



Akaroa Health – Te Hauora o Rākaihautū Integrated Family Health centre blessed and getting ready for patients

Last Wednesday saw another significant milestone achieved for Akaroa Health, when a bumper crowd of well over 100 people turned out to be part of the blessing ceremony at the stunning new \$5.2 million facility to be known as Akaroa Health – Te Hauora o Rākaihautū Integrated Family Health Centre.

Construction started just under 18 months ago and the teams have worked tirelessly to see this new facility take shape on the hilltop site of the former earthquake damaged hospital. The centre is almost ready to receive its first patients. Final fixtures and fittings along with furniture and other equipment needs to be installed, then there's orientation and staff training and cleaning. It was heart-warming to see the enthusiastic response from the community.

Kaumatua James Robinson, assisted by Father Paul Shannahan and Reverend John de Senna led the procession through the building ending in the courtyard for final prayers. The local fundraising committee provided delicious scones for morning tea after the formalities.

The new facility is a health centre with a medical practice owned by Akaroa Health Ltd, a wholly owned subsidiary of Akaroa Community Health Trust. There are four flexi inpatient beds under contract to Canterbury DHB and eight Aged Residential Care bedrooms to be operated by Akaroa Health Limited. The new building replaces the much loved 100-year-old Akaroa Hospital that was demolished in August 2015 after it was discovered to be damaged beyond economic repair in the earthquakes.



View of the front of the Akaroa Health Centre



Kaumatua James Robinson, Father Paul Shannahan and Reverend John de Senna blessing the Akaroa Health Centre

It was wonderful to see the residents of Pompallier House attend the blessing on a crisp but sunny winter's day. The residents move out of Pompallier House and into their new home in Akaroa Health centre in mid-August. They looked delighted to see how light and spacious the aged residential care area is. There's a lounge area at the end of the ward which is light, bright, with high ceilings and new

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furniture. It's a space where residents and their families can have a cup of tea and look out and admire the views.

The blessing was a satisfying moment that marked the culmination of nearly five years of robust debate over health care in the township and how it can best be delivered within the budget constraints that exist. I believe that with Akaroa Health we have managed to meet the expectations of the community, and have confidence that we have provided a facility that will support a range of sustainable health services to those living in the Banks Peninsula area.

The public will have an opportunity to visit the facilities when the Akaroa Community Health Trust hold an open day this Sunday 14 July from midday until 2.30pm.

The general practice is expected to be operating from their modern new facilities in late July with residents moving into the new Aged Residential Care wing during the middle of next month.

A formal opening ceremony will be held early in September.



Part of the Aged Residential Care facility



Residents lounge



Residents and staff from Pompallier House are looking forward to moving into the new Akaroa Health Centre



School holidays – thanks for being on deck while your colleagues take a break

With the school holidays kicking off this week, you'll notice staff numbers are down, and that coupled with winter illnesses always puts pressure on those who are at work at this busy time. I'd like to extend my thanks to those who are working through allowing workmates to take a break with their children.

In Canterbury our flu statistics are continuing to rise, so please remember to practice good cough and sneeze etiquette; stay home if you're sick; and stay away from those who are sick – even it means missing out on a catch up with friends or family. If you end up caring for someone who is sick with influenza, [this brochure](#) has some useful tips, including when and how to seek health advice and medical attention.

Congratulations to the Mana Ake team for making the finals of the Spirit of Service Award

This year the State Services Commission is running the Spirit of Service Awards. These awards have replaced the Institute of Public Administration New Zealand (IPANZ) Awards. Together with the Ministry of Education and our partners in this collaborative programme we entered Mana Ake in the Better Outcomes/Te Tohu mō ngā Hua E Pai Ake Ana Award. We were recently advised that we've made the finals, and the next stage involves presenting in person to a judging panel.

I'm thrilled for the team to have made it to the finals. Mana Ake has shown a spirit of service from day one when so many people came together with a common goal to help make it better for kids in Canterbury. It's been hard but rewarding work for everyone involved, and now that it's been in existence for a year we're seeing the positive changes it's helping to bring about.

Mana Ake - Stronger for Tomorrow is a collaborative initiative working across health, education and social service providers to promote wellbeing and positive mental health for children in primary and intermediate schools across Canterbury.

Already Mana Ake is making a difference for students and their whanau, teachers, principals and all those who



work with primary and intermediate school-age children in Canterbury. Positive changes are being seen for children and young people in the areas of school attendance, engagement and wellbeing and learning and achievement.

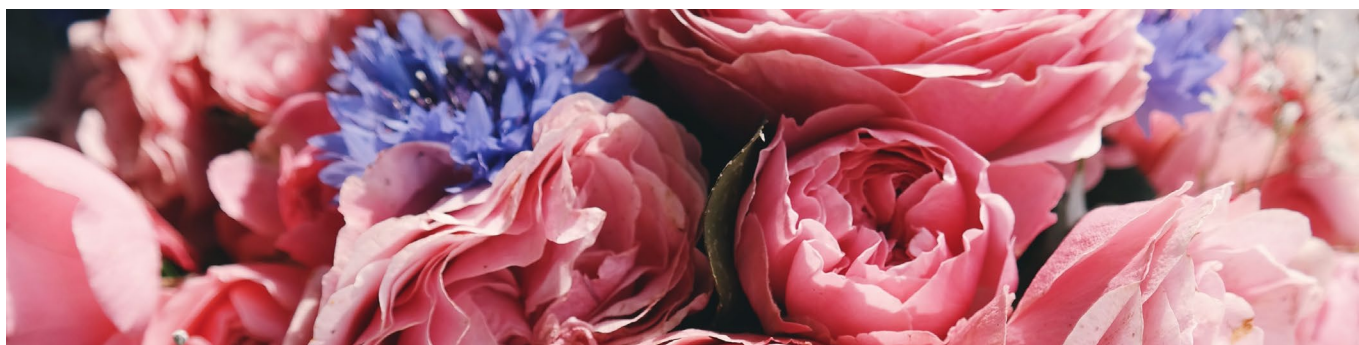
You can read more about Mana Ake [here](#) or check out this [video](#) and see what those involved have to say about the programme. This newsroom article also provides a good overview: [The safety net catching struggling Christchurch kids](#).

Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board

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

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



Bouquets

Speech Language Therapy, Burwood Hospital

I wanted to express my personal thanks for your care of Dad over the very long time he was a patient in Burwood Hospital. Your care of Dad really shone through at our family meeting and it was heart-warming to hear your real concern and care, and desire to help him with his swallowing and nutrition. I appreciated the times you spoke with me on the phone and understood and acknowledged our desperation in wanting the best for our Dad. Thank you for all your input into his care.

Urology Unit, Christchurch Hospital

Thank you so much for the wonderful care you have given my mum. She is a much-loved mum, mum-in-law, and nana, and the respectful and humorous care you have all given her has been awesome. Thank you.

School and Community Dental Service staff to Dental Assistant Jacqueline Broom

Thank you and Meri for the wonderful service you have both provided for our students. As a special school, we find our students often have difficulty accessing dental treatment because of the various disabilities they have. You have both been simply wonderful with the students, and the staff have regularly sung your praises, as indeed have many parents who have struggled to get appropriate dental

care. As you know, many students are non-verbal and anxious and this presents a huge barrier for them/ their families, and, indeed, dental providers. I cannot thank you enough and look forward to your next visit.

From Tumuaki/Principal, Gary Quarless, Allenvale School.

Hand Therapy Unit, Christchurch Hospital

I would like to say a big thank you to the team at Hand Therapy, specifically Kerry and Laura. I had to see them to get a mallet splint made for my finger. It couldn't have been a more pleasant procedure. They were very friendly, helpful and empathetic.

Ward B1, Burwood Hospital

Thanks to all the staff on Ward B1 for the very caring and compassionate way that they looked after Dad – everyone went above and beyond to get him better and back home. He is doing great!

Ward 27, Christchurch Hospital

My father has been in hospital recently. I am so grateful for the high level of care. Not just clinically but also for the kindness, support and the respectful interaction with every member of staff, from the consultant all the way down the line. I am a GP in Sydney and have come over to see my dad. I feel so proud of the care given and extremely grateful for all the support we have had.

Sexual Health Clinic

Great service.

Community Dental Service Team

Thank you so much for the care you have taken of my son on his last three visits and of his big brother previously. You do an amazing job, so gently, cheerfully and kindly. We really appreciate it.

Emergency Department (ED), Urology Department, Christchurch Hospital

At all times I found all staff from administration, to my doctors and nurses, both professional and responsive to my needs. I have nothing but praise for the care I received. Thanks to Dr Anna – a superb, compassionate practitioner. Subsequent to the surgery I had a trip to ED where I had an assessment and another procedure done. I have been recovering at home without problems ever since. The care I received in ED I'd have to say was exceptional by people who had a lot on their hands at the time. I think the hospital deserves recognition for the quality of care it provided. I would be really grateful if the people named could have my gratitude passed on to them. Nurse Tim and Dr Louise who were both thorough and professional, Nurse Ryan, personality plus and incredibly supportive, and Dr Claire for agony relief.

Emergency Observation Area (EO), Christchurch Hospital

I recently went to hospital in a great deal of pain. The ambulance staff treated me with great care, as did the hospital. The new room that I stayed in for a short stay was very convenient and comfortable. The gentleman that served our meals was very accommodating and cheerful.

Urology, Christchurch Hospital

Thank you for looking after me.

Surgical Assessment and Review Area (SARA), Ward 20, Ultrasound and Radiology, Christchurch Hospital

I would just like to say a huge thank you to the staff I encountered on my recent overnight stay. I was initially sent to SARA and from there to Ward 20. I was kept fully informed of what was happening and the treatment was amazing. The doctors, nurses, orderlies, Radiology team and Ultrasound team went above and beyond to ensure that I was comfortable and that I received the treatment I needed. These people are a credit to you and to their profession. So once again a huge thank you, team. You are all amazing.

Bone Shop, Christchurch Hospital

Care in the Bone Shop on Saturday night was amazing. Amy, Hazel and everyone else involved in resetting my arm were so informative, compassionate and, at times, very funny. Totally professional and caring. Totally impressive. Singing your praises.

Urology Unit, Christchurch Hospital

To all the staff, thank you for the wonderful level of care I received last week.

Richard, Emergency Department (ED), Christchurch Hospital

I would like to send our compliments to the ED nurse Richard who looked after us. My teenage son had a facial injury from a hockey ball and Richard's sense of humour and great communication skills made the time go much faster and were very reassuring. He developed a rapport quickly and was very efficient. He's a great member of your team.

Acute Medical Assessment Unit, Christchurch Hospital

I just wanted to say thank you for the care I received during my recent hospitalisation. I was transferred by ambulance and was cared for straight away and put in the acute medical ward where I was able to get the rest and care that I needed to recover. The nurses and other staff who I dealt with were amazing and made sure I was comfortable at all times. I was bedridden with a nasty viral infection while 19 weeks pregnant, and felt safe and looked after. Keep up the good work – thank you again!

Emergency Department (ED), Christchurch Hospital

Superb service and skills shown by everyone in a timely manner. Good work!

Christchurch Hospital

I have had first-class medical help from your Christchurch Hospital medical and other staff and I'm so pleased I live in New Zealand with a very good public health service. The care and medical services I received were excellent and I just want to record my appreciation. After two years of ill health I feel like a new woman and I'm fighting fit and able to help my family and other folk less fortunate than me. The Christchurch public are very fortunate to have a DHB employing very good staff who are endeavouring to deliver first-class medical and hospital services. I want to congratulate you all on your delivery of very high standards of care and medical services to me.

Emergency Department (ED), Christchurch Hospital

I want to say that I was very happy with the attitude, demeanour and expertise of everyone that I dealt with (including the nurse at the first desk, and the person at the reception desk) – especially as they were busy. I would appreciate you passing my compliments to the individuals involved.

Urology Unit, Christchurch Hospital

To the amazing staff, thank you very much for taking great care of my kidney donor. Your care will not be forgotten.



