



Minding your head!

The polar blast we recently experienced is a timely reminder that the Canterbury Health System is not yet out of the woods as far as winter is concerned.

Fortunately, the transformation of the Canterbury Health System over the past few years helped us cope with winter's challenges. By supporting more people in their own homes and communities, we've been able to provide hospital level care for those who need it most.

The thing that has the single biggest impact on the continued transformation of the Canterbury Health System is our people. This makes supporting the wellbeing of our staff our number one priority. Thank you once again to the over 4,000 staff who completed this year's staff wellbeing survey. This information will go a long way towards the creation of a comprehensive staff wellbeing strategy, to be rolled out early next year.

Next month we'll be holding focus groups to further flesh out the survey's findings and sound out some possible new approaches.

On the subject of looking after ourselves, the award winning All Right? project has launched a new campaign called 'Mind Your Head'. It's about encouraging Cantabrians to be more mindful of what we're doing so we can make time for, and enjoy, the things that really matter.

A component of [Mind Your Head](#) which seems to be gaining a lot of traction is the Canterbury-wide Digital Detox, planned for 2 October from 10am-2pm.

Technology is all around us – at home, at work, everywhere we go. It's made us more efficient and effective, and allows us to connect with people close to home and on the other side of the world. What All Right? is asking Cantabrians is, 'do we have the balance right?'

Small breaks away from technology can have big benefits. Being away from our screens allows us to slow down and focus on the things that matter most, like enjoying the outdoors, spending time with loved ones, or giving something new a go. These things can lower stress levels, improve relationships, and boost overall wellbeing.

Unplugging completely is unrealistic. Sometimes there are calls we simply can't ignore and texts or emails to answer. How then, do we stop it taking over so we can switch off and recharge?

If you are happy with how you're using technology, that's great. But if you think some more balance could be useful then joins thousands of other Cantabrians and put down/turn off your screens between 10am and 2pm on Sunday, 2 October 2016. It is a chance to take a break, do something fun and find the balance that feels just right.

Register at www.allright.org.nz/detox.

See how to order your own Digital Detox box on page six.

Amazing talent on show

On Saturday night I attended the Artist Doctors Concert. It is always great to be reminded of the talent that exists within the Canterbury Health System - some of the performances were just stunning including a range of short skits, the rock group 'Anaphylaxis', the Artist Doctors Choir, some poems from Rosie Laing, a love song melody by Four Bars of D (my personal favourite – a wicked rendition with ukulele), Quicksilver, a most beautiful song from Polly Davison, the Orchestra and Choir were top notch, with a brilliant piano concerto from Gordon Lu. The Pop T'Arts and Manpower finished off a wonderful night. Thanks to everyone involved – the energy and skills displayed were nothing short of remarkable.

David Meates
CEO Canterbury District Health Board

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Facilities Fast Facts

Fast Facts - Christchurch

Spring is in the air in Hagley Park, and we are about halfway through the steel framing for the Acute Services building.



The photo above shows the steel framing for part of the ASB's ground floor. The workers are standing on the Lower Ground Floor. The round sections sit above the base isolators.

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The piling work for the land remediation along the Avon River is now finished and the piling rig has been removed. Although the area looks almost “back to normal” now (the photo shows a view looking uphill from the Rolleston Bridge) there is still a lot of work to do around the Avon generator house and the staircase at the corner of the Emergency Department, including building a platform to allow a new oxygen tank to be installed and raising the road surface.

Outpatients

Piling work is well underway on the Outpatients site.

The container walkway along the site boundary at the top of Antigua Street is now open for pedestrian use. A reminder that cyclists should dismount and use the walkway if travelling north towards the hospital. Watch this space for further updates.

Hospital Corner update:

The foundations / basement of the blue car parking building are now being dug out. This work will probably create more vibration than the above-ground demolition. Thank you for your patience while these works go on.

Work is being undertaken by the City Council to replace the water main along the Riccarton Road in front of Christchurch Hospital. This work will be done mostly at night over the next five weeks. Disruptions to traffic flow will be kept to a minimum.

As you may have seen from [recent news reports](#), the timescale for early works beginning at the public Metro Sports car park is now late October/early November 2016. At this point, the car park will close. Staff please note that the early works will also affect on-street parking along Balfour Terrace and parts of Stewart Street. The work will not affect our afternoon staff car park on the edge of the site.

