



## Thanks for the warm welcome

**As we reflect on the anniversary of the 22 February 2011 quake remember to be kind to yourself and acknowledge your own reactions and experiences.**

Thank you for your warm welcome to Canterbury DHB. I look forward to visiting and connecting with staff and health system partners over the coming weeks. Thank you for all the work you do every day in support of our community.

While there are plenty of challenges ahead in moving towards an equitable and sustainable health system, I'm confident we can do this as a team.

### Canterbury earthquakes – 10 years on

I attended the Civic Ceremony today to mark the 10th anniversary of the Canterbury earthquakes. It was a sobering experience, particularly when the names of the 185 people who lost their lives were read out. The service was attended by members of the public, including families, survivors and people who played significant roles in the aftermath of the quakes and the recovery, along with Canterbury's community leaders.

This event was especially poignant for me as I remember the death of a family member during the February 2011 quake. I was living in Christchurch at the time.

For staff who were here and involved in the response to the 2010 and 2011 quakes, some unexpected feelings might sneak up on you today – just remember that's all right.

This is a week to show compassion and understanding for other people's experiences, and this is also a time to



Prime Minister of New Zealand Rt Hon Jacinda Ardern with Dame Patsy Reddy

be kind to yourself and acknowledge your own reactions and experiences. Be proud of how far you've come. There's been a lot of change for everyone over the past 10 years – both at home and at work.

**BE PROUD OF  
HOW FAR  
YOU'VE COME.**

**ALL RIGHT?**

ALLRIGHT  
.ORG.NZ

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The River of Flowers event on the Montreal Street bridge added a vibrant yet poignant element to the proceedings as people 'let go' by dropping flowers into the Avon and watching them move along on their journey through the city and out to sea, symbolic of the long and winding rollercoaster many have been on since the quakes.

As always, please remember all of the support networks available to you. If you're feeling upset or overwhelmed, take a breather – whether it's a walk, a coffee with a friend or just time out to reflect, do what's right for you. If you want to talk to a professional about how you're feeling, there are several options available and all are free for staff and volunteers.

- › **Explore Specialist Advice NZ/Gains Wellness and Psychology** offer confidential support to all Canterbury DHB staff, both non-clinical and clinical and to our volunteers. The support is provided independently by its team of registered psychologists, in partnership with the Ministry of Health.

You can contact the team to make an appointment from 9am–7pm, Monday to Friday on 0800 820 080 or email anytime on [hcnz.wellbeing@healthcarenz.co.nz](mailto:hcnz.wellbeing@healthcarenz.co.nz).

More information is available on <https://www.healthcarenz.co.nz/wellbeing-service/>

- › You can also get in touch with our dedicated **Workplace Support staff**. You'll regularly see them on the wards and around our facilities. They can refer you to specialised services such as counselling. Alongside this, their 24/7 phone line 0800 445 443 is there to provide round the clock support for you. Details for the **Employee Assistance Programme (EAP)** and Workplace Support can also be found on Prism.
- › You can also **phone or text 1737 anytime seven days a week** to talk to (or text with) a trained counsellor or talk to a peer support worker. The service is completely free, and confidential.



Representatives of teams involved in the emergency response and rescue for the 2011 earthquakes at the 10th anniversary memorial



Acting Executive Director of Nursing Becky Hickmott attending the memorial



Canterbury DHB CEO Peter Bramley places carnations into the River of Flowers



## Vaccinations start this week for border workers in Canterbury

This week Canterbury begins its roll-out of the Pfizer/BioNTech COVID-19 vaccine. I want to acknowledge the incredible amount of work our teams have put in to make this possible in a relatively short timeframe. We were able to draw on the wealth of experience and knowledge from our influenza and MMR programmes, as well as international experience, alongside that of our colleagues in Auckland.

This is a significant milestone as part of New Zealand's largest ever vaccination programme.

This first phase will see border staff including managed isolation and quarantine workers and then their household contacts offered the vaccine. They are at risk of exposure on a daily basis, so it is right that we provide them with the vaccine first. We anticipate that all those who wish to receive the vaccine will have had their first dose within two to three weeks.

It cannot be overstated how important it is that we protect our border workers from COVID-19 and I thank each and every staff member who has worked to make this possible in Canterbury.

In total we will be offering vaccination to more than 1800 staff who are working at our borders or in one of our managed isolation and quarantine facilities.

Healthcare and essential workers will follow in quarter two.