Facilities Fast Facts

Christchurch Hospital Hagley/Acute Services building

Testing flood protection on the Lower Ground Floor

The 12 lift shafts on the Lower Ground Floor of Christchurch Hospital Hagley are fitted with flood gates. The lifts have metal boxes alongside the doors that are part of a flood mitigation measure to protect the lift shafts from damage during potential flooding in a 45-year event. When Environment Canterbury or Christchurch City Council alert us to an imminent flood risk, the metal box covers will be removed and flood gates installed. The barriers are being tested now.

There is also a gap around the lift shaft that is designed to protect the lifts in the event of a seismic event.



The lift shaft with the metal boxes alongside the doors



The lift with the barriers in place

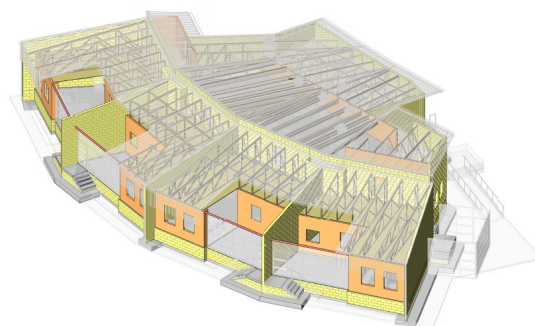
The Link

The image to the right is an artist's impression of the Link that joins Christchurch Hospital Hagley with Christchurch Women's Hospital. The first level of the Link is for theatre access only, the Ground Floor is for public access to Hagley, and the Lower Ground Floor is for all the back-of-house activities, such as mail delivery, linen, and so on.



New high-care area at Hillmorton Hospital campus

Site preparation work starts on Wednesday at Hillmorton Hospital campus for the new Assessment, Treatment and Rehabilitation (AT&R) Unit for Specialist Mental Health Services. This is a high-care area for providing care for people with intellectual disabilities and mental disorders. The new build will be an extension of the existing AT&R Unit and include a series of separate lounge, bedroom and bathroom facilities in a 'pod' set up, to provide low stimulus and self-contained spaces. The new high-care area will provide a safer, more appropriate and contemporary environment for the service's consumers and staff. Construction is expected to be complete by early 2020.



A concept design of the new Assessment, Treatment and Rehabilitation units



Let's get ready to move

Christchurch Hospital Hagley

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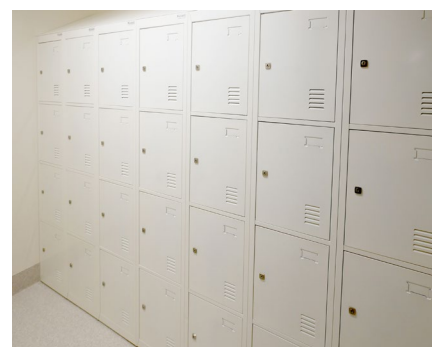
Lockers in Christchurch Hospital Hagley

Lockers within the Christchurch Hospital Hagley building have key locks and are all the same colour. Lockers are not named or labelled for individual services.

The lockers located within wards/departments – such as the Acute Medical Assessment Unit, Intensive Care Unit (ICU), Emergency Department (ED), Radiology, Sterile Services, and within wards on Levels 3-8 – will be managed by those wards/departments. The Charge Nurse Manager/Nurse Manager/Manager will have the keys and manage this process within their areas.

There are two large locker rooms on the Lower Ground Floor of the Hagley building which will be shared by services whose staff are required to change into scrubs at work (for example, Perioperative, ICU, ED, Theatre Sterile Services Unit, Bone Marrow Transplant Unit, and Radiology).

Some services that do not have a base within the Hagley building may also use the hot lockers in these rooms. Oversight of these rooms will be aligned with other Christchurch Hospital campus locker spaces shared by multiple services.



Lockers on Level 3

There are locker application forms on the [intranet](#). Email letsgetreadytomove@cdhb.health.nz for more information.

Discussion Document – Ward A8, Christchurch Hospital Hagley

The purpose of this document is to provide information as a basis for operational and staff relocation discussions for Ward A8 in the new building.

This document is on the [intranet](#). Please read it and email any feedback, comments and questions to letsgetreadytomove@cdhb.health.nz.

Did you know?

Hagley has a high voltage network and the ability to generate more electricity than is used in many small towns in New Zealand. At the moment an extensive testing regime is underway. Aligned to this network is the Uninterruptible Power Supplies (UPS) system that has to be checked to ensure it is functioning correctly. This is the system that ensures an uninterrupted supply of power to the hospital in some important areas in the event of any power cuts. There are three UPS units that each have three failsafe switches that all need to be checked in a process that takes at least five hours for each system.

What to do with Christmas decorations?

Plans are underway to find a storage area for everyone's Christmas decorations so these can be stored until needed. It is likely to be an off-site area, for example, the Design Lab. In the meantime, add any decorations in your ward to your red tagging process so they can be identified.



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

Looking after yourself

Getting through winter

This week's Looking after Yourself explores Danish culture for tips on winter wellbeing.

With less light and colder weather, it's hard to exercise or resist comfort foods and staying cosy by the fire.

The Danish have a term specifically for this – Hygge (pronounced Hoo-ga). It's referred to as cosiness – but according to hyggehouse.com, it's not just the idea of cosiness, it's the feeling that comes with it. It warms your soul, it makes you smile, it stops you from wanting to get out of bed on those cold winter mornings, and it's something you look forward to when the winter days seem so grey and dull.

Alongside healthy eating, exercise, fresh air, getting enough vitamin D from the sun and so on, it's also important to embrace Hygge. These moments are balancing, and they make you feel good, safe and happy.

Here are some ways you can get some Hygge moments this winter:

- › light a candle or the fire if you have one
- › put on your comfy clothes and slippers when you get home from work
- › wrap up in a soft blanket
- › drink warm drinks
- › change the lighting to create a cosy space
- › remove clutter
- › have a bath
- › get up a little earlier so you can enjoy a hot drink without rushing
- › read a book.

As you can see by these examples, incorporating Hygge into your day isn't necessarily about doing something new. It's about giving



yourself time and permission to have these moments and really savour them. The Danish are certainly onto something with the United Nations rating them the happiest people in the world, two years in a row. Maybe Hygge has something to do with it?

UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
To Robert Hinchon & Wilemina



Canterbury Health Laboratories hosting clinicians from Mongolia

The information gained at Canterbury Health Laboratories (CHL) by two clinicians from Mongolia will help advance preimplantation genetics in their country.

Jamiyan Purevsuren and Tuul Bayarsaikhan are from the National Centre for Maternal and Child Health (NCMCH), in Ulaanbaatar, the capital of Mongolia. Jamiyan is a paediatrician, who has a PhD in genetics and also oversees the Cytogenetics laboratory at the NCMCH. Tuul is a scientist in the laboratory.

There are about 10,000 births a year at the centre.

Jamiyan and Tuul have travelled to Christchurch for four weeks to learn preimplantation genetic testing (PGT) from the Molecular Pathology team at CHL. PGT involves identifying embryos that carry genetic abnormalities during the IVF process.

The goal of learning PGT is to reduce the neonatal and infant mortality rate in Mongolia, an initiative started by the World Health Organization, says Scientific Officer Molecular Pathology Kylie Drake.

"Currently, the laboratory in Mongolia does not perform any PGT and does not have the technology to do so. Tuul and Jamiyan are here to observe, learn what we do, and hopefully take that knowledge back to Mongolia and shape the future of preimplantation genetics in that country."

Jamiyan says it's a new field in his country compared to being "very advanced" at CHL.

"I would like to say thank you very much to the team, in particular Kylie."

In PGT an egg is fertilised and grows to five to seven day's gestation before being biopsied, Kylie says.

"A few cells are then cut from the trophectoderm (the cells that will later become the placenta) in the IVF clinic and sent to the laboratory for analysis."



Laboratory Scientist Tuul Bayarsaikhan and Paediatrician Jamiyan Purevsuren with Scientific Officer Molecular Pathology, Canterbury Health Laboratories, Kylie Drake

This analysis can take one of three forms: PGT-M which looks for embryos that carry a known genetic disorder, such as cystic fibrosis, or familial cancer syndromes; PGT-SR which looks for embryos that carry an unbalanced chromosome rearrangement that has been inherited from one of the parents; and PGT-A which screens embryos for aneuploidy, extra or missing chromosomes.

PGT-A is often carried out on women who are over 35 years old and can be used to eliminate any embryos that carry chromosome abnormalities.

Kylie oversees all the preimplantation testing done at CHL, the only laboratory in New Zealand that offers PGT-M and PGT-SR. CHL is also the largest PGT-A laboratory in New Zealand, with an annual volume of over 1000 embryo biopsies.

Agents for change reducing pressure across the system

Registered nurses Hisami Hamanaka, Sheena Kataria and Janet Bucag were all looking for a challenge when the opportunity came up to apply to become volunteer Pressure Injury Prevention Link Nurses (PIPLN).

Launched in October, the role was developed as part of a broader strategy funded by the Accident Compensation Commission (ACC) to reduce the incidence and severity of pressure injuries across Canterbury and the West Coast.

Pressure injuries affect an estimated 55,000 New Zealanders each year, with 3000 people developing a pressure injury so serious that muscle, bone or tendon may be exposed.

"Pressure Injury Prevention Link Nurses are educated, supported and mentored to be clinical leaders and change agents to enhance the clinical expertise of colleagues, and to facilitate improvement of clinical practice and outcomes," says Director of Quality and Patient Safety Susan Wood.

"Their role is helping to strengthen the basics of care, which includes skin assessments, making sure people keep moving when lying or sitting, are eating well and keeping their skin clean and dry."

Registered Nurse Ward 10 (Cardiothoracic and Vascular Ward) Hisami Hamanaka says the patients she cares for are at high-risk of pressure injuries on admission and often leave as high-risk patients.

"Being able to identify and manage pressure injuries in my role is an important skill. This role has taught me a different way of working. In nursing, I am used to learning theory and then applying it in practice. In this role, I am constantly looking for ways to improve the way we work."



Pressure Injury Prevention Link Nurses Janet Bucag, Sheena Kataria and Hisami Hamanaka

Sheena Kataria from Access Community Health sees a wide range of ages in her work as a district nurse. She says, "Pressure injuries can happen to anyone, but making a small change, such as helping a patient move more often, can make a big difference in preventing harm."

"We didn't have a pressure injury policy and we now have one in place. We are also in the process of starting to collect data so we can monitor how we're improving."

Janet Bucag from Nazareth Christchurch Community of Care says, "Caring for and managing a wound affects a patient's socialisation, so it's very important we do all we can to prevent pressure injuries developing in the first place. Prevention helps protect our residents' quality of life."

"Since I became a PIPLN, we have made several changes at Nazareth, such as educating and training other staff on the best techniques for

managing pressure injuries; including information about pressure injuries in our orientations; and focusing on improvement and reducing the incidence of pressure injuries by 50 percent. All pressure injuries are reported through our incident reporting process and recorded in a graph.

"When you start out as a PIPLN, it will feel like it's a lot of work, but I've found the satisfaction in doing something good for residents and the facility is worth it. It's also a nice feeling to be recognised as a leader by my colleagues."

For more information about pressure injury prevention, check out the Pressure Injury Prevention and Management course on [healthLearn](https://healthlearn.org.nz/), or contact Corporate Quality and Patient Safety Project Manager Shaye Millar on shaye.millar@cdhb.health.nz.

Tribute to Sean Skea

Emergency Department Radiologist Sean Skea sadly passed away on 24 June. He was a greatly respected radiologist who devoted considerable energy over the years to building up the Emergency Department (ED) Radiology service.

Originally trained in South Africa, Sean came to New Zealand in 1995 to work for the Hawke's Bay DHB, including two years as Head of Department there. He was then appointed to Chief of Radiology here in Christchurch, a position he held from 2007 to 2013. In this role, he was a strong mentor to a number of registrars and early career senior medical officers. Several radiologists attribute Sean's leadership and mentoring, both in Hawke's Bay and Christchurch, as key reasons they chose radiology as a career.

