



David Meates

ceo update

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Friday 21 February 2014 - Time to reflect and look out for each other

As you'll know, tomorrow is the third anniversary of the 22 February earthquake. A lot has been written about the quakes and their aftermath, and there's

not much I write today that you haven't already heard.

What I would like to do is encourage you to take a moment on the anniversary to reflect on the last three years and think about our future. We've all come a long way in our recovery and have every reason to feel proud of how far we have come – both as individuals and as a health system.

I would also urge you to remember that we're all at different stages of our recovery. Australian disaster psychologist, Dr Rob Gordon, who works for New Zealand Red Cross, says that the fourth year of recovery after a big disaster is characterised by people's circumstances becoming much more varied.

Early indications from All Right's [latest research](#) backs this up. The research shows that the gap between the "haves" and the "have-nots", those who are recovering well and those who are 'stuck', is growing.

A healthy recovery is one where nobody is left behind. We are involved in a long, slow, complicated process and it's vital we look out for ourselves and each other, especially those who are 'doing it hard'.

THREE YEARS ON...
IT'S ALL RIGHT TO
FEEL A LITTLE BLUE
NOW AND THEN

Canterbury is changing

This week Statistics New Zealand released [2013 Census information](#) showing just how much Canterbury has changed since the 2006 Census. The statistics highlight the need for the Canterbury Health System to continue to adapt and respond to our changing environment.

Key findings include:

- Between the 2013 and 2006 Censuses, the population of Christchurch City went down 2%, Selwyn district went up 33%, and Waimakariri district went up 17%.
- The number of Māori in greater Christchurch has risen 12%.
- There are 4,131 more young men (15-29 years) than young women.
- Selwyn has 29% more children (5-14 years) than in 2006. Christchurch City has 4% fewer.
- Median weekly rents went up 36% in Christchurch City, 45% in Waimakariri and 75% in Selwyn.
- One in five people in the greater Christchurch area was born overseas.
- Of those who have lived in New Zealand for two years or less, 1,320 come from China, 1,080 are from the Philippines, 942 are from India, and 867 are from Ireland.
- 1 in 8 employed adults (25,764 people) in greater Christchurch works in the construction industry - up 59% since 2006.
- Fewer people bus and walk to work, but 8% more people are cycling.
- There has been a 32% increase in the number of people commuting into Christchurch City to work from Hurunui district, Waimakariri district, Selwyn district, and Ashburton district.

Canterbury has changed a lot and as well as considerable progress in some areas, there are still lots of complications and frustrations. While we are all in this together, many of us are in very different places. I am sure we would all benefit from a little bit more kindness towards each other – it's free to give and can mean the world.

THREE YEARS ON...
IT'S ALL RIGHT TO
BE EXCITED ABOUT
OUR FUTURE

Friday's fast facts – Burwood

The detailed design for Wards, Outpatients and Radiology and developed design for Level 2 Admin spaces have been signed off by User Groups, with a presentation to the Clinical Leaders Group due today.



Trees have been removed on the campus this week, including birch and a large eucalyptus at the front of the site. The photo above shows the view near the current boiler house on Tuesday. The trees have been removed to make way for a new boiler house. All the larger trees that were marked to come down have now been removed.

The second photo to the left shows the view from the project team's office at Burwood on Wednesday: no problem getting a park outside work for one driver, at least.

The third photo below shows the first small areas of concrete being poured on site. [You can also see this view from the webcam.](#)



The CDHB intranet has new information about staff car parking options for Christchurch staff. [Click on the staff parking update link on the intranet homepage or follow this link.](#)

Progress is being made on the brief for staff amenities within the Acute Services Building – what spaces are required and where. This user group is on a weekly meeting cycle.

The Ward User Group made two site visits this week to the Christchurch Police and CCC offices. Both have open plan office spaces. Feedback from the Ward User Group members who attended was very positive. Group members particularly liked the use of frosted glass to create separation but maintain access to natural light and create a sense of openness in the work space. The power supply from the ceiling allowed flexibility and created a tidy work area. The group saw some innovative furniture solutions such as moveable partitions with storage capability at the bottom and standing height tables (collaboration tables) for quick meetings that don't require staff to sit down. The group also saw how breakout rooms can be used to maximise the functionality of open plan offices. The group appreciated the opportunity to see open plan offices in action and gather up ideas which could be applicable in the acute ward setting.

Friday's fast facts – both sites

CDHB and project staff met with representatives from mana whenua this week to update and discuss the plans for both Burwood and Christchurch.

Staff may be interested to see photos of clinical spaces at Wellington Hospital and Waikato Hospital, taken on a recent fact-finding tour. [The photos are on the intranet.](#)

Friday's fast facts – the Design Lab

Groups have continued to visit the Radiology group's mock-ups of their CT Scanning Room, General X-ray, Reporting Room and Control Room.

