bundle and \$1 from every bundle goes to Variety.

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

Make this the best summer yet and get in to Green Prescription, take a friend and get active!

Call 03 373 5032 for more information today!

Give	Be Active	Keep Learning	Take Notice	Connect
<p><i>Your time. Your words. Your presence.</i></p> <p>Do something nice for a friend, or a stranger. Volunteer your time to get fit together. Join a community group. Look out, as well as in. Linking yourself to the wider community can be incredibly rewarding and creates connections with the people around you.</p>	<p><i>Do what you can. Enjoy what you do. Move your mood.</i></p> <p>Exercising can make you feel good. Step outside. Join a group. The most important thing is to find a physical activity you enjoy that suits your mobility and fitness. Be Active courses give you this chance, while connecting with others too.</p>	<p><i>Embrace new experiences. See opportunities. Surprise yourself.</i></p> <p>Try something new. Rediscover an old interest. Sign up for Green Prescription and take that course that can have you feeling better almost instantly. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.</p>	<p><i>Appreciate the little things. Savour the moment.</i></p> <p>Catch sight of the beautiful, outdoors Christchurch has to offer while you have fun and better yourself. Remark on the unusual. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.</p>	<p><i>Talk and listen. Be there. Feel connected.</i></p> <p>With the people around you. With whanau, friends, colleagues and neighbours. In the community make new friends while improving your health. Building these connections and your fitness will support and enrich you every day.</p>



active
CANTERBURY



Rongoā Kākāriki
GREEN
PRESCRIPTION

Christchurch Mood Disorders Workshop



CHRISTCHURCH

This 2 day workshop will examine all aspects of the clinical management of mood disorders. It is designed for Consultant Psychiatrists or Senior Psychiatry Registrars and will follow the principles of the recently published RANZCP Clinical Practice Guidelines for Mood Disorders.

SESSIONS WILL INCLUDE:

- Acute and longer term management of major depression
- Management of mania
- Management of bipolar depression
- Long term management of bipolar disorder
- Psychotherapies for depression and bipolar disorder
- Electroconvulsive therapy – clinical indications and use
- Understanding the evidence/clinical trials in mood disorders

The format will be interactive with smaller group discussions. Participants will be encouraged to bring cases for discussion at the workshop and to submit cases in advance, which can be considered for whole group discussion.

DATES

18th and 19th August 8-30am to 5pm both days.

THE GEORGE HOTEL

Set across the road from Hagley Park this is a perfect venue for a small group. Refresh your brain with a walk in the Park at lunch time.

ACCOMMODATION

We can advise on suitable accommodation close to the venue.

COST

NZ\$1500 – includes morning and afternoon tea and lunch both days.

FURTHER INFORMATION

Contact: judith.stone@otago.ac.nz

CONVENORS



PROFESSOR GIN S. MALHI

Professor Malhi was Chair of the RANZCP CPG group for mood disorders. He is Head of the Department at Royal North Shore Hospital and is Director of the CADE Clinic and an Associate Director of the Kolling Institute.

He has been a Chief Investigator on National Health Medical Research Council (NHMRC) Program Grants for more than a decade and has published more than 400 papers. He was Editor-in-Chief of *Acta Neuropsychiatrica* (2006-2010) and is now Editor of

the *Australian and New Zealand Journal of Psychiatry*. He is Deputy Editor of *Bipolar Disorders* and *British Journal of Psychiatry Open*. He is a Fellow of the Royal College of Psychiatrists (UK) and the Royal Australian and New Zealand College of Psychiatrists (RANZCP) and was awarded the RANZCP Senior Academic Researcher Prize in 2013, the RANZCP College Citation in 2015 and the Mogens Schou award for Education and Teaching by the International Society for Bipolar Disorders (ISBD) in 2015.



PROFESSOR RICHARD J. PORTER

Richard Porter is Professor and Head of Department in the Department of Psychological Medicine, University of Otago, Christchurch. He is also a Consultant Psychiatrist in a service for adults with intellectual disability. He also works in an ECT service and sees many patients with treatment resistant mood disorder. He trained in psychiatry mainly in Newcastle-Upon-Tyne where his clinical training focussed on the treatment of resistant

mood disorders. Recently his research has focused on neuropsychological impairment in depression and bipolar disorder and the relevance of this to treatment. He has published over 100 scientific papers in these areas. He was a member of the RANZCP CPG group for mood disorders and is Deputy Editor of *Australian and New Zealand Journal of Psychiatry*.



PROFESSOR ROGER T. MULDER

Professor Mulder's academic interests include personality disorders, mood disorders, genetics, neurobiology, suicide, substance abuse, and early psychosis. He has published over 200 articles and book chapters. He is Editor of the journal *Personality and Mental Health*, Associate Editor of the *Australian and New Zealand Journal of Psychiatry*

and the *New Zealand Medical Journal* and serves on several editorial boards. He is Vice-President of the International Society for the Study of Personality Disorders, Co-chair of the World Psychiatric Association Section on Personality Disorders and a member of the ICD 11 Committee for Classification of Personality Disorders. He was a member of the RANZCP CPG group for mood disorders.

University of Otago, Christchurch

HEALTH RESEARCH OPEN DAY

Explore the laboratories, Simulation Centre
and Brain Research Institute

Meet our talented researchers and hear about
the latest health research advances

Find out about postgraduate health research
and study opportunities

Sunday 18 September | 1pm to 5pm
University of Otago, Christchurch building
2 Riccarton Ave, on Christchurch Hospital campus

otago.ac.nz/chch-openday





Help give sick kids a Fresh Future:

From 1 August to 23 October 2016 the Countdown Kids Hospital Appeal will be raising much-needed funds for the children's wards across the country.

<http://www.countdown.co.nz/in-the-community/in-the-communitycountdown-kids-hospital-appeal>

This year the funds raised for Christchurch Hospital will help to purchase a body plethysmograph – a large piece of respiratory equipment that measures lung function in children.

Please support our Child Health services in Christchurch Hospital.

Raffle tickets are available from:

Christchurch Hospital, Ground Floor Foyer	Friday, 5 August 2016	10-12pm
Warren Nairn, Charge Nurse Manager	CAA	Ext. 89926
Chrissy Bond, Charge Nurse Manager	CHOC	Ext. 81824
Neroli Bull, Charge Nurse Manager	Ward 21	Ext. 86656
Robyn Richens, Charge Nurse Manager	Ward 22	Ext. 86657
Karen Larkins/Loren Robinson, Receptionist	Paed. Outpatients	Ext. 88491
Trish Graham, Research Nurse	Neonatal Unit	Ext. 85741
Vicky Brewer, Charge Nurse Manager	Burwood Hospital	Ext. 99615
Kay Boone, Clinical Manager	Beacon House	Ext. 99918
Maureen Swanney	Respiratory	Ext. 80924
Evan Kidd	Corporate Finance	Ext. 85552
Jo Starr	Māia Health Foundation	Ext. 86134

Many thanks,
from the Child Health Team

