



David Meates

ceo update

Friday 17 January 2014—Happy New Year!

Greetings and welcome back to those of you who have recently returned after the holidays. I hope you are managing to turn those New Year resolutions to reality, particularly if they involve improving your own health and wellbeing. If you've been working throughout – thank you for keeping things going. It's been a busy time for our health system on many fronts and that pace looks set to continue. It's heartening to see the positive feedback about our services that has continued to fill our mailbox over the break. The bouquets are worth a read on pages three to five.

2014 will be a year when we see tangible progress on a number of major projects:

Facilities

We will soon see the start of construction on our new facilities at Burwood and plans are progressing for the new acute services block on the Christchurch Health Campus.

There's plenty happening in our rural areas as well with new facility developments set to take shape in Kaikoura, Rangiora and Ashburton.

New technology

There are a large number of projects either underway or planned to start this year which will help improve the way we provide care. These include a new Patient Administration System, eMEDS the new electronic medication system aimed to improve patient safety. We also anticipate that other South Island DHBs will join the Health Connect South (HCS) single patient record.

Work will also start on a new patient portal where patients will have access to their health information. The roll-out of Windows 7 over the next few months is a crucial piece of work that ensures that our networks remain secure and that the patient information we hold is safe.

There will also be big changes to the way that most clinical staff access computer systems as we roll out technology to dramatically speed up login times. We expect that this will significantly improve clinical efficiency.

During the first half of the year we look forward to the extended provision of staff Wi-Fi and improved patient internet access. This will significantly reduce the need for 3G internet access.

Priorities

Patient safety remains top of our agenda. It's our core business and there are a range of new initiatives planned this year to improve the quality and safety of care.

Health Targets provide an important snapshot of how we are doing and we expect to see continued improvement in these results.

We are of course, expected to **live within our means** and we will continue to invest in programmes that help us improve the health of Cantabrians in smarter, more efficient ways...*continues on the following page.*



Above: Work is underway at Burwood Hospital.

Other priorities include providing **services closer to home** to support people to remain independent; **saving the time patients spend waiting** and **supporting older people and those with complex conditions** who need health care in a range of settings.

We will achieve these goals with a continued emphasis on a whole of system approach and the power of our alliances and networks.

Initiatives aimed at **improving the quality of care** and ways to **standardise the way we work** also feature prominently on this year's agenda.

Budgets and the **Annual Planning** process are also well underway with tight deadlines so please make these a priority if this is something you are responsible for.

These are some of the things that matter most in 2014. I will be talking about these projects in more detail over the coming weeks.

All about you

If you've been a bit reluctant or haven't managed to find the time to take part in some of the 'Something for You' health and fitness programmes, why not check out what's on offer on page 13 and make 2014 the year you step out and try something new.

Take care
David Meates
Chief executive

Friday's Fast Facilities Facts

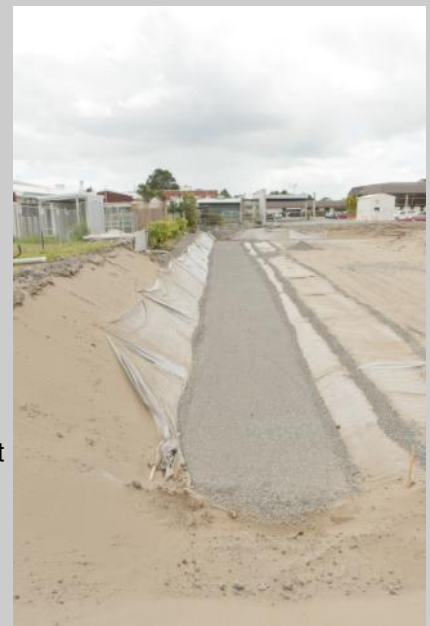
User Groups: If you want to know what progress the user groups have made, their latest updates are available on the staff intranet:

<http://cdhbintranet/corporate/FacilitiesDevelopmentProject/SitePages/Home.aspx>

Friday's fast facts – Burwood

Detailed Design is almost complete (which means we know the final layout of the rooms and can specify where the doors, windows, pipes and drains, cabling, lighting etc are to go), with only minor elements still to be signed off. The next round of User Group meetings will get underway soon so that this work can be completed.

On site, the ground preparation continues. Gravel areas have been laid out ahead of the concrete foundations being constructed. Most of the trees that need to come down have been removed (please note that good specimen trees are being preserved if they are not in the building footprint or in the areas needed for site works).



Planning now moves into the Furniture, Fittings and Equipment (FF&E) stage, in which specific types of fittings and equipment are decided upon.

Different types of floor coverings are being considered. While the primary focus will always be on implementing initiatives to prevent patient falls, impact absorbent floor coverings have been suggested for their ability to mitigate the severity of the resultant injury if a patient falls. A decision on which types of floor covering to use has to take into account technical/construction, durability/ usability/cleaning issues as well as clinical suitability and cost. This discussion is still underway and user groups have also been consulted... *Continues on the following page.*

Three different types of impact absorbent flooring are currently being trialled in the Assessment, Treatment and Rehabilitation (AT&R) wards at TPMH. If one of these ticks all the boxes, impact absorbent flooring may be used in some areas of the new build, for example around beds.

CDHB photographers continue to capture the changing landscape at Burwood. See more images on the CDHB intranet and remember if you have an image of the construction that you would like to share, email it to the Facilities Development Project team at itsallhappening@cdhb.health.nz

Friday's fast facts – Christchurch

User groups will start meeting again towards the end of January. Meetings are planned on a fortnightly cycle.

The Preliminary Design stage of the project will go through to the end of February with Developed Design expected, at this stage, to start in March.