A delegation from Singapore spent the day at the Design Lab on 18 February. See article on page five.

Christchurch City Council's Resilient Cities Group has also visited this week.

Among staff, the Lab has hosted groups from Paediatrics, CH Labs, the Quality Team and Sterile Services.

Canterbury Hospitals' Friday Clinical Meeting (Grand Round)

28 February 2014, 12:15-1:15pm (lunch from 11.50am)

Venue: Beavan Lecture Theatre, 7th floor

Speaker: Professor Douglas Dirschl from Chicago

Title of presentation: "Bone health and fragility fractures: are we making any progress".

Professor Dirschl is a world renowned traumatologist from Chicago who has written multiple articles on fracture treatment. He is past president of the American Orthopaedic Association and his talk on fragility fractures is extremely pertinent to the current situation in New Zealand with our ageing population.

Speaker: Mark Birch, General and Infectious Diseases Physician

Robbie Gerard, Manager Organisational Effectiveness will also be available for questions and to talk briefly.

Title of presentation: "Employee Engagement"

A summary of the outcomes of the 2013 CDHB Employee Engagement Survey, including key findings and current initiatives which address opportunities highlighted.

Chair: Gary Hooper

Venue: **Beavan Lecture Theatre**

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

Bouquets



Community Dental and Hospital Dental Service

I just wanted to say a big thank you for helping my son yesterday.

We received brilliant service from everyone involved. As we weren't registered when I called to ask for him to see a dentist I was very pleased at how soon he was able to be seen.

The lady I spoke to on the phone was lovely and quickly got him an appointment at Lincoln dentist surgery. There he was seen by Diane who was lovely and really good with him.

Unfortunately she was unable to remove the tooth causing the problems so referred us to the Oral Health Centre at the hospital. An hour later we were seen by Emily at the hospital. She was also brilliant with him and managed to remove the tooth causing him problems. All the staff were lovely and very caring. It was great to receive such good service.

Child Health

This note is to thank you for the wonderful care my 16 month old son received when he was on the paediatrics ward. Nurses, doctors, the receptionist and everyone involved went out of their way to make our stay comfortable and as safe as possible. We felt we were provided with the most professional and knowledgeable staff. Every question and concern was answered in a timely and serious manner. We will forever be grateful to everyone at Christchurch Women's Hospital and we will tell every one of our excellent experiences. Thank you very much also for calling us the day after we left hospital.

Ruth, Community Lactation Consultant, Rural Canterbury Primary Health Organisation (PHO)

Thank you SO MUCH for your help and expertise. You have certainly saved breastfeeding for us, because I know without your help there is no way I would still be going with it today.

Ward 10, Christchurch Hospital

On Friday 31 January 2014 I was injured in a motor cycle accident. I was extremely impressed with the medical care and attention I received from all the staff from Ward 10 and wish to personally thank them helping with my recovery. I wish to record the professionalism and dedication of nurses Christy Faulkner, Rachel, Charlotte, and Head Nurse Megan. I also wish to personally thank nurse aides Liz and Sharon.

I am also grateful to the day cleaner Permela who took the time in her lunch break to make me a cup of tea and ensure I was comfortable, while I was recovering in the lounge. These acts of kindness reveal to me I was blessed by so many staff from Ward 10 who went above the call of duty, to help with my recovery, and ensure my life returned to normal as soon as possible. It is comforting, and reassuring to know that the public of Christchurch are served by such wonderful people as those that work on Ward 10, Christchurch Hospital.

General surgery - Christchurch Hospital

I just wanted to give a positive heads up about my experience of care when I had surgery for my hernia. I found the staff to be very caring and informative leading up to my surgery and afterwards.

Thank you to all involved (nurses, doctor, anaesthetist Dr J Telfer) for the wonderful jobs that you do. I felt that everyone went above and beyond their jobs. It means a lot when you are in a place of anxiety. And head's up for the food too...especially the ice-cream. I think you all did a great job.

Canterbury impresses England's top nurse



Jane Cummings, NHS Chief Nursing Officer.

Canterbury DHB's success on the world stage is gaining attention from around the world – including the Chief Nursing Officer of England.

Jane Cummings has been in Christchurch this week to learn about Canterbury's health system.

"I wanted to look at integrated care and how the Canterbury health system has worked hard with older people, providing services such as acute demand in the community, which has reduced the need for people to go into hospital," Jane says.

"A lot of what the Canterbury health system has done and is continuing to develop here is what we're looking to do, or do better in England."

Jane says she was impressed with the way Canterbury has a vision where everybody in the health system speaks the same language and bureaucracy is left at the door.

"Everyone is in this together. There's a real belief that 'this is our system. We are all working for the same aims'. That's been really positive to see I think."