The vaccine offers real hope for us all, but I remind everyone that we all still need to keep doing our bit such as staying at home if sick, washing and drying our hands frequently and scanning everywhere we go, using the COVID-19 Tracer app – with Bluetooth switched on.

## Scan, scan, scan – yes, you should even scan in when you arrive at work every day

Everyone who works in health should be modelling the behaviour we're asking the rest of the community to do, and that is to scan in everywhere you go – absolutely everywhere. Use the government's COVID-19 Tracer app and scan the QR Code on display everywhere you go. If you've had trouble downloading the app, talk to a tech-savvy colleague who may be able to help. It's free for Android and Apple phones from Google Play and the App Store.

Many staff don't think it's necessary to scan in at work, as you use a swipe card to enter the building, and your attendance is recorded in microster. However, if you don't scan in and have Bluetooth turned on within the app you

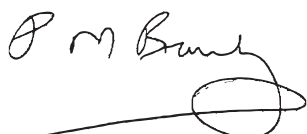
won't get timely alerts in the event you may have been exposed to a case at work.

If you move around our facilities during the day, it's a good idea to scan in when you enter a new building or see a new QR code within the building, as more services are getting their own unique QR code posters.

Let's show the rest of New Zealand Canterbury has the can-do attitude when it comes to lifting our scanning game!

Over the past week services have been ensuring there is an alternative manual sign-in system available at all entrances to our facilities. Every time you see someone enter our facilities, please encourage them to scan or sign in (if they don't have the app) and to use the hand sanitiser available.

Ngā mihi nui

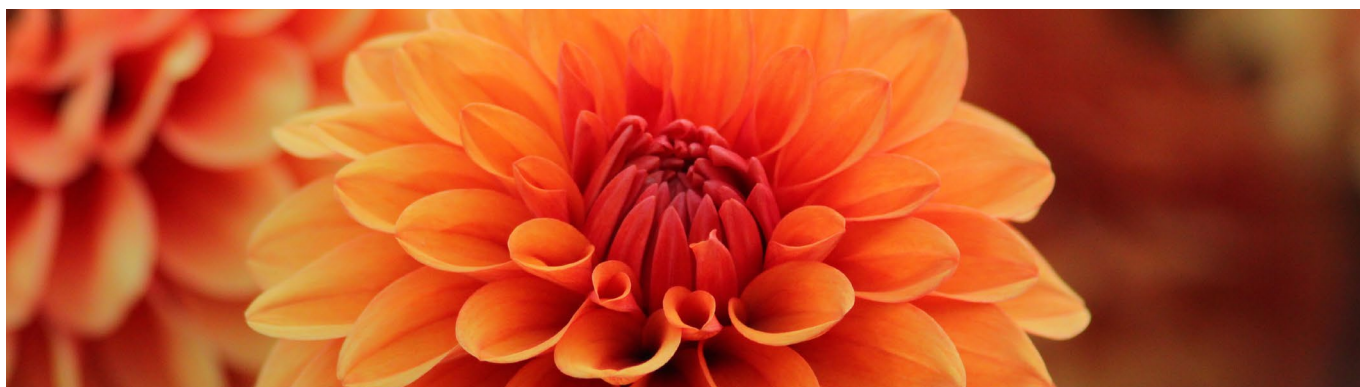


**Peter Bramley, CEO**  
Canterbury District Health Board

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

### Eye Clinic, Christchurch Hospital

Magnificent service from the Eye Clinic. Positive, friendly and efficient. Thank you.

### Ward 18 and WellFood, Christchurch Hospital

After spending 27 days in Ward 18, I would like to thank the wonderful staff for the service that I was provided. All the staff in Ward 18 were friendly and extremely caring and provided a wonderful service to me whilst I was in hospital. The food I received was delicious and very much enjoyed, please compliment the kitchen staff too.

### Intensive Care Unit (ICU), Christchurch Hospital

Everybody has been amazing. You have wonderful people. Thank you all so much.

### ICU, Christchurch Hospital

I finally find myself in a space to write and thank-you for the exceptional care that was given to [patient name], myself and my wider whānau. The beautiful gentle interactions with just the right amount of care combined with space was perfect. Nothing was too difficult and at no time did I feel like anything was a pain to provide or engage about. The whole team were amazing. I wish I could remember names, but they have faded. However, my memories of having the opportunity to grieve at such a time, in a way that embraced what was going on for me, is very special. I think the culture of the team must be very high and that you have exceptional staff on it. Communication was good all the way through so I didn't feel like just a number but really cared for at a time when I was in heightened trauma and struggling to get my head around what had happened. I was allowed to stay and come/go as it worked for me and I was often checked on to make sure everything was okay. My experience of ICU has really helped me with being able to grieve well and allowed many of the family to do the same. For staff to see the person in front of them and just find the right balance of interaction is a real skill which was there in bucketloads. Thank you.