One of Sean's passions was the development of ED Radiology as a subspecialty. While Chief of Radiology, he worked hard to establish a full-

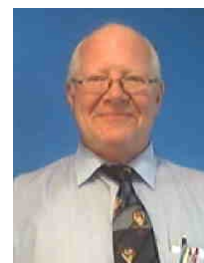
time radiology presence in ED, and was keen that the new Christchurch Hospital Hagley ED incorporate a computerised tomography (CT) scanning room in its design. Sean initiated the ED Radiology service and remained enthusiastic about this despite challenges such as the noisy reporting environment. He made himself available to ED staff and was keen to be involved at the clinical coalface, which led to some excellent teaching for all ED staff, and his input was essential to the care of patients.

He developed strong collegial and personal links with the ED that benefited his colleagues professionally, and made major contributions to the development of the trauma service. Sean was a central figure in the Canterbury earthquake radiology response and was recently extensively involved in revising the mass incident response plan following the Christchurch terror attacks.

Sean enjoyed teaching and was very good at it. He was active in Resident Medical Officer (RMO) teaching, serving as a mentor to many in both the radiology and emergency training programmes, especially in ultrasound and preparation for exams. Trainee interns, here on their radiology electives, always mentioned ED Radiology as a highlight of their time in radiology.

Sean enjoyed travel and was very knowledgeable about wines, frequently traveling to the west coast of the United States and vineyards of the Western Cape of South Africa.

Sean's cheerful personality, enthusiasm for his work and regard for the welfare of both patients and colleagues will be greatly missed.



all
right?

IT'S
ALL RIGHT
TO TALK
IT OUT.



Nurses recognised for work during terror attacks

Three Christchurch registered nurses have been awarded inaugural College of Nurses Aotearoa (NZ) Kia Kaha Christchurch Memorial Scholarships in recognition of their work during the events of 15 March.

The recipients are Mohmmad Othman, who works in Christchurch Hospital's Intensive Care Unit (ICU), Katie O'Byrne, Charge Nurse Manager in Ward 10 at Christchurch Hospital and Simone Kinley, who works in the Anxiety Disorders Service of Specialist Mental Health Services.

The scholarships were established by the College of Nurses Aotearoa for registered nurses or nurse practitioners involved at any stage of care following the terror attacks on 15 March. They consist of two \$500 professional development scholarships – however, the College decided, for this year only, to award three.

Executive Director of the College Jenny Carryer says its board has been deeply aware that, since the events of 15 March, nurses across a range of services in Christchurch will have had a high level of distress and trauma added to their already demanding days in practice.

"As always, nurses will have been there around the clock trying to manage their own grief or anger, while being strong for others."

The board chose the scholarships as a practical way of acknowledging nurses' work during this event, and asked the Christchurch nursing leadership network to submit up to 10 nominations.

Mohmmad was on duty on 15 March, caring for a critically unwell patient. If

he hadn't been at work he would have been attending prayers at the Deans Avenue mosque.

His senior ICU team colleagues say that as the department became increasingly busy and chaotic, Mohmmad remained focused in his delivery of care to his allocated patient until others were able to relieve him.

He then took on a role to support the Muslim families who were beginning to arrive in the department. Many of them are his friends and he soon realised that some of his close friends were being reported as missing. He was professional and courageous throughout.

Mohmmad says the scholarship is a great gift and much appreciated. It will contribute toward his Masters of Health Management at Massey University, which he is starting next year.

On 15 March Katie was active in the Surgical Cluster wide response, as well as leading the nursing team on Ward 10 (a cardiothoracic and vascular ward), says Surgical Nursing Director Nicky Graham.

"She also was actively involved with the Police Family Liaison team."

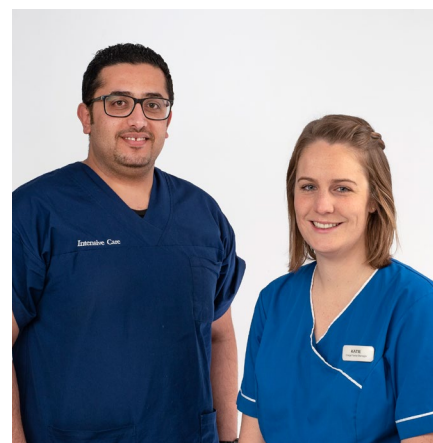
Katie says the tragedy placed significant emotional challenges on the many staff involved in caring for the survivors.

She will use the scholarship money to help fund her Masters of Health Administration through the Australian Catholic University.

Nurse Consultant Addictions and Speciality Services Anne-Marie Wijnveld says Simone, who is an expert nurse therapist in Cognitive



College of Nurses Aotearoa (NZ) Kia Kaha Christchurch Memorial Scholarship 2019 recipients Simone Kinley (above) and Mohmmad Othman and Katie O'Byrne (below)



Behavioural Therapy (CBT), treats people with post-traumatic stress disorder and is a CBT educator. She was an integral member of the mental health team that provided psychological first aid to the survivors and families of those involved in the terror attacks.

Simone says she is proud to receive the scholarship, which will support her professional development in the treatment of trauma.

A gift of a Fijian masi

Eta Rova, a Pharmacy Technician at Christchurch Hospital, recently presented the department with a framed Fijian masi as a thank you.

Common in the Polynesian culture of the South Pacific, Tapa cloth is known in the Fiji Islands as masi. The designs are unique to each island country.

Eta started work in Christchurch Hospital's Pharmacy in 2008, but she and her family had to return to Fiji due to immigration issues, says Pharmacy Service Manager Jo Batcup.

"In 2009, much to everyone's delight, Eta was able to re-join the pharmacy team. During her time away Paul Barrett, the pharmacy manager who retired last year, supported Eta with her immigration challenges."

Eta says she wanted to show her appreciation for all the support with a gift for the department.

"I couldn't think of a better gift than a piece of masi to represent the new phase my family embarked on in our circle of life. The masi tells my story."

Although Eta gifted the masi many years ago, it had been safely stored during successive office moves due to earthquake repairs, Jo says.

"It is now being displayed with pride in the pharmacy department."

