



## Support available for those who need it

**Support is available for anyone who needs it following coverage of this week's sentencing of the mosque attacks shooter.**

The sentencing for the 15 March 2019 terror attacks starts today and we know people may experience various emotions. This is completely natural and there are a range of supports anyone can access.

Canterbury DHB psychiatrist, Dr Caroline Bell says there is likely to be some distress experienced by some in the community. It's important we're aware it is natural that any media coverage of the sentencing may reawaken memories of that terrible day.

[An outline of the supports available specifically for DHB staff](#) is available on Prism. You can also find some additional information and guidance for those directly impacted over the page.

For the wider community if you want to talk to someone, you can phone or text 1737 to be connected with a counsellor at any time of the day or night. This is a free and confidential service. You can also seek support through your General Practice team.

Please be mindful of how the coverage of the sentencing might impact on people, especially children, and be prepared to limit their media consumption if things begin to feel overwhelming.

Caroline reminds us that there are simple ways people can care for themselves and others, such as chatting with a friend or going for a walk. "Reaching out to others with aroha and kindness can really help," says Caroline.

Other simple things you can do include:

- › Limiting exposure to media
- › Reflecting on what you feel grateful for
- › Doing what makes you feel good to help refuel your body and brain.



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## Resilience Hub website provides information and guidance

If you or someone you know is struggling, help is available via the [Canterbury Resilience Hub website](#). Visit the [Tips and guidance](#) section for resources to help with self-managing your own or a loved one's mental health and wellbeing. To talk to someone go to [Immediate help](#) or [Health providers and counsellors](#) for contact details.

It may also help to understand more about what is happening at court and some of the information and services that are available to support you during this time. The hub website has a [specific page with sentencing information](#), with a link to the Victims Information web page with [information on court processes and sentencing as well as support](#) and a [two-page resource](#) with specific wellbeing advice if you will be watching the sentencing from home.

## Final week for Michael, Carolyn and Justine

On Friday this week we farewell three Executive Team members who all have responsibilities for both Canterbury & West Coast DHBs:

- › Chief People Officer Michael Frampton who is off to the private sector to join Sky as their Chief People Officer.
- › Executive Director of Planning, Funding & Decision Support Carolyn Gullery is heading to a health consultancy role in the UK that will see her assisting NHS Trusts with data-driven decision-making, integration, collaboration and alliancing.
- › Executive Director of Finance and Corporate Services (Chief Financial Officer) Justine White is stepping up to the largest DHB in NZ, Auckland DHB, to be their Chief Financial Officer.



Michael Frampton, Carolyn Gullery, David Meates and Justine White

I thank you all for your years of continued dedication, leadership and constant ability to go above and beyond, to ensure patients – and our people – remain at the heart of everything we do. You've all survived the most intense challenges we've faced – through a range of natural disasters and unprecedented extreme events.

Your innovative and collaborative ways of working have resulted in a range of technology developments to save time and provide value for money. Taking a whole of system approach by listening to the views of others, including consumers, colleagues in primary and community care and through your national leadership roles, has meant Canterbury has remained at the forefront of global health innovation.

One constant in health is change. You have all been at the forefront of leading significant changes over the years to make it better for people, and I thank you for that.

I also want to acknowledge the fact you have supported individuals in your teams to grow their leadership potential, and I'm grateful to your team members who are stepping up into acting roles over the coming months to provide stability to our system.

Thank you for the support you have provided to me and to your colleagues. On behalf of the 20,000-strong people who make up our health system, thanks for being such spirited advocates for doing the right thing. Your legacy will live on in the systems and relationships you've built up throughout our health systems, throughout New Zealand, and around the world.

Kia kaha, kia maia, kia manawanui  
*Be strong, be brave, be steadfast*

## Canterbury DHB third in New Zealand for reducing carbon emissions

Canterbury District Health Board is officially one of the top carbon reducers of 2020.

Our organisation has achieved third place on the leaderboard of Top 10 Carbon Reducers, released by Toitū Envirocare. Representing a broad mix of public sector and commercial industries, this group have avoided the most carbon in their latest certified footprints across the Toitū carbon collective.

In 2014/15 Canterbury DHB's emissions were 42,287 tCO<sub>2</sub>e. The latest certification based on the 2018/19 year shows emissions are at 35,815 tCO<sub>2</sub>e, which is 15 percent lower.

tCO<sub>2</sub>e stands for 'tonnes of carbon dioxide equivalent' which is a way of expressing all the different greenhouse gases as a single number.