New MRI for Radiology Department at Christchurch Hospital

A crane was on site on Saturday 17 September to lift a new Magnetic Resonance Imaging (MRI) scanner into the Riverside building's Radiology Department.

It was a huge effort from a large team of contractors, sub-contractors and CDHB site redevelopment.





Bouquets

Acute Assessment Unit (AAU), Ashburton Hospital

Over the last couple of years, different members of my family have had reason to visit the AAU at Ashburton Hospital. The causes have been many and varied. On every occasion, the level of care the patient has received has been exemplary. The staff (almost without exception) have been professional, kind and friendly. No request has been too much trouble and the family has always been kept fully informed and treated with respect. All questions have been answered clearly and honestly. I would like to say a big thank you to the staff at Ashburton Hospital's AAU, the ambulance people who picked my daughter up and a big thanks to the nurse called Lisa who looked after my girl when she got here. Much respect and much appreciated.

- » Extremely professional and courteous service
- » Always gave me regular updates
- » Went out of their way to make sure I was looked after
- » I cannot put into words how fantastic the staff were with me
- » Commendations all around

Akaroa Pompallier House

I have recently stayed in Pompallier House as a post-op patient and as a local resident, it is wonderful to have the two hospital beds there. The nurse, matron and staff care and the meals were excellent. Many thanks to all.

Oral Maxillofacial – Christchurch Hospital

To Dr De Silva and staff – great service and great team. Made me feel very satisfied with their knowledge, skill and bedside manner. Can't fault them – 10/10 excellent AAA+++.

Christchurch Hospital

I've been in hospital three times since I arrived in Christchurch about 10 years

ago. Each time it has been very pleasant and everyone has been extremely helpful. This time especially perhaps even better...anyway thank you to everyone.

Ward 15 and 16 - Christchurch Hospital

The care I received was outstanding. I felt informed, respected and considered all the way through this. The nurses are a special breed of people who went through their work professionally and with a level of care that made me feel special. I thank you all and keep up the high standards.

Park and Ride Drivers

To the wonderful drivers and helpers at the Park and Ride, your genuine care and enthusiasm for what you do is so obvious and very much appreciated. In what was already a stressful time, having this service made it one less thing to worry about. My husband is now at home, which is just fantastic. (Message delivered with a nice big chocolate cake.)

Rex de Ryke, Team Leader for Ultrasound

On Friday...I had an ultrasound appointment followed by an appointment with an obstetrician...I just wanted to send to an email with a thank you for Rex, the Radiologist who completed my scan. I hadn't slept very well the night before and was also very anxious on Friday morning - so there were tears at the beginning of the scan. Rex was very professional but also calming and explained everything he was looking at he completed the scan and luckily for us, there was nothing serious found. Both my husband and I left the scan the appointment, saying how grateful we were that we had someone with such fantastic bedside manner - especially after spending the previous two weeks worrying about what the scan would find. Please can you pass my thanks

on to Rex, I'm sure all of his patients receive the same care and consideration however, we really appreciated it on Friday.

Valerie Gilbert - Whakatata House

The Deputy Principal of a primary school did a fist pump when she learnt that Val (Valerie Gilbert) will be working in the service that supports her school in the new CAF model of care. She went on to say that Val has the best phone manner and is always so helpful, making it easy to call even if you are not sure of all the details about who you need to speak to. She said she has never met Val but finds her to always be friendly and helpful. Well done Val, you are frequently the public face of Whakatata House and clearly give us a great reputation for being friendly. CAF North gets to benefit from you soon.

Maintenance and Engineering department - Hillmorton Hospital

Dianne Surgenor, acting service manager for Forensic & IDPH services has sent a special acknowledgment of the work done by our Maintenance and Engineering department at Hillmorton on a daily basis. Dianne wanted to pass on appreciation for the wonderful support Murray Davison and his team provide to the services. There have been many occasions where they have literally dropped everything to respond to an urgent request and they always arrive with a smile on their faces and a 'can do' attitude. And it is not just the urgent requests; they are always striving to enhance the environment. From Ron who goes about quietly beautifying the gardens to Kelvin, Kevin and 'Salty' and others who get called over to a unit to hang up, switch on, unplug or move something the clinical team want done. It is especially heartening to see the time they take to engage with consumers. Great work guys!