The designs and patterns are unique to where Eta comes from, telling the story of her ancestors; much like Māori whakapapa, she says. It also includes her extended family here and now.

"The story is most importantly about the next phase of my life here in New Zealand. Although I may be alone here as



Former Pharmacy Manager Paul Barrett and Pharmacy Technician Eta Rova with the Fijian masi Eta gifted to the department

an individual, I am never alone as I am always surrounded by family, both nuclear and extended, including my pharmacy family."

The masi is traditionally worn/used on special occasions. When a baby is born, masi is wrapped around the baby to welcome the new arrival into the family. It is also used at birthdays to celebrate life. In weddings the newly married couple are dressed in masi. It is used in funerals as a final mark of respect to the dead.

"So, it can be said, that the masi travels with the individual throughout his/her life," Eta says.

The presentation was a wonderful opportunity for staff past and present to learn about Eta's culture and to join together to share a famous pharmacy morning tea, Jo says.

NEED TO TALK?



**free call or text
any time**

HealthOne an essential tool for robust clinical care

Since its initial roll-out to the Canterbury region in 2013, HealthOne has grown to become the South Island-wide shared patient information service. It now provides ongoing secure access to essential patient health information of more than 1.1 million South Island New Zealanders for medical practitioners in over 500 primary and secondary care facilities.

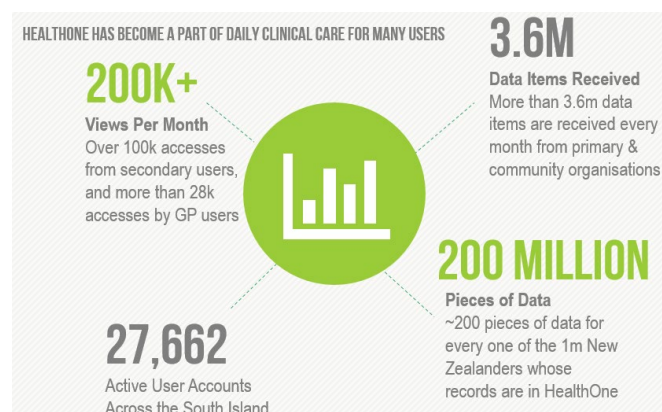
With over 200,000 accesses per month from almost 28,000 account holders, HealthOne has proved an essential tool for supporting robust clinical care.

Since its launch, HealthOne has seen significant growth in terms of access to the information it stores.

HealthOne provides clinicians with a more complete picture of care, leading to better health outcomes for patients.

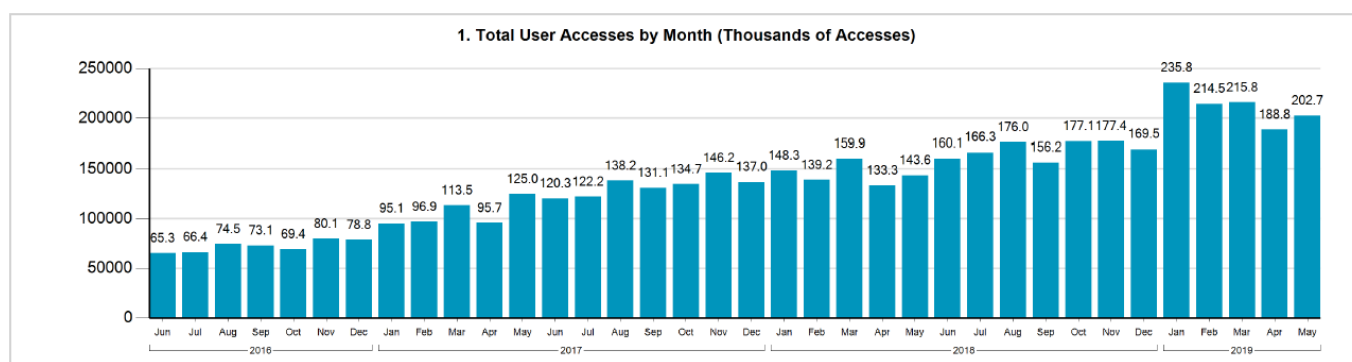
It also provides ongoing savings to the health system in excess of \$5 million each year through:

- › Reduced laboratory testing \$1.6 million
- › Shorter Emergency Department stays \$1.8 million
- › Streamlined acute surgical treatment \$2.2 million



HealthOne
Shared knowledge - better, safer care

You can find more information about upcoming initiatives and more HealthOne news on the [HealthOne website](#).



Explanation: All users accessing the Shared Record HCS/HealthOne (primary care users hitting HCS and/or secondary care users hitting HealthOne)
Source: Access Logs.

Simulation Based Learning Governance Group formed

The Simulation Based Learning Governance Group has recently been established by the Canterbury DHB Executive Management Team (EMT) to provide guidance and a governance structure for all those involved in Simulation Based Education.

The members of the Governance Committee are:

- › Christine Beasley (Simulation Coordinator, Manawa)
- › Melanie Bryant (Senior Business Manager)
- › Catherine Coups (Director of Allied Health Workforce)
- › Richard French: Chair (Clinical Director Service Improvement, Office of Chief Medical Officer)
- › Becky Hickmott (Nurse Manager, Nursing Workforce Development Team)
- › Lauren Huck (Education Liaison Officer, Administrator of Simulation Based Learning Governance Group)
- › Maggie Meeks (Neonatologist, currently seconded to Office of Chief Medical Officer)
- › Michael Sheedy (Biomedical Engineer)
- › Stella Ward (Chief Digital Officer, role within Health Precinct).

There are many departments within Canterbury DHB already delivering high quality simulation based learning (SBL) activities. The Governance Group has been tasked with developing common standards and a framework for practice, as well as some shared language and terminology.

The intention is to use established frameworks as the foundation of this, such as those developed by the Society for Simulation in Healthcare, for example their Code of Ethics.

There is increasing evidence supporting SBL in areas such as teamwork and communication and it is hoped that the establishment of the SBL Governance Group will further enable those that have already established Simulation Programmes as well as facilitate the development of new collaborative programmes.

An important role for the Governance Group will be to advocate for resources and staff to support the delivery of SBL in Canterbury DHB.