### Emergency Department (ED) and Acute Medical Assessment Unit (AMAU), Christchurch Hospital

The team in ED during my mother's admission, in particular Dr Eva Ross, doctors Isaac and Jacques, and nurses Sally and Fay, their professionalism and compassion was exemplary. Once in AMAU, Nurse Kate and Dr Adam Simpson explained the situation in terms we could understand in an empathetic and caring way. We can't express in words our thanks.

### ED, Christchurch Hospital

The nurses and doctors in ED were excellent. They went above and beyond the care of duty. They are very friendly and caring which made my experience less stressful. Thank you so much.

### Maternity, Christchurch Women's Hospital

The staff in the Maternity Assessment Unit were fantastic, especially Bridgette. On delivery, the two midwives Abbey Roberts and Laura Saab were amazing and totally made our quite stressful experience positive. They were both very professional. I cannot thank them both enough. Registrars Laura and Rachel were also fantastic, and I always felt I was in good hands. When things were not progressing well, all the staff were very supportive of my wife and I'm very grateful for all the support I had.

### Sami, Women's Day Surgery Team

I wanted to thank Sami, who was part of the anaesthetic team in the Women's Day Surgery Team. His friendly yet professional manner was a calming influence for my first ever surgery.

### ECG Department, Christchurch Hospital

Lovely staff, very friendly. I left my jacket and they called me to let me know. Thanks so much.

### Physiotherapy Outpatients, Hand Therapy, Christchurch Hospital

I was given an easy to follow map to have some immediate hand physio. Both my husband and I were very impressed with the immediate action and the treatment I received. We have been equally impressed by the follow up hand physio treatment I have had on three occasions with Becs. There has been no waiting time each appointment and the physio has been very helpful with a variety of suggested courses of action with the result of a positive outcome and no need for further treatment. To be listened to by the physio and receive a variety of suggestions for use at home tailored to my individual circumstances, has been very beneficial.

### Ward 24, Christchurch Hospital

The care was outstanding. My first time in Christchurch Hospital. The nurses are a great dedicated group of people.

### Trainee Intern Amelia Ofman and Dr Rukshan Ranjan, Surgical Outpatients, Christchurch Hospital

I was seen by Amelia Ofman and Dr Rukshan Ranjan. Both doctors were respectful, had brilliant listening skills and gave clear information.

### Ward 24, Christchurch Hospital

To the team on Ward 24, we wanted to show our appreciation for the care and compassion given our father during his last days. Thank you so much.

### Urology Unit, Ward 11, and Emergency Department, Christchurch Hospital

I would like to acknowledge over the weeks starting from October last year with my comings and goings from Christchurch Hospital the excellent care I received from the staff in the Urology Department and the Emergency Department. From the theatre staff, doctors, plus the very dedicated nursing care I received, I can honestly say a very big thank you to all. For the outstanding attention and help I received in hospital I am truly grateful. Once again, a very special thank you to all.

### Ward B7, Activity Room and Radio Lollipop, Christchurch Hospital

My granddaughter was cared for and treated by the most amazing team of nurses and doctors. Linda, Leigh and especially Anna made her very relaxed and secure. The Activity Room staff, especially Melinda, were very helpful in occupying her and helping her through her blood tests. Radio Lollipop were also awesome with evening activities. I would also like to thank Theatre and Recovery staff for the awesome care. I felt that we were always well informed.

### Intensive Care Unit, Christchurch Hospital

I drew this sketch while waiting to see my friend in ICU. The ICU you have there is SO wonderful – peaceful, with such happy and caring staff.



## Big Shout Out

### To: Security Guard Tatum, Christchurch Hospital

Ward 11's night staff would like to give a big shout out to the awesome security guard Tatum. So pleasant. Absolute joy to work with her. Good work Tatum.

From: Ward 11 night staff

#carestartshere



# New web portal to help kickstart your research

Canterbury Health System Research has a new online front door to make it easier to find out about our research and help people get started on their own research journey.