Everyone Jane had spoken to had been honest and welcoming and willing to give their time to share ideas, she says.

Jane heads back to England tomorrow (Saturday) to her role as Chief Nursing Officer where she has the professional leadership of nearly 370,000 nurses and midwives as well as being responsible for patient safety and experience and the Principal Advisor to the Government.

"It's a fabulous job and a huge privilege to do it," Jane says. "I want to thank everyone I have had the pleasure of meeting here for their commitment to share experiences and learning. It has been a great opportunity and I wish I could stay for longer."

Singaporeans introduced to Canterbury Health System

Twenty two representatives from Singapore's health system were in Christchurch this week to learn about Canterbury's integration successes and innovations.

The delegation included chief operating officers, chief executives, directors, chairs, clinical directors and general practitioners from across Singapore's primary and secondary care services.

The group spent the day at the Design Lab and Showcase to hear about some of the exciting advances in health care that have occurred in Canterbury over the past three years.

David Meates, Canterbury DHB chief executive, said the visit had a number of mutual benefits.



Continues on the following page...

"Singapore is a leading and influential player on the world stage in many business and economic areas but also in healthcare development."

"Having key representatives from highly regarded international health care systems here to learn about what we are doing and to share ideas with us is essential if we want to continue to shape and enhance our models of care into the future."

The delegation was given a tour of the Design Lab as well as presentations on the Canterbury Health System's vision and direction.

Mr Meates said the Canterbury Health System has made significant gains.

"We've made impressive strides in moving towards an integrated health system. However we still have a long way to go," he says.

"It's about always trying to 'make it better'. And the day we think we have achieved full integration, is the day we're no longer on track, because there's always something that we can do to make it better."



Above: Delegates from Singapore learning about the Canterbury Health System at the Design Lab.

Find out more about our Board and what's happening in our health system

A new Canterbury District Health Board was elected late last year.

The Board has up to 11 members, seven of whom are elected and four appointed by the Minister of Health by notice in the Gazette, for terms of up to three years. DHB Board members are accountable to the Minister of Health, (through the Chairperson of the Board) for the performance of the DHB.

The Board meets each month. [Board meeting minutes can be viewed online.](#)

Each month's minutes are approved at the next month's meeting. To view the approved minutes of the 18 December 2013 meeting, click on the agenda for the 13 February meeting.

The Board papers are publicly available and staff are encouraged to read the papers put forward for the Board's and public information.

Let's Join Together for Better Care

support the rare gems in your community 



University of Otago, Christchurch and the New Zealand Organisation for Rare Disorders invite you to join us for a lecture on the latest research developments in rare disorders.

Featuring:

Professor Martin Kennedy

Geneticist, University of Otago, Christchurch.

John Forman

Executive Director, NZ Organisation for Rare Diseases.

Caroline Wagteveld McKenzie

Cystic Fibrosis Association.

6pm - 7.30pm Friday 28th February

University of Otago Christchurch

2 Riccarton Ave. All welcome. FREE.

Gold coin, or other donation towards NZ Organisation for Rare Disorders most welcome. Please visit nzord.org.nz



Patients an inspiration for win

Burwood Hospital Spinal Unit Physiotherapist, Brendon Vercoe, says he drew inspiration from his patients for his win in the open men's two-day individual section of the Coast to Coast.

The event traverses the South Island from Kumara Beach on the West Coast, to Sumner Beach in Christchurch. Competitors cycle 140 kms, run 36 km (including a 33 km mountain stage that crosses the Southern Alps) and kayak 67kms of the Waimakiriri River. "It was a tough race, no doubt about it," says Brendon.

"But the strength and determination that spinal unit patients show in their rehabilitation at a time of great adversity in their lives is something I drew a lot of inspiration from. I wanted to make them proud."

Brendon managed to get an early lead but had a difficult moment in the mountain run, near Goat Pass hut.

"I slipped, jumping from one large boulder to another, and fell a metre onto my back in thigh-high water. I was drenched and I hurt my back and started cramping up. It was quite difficult to get up and get going again," he says.

Brendon competed in the Coast to Coast in 2011 and came in eighth. His goal this time was to be in the top five. To prepare, he built his training up to about 20 hours a week over nine months.

Brendon claimed overall honours on Friday's first stages between Kumara and Klondyke, and maintained his pace on Saturday to claim the title.

He was "really stoked" to win in a time of 12hr 49min 26sec and wishes to say a 'huge thank you' to his patients and colleagues for their "incredible support".

"It has been quite humbling."



Physiotherapist, Brendon Vercoe, competing in the Coast to Coast.



Brendon Vercoe being interviewed by media about his win.

On the third anniversary of the February 2011 earthquakes, Cantabrians will once again have the opportunity to share their experiences and hopes for the future as part of the River of Flowers commemoration.