The Lean Pharmacy Group is meeting at the Design Lab to work on concepts for the medication rooms.

Site infrastructure teams responsible for different plant elements are finishing their review of the Preliminary Design.

Friday's fast facts – Design Lab

Thank you to all staff who have taken time out of their schedules to visit the admin workspaces mock-up at the Design Lab. Particular thanks to everyone who has also taken the time to give their feedback on the proposed workspaces. We are busy evaluating the feedback and it will be used to inform the next stages of the workspaces project.

Bouquets

Paula and Mike, General Medical Cluster, Christchurch Hospital

Thank you for presenting at our study days on the 12 March, 29 May, 25 June, 6 August, 5 September and 13 November this year. Over these six days 120 nurses who work within Christchurch Hospital attended. Without contributions from people such as you, these days would not be possible.

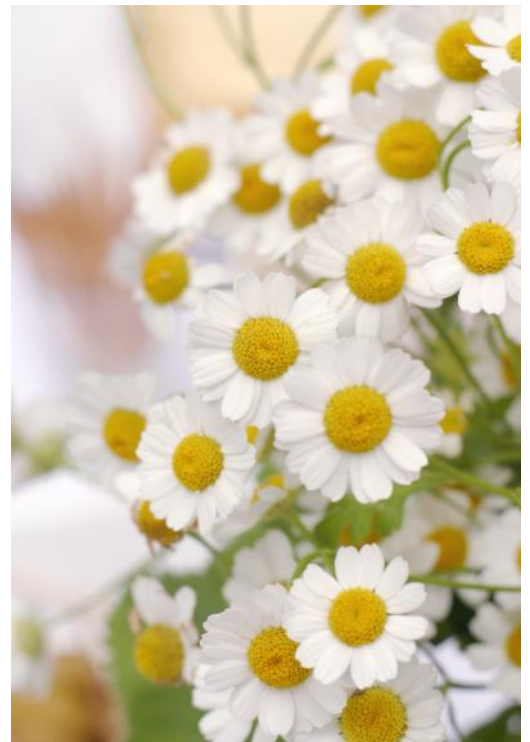
The comments and feedback from these days has been very positive overall, and this reflects the quality and professionalism of all the presenters, of which you were a significant part.

Your presentation on "Emergency Procedure Training" was very well received with an overall rating of 4.7 / 5. Again, thank you for sharing your knowledge and expertise with us, this provided a great learning opportunity for nursing staff. I have included some of the feedback from the participants in provided on the study day evaluations for your interest:

- *Very informative*
- *Good content relevant to our practice*
- *All the presentations are relevant to my practice*
- *Excellent I learned a lot*
- *Overall a very good day*

Christchurch Hospital – Emergency Department

I brought my daughter into the Emergency Department.... I found all the staff to be incredibly caring and helpful and in particular Claire Dillon the Doctor who looked after her. She was so very efficient, concerned, caring and all the possible complimentary adjectives that can be used. My daughter has on-going issues, but I found Claire to be non-judgemental and very helpful. My daughter has taken on board what Claire had to say to her and for the first time in a long time is making some progress towards getting well again. There will be hiccups along the way but I do appreciate so much Claire's honesty and concern that night. Please pass on to her our gratitude. She is a wonderful Doctor.



A letter to the staff of Christchurch Hospital

Early in the morning of 4 November, our daughter and sister Heather Rhodes was admitted to your hospital with leg, spinal and head injuries sustained in a 300 metre fall in the Arrowsmith Range. She remained with you until 9 December, when she was moved to Burwood Hospital.

Because it has been impossible to identify many of the people who contributed so significantly to the first, significant part of Heather's recovery, we now thank you through this newsletter.

On the day of Heather's admission, two surgeons, an anaesthetist and theatre staff worked for seven hours to repair her spinal, leg and heel injuries. She then spent ten days in the Intensive Care Unit before being moved to the Orthopaedic Trauma Unit (Ward 19).

We all visited Heather in one or both of these units at various times, and witnessed the highest standards of care and professionalism from nurses, nurse aides, security staff and doctors.

We are especially grateful that you made it possible for us and a few of Heather's closest friends to be with her at any time.

Heather's head injury made her a difficult patient. She needed and received constant supervision, demanding patience and endurance from nurse aides and nurses on eight hour shifts. That resources for this were made available at a time of financial stringency in health services reflects credit not only on those directly involved with Heather, but also on your hospital administration.

Heather has progressed wonderfully at Burwood and expects to be discharged in the next few weeks. We thank you all.

John & Ann Rhodes (Greytown), Colin Rhodes (Wellington), Marion Rhodes (Greta Valley), Janet Rhodes (Auckland), Cherloe Morgan (Sydney)

Maintenance Staff – The Princess Margaret Hospital

I would like to send a bouquet to the maintenance men on site at TPMH – Jason and Peter have done an outstanding job supporting the CAF (Child, Adolescents and Family) Inpatient unit to resolve an issue.... They are both professional and conducted themselves with a can do attitude and made a stressful situation manageable. We very much appreciate you both.

'Something for you' campaign

I would like to say thank you for all you have done with the 'Something for you' campaign. There is so much choice and it is nice that staff are able to 'look after themselves'. We typically look after ourselves last so this is great. I am looking forward to getting involved in programmes next year. Have a great Christmas and thank you once again. Regards, Jayne Erskine, Community Mental Health Nurse, Intellectual Disability Community Team, Hillmorton Hospital

Ward 17, Christchurch Hospital

With thanks to the staff on ward 17 including the charge nurse and clinical co-ordinator. RN Jo was one of the sweetest, kindest and most advocating nurses I have ever encountered. I went home a little earlier than she wanted but she had me thoroughly checked out by doctors to ensure I was safe and well enough. Thanks Jo for your care and respect of me.