Please do not hesitate to get in touch with Consultant Neonatologist [Maggie Meeks](#) or Clinical Skills Coordinator [Christine Beasley](#) with ideas and they will keep you informed via regular newsletters.

Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.



One minute with... Dave Halligan, Orthopaedics Representative, Hagley Operational Transition Team

What does your job involve?

I am a Registered Nurse on Ward 19 and the Orthopaedic Trauma Unit. I have been working on Ward 19 for 10 years. Previously, I was a mental health nurse. On Ward 19, I work as a member of the nursing team, and am also a Clinical Liaison Nurse when Ara Institute of Canterbury student nurses are on placement.

Why did you choose to work in this field?

After having a break from nursing altogether, following a long stint in mental health, I wanted a change of pace and to work in the surgical field, which is task-oriented and fast-paced, with a variety of patients.

What do you like about it?

Trauma does not discriminate, meaning we get a real cross-section of society as our patient group. I love the acuity and being busy. Seeing people progress through their journey to rehabilitation and recovery is very rewarding. There are lots of technical and specific skills to learn and upskill on all the time.

What are the challenging bits?

A lot of our patients and their families have had to travel from a long distance – the North Island, the far South, the Pacific Islands and so on, and we also care for a number of overseas tourists. These people can at times face tricky relocation and repatriation challenges. Also, many of our patients have medical co-morbidities that can present situations that you have to think deeper about.

Who inspires you?

I find my inspiration from two very strong women in my life. Firstly, my amazing wife and best mate Rochelle, who keeps things real and reminds me of what is important in life, listens to all my silly ideas and far-fetched plans and does absolutely everything with me. Rochelle is a wonderful mother to our four boys. Secondly, my incredible Charge Nurse Manager, Karen Wilson. Karen is a very experienced practitioner, who challenges people to be the best they can and mentors those around her to think outside the box. She always upholds my core nursing value – keeping our care patient-focused at all times, no matter what is going on around you.

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

Every person working in health should be seriously working by these values every day. Our patients and their families deserve to be treated with kindness, compassion and in a competent fashion, from when they first make contact with our services, right through until they have returned to their full level of function. We should be treating people exactly as we would like to be treated ourselves.

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

Outside work, I like to keep my mind active by planning new projects around home and sitting relaxing with a nice glass of red wine and doing numerous crosswords.



If you could be anywhere in the world right now where would you be?

We love being somewhere warm. The Gold Coast is a favourite.

What do you do on a typical Sunday?

We enjoy starting the day with a good walk, then brunch. There's always a project on the go around home and in my workshop. Our kids always come round for a family dinner and catch-up on Sunday evening.

What's your favourite food?

I really enjoy barbeques. The social aspect of people standing around talking and having fun means more to me than the actual food, but I'm always partial to a good steak.

And your favourite music?

My favourite genres would have to be classic rock and 80s hair metal (Def Leppard, Bon Jovi, among others).

Canterbury Grand Round

Friday 12 July 2019, 12.15–1.15pm, with lunch from 11.50am.
All staff and students welcome.

Venue: Rolleston Lecture Theatre

Speaker: Stella Ward, Chief Digital Officer

Presentation 1: "Digital and Connected Healthcare – Discover how the power of integrated people, systems and technologies can deliver care that is safe, effective, efficient and enhances the patient experience."

Presentation 2: "Hybrid Cloud Transformation – Why Cloud? Learn how this move will enable us to drive innovation and deliver greater value."

Chair: Maxwell Pankhurst

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

Video Conference set up in:

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

Next Grand Round is on 19 July 2019 at the Rolleston Lecture Theatre.

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

Something For You is the Canterbury DHB Employee Benefits programme

The deals offered are from the Canterbury business community to say thank you for all that you do. You can access all your deals right here. Remember, you'll need to show your Canterbury DHB ID badge to claim these deals.

Here are some extra special promotions for you, running for a limited time only.

Les Mills

Interested in participating in a 21-day fitness challenge for free? The challenge includes:

- › 21 days free access to Les Mills Christchurch
- › a 21-day nutritional guide
- › wellness seminar
- › optional body composition testing
- › one month free membership to the overall winner at the end of the challenge.

We'll be kicking off with an information session at Les Mills Christchurch on Thursday 18 July at 12pm. The challenge is open to all Canterbury DHB employees – all you need to do is register [here](#) before Saturday 20 July.



Caci Clinic Merivale

Enjoy \$50 towards your first purchase when you book a free consultation at Caci Clinic Merivale, simply present your Canterbury DHB ID to redeem. Offer ends 31 July.

Christchurch Art Gallery – William Wegman: Being Human

Book your next team outing at the Christchurch Art Gallery, and receive a free coffee each from Universo Café! Tickets are \$10 per person, for groups of 7+.

Email info@christchurchartgallery.org.nz to book in. Offer ends 28 July.

Specsavers

Any Canterbury DHB employee who registers for a voucher via [this link](#) on the [Something For You](#) page between now and 31 July, and who then makes a purchase of \$30 or more in any Specsavers store, will go in the draw to win one of three \$100 Prezzy Cards.

South Island Alliance update



The latest bimonthly update from the South Island Alliance Programme Office is out now.

Read about the South Island Alliance developing a Regional Service Provider Index in collaboration with the Ministry of Health, which uniquely identifies health practitioners, health provider organisations and facilities, and holds that information in a central, national database.

There is a guest editorial by GP, Associate Professor, and Chair of Te Waipounamu Māori Leadership Group for Cancer, Sue Crengle, examining how health services are struggling to change in order to meet the needs of Māori.

Other articles include supporting breastfeeding mothers at work, increased bowel screening participation rates, a South Island Well Child Tamariki Ora workshop and much more.

Read it [here](#).

MAKE THE SWITCH

IN 2018 OVER 400,000 WASTE ITEMS FROM BEVERAGES ALONE WERE SOLD THROUGH CANTERBURY DHB CAFES

199K

PLASTIC WATER BOTTLES



230K

TAKE AWAY CUPS



2/3 of all hot beverages sold

WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup



Canterbury
District Health Board
Te Pōari Hauora o Waitaha

CURRENTLY NO TAKE AWAY CUPS CAN BE RECYCLED IN THE SOUTH ISLAND.