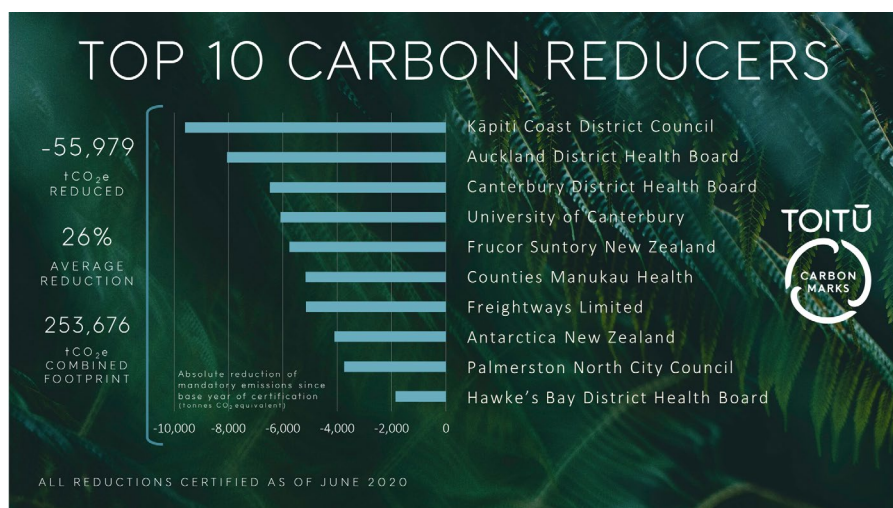
Further savings are in the pipeline at Canterbury DHB with new energy centres for Christchurch and Ashburton hospitals that will eliminate our coal use, which accounts for around 50 percent of our emissions. In the meantime you can help by turning off lights and computers when not in use and not using portable electric heaters.

Globally healthcare systems are responsible for about five percent of the world's carbon footprint. Four DHBs feature in this year's 'Top 10' reducers. Kapiti District Council took first place and Auckland District Health Board second.

Being able to document our contribution to carbon reduction with Toitū demonstrates our commitment to transparency in this area, says Public Health Physician Anna Stevenson.

"It's really exciting to also be able to demonstrate significant reductions in the DHB's carbon footprint and we haven't stopped yet."

"Toitū is honoured to support the exceptional leadership of your organisation, says Toitū Chief Executive Becky Lloyd.



"We provide the tools and evidence, but it's the mahi of our collective that deserves celebration."

Collectively, 2020's Te Rōpū Kōkiri (the group that leads a cause) have avoided 55,979 tonnes of carbon dioxide equivalents going into the atmosphere. That's the same as taking 33,000 cars off Auckland streets for a year.

Becky says the diversity of this year's Top 10 reiterates that carbon reduction is achievable for everyone, no matter the unique circumstances of their industry or footprint.

"It's really heartening to see such a varied group."

Toitū Envirocare, formerly Enviro-Mark Solutions is owned by Manaaki Whenua Landcare Research, a Crown Research Institute, it provides support to help organisations set and achieve science-based emissions reduction targets.

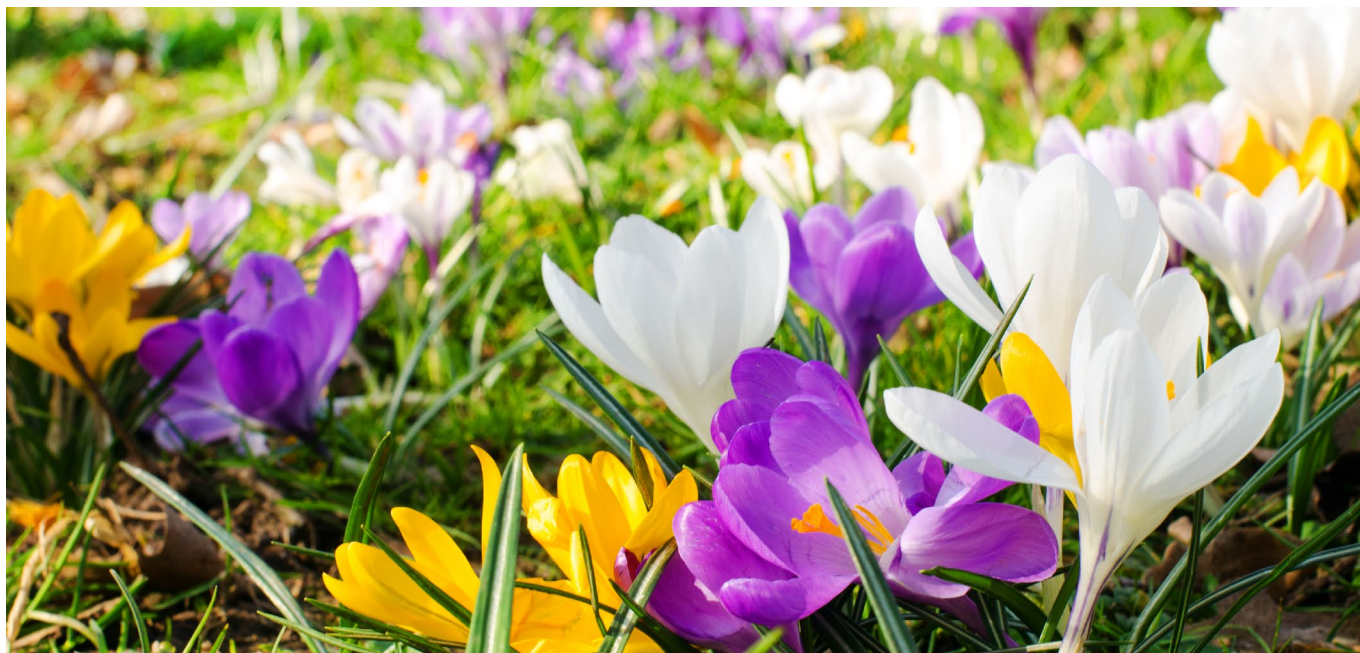
Haere ora, haere pai  
*Go with wellness, go with care*