Ward 17, Christchurch Hospital

I could not have asked for more wonderful care. Thank you all so much.

Surgical Assessment and Review Area (SARA), Christchurch Hospital

Thank you to my nurse that looked after me. She was wonderful. Thank you very much.

Ward 18, Christchurch Hospital

Thank you very much for the excellent care of my wife while here in your care. Couldn't have been better!

Acute Medical Assessment Unit (AMAU), Christchurch Hospital

My daughter recently spent a few days in AMAU. The care we had in this ward was absolutely fantastic. The staff were friendly and made us very welcome and we were very well looked after. Also they were very accommodating in their care of me as well. Just wanted to let you know about your fantastic staff in that unit.

AMAU, Christchurch Hospital

We were very pleased with all the care and attention Mum received. The staff were all superb, from A&E through to here in AMAU, including the ambulance staff.

Gastroenterology Department

Service was second to none. Very friendly and helpful staff who were confident and professional and I felt safe at all times.

BOPU (Plastics) Burwood Hospital

Very impressed with the staff and the procedure was quite painless. Everything was explained, which helped. My appointment was 0850 and I was seen at that time. No waiting. The staff were cheerful and helpful. Overall this has been a pleasant experience and top marks to all involved.

Plastics, Burwood Hospital

Wonderful care, expertise. Made to feel relaxed, confident. Special thanks to Stuart Sinclair.

Eye Clinic, Ward 11, Christchurch Hospital

Once again I have been so well looked after by a lovely bunch of nurses and doctors. Our health system is brilliant! Thank you.

Ward 12, Food services, Christchurch Hospital

Just wanted to say how much I appreciate the service and quality of the food. Lovely choices, ladies and gentlemen who serve us the food are really nice and caring. Meals are a good size and variety to choose from and taste good. Thank you to all involved in preparation and delivery to us, the patients.

Matt from the Computer Service Desk

I would like to show my appreciation to Matt at the computer help desk. I came back to some major paperwork after Christmas and my computer was decommissioned! Matt luckily was able to save the day by working out how to get it going again. Thank you very much Matt and the team at the help desk, I have always found you incredibly helpful and easy to work with.

*Katrina Falconer Beach
Whakatata House*

Ashburton Hospital

I would like to say thank you to the medical staff, particularly the doctor who attended to me when I arrived by ambulance from Rakaia. I'm certain that you know that without your accurate diagnosis of my condition —Aortic Dissection. I wouldn't be standing here writing this and spending another Christmas with my family, you saved my life. Thank you. A huge thank you to the nursing staff for your wonderful treatment of my family. Your understanding, empathy and support provided them the courage they need to face the truth and possible sad outcomes.

Ashburton Hospital and District Nurses

I came in about 4pm on 26 December with a blocked bladder, clotted from bleeding. Local staff tried to fit a catheter and then sent me on to Christchurch where this procedure was completed. I have been totally impressed with the backup service I have received from the District Nurses. I was also impressed with the way all my medical records were available online wherever I was being attended to, as it was of help to the medical staff.

Ashburton Maternity

Thank you very much for the wonderful care, advice and support you gave us on the birth of Flynn. It was all greatly appreciated. We have come a long way. Flynn is now nine weeks old and is giving us lots of smiles and enjoyment. Thanks again for your wonderful care and support, you guys should be very proud of yourselves.

Annette and the wonderful team at Ashburton Maternity,

Thank you for all your wonderful support! We are all doing great.

Canterbury Regional Forensic Service

I wish to thank you so much for your telephone calls keeping me informed over the many months my son was in Te Whare Manaaki. Your caring and inspiring words was much appreciated.

We, as a family really want to thank you and all of the staff that cared for my son. You all are such dedicated and caring professional people. It is really wonderful to see how far he has progressed.

We wish you all a very Merry Christmas and a Very Happy New Year.

Family member of a consumer of the Canterbury Regional Forensic Service

K1 Ward, The Princess Margaret Hospital

To the staff of K1, just a little note to say thank you once again for the loving, compassionate care that you all gave our father....during his last week of life. He would have loved your ward. He believed in treating others despite what they were experiencing with respect. Respectful consideration is what Dad received in K1. We felt welcome and valued as guests at your place....We cannot rate you all highly enough....

Taking up the challenge with Appetite for Life

It's the traditional time of year for weight loss inspiration.

If you are looking for motivation to lose weight and get healthy this year have a read of the following two success stories from people who took part in Appetite for Life (AFL). AFL is a six-week weight management and healthy lifestyle programme designed for people who are fed up with the dieting process and want to have a normal relationship with food.

The first was sent to AFL Facilitators, Jen Brandt and Kelsey Moore:

"I just wanted to thank you for presenting such an inspiring course. AFL has been life changing for me. I have now managed to maintain my weight at 60.5kgs for several months. I lost 14.4kg and I attribute this solely to the skills and knowledge I learned at the programme you presented.

Traditionally I have yo-yoed in weight through bad dietary habits, but AFL taught me to eat the right foods. I completed the Spring Challenge in Queenstown which I never would have achieved before. I run, swim and bike regularly.

Thank you for such an inspiring course. "

The second is from a woman who enrolled with AFL in 2012 because of health concerns. She weighed 100kg and was experiencing shortness of breath, muscle pain, tiredness, and mood swings. She was overeating, including eating a lot of "junk food".

The woman enrolled in April and says that month was a turning point in her life.

"I must admit it wasn't an easy one. But with hard work, discipline, motivation, commitment, family, peer and professional support and most of all a goal, I succeeded!"