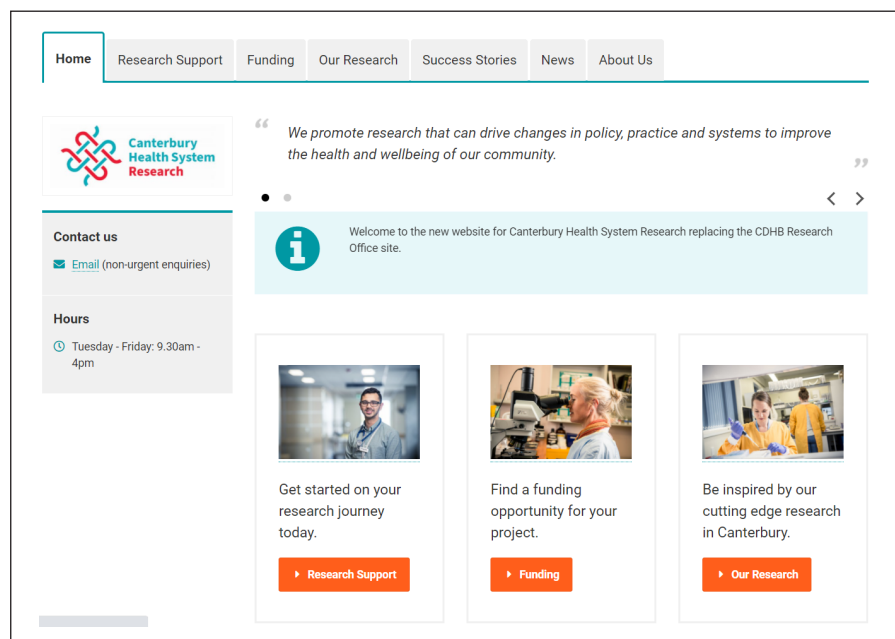
The [new web portal](#) on the Canterbury DHB external website has clear and simple information on how research is conducted at Canterbury DHB, available support, funding opportunities, success stories and practical resources for grant applications and research contracts.

The pages include flow diagrams showing the process for different types of requests with direct links to standardised documents. Researchers will also need to familiarise themselves with the [new registration form](#), which is a key feature of the website.

The improved web presence is part of the work to implement the key recommendations of a review of Canterbury DHB research in 2019, led by Clinical Director Research Cameron Lacey.

"The new site is also a showcase of the wider work that's been happening to make doing research at Canterbury more accessible and quicker to get off the ground," says Cameron.

Over the past few months, various trials have been underway to help streamline processes for researchers. For example, clinical trial coordinators have been using a new worksheet and tools to help cost out research projects – these are up on the web.



We've also now got master agreement documents with individual sponsors available for use to make sure that consistent and up to date documents are being used by Canterbury DHB.

After a successful trial a screening tool has been introduced for researchers to self-assess to see if they meet the criteria for a low risk project. If successful, this triggers a much simpler form and process to follow for Locality Authorisation instead of the current one size fits all approach.

Finally, there is now a process in place to fast-track research applications for urgent clinical trials plus a new simplified amendment form is in use and online.

Work still underway for the wider research support improvement

programme includes trialling parallel workflows to speed up the timeframe for approvals and reestablishing a Research Governance group.

Cameron urges people considering conducting research at Canterbury DHB to visit the web portal and talk to the Canterbury Health System Research Office.

"Many of us working in health come into the field to make a difference. Research has the power to drive changes in policy, practice and systems to improve the health and wellbeing of people at scale.

"There are great opportunities in Canterbury with our health precinct partners to make a long reaching and lasting impact with your work."