Canterbury Grand Round

Friday 23 September 2016, 12.15pm to 1.15pm with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker one: Prof Roger Mulder, Psychiatric Consult Service

“The CALM (Cancer quality of Life Mindfulness) Study”

Mindfulness is a mental state characterised by present-moment focus and non-judgemental awareness. Mindfulness based interventions have been shown to improve depressive symptoms, anxiety, stress, quality of life and physical functioning in people with cancer. We propose to compare a group-based mindfulness intervention to a group-based education and discussion group in patients with colorectal cancer to see whether those in the mindfulness group improve more with regard to psychological distress, quality of life and mindfulness.

Speaker two: Dr Julia Howard, Microbiology Registrar

“Carbapenemases come to Christchurch: the low-down on Carbapenemase-Producing

Enterobacteriaceae”

Come and learn about the who, what, where and why of Carbapenemase-Producing Enterobacteriaceae.

Chair: Colin Peebles

» Video Conference set up in:

» Burwood Meeting Rooms 2.3a and 2.3b

» Wakanui Room, Ashburton

» Administration Building, Hillmorton

» The Princess Margaret Hospital, Riley Lounge

» Pegasus, 160 Bealey Ave, Room 2

All staff and students welcome

These talks will be uploaded to the [intranet](#) within approximately two weeks.

Next Grand Round is Friday 30 September 2016.

Convener: Dr R L Spearing

Email: ruth.spearing@cdhb.health.nz

Put some spring in your step!

The Breeze Walking Festival is back for 2016, and it's bigger than ever before.

From Saturday 24 September to Sunday 9 October, walkers from Christchurch and beyond can experience the pleasure and benefits of walking around familiar haunts and hidden havens.

With over 50 walks, the 16-day festival is a chance to discover new places, learn more about old hangouts, try fun activities and, above, all enjoy some fresh air, spring sunshine and good company. It is a great opportunity for people to get outside, explore our beautiful region and connect with others.

Some of the walks require booking, so people are encouraged to get in early. To find out more about the walks and how to book, visit walkingfestival.co.nz.

The All Right? Amble – Sun 2 Oct, 10am–2pm

Part treasure-hunt, part orienteering, this is a fun family walk with a difference. Pick up your map from the Botanic Gardens Visitor Centre before 1.30pm and scout out hidden delights. Collect a stamp at each point and return your map for a prize!

Right: Children from Avonhead Playcentre are joined by the All Righties as they take a walk through Bottle Lake Forest.



Order your very own Digital Detox box!

All Right? is encouraging Cantabrians to step away from their screens and join New Zealand's first city-wide Digital Detox on 2 October, 10am-2pm.

Sue Turner, All Right? manager, says the Digital Detox is all about encouraging people to think about how we're using technology.

"Technology is awesome, and no one is saying we should unplug completely. But have we got the balance right? There are heaps of benefits to cutting back on our technology use, including recharging our brains, reducing stress, giving us more free time, and improving our relationships.

To make people's Digital Detox a little bit easier All Right? has created personal Digital Detox boxes. All you need to do is tuck your phone inside and enjoy the moment.

Warning: Time offline can lead to a strange sense of calmness, eye contact with loved ones, and unexpected free time.

Canterbury's Digital Detox is on Sunday 2 October, 10am-2pm. Register at www.allright.org.nz/detox.

Order your own Digital Detox box [here](#).



Above: Sue Turner

JOIN CANTERBURY'S
DIGITAL
2 OCT 10'til 2
DETTOX
DISCONNECT TO RECONNECT

Register at allright.org.nz

all right?

All Blacks bring teddies and smiles to CHOC

It was smiles all round on Friday in the CHOC ward as a visit from three All Blacks had everyone buzzing. The ABs were in Christchurch for one of their epic encounters with age old foes, the Springboks and took time out from their preparations for the Saturday match for a surprise visit. Lock Sam Whitelock, second five-eighths Anton Lienert Brown, loose forward Ardie Savea posed for photos, signed autographs, handed out teddy bears and talked rugby to some of our young All Black fans, their parents and staff. Sam Whitelock said the visit was “very humbling, but it’s awesome to see smiles on faces of people having a tough time. Seeing a smile from just saying hello is very rewarding.”