On Saturday 22 February 2014 up to 15 River of Flower sites will be set up along the Avon, Heathcote and Liffey rivers, and at the estuary.

The sites will be open from 8am to 8pm, and will be hosted by local community groups between 12.30 - 1.30pm. Throughout the day people are able to throw flowers into a waterway and write messages on a Tree of Hope.



At 12.51 two minutes silence will be held.

[Read more here.](#)

View the [River of Flowers map](#) for information on each of the sites

Measles – printable resources for primary care, after-hours clinics and Emergency Departments

Between late December 2013 and 13 February 2014 there were 33 confirmed measles cases in New Zealand, all linked to overseas travel, particularly to and from the Philippines. To date, cases have been confirmed in Auckland, Wellington and the Bay of Plenty/Lakes.

The Ministry of Health would like to thank public health and primary care services for their considerable effort in preventing the further spread of measles.

The Ministry has developed some printable resources for primary care, after-hours clinics and Emergency Departments in your region.

These resources include:

- a simple resource for travellers that can be printed as a poster and displayed, for example, in clinic waiting rooms
- a resource for health professionals describing measles symptoms and actions required if measles is suspected
- an alert poster that can be displayed at clinic entrances and reception desks

These resources are available here - <http://www.health.govt.nz/our-work/diseases-and-conditions/measles-information-health-professionals>

Further information on measles is available on the Ministry website www.health.govt.nz/measles, and www.health.govt.nz/news-media/media-releases

Further advice for travellers is available on the safe travel website www.safetravel.govt.nz

Chaplaincy appointment

Patrick Butterworth has been appointed to the role of National Manager, Inter Church Council for Hospital Chaplaincy.

Patrick was born in Yorkshire. He served with the British Army and the New Zealand Defence Force. He has been a New Zealand citizen since 2008. His experience includes operational planning, disaster relief, budget management, diplomatic negotiation and team building.

Recently, he has been a project and programme manager, leading a team in the development of plans and business cases for the delivery of new decision-making and knowledge management systems to Defence.

His roles have included: account manager, mentor to senior management, welfare coordinator and equal opportunities advisor.



Patrick Butterworth



This week sees the launch of the International Communication Project 2014. This is a year long advocacy campaign led by six global speech and language therapy associations to raise awareness about communication and swallowing disorders around the world.

Communication is the most fundamental of human capacities. People need to be able to communicate to fulfill their social, educational, emotional and vocational potential. The World Health Organization's [World Report on Disability](#) estimates that roughly one billion people around the world are living with some form of disability; however, even the authors of the report acknowledge that people with communication disabilities may not be included in this estimate, despite encountering significant difficulties in their daily lives.

Barriers to communication impair a person's ability to:

- relate to and interact with others;
- understand;
- learn, share and apply knowledge;
- achieve and maintain good physical and mental health;
- participate appropriately and safely in purposeful occupations and/or leisure activities; and
- have fair access to the justice system and other public services.

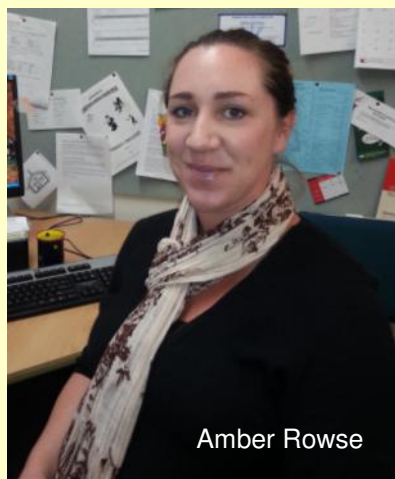
The opportunity to communicate is a basic human right. Everybody has the potential to communicate. Speech and language therapists believe that people with communication disabilities should have access to the support they need to realise their full potential.

To show your support for Speech Language Therapy and people all over Christchurch and around the world, visit: <http://www.communication2014.com/get-involved/sign-the-pledge/> and sign our pledge. You can also download great social media tools to show your online support and boost the awareness of those who can't do it themselves.

This week Christchurch Hospital SLTs will be tuning in to support the online launch of the ICP and some will attend the New Zealand launch in April at Te Papa.

[For more information click here.](#)





Amber Rowse

What does your job involve?

The South Island Eating Disorders Service is the regional specialist provider of eating disorders services across the South Island. Besides offering treatment to those aged 12 to 65 years we provide teaching, training and consultation about eating disorders throughout the South Island.

We are based at The Princess Margaret Hospital and have an inpatient unit and outpatient services. I assess and treat individuals with eating disorders across both inpatient and outpatient services.

The majority of my time is spent working with adults, developing psychological formulations and doing individual psychological treatment.

Why did you choose to work in this field?

I find the area of eating disorders particularly interesting and challenging, as there are such varied presentations within one area. I like the fact that the majority of my role is doing psychological treatment, rather than a sole 'case management' focus.