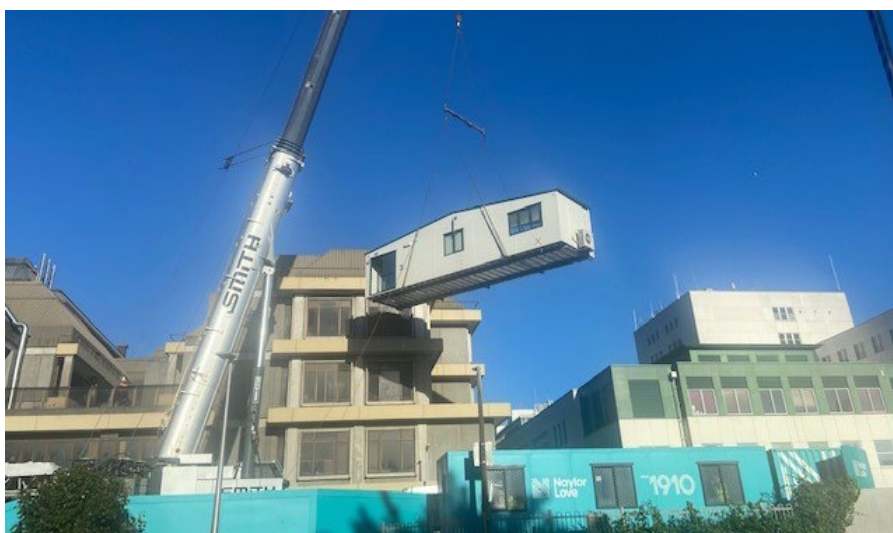
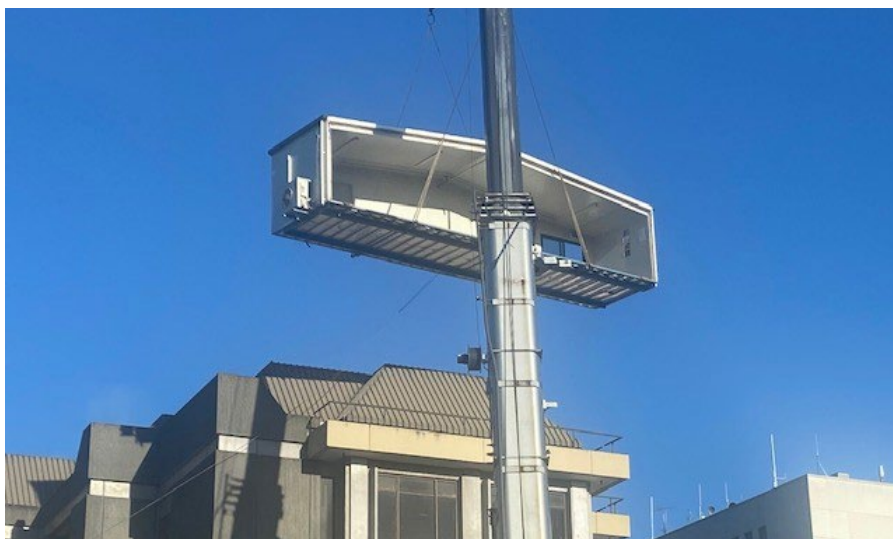


# Portacoms removed from Christchurch Hospital

In the aftermath of the Christchurch earthquakes in 2011, Christchurch Hospital Campus urgently needed extra space for staff. Portacoms were brought in and placed on the roof of the Clinical Services block to house staff whose normal work areas were being repaired post-quake. This included clinical nurse specialists from General Surgery and Colorectal Surgery, as well as cancer nurses. These staff are now housed in Ward 21 in Waipapa.

Last week, the portacoms were removed to allow for earthquake compliance works to progress on the Parkside and Riverside buildings.

The portacoms have been moved to Burwood Hospital where they will be stored.



# Blue Mirror's AI software lifts the safe use of PPE to the next level

COVID-19 continues to throw up many challenges and we can expect more of the same from 2021. It is during testing times like these that innovators come to the fore. In this case to develop a solution to minimise risks to our healthcare workers on the frontline who use PPE extensively.

Having the right PPE is only part of the story, putting it on properly and taking it off safely are also critical to keeping the wearer safe. Health authorities recommend the presence of a specialist observer to monitor the donning and doffing process.

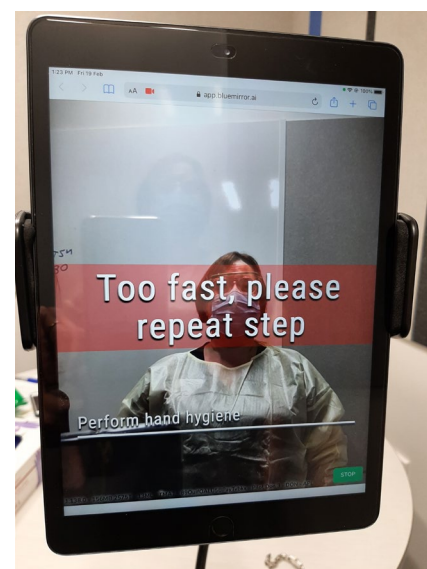
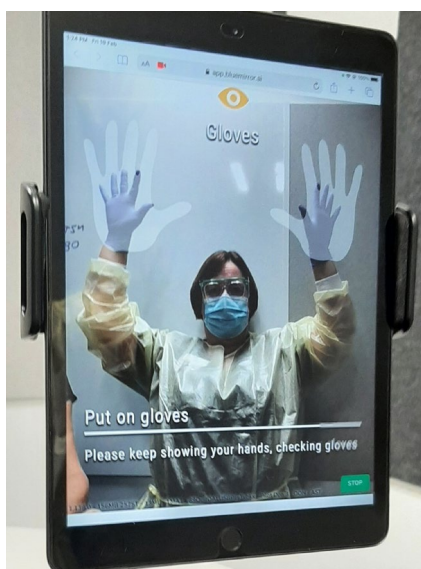
Through a system named "Blue Mirror", leading-edge intelligent vision technologies were adapted to develop a virtual buddy that can assist healthcare workers to correctly and safely put on and take off protective equipment such as masks, face shields, gloves and gowns.