**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](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

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





## Bouquets

### **Northcote Community Dental Clinic**

Have been meaning to send an email to say thank you to the dental therapist and assistant who saw my son. I was so impressed with how personable and friendly they were. They made my son's first filling a very pleasant experience and I thought they were exceptional at their jobs.

### **Emergency Department (ED), Christchurch Hospital**

After having a fall at home, I went to have a check-up at ED and found all the staff very informative and caring. The doctors were great in telling me in simple talk of what my problem was and what to do to fix it. Thank you very much.

### **Security guard, main entrance, Christchurch Hospital**

I wish to commend the security man who usually is at the main entrance of Christchurch Hospital (tall, with a beard). Every interaction I have had with him, he is kind, friendly and helpful. Exactly what you need when coming to the hospital as it is usually a stressful situation being there. He is a gift to Canterbury DHB and to all who visit. He makes such a positive difference.

### **ED, Christchurch Hospital**

I was so impressed with all the staff who attended me. They were all so attentive and professional and a credit to their profession. We are so lucky in New Zealand to have people of this quality working in our health care. Would you please pass my appreciation on to them.

### **WellFood, Ward 2, Christchurch Women's Hospital**

I want to sincerely thank the catering staff for giving me extra dessert in lieu of a huge meal I could not face. These little acts of kindness and compassion made all the difference to my mental wellbeing and recovery – the apple crumble was delicious!

### **Debbie, Diabetes Clinic**

My appointment at the Diabetes Clinic was fabulous. Debbie is just wonderful. She made me feel comfortable, answered all my questions, and informed me about updates in my care. It was just brilliant.

### **Radiology, Christchurch Hospital**

All the health professionals that I had contact with were excellent.

### **Ward 18, Christchurch Hospital**

You have provided a wonderful, caring service. Very professional and friendly. We are very grateful.

### **Ward 16, Surgical Progressive Care Unit, Surgical Assessment and Review Area, and Emergency Department, Christchurch Hospital**

Please pass on my gratitude to all the nurses, health care assistants, doctors and medical students who were involved in my care during the stays I had with you. All of your contributions to my treatment, rest and recovery made my



the time in hospital as stress free as possible... I would like to point out all the nurses who helped me but if I did, no doubt I would miss someone which I would hate to do, but I remember you all. I enjoyed the conversations and banter which made a serious thing a bit easier to bear. When something needed doing you all explained the whys and hows as well as the outcomes. All of your professionalism care and attention was world class.

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

All the staff, from the moment we arrived at the main entrance, to the reception lady, to the people who did the plastering, to the x-ray people, were very, very friendly and helpful. What a pleasant visit to the hospital, apart from the circumstances (broken ankle). I was treated with respect and care.

#### **Keitha Mortensen, Administrator, General Surgery**

I'd like to acknowledge Keitha for her efficient, helpful support in assisting with my mother's surgical admission. My mother was staying with me in Wanaka while waiting for her surgery. Keitha kept in contact and followed up on Mum's pre-admission appointment. She was a lovely person to communicate with and helped make a potentially complicated process easy.

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

Please accept my thanks for wonderful care and lovely people across the board.

#### **Medical Day Unit, Christchurch Hospital**

Brilliant, fantastic team. Thank you, Russell. Take good care of yourselves. Big thank you.

#### **Surgical Assessment and Review Area, Christchurch Hospital**

Beautiful work shown (or rather heard) when staff were helping another patient to get up and move around, knowing they had the help required of your staff of nurses. Keep up the great work. Be strong. I hope we can stick together as a nation and beat COVID-19 once and for all.

#### **Ward 24, Andrew in ED and Hospital Shuttle driver John, Christchurch Hospital**

All the staff – the charge nurse, nurses Sue and Charlotte, nurse aides Vicky and Liz, and the WellFood staff are so lovely. They've taken very good care of my mum whilst she's been very confused. John, the shuttle driver who I have seen daily for the past five days, has been brilliant. He has been patient, informative and honest. I have enjoyed the short journeys between the Lichfield Street Car Park and Christchurch Hospital with him. In the Emergency Department, Andrew Stephenson was lovely and got my mum a dinner box when I mentioned she hadn't eaten for eight hours.