The thought of the pain she had experienced before and wanting to have a healthy lifestyle for her family kept her motivated. Her weight dropped to 68kg and she has maintained the weight loss for over a year.

"I feel great".

Anyone interested in the AFL programme can contact: Lorraine Young 03 3757192 or go to www.appetiteforlife.org.nz



South Island Alliance – 2013 Highlights

The South Island Alliance brings together the region's five DHBs to work collaboratively toward a sustainable South Island health and disability system that is *best for people*.

In the 2013 calendar year, it has rolled out a number of programmes and set a number of policies to support each DHB toward the following revised vision; to keep people well and provide equitable and timely access to safe, effective, high-quality services, as close to people's homes as possible....[click here to read the full South Island Alliance update.](#)

Major upgrade of the Health Connect South programme (HCS) in 2014

Clinical Portal 8 will be released beginning of March 2014. It will bring a completely new-look User Interface that is based on the feedback received from those who use the system regularly.

The main difference you will notice about Portal 8 is a change to the menus but there is also a different looking field for the Home page and Patient Summary screen.

Some of the new features:

- Important Clinical Notices more easily accessible
- A new Help page containing reference guides and other training material
- Most of the items can be seen at the same time. No longer need to hover over the menu and scroll to the appropriate item.
- A menu that stays expanded unless you close it
- More space in the Patient Summary screen
- Tabs to present the patient record as a file
- Applications in Patient Context grouped in logical categories
- ESCR data displays in its own tab

More details will be communicated over the next few weeks and leading up to the upgrade.

Physiotherapist enters cricket hall of fame

A Physiotherapist is only the second New Zealander and fourth female player, to be inducted into the International Cricket Council Hall of Fame.

Known as New Zealand's finest female cricketer, Debbie Hockley, who works as a casual physiotherapist at The Princess Margaret Hospital (TPMH), and also works at the Artificial Limb Centre, was given the honour on January 4. The only other New Zealander to receive this award was another Cantabrian, Sir Richard Hadlee.

Debbie started playing club cricket when she was at primary school and first played for New Zealand when she was just 16 years old.

"I was lucky that when I started in club cricket four of the players in my team went on to become New Zealand representatives, so I had a good grounding," she said.

Debbie made her international debut in January 1979 against Australia in Melbourne. In a career spanning 22 years, she played 19 tests, scoring 1301 runs with four centuries and seven half-centuries and captained the New Zealand side on four occasions.

With her in-swing bowling, she took five test and 20 One Day International wickets. "I am very proud that my contributions to New Zealand cricket in the time I played has been deemed worthy of this honour," Debbie says.

The function was held on the opening day of the fifth and final Ashes test between Australia and England at the Sydney Cricket Ground and Debbie says the highlight for her was that her parents were able to accompany her.

"It was a fabulous experience."

"I would like to say thank you to all of the staff at CDHB who have supported and congratulated me. They have been fantastic and it's been so lovely to share my experience of the induction with them."

Debbie's induction can be seen on You Tube under ICC Hockley Induction.



Debbie Hockley, physiotherapist at TPMH is only the second New Zealander and fourth female player, to be inducted into the International Cricket Council Hall of Fame.

Donation of CD players for the K wards at TPMH

Kidzone @ St Mark's Presbyterian Church in Avonhead is a regular supporter of The Princess Margaret Hospital (TPMH).

The group has collected toiletries for people in the wards over the last few years. They also raise money each year for service projects by running Kidzone Cafes where donations are received from parish members. This year Rev Sandra Wright-Taylor, who is one of the ministers at St Mark's and is also the Ecumenical Chaplain for TPMH, shared a need for more CD players at the hospital with Kidzone.

When the group learnt that there was often a need for more CD players in the ward for patients use they had conversations with the OT staff in both wards. As a result six CD players were presented to the wards by some of the kids during the Christmas Celebration chapel service that morning (22 December).



Chaplaincy Assistant

Congratulations to Stuart Batty who is a Chaplaincy Assistant at TPMH and was awarded a Queens Service Medal in the New Years Honours.

"The Queen's Service Medal (QSM) Stuart Batty, for services to the community: A hospital chaplain's assistant, he has served on the boards of churches, hospitals, recreational and sporting groups and youth hostels.

Batty is a former Rotary district governor and has spent the past 35 years volunteering in the non-governmental (NGO) sector in New Zealand, Pacific countries and across Africa. He has co-ordinated several appeals including those related to the earthquakes in Canterbury and Haiti." Source: The Press.



Above: Adrian Buttimore

Former CDHB Dialysis Services Manager

Adrian Buttimore, a former long serving CDHB Dialysis Services Manager and now Living Kidney Donor Counsellor, has been awarded a New Year Honour.

Adrian was made an ONZM (Officers of the Order) in the New Year Honours for services to the treatment of kidney disease. Adrian has made a long standing contribution to the renal community for over 40 years and made a significant impact on renal services. He says he accepted the award with "mixed feelings".

"I stuck it in the drawer for a couple of weeks and thought about it because none of us work in isolation. I just tried to do a good job."

In the end he decided it would be "churlish" to decline it and felt accepting the award would give the dialysis service some recognition.

Nephrology Clinical Director, Nick Cross says he is delighted for Adrian.

"This is great and overdue recognition of Adrian's tremendous contribution to care of patients with kidney disease. I'd like to add the department's congratulations to him."

Adrian developed an interest in health when he began volunteering for St John at the age of 15 .He started work as a dialysis technician in Auckland in 1968 and moved to the newly established unit in Christchurch in 1970 where he eventually became manager of dialysis services at Christchurch Hospital. He held this position for more than 40 years.