CEO of Fysight Rommie Nunes explains that the automated buddy is a virtual mirror that observes workers 'donning and doffing' PPE, prompting them to follow correct procedures, and identifying and helping them to rectify errors.

"The magical thing about Blue Mirror's AI is that the software learns over time. The more times the buddy is used, the more accurate it becomes," says Rommie.

"Blue Mirror is here to keep healthcare workers and patients safer by providing a virtual PPE instructor. We believe this can become the next level of PPE practice globally, enabling every healthcare worker access to a virtual PPE instructor when they most need it," says Rommie.

Via Innovations approached the Manawa Simulation Centre to trial



Clinical Skills Coordinator Christine Beasley using the Blue Mirror PPE virtual buddy

Blue Mirror in a teaching environment first – partly because that would be one of its ongoing applications, but also because of the need to refine it to ensure it would function optimally in a care environment.

By evaluating Blue Mirror in a hospital-like setting with students and nurses about to head out to Managed Isolation and Quarantine (MIQ) facilities, subtle but important

improvements were identified and added during the pilot.

Examples included changing the instruction from "take off your gown" to "without touching the outside of the gown, take off your gown", and developing the app to automatically identify when someone was ready to start, without the user having to touch the device.



Clinical Skills Coordinator at Manawa Christine Beasley explains that the system is easy to set up and operate and you are guided through the whole process with instructions and checks.

"It is so easy! Nurse Educators and Nurse Lecturers have needed only one orientation session to become proficient in setting it up. Trial candidates were enthusiastic to use this education tool, finding it interesting and liking the interactive nature."

The system can be tailored for any PPE requirements, depending on the environment and infection. It can also be configured to meet theatre suite requirements.

"There is also the potential for Blue Mirror to be used to enable visitors to put on PPE safely before visiting people in isolation wards."

Innovation Director at Via Innovations Anya Hornsey appreciated Blue Mirror's (the company) professionalism, their responsiveness and their agility in adapting the app to an educational learning environment. "It was great to achieve such a successful outcome during a difficult 2020, where the only constant was change."

Via Innovations, Manawa Simulation Centre and Blue Mirror continue to work together to further validate Blue Mirror's ability to improve frontline healthcare workers' safety.

To learn more about Canterbury DHB's Via Innovations Unit visit [Via Innovations](#) or watch these videos:

- > [PPE donning](#)
- > [PPE doffing](#)

## Hard work and dedication the mark of scientific career

It was a five-week journey on a ship from New Zealand to England that effectively kickstarted Scientist John Lewis' career.

"My wife and I were straight out of university and on our way to the UK to do our OE. When you are on a boat for over a month you have plenty of time to think and we decided that we should apply for jobs in our area of study rather than do pub work."

His wife Rose quickly got a job as a teacher, but John struck an issue when he went for his first interview.

"I was handed a manila folder containing the project I would be working on and it was in an area I wasn't familiar with."

He decided he could manage the role if he put his research skills to good use, and to cut a long story short he was offered the job at Hammersmith Hospital.

"I spent the first two weeks in the library and by the time I left the role I was publishing articles in medical literature."

He says it taught him a valuable lesson about not being phased by technical jargon and the importance of using initiative. The work in the UK helped him obtain a research grant to study cancer markers in New Zealand.

"That led to one or two other things and I was offered a permanent job."

In the 45-plus years since his return to Christchurch, John has been a co-leader in Canterbury Health Laboratory's

Steroids Laboratory and mentored numerous students. He retires on Friday as a former Section Head Steroid Chemistry and will take up an Emeritus role with CHL and the University of Otago.

The highlight of those more than four decades has been "all the fantastic people I have worked with," he says.

"The pinnacle is the Steroid Lab's really loyal staff, many of them have been here for decades. That, and our contribution to diagnostic medicine. It is what has got me up in the morning."