ALL WENT TO LANDFILL – OVER 3000 KGS OF WASTE.

SWITCHING TO REUSABLE CUPS WOULD SAVE 94 MATURE TREES WORTH OF CARBON



Brought to you by the Transalpine Sustainability Governance Group



Dementia: The Basics

A comprehensive course for professionals new to dementia care or those who wish to refresh their knowledge and skills.

Monday 29 July 2019 8.30am-4.00pm. The cost is \$145. Morning and afternoon tea and lunch are included.

The course will be held in the Seminar Room, 3/49 Sir William Pickering Drive, Burnside, Christchurch. Registrations with payment close Monday 15 July 2019. Register [here](#).

Course details

This course is for health and other professionals working with people with dementia – resthome/hospital staff, community workers, social workers, counsellors, occupational therapists, physiotherapists, district nurses, tutors, volunteers, pharmacists, general practice nurses, diversional therapists, clinical assessors, service coordinators etc.

Topics include:

- introduction to dementia
- psychiatric and medical complications
- communication
- behaviours
- person-centred approaches.

If you would like to find out more about further education opportunities, other services we offer, or membership contact:

Dementia Canterbury

T 03 379 2590

0800 444 776

E admin@dementiacanterbury.org.nz

<https://www.dementiacanterbury.org.nz/>.

CDHB INFECTION PREVENTION & CONTROL SERVICE

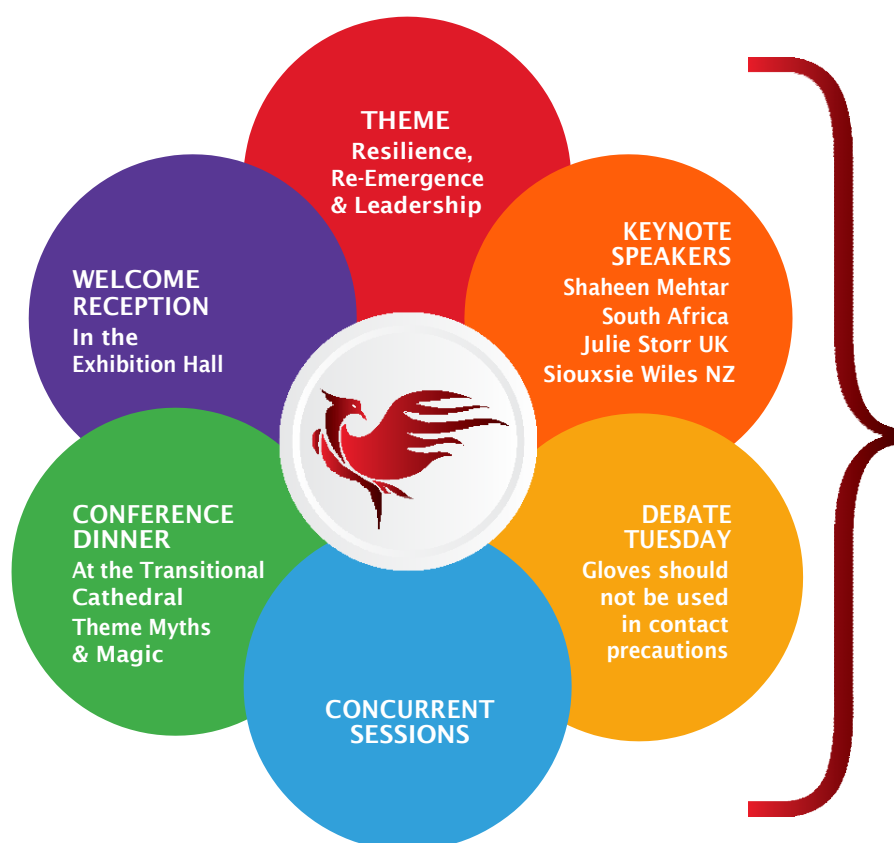
THE

PHOENIX IPCNC 2019 RISING CONFERENCE

CHRISTCHURCH, NEW ZEALAND

23 - 25 SEPTEMBER

RESILIENCE & RE-EMERGENCE IN INFECTION PREVENTION



- 2.5 Days
- 2 International keynotes
- 10 Expert speakers presenting on the latest information
- Awards
- Networking opportunities
- Breakfast session Tuesday morning
- International Webber Teleclass

For further information
www.ipccconference2019.co.nz
or contact:
joanne@conferenceteam.co.nz
03 359 2600

KIA KAHA, KIA MAIA, KIA MANAWANUI.
BE STRONG, BE BRAVE, BE STEADFAST.

WELLBEING AND MENTAL HEALTH SUPPORT

AVAILABLE TO THE MUSLIM COMMUNITY AND
ANYONE AFFECTED BY THE TERROR ATTACKS

COMMUNITY WELLBEING MEETINGS

UPCOMING TOPICS

TRANSLATORS AVAILABLE

12 July Trauma and Grief

26 July Men's Wellbeing

9 August Supporting Children
and teenagers

Arabic

Urdu

Pashto

Farsi

Somali

WHERE: HAGLEY COLLEGE

WHEN: FRIDAYS 6-8PM

(DROP-IN CLINICS 5-6PM)

EVERY SECOND FRIDAY:

12 JULY | 26 JULY | 9 AUGUST

23 AUGUST | 6 SEPTEMBER

20 SEPTEMBER | 4 OCTOBER

● Info sessions by local
psychologists & Muslim
mental health professionals

● Individual Drop-In Clinics:
Free, confidential advice
from Muslim mental health
professionals

Canterbury

District Health Board

Te Poari Hauora o Waitaha

All Welcome. Register at oranga@cdhb.health.nz

For more information visit: www.resilient.org.nz

INFO SESSION

HEALTH STUDY

Find out about our health-related study options,
and how to prepare for degree or diploma-level study.

Wednesday 7 August

Manawa campus, 276 Antigua Street

Nursing

5.30pm-6.30pm

Pre-health

6.30pm-7.15pm

Register to attend at ara.ac.nz

ADVANTAGE YOU