What do you love about it?

I like being able to work across different age ranges and to be able to work within a team that has such a broad psychological focus. I also love that it is an area where patients can recover.

What are the challenging bits?

Understanding the various medical risks associated with eating disorders certainly makes for a steep learning curve - it is certainly not something which is covered in clinical psychology training.

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

I admire our whole Multi Disciplinary Team (sounds cheesy I know), but it's so nice working alongside such a fantastic group of professionals who all have such a depth of knowledge and expertise in the various roles they are in.

The last book I read was... Desert Flower

If I could be anywhere in the world right now it would be – Sri Lanka

My ultimate Sunday would involve – Strolling along the beach with my dog in the sunshine

One food I really dislike is... Our patients are allowed three dislikes but if I can only pick one, it is cucumber.

My favourite music is... Anything really (except classical).

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



Latest Medication Safety Watch from Health Quality & Safety Commission

[Click here to view.](#)

To support the Crusaders for the first game of the Super Rugby season, Site Redevelopment Unit Construction Project Managers, Tim Timmy Fahy (left) and Bruce Big Boy Hellyer show what true commitment means.



New Look for Pharmacy Services Intranet Site

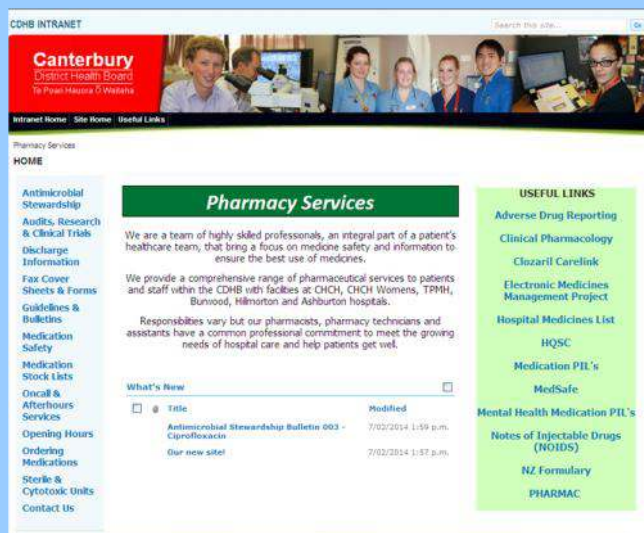
The Pharmacy Services Intranet site has been updated with a fresh look and layout.

Please update your link and have a look at the new website at <http://cdhbintranet/medicalandsurgical/pharmacyservices/SitePages/Home.aspx>

The links from the CDHB intranet home page remain the same.

From the intranet home page:

- On the clinical resources tool bar – Pharmacy
- Via Quick Links - Clinical Information and Services – Internal Resources – Pharmacy Intranet website
- Via Our Organisation – view Departments: - Pharmacy Department



New Child Health Educator intranet site

A new Child Health Educator CDHB intranet site has been created - <http://cdhbintranet/womensandchildrenshealth/childHealthNurseEducation/SitePages/Home.aspx>.

The site has been developed for nurses working in Child Health or who work with children from outside the Child Health division.

Nurses can use the site to access information about education, self directed learning and changes in practice relating to Child Health.

Keep an eye on the education calendar for regular and one-off study days and conferences both within and outside the CDHB.

Journal articles will be posted each month, which staff can read prior to attending journal club on the last Friday of the month.

Also, check out the useful links to external websites, the Hot Tips newsletter and the self directed learning packages.

If you have any suggestions or comments about the new site contact Becky Conway, Child Health Nurse Educator - becky.conway@cdhb.health.nz



Issue 7 [6 January - 16 February 2014]

[In the first issue of the Open for better care newsletter for 2014:](#)

Working with consumers
Clinician story from Dr Don Mackie
Webinar 4: surgical skin preparation

[Read the full newsletter](#)



[Partners in care show and tell symposium](#)

Save the date for the Health Quality & Safety Commission's partners in care show and tell symposium—14 April 2014.

For information download the symposium flyer from the [Commission's website](#), or register your interest in attending by [emailing Laura Warwick](#).

Mindfulness helps mental wellbeing

Do you ever feel like you are so busy worrying about stuff that you forget to enjoy life?

Much of our unhappiness in life comes from getting caught up in our heads with thoughts and worries about the past, present and future.

CDHB Psychiatrist, Gerald Johnstone, says people in the Western World have a strong tendency to inhabit their minds, thinking and emotions much more than they inhabit their body and senses.

"The left hemisphere of the brain, if left to its own devices, provides a running commentary of self talk which starts from the minute we wake to the minute we fall asleep," he says.

This running commentary is frequently focused on reviewing (and often regretting) the past, or on attempting to plan and problem solve things that may go wrong in the future.