John is a "scientist's scientist," says Chemical Pathologist and CHL Clinical Director Richard King.

"As a laboratory contributor in the area of steroids, he has published over 150 papers during his career which has had a recent emphasis on the biology of the steroid binding proteins and their application to diagnostic medicine."

His particular interest is in generating monoclonal antibodies to various proteins and understanding how they can be used as tools to investigate function.



John Lewis

# “Tireless campaigner” for delivery of quality services retires

It has been 50 years and one week since Anne Morgan first sat in class to begin her nursing training.

“At the time, the jobs open to women were limited. You either became a secretary, a teacher, or a nurse. Luckily, I’d always wanted to be a nurse,” says the Child Health and Otolaryngology Service Manager who retires on Friday.

Anne went on to work as a public health and intensive care nurse and was Nurse Manager at Waikato Hospital’s Neonatal Unit.

In 1993 the family moved to Christchurch for her late husband Phil’s new job with Canterbury DHB Payroll. Anne soon took up a role at this organisation too, setting up Neonatal Outreach, visiting babies discharged from the Neonatal Intensive Care Unit. She spent the next 13 years in this job, seven of those as the only nurse in the programme.

“It involved a lot of listening and working with parents to help them take control of the ongoing care of their babies and deal with all the equipment involved, such as oxygen tanks.”

In 2005 Anne was appointed Service Manager Child Health. Recently, Service Manager Otolaryngology was added to her portfolio.

As a former nurse manager in Waikato working in management wasn’t unfamiliar to her, Anne says.

“I have really enjoyed it. There is a lot of collegiality. People here are really neat to work with.

“Being part of helping the Child Health service grow and the recent move to Waipapa has been exciting.



Anne Morgan

“The role with Otolaryngology was a steep learning curve but I have really good clinical directors to work with in both my areas and that makes life so much easier.”

She considers her legacy to be setting up the Child Health Consumer Group, which began in 2009 and is the only one of its kind in the country.

“The group is thriving with 10 parent representatives and two staff members who meet monthly. They have made us look at things differently sometimes. You think you know what families want but you don’t always,” says Anne, who has a Master’s degree in Health Science.

General Manager Pauline Clark says Anne has been a tireless campaigner for the delivery of quality, fit-for-purpose, and appropriate health services.

“She has always been acutely aware of the patient and their family

and, with her Child Health clinical background, has been especially strong in her advocacy of children requiring health care.”

Anne has a well-honed sense of clinician fair play, supporting clinical colleagues to work in a satisfying environment and team, and understanding that connection to the delivery of care which consumers and families also find satisfactory.

“Throughout her career (which has seen her undertake many roles), she has demonstrated a strong work ethic, a wry sense of humour and a ‘cut to the chase’ style. Her huge heart and constancy will be greatly missed. We wish her well in the next phase of her life.”

Anne says she will miss the company of her colleagues but plans to keep in touch. She is looking forward to playing more golf, spending more time on craft work and joining an embroiders’ guild.



# Special book delivery for children and teens who face adversity

A wonderful range of books provided by the National Library are set to be chosen, enjoyed and treasured by children and young people in the Infant to Teen (I2T) and Gateway Assessment programmes at Canterbury DHB.

The library's Communities of Readers programme is providing a large number of books to Canterbury DHB's Child and Family Safety Service (CFSS) to give to I2T and Gateway participants aged from zero to 18 for them to keep and share.

The books include colourful picture books, fiction, graphic novels and non-fiction books; all chosen to engage and inspire young people to read for pleasure and wellbeing, says Communities of Readers Capability Facilitator Sue Bridges.

I2T and Gateway were set up to help New Zealand's most vulnerable children and young people. The programmes involve a holistic medical and psychosocial health assessment of the child/young person and their family, which is completed by a paediatrician or youth health assessor, and a psychologist if needed.

Clinical Nurse Specialist Linda Stokes, who is the Canterbury DHB Gateway Coordinator/Kairuruku Tomokanga, says the magnificent collection of books will significantly refresh CFSS's bookcase.

"The books are stunning, and we are so excited about the prospect of them helping these children and teens, who may be traumatised, to nurture a love of books."