[See a video of the visit.](#)



Above: Sam Whitelock gets a high five from Millie during a visit to CHOC on Friday.



Above: Anton Lienert Brown talks to Tyler and mum Trina in CHOC on Friday.

Hand Hygiene Improvement focus recognised

Our continued focus on hand hygiene has been acknowledged.

The Canterbury DHB Hand Hygiene Improvement poster won the runner up award at this week’s APAC Forum (Asia Pacific healthcare conference), Sydney, in the poster category “Leadership: Leading people, projects, campaigns”.

247 posters were submitted and there were 18 finalists in six categories. This is a prestigious award as posters were judged by international experts from across the globe.

[View the poster.](#)

Canterbury DHB
HAND HYGIENE IMPROVEMENT JOURNEY
 Canterbury District Health Board Hand Hygiene Improvement Group 2016-17, Christchurch, New Zealand

BACKGROUND
 Hand hygiene is a key strategy to fight against healthcare-associated infections. The Canterbury District Health Board (CHB) has participated in the WHO Global Hand Hygiene Campaign since 2009. Hand hygiene compliance is a successful intervention to prevent the transmission of healthcare-associated infections, with a significant impact on patient safety. The National Hygiene Institute (NHI) has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers.

PLAN for Improvement
 The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers.

DO PDSA - Testing
 The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers.

STUDY - Improvement
 The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers.

CHB Unit	2016	2017	2018	2019	2020
1. All health care workers	65%	70%	75%	80%	85%
2. All health care workers	65%	70%	75%	80%	85%
3. All health care workers	65%	70%	75%	80%	85%
4. All health care workers	65%	70%	75%	80%	85%
5. All health care workers	65%	70%	75%	80%	85%
6. All health care workers	65%	70%	75%	80%	85%

ACT - Embedding and Sustaining
 The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers. The CHB has set a target of 70% compliance for all health care workers.

Designing wellbeing services for Aranui children

A workshop was held recently to design wellbeing services for the new Haeata Community Campus.

Held at the Design Lab on 16 August 2016, the workshop's objectives were to:

- » Provide an opportunity for inspiration, community building and interaction while acknowledging the past as a stepping stone to building the future service.
- » Identify principles for pastoral care linked to the five values of Haeata Community Campus: Alofa, Service, Manaakitanga, Success, Hanga Whare.
- » Inform the development of a design for pastoral care services for Haeata Community Campus.

Chair of the Education-Health Sector Steering Group, Donna Ellen said the workshop was an important opportunity to ensure children at the campus have access to the most appropriate services from the beginning.

"The Haeata Community Campus is a new school in Aranui for children from in grades one to 13. The campus replaces four schools that were closed following the earthquakes."

"We want to support the campus' children to have access to high quality whānau-centred pastoral care services as soon as the school opens."

"This is an exciting opportunity for health and education to work together and increasingly integrate. To have a voice in the redevelopment of the Haeata Community Campus means that we can guide the incorporation of health and wellness services into the school."

"Pastoral care is important for all children, but especially those so impacted by the earthquakes. It supports belonging, self-determination and community resilience-building. It has shown to reduce psychological distress, build connections and develop new identities and alternative narratives."

"Connected children and young people who are resilient are supported to achieve across the curriculum and throughout life."



Attendees included people from the Aranui community and all across Canterbury who could support the delivery of pastoral care and wrap-around whānau support at the campus.

"This was an opportunity to acknowledge the past as a stepping stone to building a future service that meets these children's specific needs, as well as those of the Aranui community as a whole."

The workshop was organised by the Education-Health Sector Steering Group in collaboration with Haeata Community College and facilitated by the Canterbury District Health Board Director of Service Improvement, Brian Dolan. The Steering Group is supporting integration between health and education under the Canterbury Clinical Network Health of Older People Workstream.

It was an interactive and challenging workshop that aimed to inspire people and services to work together in supporting the children of the Haeata Community Campus.

During the day, attendees heard from key thought leaders from across health, education and community services to inspire 'wellness thinking'.

Six principles for pastoral care were developed from the workshop, which are linked to the values of Haeata Community Campus: Alofa, Service, Manaakitanga, Success, Hanga Whare.

These principles will be tested in a similar design workshop with students and then be used to inform a design for pastoral care services for Haeata Community Campus.