Adrian says the best thing about working in health is "the patients and their families".

He is a strong advocate for dialysis technicians and has steered the founding of the New Zealand Board of Dialysis Practice. He was the driving force behind the development of standards of practice, career path development and certification for dialysis technicians in New Zealand.

Adrian has attended and presented at conferences at home and internationally on a regular basis. He was an inaugural member of the National Renal Advisory Board and inaugural Chairperson of the NZ Board of Dialysis Practice, he has also sat on government advisory/consultative committees related to renal care.

Adrian was a founding member of the Renal Society of Australasia, New Zealand Branch (previously The Dialysis Society of Australasia). He has supported, promoted and recruited for the society tirelessly since its inception.

Others in health who received New Year Honours were; Dr Tearikivao Maoate, for services to Pacific health (ONZM, Officers of the Order) and Priscilla Glasson, for services to health and the community (MNZM, Members of the Order).

Chorus gets high placing

Several health staff are members of the Christchurch City Chorus, Sweet

Adelines, which won a sixth place medal in a recent international competition.

It is the highest ranking of any Australasian chorus in the Sweet Adelines International Competition, which took place in Hawaii at the end of last year.

The chorus competed against others from the USA, Canada, the UK, Europe, Australia and Scandinavia. The choirs first compete regionally and the winners go on to compete in the international contest.

Edna Byron, a Neonatal Clinical Nurse Educator, who has been a member of the chorus for nine years, says it was a very tough competition and members were “ecstatically happy” with their result.

“We are the only Australasian chorus to have ever got into the top 10, let alone sixth. So it is groundbreaking.”

Health staff who are members of the chorus include (not all of these went to Hawaii)

- Community Services Registered Nurse, Catherine Balfour
- Neonatal Clinical Nurse Educator, Edna Byron
- Smokefree Manager, Vivien Daley
- Orthopaedic Referral Co-ordinator, Rose Davidson
- Occupational Therapist, Charlotte Gander
- Senior Cardiac Physiologist, Karen Harvey
- Canterbury Health Laboratories Quality Team Leader, Linda Henshaw
- Neonatal Service P.A, Pip O’Loughlin
- Child and Family Medical Officer, Penelope Rice-Wilson
- Medical Registrar, Sophie Mills (who has recently returned to the UK)
- Pathology Department Manager, University of Otago, Linda Kerr
- Project Manager, Kerry Stewart
- ED Nurse, Jane Haines,
- RMO Administrator, Cheryl Ferris,

Chorus members range in age from 18 to in their 70s. The Christchurch City Chorus’s ir final song pieces were “Get me to the Church on time”, “If Ever I would Leave You” and a compendium of “Hooked on Classics”.

The chorus is self-funded with regards to individual travel, accommodation, and membership costs but does fundraise. It performs concerts during the year and sing-outs at Christmas and was part of the opening of the new transitional cathedral.

The chorus supports charities, including the Charity Hospital and Christchurch City Mission.



ceo update *A minute with...Steven Muir,* **Medical Physicist**

What does your job involve?

A large part of the job is the annual testing of Radiology equipment to make sure it's giving appropriate amounts of radiation and giving the best quality images possible, and that staff are not being exposed to too much scattered radiation. I have written some software for the 3-D reconstruction of CT scans to make models for titanium cranioplasty implants, and also help with the design of plates and models for eye orbit reconstructions.

I have also been involved in a number of other development projects over the years including eye and finger movement research, developing software for the fm100 hue test in Ophthalmology Dept, measuring blood vessel volumes for Neurology Dept. I'm always interested in talking to other departments about developing software or widgets to make your life easier.

Why did you choose to work in this field?

A lot of technology seems to lead to poorer health (e.g. sitting in a car or playing electronic games). I prefer to apply technology to benefit the health of our society – it's more rewarding.

What do you love about it?

It's a constantly changing field so it's a good challenge figuring out how to test new pieces of equipment. I enjoy the puzzle-solving aspects of it all. Developing some new technique to make the health system function better is rewarding too.

What are the challenging bits?

Keeping up with the constant changes.

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

The guys in the workshop who can produce all manner of very precise metal work, and the interventional radiologists who manage to steer catheters, coils & stents around incredibly convoluted paths in the body.

The last book I read was...

Phil Pattermore "Am I my keepers brother?"

If I could be anywhere in the world right now it would be
Sea Kayaking the Abel Tasman

My ultimate Sunday would involve

Early bike ride around the Port Hills & playing some games with the kids, then a bit of time in my workshop making cargo bikes & bike trailers, finished off by a session on my guitar with some friends.

One food I really dislike is
Wasabi

My favourite music is...
Blues/folk/soul



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

Gerontology an exciting career path

Registered Nurses (RNs) at all stages of their career are reporting benefits from taking part in the Gerontology Acceleration Programme (GAP).

Wedzerai Matsheza, an RN on ward 1a at The Princess Margaret Hospital (TPMH), has had two clinical placements as part of GAP – one at Bishop Selwyn Lifecare and the other on ward 31, the acute stroke ward which recently relocated back to Christchurch Hospital. She is now on her third rotation back in her home ward.



“I gained a lot of valuable experience. Being there was the best way of learning because you are exposed to things you don’t normally do in your own ward,” she says.

Wedzerai, who graduated three years ago, had not worked in an acute setting before.

“I learnt a lot and my confidence was really boosted. I feel I have really grown as a nurse,” she says.

Vivienne Erikson, is a registered Nurse with 31 years experience in areas as diverse as psychiatric nursing and neonatal ICU, yet feels taking part in GAP was “really good for improving my skills”.

“I saw what I needed to do to be a better nurse,” she said.