#### **Ward 24, Christchurch Hospital**

Very lovely nurses, thanks for making my grandad very comfortable. Thank you for all that you lovely hospital workers do. We can't thank you enough.

#### **Ward 27, Christchurch Hospital**

Great staff, always welcoming and informative, happy to answer any questions and find the appropriate people to do so. Great service from everyone working on the ward – cleaners, WellFood, nurses, admin, doctors and whoever I may have left out. Thanks Ward 27.

## **Heading to Christchurch Hospital?**

# **The Hospital Shuttle has moved**

**Park at the new Deans Ave Car Park**

**The free Hospital Shuttle runs seven days a week to Christchurch Hospital and Outpatients**

[cdhb.health.nz/parking](https://cdhb.health.nz/parking)



# Hikina to Hagley

## MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

### Time to dump the junk

Cleaning is very much top of mind at Christchurch Hospital Hagley at the moment, with the three-phase clinical clean making its way through the building.

Areas are being stocked and prepared for orientation and training, and spaces are clean, tidy and clear. What we don't want when we move in is all that clutter and junk that's hiding in current workspaces to make its way over during migration.

So it's time to think again of dumping the junk – sorting through everything, from forms and stationery to equipment, furniture, text books and medical supplies.

There's information on the Prism site about the Five-S process that we used for both Burwood and Outpatient moves. The Five-S stands for Sort, Shine, Set, Standardise and Sustain.

The first step, Sort, is the cornerstone of the process.

The goal of Sort is to eliminate all your unnecessary tools and materials and create a space that is free of clutter. This allows for a workflow free from distraction. Keep only the essential things that you or your team need to get your job done – your specialist tools, materials and equipment.

When doing your Sort, try to be vigilant and ruthless. With every item or document you go through as you prepare to move, ask these questions:

- › Do I need it?
- › When did I last use it?
- › Will anybody else have it?
- › How should this be stored? Is it a matter of public record? Check with Clinical Records if you're not sure.
- › Could any other staff member benefit from this item?
- › Is this the best way of keeping it?

Separate all items into one of the following groups:

- › Must keep – clearly label with the reason
- › Cannot decide
- › Rubbish, recycling, and confidential waste
- › Something personal that I could take home.

There's a Canterbury DHB process for recycling and



Environmental Services Supervisor Kathryn Moore scrubbing the floor during the clinical clean at Hagley

distributing items that you don't need, such as furniture and equipment. Email Project Officer Heather Murray on [heather.murray@cdhb.health.nz](mailto:heather.murray@cdhb.health.nz) for guidance on what to do with it.

We'll go through the other S components of the Five-S system in coming weeks and share before and after images on the Hikina to Hagley page. If you're proud of your efforts, let us know!

Keep in touch and send through your progress or questions to [hagley@cdhb.health.nz](mailto:hagley@cdhb.health.nz).



Don't let all the cleaning be for naught by taking your junk with you. Now's the time to start taking a good hard look at what you've got in your workspace, and what you really need to take with you when you move to Hagley



## It's so long, farewell to the team from Hewlett Packard Enterprise's Cloud Transformation Partners team, and Leaven

Canterbury DHB is continuing its multi-year Hybrid Cloud Transformation Programme, and recently bid farewell to staff from two organisations who have been instrumental in helping ISG move applications to the Microsoft Azure or Amazon Web Services Cloud environments

In 2018 Canterbury DHB partnered with Cloud Technology Partners (CTP) – a Hewlett Packard Enterprise (HPE) company from the United States and Computer Concepts Limited (CCL), and later its partner Leaven – to work on the establishment phase of this programme.

Phase one of the project has been completed, and after having imparted their expertise, CCL and CTP have handed over the reins to the ISG team to take over phase two where the mass migration of the rest of Canterbury DHB's applications is set to happen.

ICT Services Manager Savita Devi was impressed with CTP's display of deep understanding on running workloads in multi cloud environments, leveraging their knowledge of security, governance, and infrastructure architecture to setup our AWS and Azure environments and improve our cloud maturity.

"CTP were great at mentoring and enabling knowledge transfer to the Canterbury DHB team which has provided us with the skills needed to independently lead the migration of applications to the Cloud," Savita says.

HPE Vice President Strategic Accounts Trisha Rozas says she has enjoyed her time working with ISG.

"I've been impressed with the ISG team's ability to pick up many of the technical aspects of moving to Azure. It has been a real combination of on-the-job training with CTP, but also the investment Canterbury DHB has made with training sessions run by ISG, with more training to come."

There are many people at ISG with new qualifications in Cloud engineering.