Outstanding audit for Canterbury Health Laboratories

The annual audit of Canterbury Health Laboratories (CHL) was carried out last week and the results are outstanding.

Four International Accreditation of New Zealand (IANZ) auditors arrived onsite on Monday 5 September to carry out the audit and by the time they left on Friday afternoon, when associated technical experts from various laboratories and institutions were included, approximately 180 external people hours of auditing had been completed.

Success is often measured by the number of corrective action requests (CARS) received, says Patient and Client Services Manager and Quality Manager, Vanessa Buchan.

“If we use this indicator, then CHL has been outrageously successful this week. When we receive our report we are expecting just a single CAR, which for a laboratory of our size and complexity is absolutely outstanding and speaks volumes of the skill and commitment to ensure a high quality of service to support patient care from each and every member of our team.”

Acting Clinical Director, Dr Gavin Harris, highlights that this outstanding result reflects the patient-centred and quality-focused service that CHL is continuously striving towards.

A big congratulations is in order for every member of the CHL team.

No individual can achieve this alone, as our health system acknowledges, the whole system needs to be working for the whole system to work. Something even more important which has been evident this week is the professionalism and knowledge of the CHL team which has shone brightly.

“The innovation and science behind what we do has been acknowledged and our fantastic reputation as a referral

laboratory cited on many occasions. We’ve been on a journey of discovery and developing principles for new ways of working and engaging for some time now and the rewards are showing,” Vanessa says.

Comments from IANZ include:

- » CHL is regarded as a high quality referral lab with a very good reputation
- » You have a unique, exemplary, approach to this service
- » The training is fantastic, I have never seen this level before.
- » Very knowledgeable staff and good support and interaction with Paths
- » You should publish this work
- » I went through everything and couldn’t find anything to be improved
- » You were pretty good last year, even better this year
- » An absolute pleasure to audit
- » Nice people, happy in their work. This is not always seen everywhere, good morale, it’s important.
- » Brilliant performance again from the team.

General Manager, Canterbury Health Laboratories and West Coast DHB Laboratory, Kirsten Beynon, says it’s an exceptional outcome and the comments from IANZ about the service provided by CHL are a credit to the hardworking and dedicated staff at CHL.

Garden party for a worthy cause

A garden party is being organised for Sunday 16 October, 1.00pm to 4.30pm at Omarino Wine Park in Harewood. It is to raise funds for the Cancer Society and also to support a scholarship for enrolled nurses (ENs).

The scholarship will go to the best student in the graduating class of ENs each year and reward clinical excellence. It will be named in honour of Kim Milward, an EN and social worker from Christchurch Women’s Hospital who died of breast cancer nearly three years ago.

There will be live music, afternoon tea, complimentary beverages, silent and live auctions - so a fun way to spend a Sunday afternoon and all for a good cause.

Tickets are available from reception just outside CWH Outpatients or anyone interested can contact Glynis Cummings (CWH), Marie McMillan (ChCh Hospital) or Dr Anna Fenton.

Tickets are \$50 each.



Volunteers embrace once 'discreet' task

Once a month the Sexual Health team sends a sack of more than 500 condoms, plus lubricant, plastic bags and leaflets to the volunteers at Christchurch Hospital.

The volunteers then take up the challenge of packing two condoms, lube and a leaflet into a plastic bag for issuing to Sexual Health Service clients.

Once completed the sack and its contents are returned three days later to the Sexual Health Team.

The task started out being discreetly done behind closed (tearoom) doors but now it is almost a social event," says Co-ordinator of Volunteers, Christchurch Hospital, Jan Danrell.

"Now when volunteers come into their tearoom they are not surprised to see the job to be done and offer to help for a few minutes or longer."

The work has broken down any barriers and all ages contribute to getting it done, with "a fair bit of chatter and hilarity", Jan says.



Above: Volunteers Nette Flaws and Steve Whittaker packing condoms.



Left: Condoms being packed for the Sexual Health team.

Submit your Improvement Posters in the Canterbury Health System Quality Improvement & Innovation Awards

Enter a poster you have already prepared or use our template to showcase your quality improvement initiative.

Submit your poster by 30 September to amanda.bielski@cdhb.health.nz

Visit the [Quality Improvement and Innovation Awards](#) page for more information.



Sit less September...