We tend to take our thinking very seriously and are not good at recognising how often the stories we make up to explain things are wrong, and based on false assumptions.

"We tend to blindly believe the information our brain gives us. It becomes a self fulfilling prophecy of the most unhelpful kind," he says.

The practice of mindfulness is a proven way to help manage stress and promote mental wellbeing. In response to your feedback from the Staff and Family Wellbeing Survey in 2012, mindfulness practice sessions are now available for CDHB Staff. Currently these are CD guided sessions.

Mindfulness practice can help with the management of depression and anxiety and develops better coping skills to deal with these conditions.

It allows individuals to be less reactive to day to day stresses by developing the ability to insert a pause between a thought or a feeling and an action, which has been demonstrated to be pivotal in developing more healthy ways of being.

The sessions involve participants sitting for 20 minutes, practicing holding their attention on one aspect of their present experience, noticing distractions when they arise, and then returning their attention to the object of attention.

There is evidence that regular mindfulness-based practice also helps maintain memory, reduces hospital admissions, aids sleep, lowers blood pressure and reduces self reported loneliness. Among many other reported benefits, practitioners report improved spiritual, mental and physical wellbeing and resilience.

For information on session times and venues go to the [Staff Wellbeing Programme](#) intranet page.

Staff Wellbeing Programme

New Staff Wellbeing Programme intranet page!!

<http://cdhbintranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Most wellbeing initiatives have now restarted - including Yoga, Pilates, Zumba, mindfulness.

Pilates at TPMH – Tuesdays 1200-1300hrs

Due to low numbers this class is about to be cancelled – so if you're thinking about trying Pilates please contact the instructor asap. Lisa Young the.youngsters@ihug.co.nz or 021 228 8590

Finance/Retirement/Buying a home seminars

2014 seminars start on 25 February – register now by emailing richie_owen@westpac.co.nz (minimum of 10 registrations required for seminars to run) – see new staff wellbeing intranet page for more information

CDHB Earthquake Support Coordination Service—see page 17 for more information

We have two Earthquake Support Coordinators (ESC) dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc. Contact an ESC directly on **371 5598** or visit the new [Staff Wellbeing Programme](#) intranet page for more information.

New Walk n Workout groups—see page 16 for more information

Starting first week of March at Burwood, CHCH Campus and TPMH – 30 minutes of walking and other light exercises. More information on the Staff Wellbeing intranet page or by contacting Kris kris.tynan@xtra.co.nz

Weight Watchers at Work—see page 18 for more information

New 13 week series starts this week – it's not too late to join!!

Coming soon – Tracksuit-inc web-based wellbeing solution for all staff/family members





120313 - Application Test Team Leader

120756 - ED Clerical Officer (x2)

121107-Clerical Officer

120965 - Nurse Educator - Oncology/Haematology

120846-Registered Nurse Radiology

[Click here to see more opportunities on the careers website](#)

Expressions of interest - Fixed Term Part Time Clinical Psychologist role based in Clinical Haematology

This is an exciting opportunity to work in a close knit team in the specialist area of Haematology.

You will have excellent collegial support working with a highly skilled and committed team.

This is a fixed term position from 1 March through to 31 December 2016 inclusive.

It comprises 12 hours per week (0.3FTE) and there is some flexibility around actual days worked

This is an unique opportunity to gain experience and work in this specialised area.

If you would like more information contact Lois Surgenor lois.surgenor@otago.ac.nz or Jane Trolove jane.trolove@cdhb.health.co.nz

Expressions of Interest with current CV to Jane Trolove by 1 March 2014

CDHB Consumer Council – Established 2008 – *“Nothing about us, without us”*

Key Messages from the CDHB Consumer Council

1. Committed to aligning ourselves with the CDHB Annual Plan and being pro-active when looking at focus areas for 2014.
2. Continue to actively support growing the Consumer network.
3. On-going training is being investigated to ensure the effectiveness of consumer representatives.

If you are looking for consumer involvement/participation for your projects, working groups or work streams please contact Wayne.turp@cdhb.health.nz; Phone 364 4130 for assistance.

Spotlight on Your Development



The Learning & Development Team has crafted some great courses to support you in the workplace. Read what some of our recent participants have to say:



Interpersonal Dynamics for Leaders

Paula Mason: Clinical Nurse Manager, West Coast

What inspired you to do this course?

I am working in an area that has historically not had strong leadership so I saw a challenge in how I could affect positive change in my work place and the strong need for staff to develop trust and confidence in me as their leader. My desire to improve my leadership skills, understand my personality style and improve my performance as a manager/leader. The facilitator has a great reputation and ability to extend a person's comfort zones.

What did you value the most?

The 360 feedback, learning how to give and receive effective feedback, gaining the understanding of how people perceived me, group time and reflection time. As we all work in very busy environments we often forget to allow reflection time and "me" time which can enhance our practise.