The aim of I2T and Gateway is to enhance the child or young person's physical, mental, educational and social wellbeing by identifying unmet needs and making a plan to address those needs. The programmes are run by the CFSS



Rear, from left, the National Library's 'Communities of Readers' programme Capability Facilitators Jan Boustead, Sue Bridges and Cathy Kennedy. Front, from left, Child and Family Safety Service (CFSS) Child Psychologist Anna Walker and CFSS Clinical Nurse Specialist and Gateway Coordinator/Kairuruku Tomokanga Linda Stokes

at Canterbury DHB in collaboration with Oranga Tamariki, the Ministry of Health and the Ministry of Education.

The child or young person and their family are involved as partners throughout the process and the approach taken in Canterbury focuses on providing a welcoming, culturally responsive environment for families and a fun approach for children, she says.

"At the end of the health assessment, when the child or teenager is leaving our service we give them a gift of various goodies, toys and a book which creates great delight and smiles."

Many of the children/young people and their families have a combination of health and education problems that have gone unidentified or untreated. I2T and Gateway are making a big difference and contributing to a brighter future for them, Linda says.

# One minute with... Kym Van Der Heyden, Intensive Care Registered Nurse

## What does your job involve?

As an intensive care nurse my job is to look after critically ill patients. Within the Intensive Care department, we provide patient-centred care for a wide range of patients. We have many support services that are staffed by our nurses and doctors. These include one-to-one nursing and 24-hour medical cover; an outreach service, providing support hospital-wide; an air retrieval service using both fixed-wing and helicopter for patients who may require inter-hospital transfer and retrieval by air and road; a 'Releasing Time To Care' team; and a research team of which I am part of, working to advance the care we give to our patients.

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

Intensive care nursing has been my chosen speciality since early on in my career. Being an intensive care nurse gives me the opportunity to make a difference in someone else's life. I wanted to work within a team that would help me to develop the skills I needed, to care for patients who are critically ill. I would encourage anyone to work within an intensive care environment, caring for critically ill patients. The work isn't always easy, but it is rewarding.

## What do you like about it?

I have been a part of this amazing department and team for nearly 14 years and find that I am still able to learn something new every day.

## What are the challenging bits?

Over the last few years as a team we have had many challenges to

overcome. From earthquakes, to a mass shooting, to a volcanic eruption, to preparing for a pandemic, and of course moving to a new building. Through all these challenges I have learned to adapt and move forward. Sometimes by adopting new skills, and other times by adapting knowledge and skills I have already learned.

## Who inspires you?

My eight-year-old daughter who reminds me every day that 'girls rock', also my colleagues, and Professor Brian Cox CBE (English professor of Particle Physics, Astronomy and a former rock band member).

## 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?

Within the Intensive Care department our aim is to provide a patient-centred approach. To me this means treating patients within my care with dignity and respect, involving them when possible in decisions about their health. In the department we work as a collaborative team, with the goal to improve outcomes of critically ill patients.

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

I am a massive Dr Who and Red Dwarf fan.



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

The UK, though I am very grateful and thankful for the country I live in. Some of my family and nursing friends are there. As a nurse, I am aware of the situation they are in, and like a lot of people who have family overseas, I find it hard being so far away.

## What do you do on a typical Sunday?

Relax with my family, eat a nice lunch then get prepared for night shift.

## What's your favourite food?

Sunday roast with Yorkshire pudding.

## And your favourite music?

Adele, Pink and Tracy Chapman.

If you would like to take part in the column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).



## 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.



### Northwood skin and body

Level 1, Unit JA, 1 Radcliffe Road, Belfast

Treat yourself and get 15 percent off all full paying services.



### Koha Fitness

48 Hereford Street, Christchurch Central

Receive a discounted rate of \$33 per week (on the 12 month memberships) and more, see more information on the Health and Wellbeing page.



### Global Living

100 Moorhouse Ave, Christchurch Central

Get 15 percent off all purchases at this NZ owned store!



### Tyreland

3/18A Taurus Place, Bromley or Mobile Service (call out fee may apply, phone 03 389 5005)

Discounted puncture repairs (\$20 usually \$30), \$20 fitting and balancing per tyre (usually \$25 each) and staff rates on all tyres.

We also have plenty of other great deals from local businesses, check them out [here](#)!

**"I'm helping protect our community against measles."**  
GRACE GATENBY

**RMO  
AND A GUARDIAN  
OF THE FUTURE**

**Aged 15–30? Get your MMR shot now!**

**Catch-up on your MMR at work**  
Book in [here](#) to a clinic that suits you:

- Wed 3 March, 9–10.30am, Ward D2, Burwood Hospital
- Wed 10 March, 11am –12.30pm, Great Escape Lounge, Christchurch Hospital