While the rest of the CTP team has returned to the United States, Trisha is headed to Auckland to help other companies move to Azure.

"The New Zealand work environment is much humbler and



The ISG Cloud Team



The farewell cake

collaborative compared with that in New York, which is where I've come from. There's a real 'let's solve the problem together' culture at Canterbury DHB and in general over here," she says.

At the farewell, the teams reflected on the work achieved over the past year and a half, with Chief Digital Officer Stella Ward commenting on how impressed she was with the interRAI team because the move to Azure was led by Canterbury DHB, happened during lockdown and the entire team worked remotely.

If you'd like more information on the Cloud Transformation Programme, including Q&As and background information on the project, visit the [project site on the intranet](#).



# On Behalf of the Committee

## MyMedicines Committee

The MyMedicines Committee (previously called the Patients Information Leaflets Committee) has a straightforward mission: to provide simple and easily understood written information, usually no more than one page long, to improve a patient's knowledge of their medicines.

The committee was formed following a Canterbury DHB pharmacist's Master's thesis in 1995, identifying the need for concise, quality medicines information for consumers. The multi-disciplinary committee was created to ensure production of relevant consistent information.

Members meet as required, usually each week, to review issues noted by clinical editors as part of the editorial process. The committee also consults with a nationwide consumer group to ensure they provide appropriate information at a consumer level.

"We develop and maintain a database of medicines information designed for New Zealand consumers, with over 500 information sheets now available. These provide people with key information about their medicines in plain language, supporting appropriate use to ensure that both people and the health system get the most out of prescribed medicines," says MyMedicines Co-ordinator Elle Coberger.

The committee has also embarked on translating information into te reo Māori with the support of the Health Quality and Safety Commission. It has initially focused on medicines



Front row, from left, MyMedicines Co-ordinator/Pharmacist Elle Coberger and Clinical Pharmacologist Matt Doogue

Back row, from left, Clinical Pharmacology PA Jasmin Metcalf, MyMedicines Clinical Editor/Pharmacist Sherryn Fox, MyMedicines Clinical Editor/Medicines Information Pharmacist Marie-Claire Morahan, Clinical Pharmacist Andrew Mothershaw and Registrar Jessica Kelly  
Absent: Clinical Pharmacist Louisa Sowerby

particularly relating to Māori health issues, but, with funding, hopes to expand this to the entire database.

These will soon also be available as audio versions in both te reo Māori and English.

"I am privileged to work with a dedicated, skilled group of people who give their time and effort to this service. I enjoy developing information that is evidenced-based and fit for purpose. The input of our consumer group is very valuable to ensure our product meets our end

goal of informing consumers about medicines," Elle says.

The information sheets are published on the intranet, as well as throughout New Zealand via the New Zealand Formulary, general practice and pharmacy software, on HealthInfo, and through the websites [www.mymedicines.nz](http://www.mymedicines.nz) and [www.mymedicines.nz/cdhb](http://www.mymedicines.nz/cdhb).

If you have any questions about the committee, email [elle.coberger@cdhb.health.nz](mailto:elle.coberger@cdhb.health.nz).

# Infectious disease expert awarded university's highest honour

Infectious disease researcher and Canterbury DHB clinical microbiologist David Murdoch has been awarded the University of Otago's highest honour.

David is this year's recipient of the University of Otago's Distinguished Research Medal. It is awarded for outstanding scholarly achievement, including the discovery and dissemination of new knowledge, or development of concepts that lead to significant advances in the field.

David is the Dean of the University of Otago, Christchurch, and a recognised world leader in the study, prevention and treatment of infectious diseases. Among his notable achievements are a leading role in a Bill and Melinda Gates Foundation-funded global study of childhood pneumonia that is changing the way the disease is diagnosed, treated and prevented in developing countries; and years of research on Legionnaires' disease that culminated in the establishment of a New Zealand-wide surveillance system.

During the COVID-19 pandemic David has been a key advisor to the New Zealand Government, and one of three independent international experts selected to advise the Oxford University team developing a vaccine for the novel virus.

He says a highlight of his career has been working with many wonderful groups and individuals.

"To be part of a large global network of values-driven researchers, including many colleagues in Canterbury and around New Zealand, has been an absolute highlight.

"I would not be where I am today without the support of my Infection Group research team and colleagues at Canterbury Health Laboratories... They have been an integral part of my research success."

The COVID-19 pandemic has demanded a lot of health and research professionals, and highlighted the importance of science-based policy in preventing the devastating impact on communities and economies by novel infectious diseases, David says.



Infectious Diseases Researcher and Canterbury DHB Clinical Microbiologist David Murdoch

University of Otago Vice Chancellor Harlene Hayne says the award is richly deserved.

"David works tirelessly to progress the understanding of infectious diseases and because of his mana in the field and gift for communication and collaboration he has been able to ensure his research findings are implemented and make a difference to the health of individuals and communities."