How has it changed the way you work?

I give myself reflection time regularly which allows the rest of the team to catch up with me. I have started to use reflection and feedback sessions with staffing issues/performance management with good results.

Why should a colleague do this course?

I think it is a very empowering, challenging and at times uncomfortable course to do that will extend you, improve your performance and make you a more effective leader. In a nut shell, it teaches you about yourself and how to get the best out of your staff, a win/win situation.



Tikanga Maori

Elizabeth Riches: Administration Team Leader

What inspired you to do this course?

I have lived and worked in New Zealand now for over 2 years. I have tried to immerse myself in as many aspects of New Zealand culture as I can however I had not been given the opportunity to find out more about Maori culture and beliefs. When I saw the Tikanga Maori course advertised in the L&D calendar I jumped at the chance to participate.

What did you value the most?

I learnt such a lot from one afternoon on the Marae. I was given great insight into Maori traditions, language and beliefs. The Marae itself was beautiful and I was fascinated by the history and the language. My most significant learning was about Tapu in Maori culture. This was something I had never heard of before I attended this course.

How has it changed the way you work?

I work with people from all over the world in my department and people from many different cultures bring their children in to be seen by our Paediatricians. This course has given me a deeper understanding of the Maori culture and what might be deemed as respectful and what is not. I now feel very confident in how I speak to people from a Maori culture and my respect for these people has deepened since the course.

Why should a colleague do this course?

This course is designed to open up understanding of New Zealand's Maori culture. I would recommend this course to anyone who wants to learn more about this ancient culture and the shared history of New Zealand. Whether you are from New Zealand or from abroad, it is a wonderful course that will inspire you to think differently about yourself and others both in the workplace and outside of work.

The Development Calendar is for ALL staff – check out the HR intranet home page to search our courses.

Need frequent rescue from your uncontrolled Asthma?

Local doctors are looking for patients with uncontrolled asthma to help evaluate an investigational drug.

Local doctors are currently conducting the LAVOLTA II research study for patients who are unable to control their asthma, despite the use of conventional asthma controller medication. They want to evaluate an investigational asthma drug to see if it can help better control asthma symptoms.

If you've been medically diagnosed with asthma and are having difficulty controlling your symptoms, even with conventional asthma controller medications, please consider learning more about this study.

To be considered for a screening visit, you must:

- Be between 18 and 75 years of age.
- Have received an asthma diagnosis at least one year ago.
- Be taking an Inhaled Corticosteroid and a second asthma controller medication for the last six months, with no dose changes to these medications in the four weeks prior to the study.
- Have asthma that is not controlled by these medications.

Reimbursement for time and travel may be provided.

To learn more, please contact Canty Respiratory Research Group 03 364 1157.



Arthritis New Zealand 2014 research grants funding now open

The closing date is 31 March 2014

Arthritis New Zealand Research priorities include:

Epidemiology. We are lacking information on New Zealand disease prevalence and impact – particularly for osteoarthritis, rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, juvenile idiopathic arthritis, lupus and fibromyalgia. We have supported some current research on gout prevalence – this will remain a priority.

Multi-disciplinary management of arthritis

This priority covers innovative approaches in the management of arthritis and can include self-management programmes, physiotherapy, podiatry, pharmacologic interventions, complementary medicine and other areas.

Restoration of joint structure and function

This priority is strongly aligned with the current trends in regenerative medicine and cover clinical and basic science studies.

The guidelines and application form are attached along with the advertisement for the Arthritis Research Grants.

Arthritis New Zealand summer scholarship projects will be requested in June.

For questions regarding Arthritis New Zealand research grant applications please contact our administrator – Navjeet Kaur navjeet.kaur@arthritis.org.nz.

[Research grant information](#)

[Research guidelines and application form](#)

Walk n' Workout



*You know it's good for you, you know you feel better for it and
you know it's relatively easy, so read on...*

I'm inviting the unfit among you to get out at lunchtime for 30
minutes on a 5 week 'kickstart' course

- Burwood-Monday's 12.30 starting March 3rd
- CHCH Campus-Tuesday's 12.30 starting March 4th
- PMH-Wednesday's 12.30 starting March 5th

Clear brain fog ★ Boost your mood ★ Move your body

WHAT do I WEAR? WHAT do I BRING?

Comfortable walking shoes/trainers. A water bottle. Jacket if it looks like rain.

COST

\$25 for the 5 week course payable up front (on the first day)

Minimum numbers of 10 are required to run this course so please register your
place by emailing kris.tynan@xtra.co.nz

If you would like further information please don't hesitate to email me.

Kris



Need help with Earthquake Issues?



Free Earthquake Support Coordination Service

Earthquake Support Coordinators are available to help people and their families directly affected by the Canterbury earthquakes.