Above: Wedzerai Matsheza

Taking part in GAP entails completing two clinical rotations in different work settings, as well as post graduate study. This is done with support from a mentor and continues throughout the third rotation, where the participant takes their new knowledge and experience “home” to their usual work area, and completes the second postgraduate paper. GAP participants also complete PDRP to “proficient;” level by the end of the programme.

Vivienne says the support she gained for the required study was very worthwhile.

“I hadn’t done study at that level for some time so it was a bit of a shock but with the support I received I passed my first paper.”

Nursing Director, Older People - Population Health, Kate Gibb, says Gerontology nursing has not always been seen as an interesting and challenging specialty.

“We’re hoping that the GAP will show nurses that this is an exciting career path which will offer them a great future in nursing.”

Planning is underway for expanding GAP in 2014 to offer more nurses the opportunity to participate across a wider range of clinical settings.

Applications for this year’s programme will be called for in February for RNs within Older Persons Health inpatient and community teams, and appropriate medical settings.

Do you want to:-

- Fast-track your nursing career?
- Enhance your practice in nursing older adults?
- Develop new nursing networks?
- Start postgraduate nursing study ?
- Access Mentorship?

The GAP programme consists of clinical rotation and postgraduate education opportunities to support personal, professional and academic development of RN’s working in gerontology care settings.

Calling for applications from interested nurses

If you are considering applying to be a part of the GAP programme, please contact:

Postgraduate Nursing Office:

Jenny Gardner- DDI:3378679 or ext 68679

jenny.gardner@cdhb.health.nz



Above: Vivienne Erikson

Popular builder retires

A familiar and popular face around Christchurch Hospital for the past three years is retiring. Builder, John Humphries who works for Fletchers Construction has become a valued and much loved figure around the hospital.



John first started on the hospital site following the February 2011 earthquakes doing emergency repairs. As the job changed from emergency works to remedial and repair, John's people skills quickly put him in areas of the hospital where there was heavy contact with hospital staff.

John has become a regular and much sought after commodity in the areas he looks after, including the parkside level two portacoms where he has made Lisa Bee in Orthopaedics and her team at home, various wards throughout riverside and parkside where he has remained until all loose ends are tied up and the Canterbury Health Laboratories where he spent a good number of weeks ensuring all ceiling hatches in the building were safely fastened.

Lisa Bee, Nurse Educator for Orthopaedics says that she will certainly miss John. "He has become extremely popular right around the hospital. I have already started the 'recruitment back' process for him." John has his own chair in the portacom and pops in for a quick cuppa and chat to the staff.

Mike Wheeler, Site Administrator for Fletchers Construction, says that John has frequently been called upon to do some of the less desirable jobs around the site, which he always accepts without a complaint.

"His many years of knowledge have given him the ability and ingenuity to get jobs done and he is a very resourceful tradesman. All those that have worked closely with John are very fortunate to be able to work with someone with his skills and they are richer for it.



John is a person who will always call a spade a spade and with his ability to relate to all people he has played a very important role and has related well to hospital staff. He is always happy to share a joke or a yarn and seems to have one for every occasion. He will be missed just as much for his friendliness and good humour as he will for his carpentry skills."

Rose Komen, Clinical Nurse Specialist for Orthopaedics made John her famous lemon cake for his retirement celebration, which was held this morning.

We wish John well in his retirement and hope that he visits to see the building progress at the hospital.

Acting Charge Nurse Manager, Ward 16/SARA

Welcome Di Haugh to the position of Acting Charge Nurse Manager Ward 16/SARA.

Di will continue in this role until November 2014.

Di has been Acting CNM in Ward 16/SARA for last few months. She has an extensive clinical background experience covering as Acting Charge Nurse Manager in Ward 16/SARA and a strong quality focus.

I'm sure you will join with me in welcoming and supporting Di into this role.

Nicky Graham
Surgical Nursing Director
Christchurch Hospital

Make the patient journey safer and win movie tickets

Please find five minutes of your time to complete the [Infection Prevention & Control Service Survey](#) and be in to win a pair of **Movie Tickets**.



Your participation will help make the patient journey safer. You'll find the survey here:

<https://www.surveymonkey.com/s/27CRJYC>

Grand Rounds

These will resume 21 February 2014.

Staff Wellbeing Programme

New Staff Wellbeing Programme intranet page!!

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

Wellbeing initiatives 2014

Unless other arrangements have been made with your instructor(s), Zumba, yoga, 30 minute walk 'n work-out, mindfulness, Weight Watchers at Work, and Pilates classes will resume on Monday 27th January (Weight Watchers resumes Monday 20th)

New instructors wanted

We are looking for new instructors for 2014

- Pilates instructor Burwood hospital
- Yoga instructor Hillmorton hospital (last week Jan - 1st week of March inclusive)
- Yoga instructor TPMH (ongoing)

If you're interested in running any of these sessions for your colleagues and you're a trained instructor (or you can suggest someone who is) please contact Lee Tuki

lee.tuki@cdhb.health.nz or 027 689 0285

CDHB Earthquake Support Coordination Service

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.



Get in the draw for free World Buskers Festival tickets

The [World Buskers Festival](#) starts today and to help you to get in the mood CDHB staff can go in the draw to win free tickets to the following performances:

- Buskers Burlesque - January 21 @ 10.15pm (2 double passes)
- Battle of the Bastards – January 20 @ 9.30pm (1 double pass)

Please email charlotte.robson@cdhb.health.nz and state which show you would like to go in the draw for. Entries will be accepted up until midday on the day of the show. Tickets must be collected from front reception at The Princess Margaret Hospital by 4pm on the day of the show. Good luck!