He has continued to lead by example during the COVID-19 pandemic, providing outstanding advice and commentary on the impact of the virus on New Zealand, Harlene says.

# Smokefree champion retires

Viv Daley has devoted 35 years of her life to the smokefree cause.

The Smokefree Manager retires tomorrow after being in the job since 2008, to enjoy travelling the country in a campervan, her many hobbies, and voluntary work.

Viv has been intimately involved from the beginning of New Zealand's smokefree movement, which the Smokefree 2025 agenda was born out of, says Independent Advisor to the Canterbury Clinical Network Jane Cartwright.

"She has bridged the understanding of how to work in public health and link that with smoking cessation, with a very strong focus on equity. She understands how populations live and work as well as how we motivate individuals to quit smoking and the staff who help them."

"I don't feel I have personally achieved anything momentous on my own. These things are all team efforts," Viv says.

She is, however, proud that Canterbury's smoking rate is now back to where it was pre-earthquakes.

"Canterbury was well below the average in smoking prevalence compared to the rest of New Zealand. After the earthquakes and the mosque shootings we lost that advantage, but the 2018 census shows smoking levels have dropped more steeply relative to the New Zealand average."

In the mid-80s Viv heard a person speaking about their health promotion work.

"It was a new discipline at that point and I thought, that's what I want to do!"

She went on to become a health promoter from 1985 to 1998, working initially for a community organisation in the field of alcohol. The scope was extended in 1990 to include tobacco.

In 1998, Viv moved to the Department of Public Health at the Christchurch School of Medicine where she carried out research on young people's smoking behaviours. This was followed by some years at Pegasus Health, where she was project manager for a number of programmes, including the PEGS Stop Smoking programme.

"It's been a journey," she says.

When Viv first got involved with Smokefree it was around the time when the Smokefree Environments Act was being discussed.

"We had a very successful coordinated campaign here in Canterbury and were overjoyed when the Smokefree Environments Act was enacted, and most workplaces became smokefree. All workplaces were eventually protected in a later amendment to the Act, and hospitality venues also became smokefree."

When Viv became Smokefree Manager at Canterbury DHB, her first task was to engage health professionals to routinely address smoking as a health issue.

"It is really important that health professionals take the time to address smoking with their patients, as their advice is highly trusted, and can be very effective at triggering a quit attempt.

"Smoking has a negative impact on many health conditions, so it is relatively easy to personalise the advice," she says.



Vivien Daley

"It took years, and much effort in both primary and secondary care, but we now have robust processes and many engaged health professionals offering referrals to quit services."

When the stop smoking services across the country were restructured, Canterbury was successful in tendering for a model based on partnership between the DHB, Māori and Pasifika and rural providers. The collaborative establishment of Te Hā – Waitaha Stop Smoking Canterbury enabled successful reach into the Māori and Pasifika community.

Viv says the most satisfying thing about her career has been the people she works with.

"I have a great team of people. They are really fantastic and it's so pleasing to see them, especially the young ones, growing, developing and becoming strategic in their approach."



## Cookies baked with love and sold for a good cause

Six-year-old Leo baked cookies in the school holidays as a fundraiser.

His baking was so successful that he collected \$100 by selling the cookies to neighbours, friends and family. He asked to donate this money to the hospital for toys and books.

The money Leo raised will help to make the "Play with a Purpose" packs that are given to children who are admitted to the Children's Acute Assessment Unit.

Acting Director of Nursing Warren Nairn and Charge Nurse Manager Emma Payne were very surprised and humbled by Leo's donation.

"Leo's gift will make a real difference for young children admitted to hospital and make their experience less stressful. When children are in hospital the opportunity to play is familiar and comforting," says Emma.

Emma also said that during the COVID-19 lockdown, children and their whānau have been kept separated from other patients, so the distraction of "Play with a Purpose" packs has been very welcome.

Read more of Leo's story in [Māia's latest e-news](#).



Leo and his homemade cookies which he sold to raise money for children admitted to the Children's Acute Assessment Unit

## HELM – The Leadership Koru



Last week we introduced you to HELM, your Hub for the Essentials of Learning Management and gave you an overview of the resources you'll find there. This week, we're introducing you to the Leadership Koru.

The Leadership Koru describes how every single one of us should try to show up to work and was designed by connecting with people across our Health System about what great leadership looked like and how that knowledge could be shared. What we know is that great leadership isn't just about people management and learning about great leadership isn't only for people who have the title, it's for everyone that wants to be their best and do their best work.

So how do I use the Leadership Koru? Firstly, we recommend watching this [video](#) for a basic introduction to the Koru and how it can help you. Then you'll be ready to dive in. Start by looking at the foundation of leadership, "Leading Self". These behaviours are important for all of us to demonstrate in our roles. For some roles the "Leading Others" and "Leading Health" behaviours may also be relevant.