Earthquake Support Coordinators can:

- Support you to work out what needs to be done for you, your family and/or a family member and make a plan
- Provide relevant information
- Support connection with relevant services
- Coordinate meetings between you and the experts.

They can meet with you anywhere you choose - your home, workplace or ...

They can connect you to services that provide (but are not limited to):

- Legal, EQC and insurance help
- Repairs
- Accommodation assistance
- Counselling support and social services
- Financial assistance or information
- Health services
- Winter heating advice
- School or childcare support
- Translation services
- Environmental and infrastructure information.

The support provided is based on your individual circumstances.

**Free Service
for CDHB Staff
and their
Families.**

For advice or to request an Earthquake Support Coordinator,

Call: (03) 371 5598

After hours assistance available

or
Email: earthquake.support@richmond.org.nz



***New 13 week series begins on the
week of 18th February 2014
Benefit from the new programme
'Simple Start'***

*Weight Watchers 360° was introduced in 2013,
a plan that makes healthy living become second nature
Weight Watchers at Work members will have access to eTools; the
online companion to meetings and free phone App!*

NOTE: To run at each location a minimum of 12 is required. Please email your
contact person below to secure your place ASAP.

For More Information Contact:

Christchurch Campus	Michelle Paenga	x 86571	Michelle.Paenga@cdhb.health.nz Wednesday 19 th February to 14 th May 4.30pm
Hillmorton	Sharryn Sunbeam	x 33933	Sharryn.Sunbeam@cdhb.health.nz Wednesday 26 th February to 21 st May 12.30pm
Burwood	Dale Baillie	x 99827	Dale.Baillie@cdhb.health.nz Tuesday 18 th February to 13 th May 3.00pm
TPMH	Karyn Wallace	x 66330	Karyn.Wallace@cdhb.health.nz Thursday 20 th February to 15 th May 12.15pm

Price: \$232.70 per person

*The programme fee of \$232.70 can be paid in full to the Weight
Watchers leader at your first meeting.*

*Or you can arrange payment by direct debit (4 payments throughout the
13 week programme). This must be arranged at the first meeting so
you'll need to bring your bank details.*

*Due to additional administration/bank fees the total cost of the direct
debit option is \$249.15*



Friday
21 March
2014

Brydie's Ball

All funds
raised go to the
Brydie Lauder
Charitable Trust,
raising funds
for Paediatric
Neurology

Venue: Rydges Hotel, 30
Latimer Square, Christchurch
7.30pm till midnight
First drink complimentary,
supper supplied
Dress Code: Smart

Tickets \$65
Corporate tables of 10 available on
request
Pre-order via email:
info@brydielaudercharitabletrust.org.nz
Tickets limited
Entertainment:
Puree - playing live
Live Auction running through evening
MC: Chloe from Classic Hits

MAJOR SPONSORS:

LASERVISION
BY CLANC MERRIDGE



Arranging PRESTIGE



SPECTRUMPRINT

Ko Awhatea is proudly hosting a series of workshops by Dr. Lynne Maher

Designing for innovation and achieving sustainability



Dr. Lynne Maher

*Director of Innovation Ko Awhatea
Associate Honorary Professor of Nursing, The University of Auckland*

Lynne joined the Ko Awhatea team in June 2013. She has had an extensive health care career ranging from critical care nursing, operational and board posts at local and national level during which she has been highly influential in creating significant improvement in health systems. Lynne has previously worked in the NHS and has also supported health systems in Canada, Denmark, Sweden, Saudi Arabia and America in their efforts to achieve innovation and improvement.

For further information and registration click here



Date: 6th March 2014

Time: 1.00pm – 4.30 pm

Venue: Bevan Lecture Theatre, 7th Floor University of Otago School of Medicine.
Christchurch Hospital.

Registration fee: No charge

Programme:

- *Interprofessional Education and Simulation*
How important is IPE?
- *Simulation debriefing – examples in practice*

To register please contact: [Professional Development Unit.](#)

Canterbury
District Health Board
Te Poari Hauora Ō Waitaha



Older Persons Health Specialist Service Community Service Teams Education Day



Friday 14 March, 20 June or 17 October 2014

9am-4pm
The Cashmere Club, 50 Colombo Street
(or 88 Hunter Tce), Cashmere, Christchurch
www.cashmereclub.co.nz

To register, email
OPHSSEducationDay@cdhb.health.nz

Canterbury

District Health Board

Te Poari Hauora Ō Waitaha

This year's programme will provide professional registered staff working with older people updates on a range of treatment options, resources and skills focusing on those working in the community

The programme will include updates on a range of topics including

- Heart Failure
- Sex & Older Adults
- Fatigue Management
- Polypharmacy
- Dysphagia & Diet Modification
- Healthpathways & interRAI

The programme will be repeated over three separate days.