Windows 7 is coming to a PC near You

From April 2014, Microsoft will no longer provide security updates to your old Windows XP system and this will cause a significant risk to our network and clinical and corporate applications.

To address this, ISG is rolling out Windows 7, the latest system for desktops and laptops, department by department. Work is underway at Burwood Hospital and 'discovery investigations' are taking place at Hillmorton and The Princess Margaret Hospitals.

Please be aware that all corporate or clinical data stored on your hard drive will need to be moved to your H drive and all private data, pictures etc will need to be copied off onto a USB stick before the rollout. If you need assistance with this, please contact us.

We will be making contact with your department a few weeks prior to the rollout to discover what will be required, but if you are aware of any special requirements or issues, please contact us as soon as possible on ext 80999.

Introductory and Training material for Windows 7 and Office 2013 can be found on the ISG Training Intranet Site: <http://cdhbintranet/corporate/Supportandtraining/SitePages/Home.aspx>

This is accessible from the CDHB Intranet.



Information Services Group

CDHB partners with Wellnz

The Canterbury DHB is a member of the Accredited Employers Programme and works as an agent of ACC for the management and rehabilitation of employees' work related accidents and provision of entitlements under the Injury Prevention, Rehabilitation and Compensation Act 2001. Benefits include the opportunity for more effective rehabilitation of injured employees, greater ownership of injury prevention, and a financial return that can be redirected to health services.

To assist with the management of the programme, the DHB has contracted a Third Party Administrator called Wellnz. Their role includes registering and administering claims, and monthly reporting to ACC.

Information on entitlements, rehabilitation and return to work, and the review process is available on the Health and Safety intranet site located under Human Resources or by contacting the Occupational Health and safety Help Desk ring 68800 or email hrss@cdhb.health.nz



Maternity Information Systems Programme

Maternity Information Update: Issue 2

A new way of collecting, sharing and viewing maternity and neonatal data is being developed that will support women to be involved in their own care, and have electronic access to their maternity information. *Maternity Information Update* is a regular newsletter bringing you the latest programme news. You can [subscribe here](#).

In this issue:

[Benefits of sharing maternity information](#)

[Maternity stakeholders discuss sharing of maternity information](#)

[How the systems will work](#)

[Staged development and introduction of new system](#)

[Read the full newsletter at here.](#)

ceo update



114189 – Personal Assistant
114346 – Equipment Officer
115226 - Mail Clerk
115258 - Kaiwhakarite/Administrative Assistant
Medical Secretary – a number of roles available

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

Learning and Development – Be inspired this year!



[Click here to read the January 2014 Learning and Development update.](#)

News from the Canterbury Medical Library

Read about:

- December's CDHB Quality & Patient Safety Presentation by Business Development Unit's Ngaere Dawson
- The ISBAR communication framework
- The third healthcare revolution and medical healthcare variation

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



Issue 16: Jan 2014

[Read Issue 16 of the Green Prescription Newsletter.](#)

Conferences and Events

New website and registrations open for 4th Allied Health Scientific & Technical Conference 2014

The Conference is taking place in Hamilton on 31 March 2014 and 1 April 2014, at the Bryant Education Centre, Waikato Hospital.

It is a full programme providing a unique opportunity for allied health, technical and scientific professionals to come together to showcase their outstanding individual and collective talents.

More information can be found at www.ballooningissues2014.co.nz

Rongoā Kākāriki
GREEN
PRESCRIPTION

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

 **sport**
canterbury

BE ACTIVE

Programmes Term 1, 2014



Spreydon

St Martins Church
60 Lincoln Road, Spreydon
Mondays 11.00am-12.30pm
Starting Monday 10 February

Woolston

St Johns Church
Cnr St Johns Street &
Ferry Road, Woolston
Tuesdays 10.30am-12.00pm
Starting Tuesday 11 February

Bishopdale

Bishopdale YMCA
13a Bishopdale Court, Bishopdale
Thursdays 7.15pm- 8.45pm
Starting Thursday 13th February

New Brighton

Shoreline Fitness Centre
55 Hawke Street, New Brighton
Wednesdays 11.00am-12.30pm
Starting Wednesday 12 February

For more information and
to register please contact Jess:

P 03 373 5032

E jessw@sportcanterbury.org.nz

www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, aquacise and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.

 Pegasus

Canterbury
District Health Board
Te Pōwhiri Hauora o Waitaha

 YMCA

Together supporting an

active
CANTERBURY



Tri-pōneke whānau at Warrior Dash 2013, Raumarua

Hauora Māori: Relationships that advance Māori Public Health Symposium

This symposium examines the power of collective and collaborative action for Hauora Māori.

TOPICS INCLUDE: the principle of whanaungatanga; priorities in Māori public health; the Treaty of Waitangi and constitutional issues; case studies, innovations and activism in Māori public health.

Spaces limited so register now to secure your place at this Public Health Summer School symposium.