To find out more about the Leadership Koru and how it can help you, visit [helmleaders.org](https://helmleaders.org) and keep an eye out for our article on the "Leading Self pathway" in a few weeks.

# New service in max. and Cortex from today: Request a chaplain

You'll now be able to request a chaplain on behalf of a patient or their family through a new max. service, or via Cortex by completing a 'Chaplain Service request form' found under 'Orders'.

To find the service on max.:

1. Click on "All services"
2. Click "Hospital Services" on the left of your screen and you'll see the "Request a Chaplain" service.

Once you submit your request, the chaplains will receive the request via email with the information provided.

Canterbury DHB Lead Chaplain Stephen Necklen says the 'Request a Chaplain' service will be a major improvement on the current system, and chaplains are grateful for the DHB's support, especially from their liaison manager, George Schwass.

The chaplaincy team are keen to ensure that all patients who would like to see a chaplain, will do so.

"We have 11 chaplains covering Christchurch, Christchurch Women's, Burwood and Hillmorton hospitals. The team includes a Māori chaplain and Roman Catholic chaplains at Christchurch, Burwood and Hillmorton hospitals."

Chaplains do more than just meet the needs of those who are people of faith or who attend a church regularly, he says. They have a ministry of "listening presence", which enables them to skilfully hear the concerns of patients and their whānau and provide support.

"They are able to offer rituals such as prayers and bedside communion, but their greatest gift is to be a listening ear in the midst of busy hospitals as patients grapple with their health conditions and everything that goes with them."

## Request a Chaplain

If a patient would like to talk with a Chaplain, request this here

If a patient, or patient's family member would like to talk with a Chaplain, you can request this here.  
Once you submit this request, it will be assigned to a Chaplain at your campus who'll be in touch if they require more information.

\* Patient Name

Please provide the first and last name of the patient

\* Location

-- None --

Ward Number

Please confirm who initiated this request

☐ Patient

☐ Patient's Family

Requested By

Hannah Admin

\* Your contact phone number

Please provide any additional information if necessary

Submit

Add attachments

### DETAILS

Request initiated by

☐ Patient

☐ Patient's family

Location

☐ Christchurch Hospital

☐ Christchurch Women's

Additional information

Specify details here

Referrer's contact number

Specify number here

Outside of weekday and day-time hours, chaplains also provide an on-call service during evenings and weekends.

Voluntary chaplaincy assistants (VCAs), who have been trained in pastoral ministry, also visit once a week across a number of the Canterbury sites.

If you have any questions, get in touch via 'Send us a question' in max.

# Canterbury DHB staff achieve high place in Aotearoa Bike Challenge

Canterbury DHB employees again enthusiastically joined in the Aotearoa Bike Challenge in 2020, coming second in the large company category and third nationally.

The Aotearoa Bike Challenge is a fun, free competition that's all about seeing which workplaces can get the most people to ride a bike for just 10 minutes or more. Workplace teams earn points for every kilometre they ride, every day they ride, and for every person they encourage to sign-up.

Cycling to work, to the shops, with your children to school and so on makes sense from a personal health perspective but also contributes to a healthier city and its citizens, says Public Health Promoter Meg Christie.

"More journeys made by bike means there are fewer trips by car, improving air quality and reducing congestion on the road and improving safety while creating more socially connected neighbourhoods."

Roll on Aotearoa Bike Challenge 2021!



## PUT THE RIGHT THING IN THE RIGHT BIN

Tissues, paper towels, takeaway coffee cups and plastic lids can't be recycled.

They belong in the general waste bin.





# One minute with... Juliet Gray

## Special Care Dentist, Hospital Dental Service, Christchurch Hospital

### What does your job involve?

Providing oral health care for people with complex medical problems, disabilities and social vulnerabilities that make accessing conventional dental care more challenging. I work as part of a team of dentists, dental technicians, oral health therapists and dental surgery assistants. We in turn work with health care workers from throughout our health system to provide necessary dental care. Our patients may be very systemically unwell due to downstream impacts of dental disease or need better oral health before a medical or surgical procedure, such as cardiothoracic surgery or complex cancer treatment. Other people have disabilities which make receiving dental treatment a challenge. I am also involved with an oral health promotion project for people with serious mental illness and clinical pathway development and teaching for medical and dental students. This makes my job varied – there is usually a lot of listening, planning and a fair bit of cajoling.

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

Because I am passionate about supporting people from all backgrounds to have good oral health.

### What do you like about it?

The people – both my patients and all the people I work with! I genuinely enjoy being able to help relieve pain, restore a smile and help prevent and treat oral disease. I like being part of a team and try to understand the bigger picture. For me, this involves incorporating oral health into general health care plans.