Opening Address:

Mrs Kataraina O'Brien
National President, Māori Women's Welfare League

Keynote speakers:

Associate Professor Leonie Pihama
Director – Te Kotahi Research Institute Waikato University
Dr Carwyn Jones
Senior Lecturer, Victoria University of Wellington

Mr Denis O'Reilly

Director, Consultancy, Advocacy and Research Trust

Ms Nancy Tuaine

Chief Executive Officer, Te Oranganui Iwi Health

Associate Professor Te Kani Kingi

Director, Massey University

Dr Keri Lawson-Te Aho (Lecturer, University of Otago)

Evening Presentation:

Dr Lance O'Sullivan General Practitioner, Kaitiaki

Wednesday 19 February 2014 | 8.30am-6.00pm

Evening Presentation | 6.30pm-7.30pm

University of Otago, Wellington

23A Mein Street | Newtown | Wellington

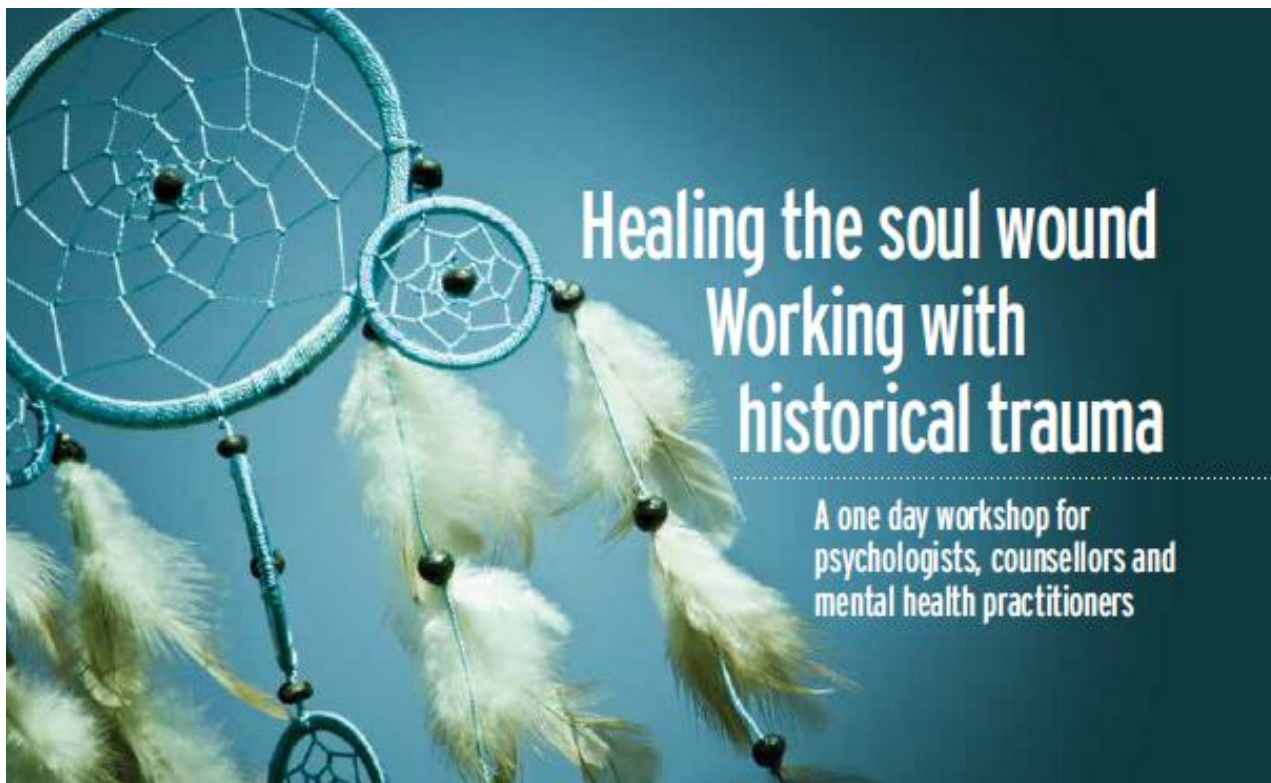
For a full programme of presenters and symposium schedule
visit www.otago.ac.nz/hauora
or contact pania.lee@otago.ac.nz



WELLINGTON

The **18th Public Health SUMMERSCHOOL**
3 - 21 February 2014

www.otago.ac.nz/uowsummerschool



Healing the soul wound Working with historical trauma

A one day workshop for
psychologists, counsellors and
mental health practitioners

Esteemed Native American Clinical Psychologist
Dr Eduardo Duran PhD



- Where:** TBC, Christchurch
When: 26 February 2014
Cost: \$300.00 includes a copy of Dr Duran's book:
"Healing the Soul Wound"
Numbers: Limited to 30 people per workshop
To register: email keri-rose.lawson-teaho@otago.ac.nz
OR phone (04) 3855541 ext. 6050





Otago University, Wellington
Invite you to attend the inaugural:

Māori and Indigenous Suicide Prevention Symposium

Māori and indigenous suicide rates are a major public health issue. This symposium brings together Māori, Pacific and other Indigenous peoples working in the field of suicide prevention to discuss the next steps in addressing this issue locally and globally.

TOPICS INCLUDE: Māori/Indigenous approaches to suicide prevention; interventions; self-determination and community development.

Spaces limited so register now to secure your place at this Public Health Summer School symposium.

Opening Address:

Honorable Tariana Turia (*Ngāti Apa, Ngā Rauru, Tuwharetoa, Whanganui*)

Keynote speakers:

Associate Professor Honorable Luamanuvao Winnie Laban, QSO (*Pasifika*)

Mr Moana Jackson (*Ngāti Kahungunu, Ngāti Porou*)

Mr Normand D'Aragon (*First Nations, Canada*)

Associate Professor Jacque Gray (*Choctaw, Cherokee, United States*)

Evening Presentation:

Dr Eduardo Duran (*Tewa, Apache & Lakota, Great Turtle Island, North America*)

Monday 10 February 2014 | 8.30am-7.30pm
University of Otago, Wellington
23A Mein Street | Newtown
Wellington

For a full programme of presenters and symposium schedule
visit www.otago.ac.nz/indigenous
or contact kerry.hurley@otago.ac.nz



WELLINGTON

The **18th Public Health SUMMERSCHOOL**
3 - 21 February 2014

www.otago.ac.nz/uowsummerschool