### What are the challenging bits?

Oral health is an integral part of general health but unfortunately it is taught and funded separately from 'general health', which makes access to dental care a challenge for far too many people in our community. It is frustrating to see avoidable dental problems develop into real challenges due to the inability to access dental treatment. I also find it very challenging having to charge our patients for dental treatment at the Hospital Dental Service – it is an anomaly when they aren't charged for hospital care for any other parts of their body.

### Who inspires you?

Staff at Canterbury DHB. Our family has been on the receiving end of some complex health care from many hospital departments in Canterbury DHB. I have been in awe of the cohesive nature and high-quality care we have received. Don't underestimate how much each and every interaction means to your patients. Your efforts are then amplified when surrounded by skilled and compassionate colleagues. I now appreciate how 'the whole is greater than the sum of its parts.' Every component of care is meaningful and when combined these become outstanding care – which is inspirational.

### 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?

They mean a lot. It is fundamental to how I try to interact with the people around me – patients, colleagues, friends and family.

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

I am an enthusiastic but not very skilled potter. I seem to be making a lot of bowls for our dog!

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

I am so happy to be here in Otago. I love our mountains, so take every opportunity to be in the Port Hills or Southern Alps, and it's even better if this is with my family.

### What do you do on a typical Sunday?

We try and head out for an adventure and this usually involves walking up a hill – with our dog and our youngest son in tow.

### What's your favourite food?

My husband makes amazing lemon honey and I can eat it anytime!

### And your favourite music?

Absolutely anything... but my favourite song is 'Lean on Me'



## Something For You

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.

This week we have a special friends and family offer from EziBuy! Purchase any full price item instore and receive 50 percent off. Find the discount code and the terms and conditions on the [Something For You homepage](#).

Ends Sunday 30 August, offer only valid for items instore or by calling 0508 500 500.

We also have plenty of **brand new deals** from local businesses – check them out [here](#)!



EZIBUY

## Canterbury DHB Clinical Governance Committee Elections 2020

Elections for the Canterbury DHB Clinical Governance Committee are open and will close 5pm Monday 31 August 2020.

We confirm that elections are being held for one Senior Medical Officer/Senior Dental Officer, one Resident Medical Officer, one Nursing and one Allied Health. There is no election for Midwifery as one candidate was received, filling the one position.

Please remember that you can only vote within your group – SMOs for SMOs/SDOs only, RMOs for RMOs only, Nursing for nurses only and Allied Health for Allied Health.

To view the profile forms, please click on [this link](#) and open the folder that pertains to your group.

To register your vote, email Co-ordinator Carol Kingsland on [carol.kingsland@cdhb.health.nz](mailto:carol.kingsland@cdhb.health.nz) by 5pm Monday 31 August 2020, and include your name, designation and department.



# 2020 Canterbury Road Trauma Award nominations open

The annual Canterbury Road Trauma Awards were introduced in 2017 by the Road Traffic Accident Trauma Charitable Trust trading as the National Road Trauma Centre ('Trust') to honour industry professionals and members of the public who have worked to minimise road crash trauma, both directly at road crash sites and in an ongoing manner.

Outstanding individuals, teams or professional organisations making a special contribution to road safety, public education, road trauma prevention initiatives, and displaying a professional duty of care in Canterbury, are invited to put forward a nomination for the awards to celebrate their contribution to the reduction of road trauma.

Those in the post trauma care and road safety sectors are urged to consider entering this year's awards, not just to share their stories of success but to inspire others to make an influential contribution to the reduction of road trauma in our community.

This year there are three award categories:

- › Canterbury Road Trauma Prevention Award
- › Canterbury Road Trauma Award for Community Service
- › Canterbury Road Trauma Award for Public Service.

Nominations for this year's Canterbury Road Trauma Awards close on 18 October 2020.

Winners will receive their medallion and award at the Trust's Road Accident Remembrance Day on Saturday 28 November 2020 in North Hagley Park, Christchurch.

For more information on how to enter the fourth annual Canterbury Road Trauma Awards, visit the [National Road Trauma website](#).







To register and pay contact  
**[elana.breytenbach@cdhb.health.nz](mailto:elana.breytenbach@cdhb.health.nz)**  
(364 0742 or ext. 80742)

The Māia Health Foundation team will then email through details of the rules, step counts and banking.

There will be prizes for the following:

- Individual with the highest number of steps in the month of September
- Department with the highest average number of steps per participant
- Department with the highest total number of steps
- Spot prize for someone who signs up before 25th August

By registering to be a part of Spring Into Action you agree to participate to the terms and conditions of this promotional fundraiser for Child Health. You agree to partake in this competition in good faith, understanding that the validity of each measuring device may differ slightly.

This is a fundraiser event, designed to improve the health and well-being of the participants by encouraging you to be more active during the month of September. Child Health Services and Māia Health Foundation accept no responsibility for discrepancies in the calculation of individual steps.