STAND UP, SIT LESS, MOVE MORE

TELL US WHAT YOU
ARE DOING TO SIT LESS
AND BE IN TO WIN



Sitting is the new smoking: The more you sit, the poorer your health

“Stand Up for Yourself”

When you sit for an extended period of time you increase your chance of being overweight and obese.

Prolonged sitting causes your metabolism to slow down with fat-burning enzymes dropping by 50 per cent. A slowed down metabolism negatively affects the body's ability to regulate blood sugar, blood pressure and break down body fat. Just by standing instead of sitting, you can burn more calories.

Competition: What have you done in your workplace to create stand up sit less move more opportunities? What have been the barriers? Email your actions to meg.christie@cdhb.health.nz to be in for the draw to win spot prizes for your workplace!

More information Go [here](#) and [here](#) for more information on the perils of sitting and the advantages of standing and moving more. The World Health Organization also offers a fact sheet about [physical inactivity](#).

“Sitting Disease” by the numbers

Our modern sedentary lifestyles,
both at home and in the workplace,
are costly for us and for our employers.

Average hours of seated commute
+ average hours of seated homelife = too much sitting!



A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.

Staff Wellbeing Programme: Extra Wellbeing Workshops/ Social Interest Groups/ Workplace Support

Wellbeing Workshops – New dates for October / November

Twenty one workshops have been completed across Canterbury DHB and West Coast DHB. Be in quick to secure your place in one of the remaining seven workshops.

1. Character Strengths Based Workshops, available to managers / supervisors. [Click here](#) for more information and [click here](#) to register. Participant comment ... “The most engaging facilitator I have experienced in a long time. Learned a lot and had a lot of fun doing it”.
2. Also the very popular Staff Wellbeing Workshops, this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register – available to all staff. Participant comment ... “Excellent workshop. Highly recommend that other staff attend. Will definitely send the rest of my team that haven’t been yet. Great opportunity to ‘connect’ with others. Thank you”.

Social Interest Groups – Something For You

Check out some of the great Social Interest Groups that your work mates have setup to bring like-minded people together for some fun outside work hours [click here](#) to find out what is available. Or if you would like to start one up email SomethingForYou@cdhb.health.nz with your contact and idea.

EAPServices – Employee Assistance Programme

FREE and confidential counselling for all staff for work / personal issues [click here](#) for more information and how to contact them via their 0800 number or online.



investing
in your
Health

Latest News from the Canterbury Children’s Team

[Click here](#) to read the latest update from the Canterbury Children’s Team, including:

- » News about the Canterbury Children’s Team expanding to include all of the Canterbury District Health Board Boundaries
- » A success story about a nine-year-old vulnerable child referred to the Children’s Team
- » Tips for referring to the Children’s Team



One minute with...**Nikki Hunter,** **Safety Advisor**

What does your job involve?

I am a Safety Advisor, so my core role is to provide health and safety advice, expertise, coordination and support to managers and staff across the organisation.

Why did you choose to work in this field?

To be truthful this field of work really found me. I was very fortunate in my previous role as PA to the GM Human Resources that I got exposure to all areas of HR and was able to work with the Health and Safety Team on a project. I really enjoyed the work and the team so when a position became available I put myself forward and the rest as they say is history.

What do you like about it?

It is a really exciting time to be working in Health and Safety with the new legislation coming into force earlier this year. We are seeing a real shift with organisations re-prioritising health and safety for their employees which is fantastic.

Having worked for CDHB for 18 years in various roles I have always been struck by the commitment from our frontline staff to provide the best healthcare to our patients and I like that I get to play a small part in supporting those people so they can continue this great work.

What are the challenging bits?

Managing people's expectations can sometimes be challenging.

Who inspires you?

A number of people inspire me on so many levels but generally I am inspired by those who face adversity but still strive for greatness.

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?

The core values are an important part of my role as they shape the way I conduct myself out in the business. I ensure that I am considerate and respectful of others and always act with integrity in all I do. I constantly strive to deliver what is expected of me and support managers with health and safety concerns by being responsive and staying involved.

The last book I enjoyed was...

I haven't been able to read much for leisure lately as I am studying part-time but I am currently reading Bonkers, by Jennifer Saunders, it is a funny read, as you would expect.

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

A tropical island on a warm sunny day relaxing on the beach with my family and friends.

My ultimate Sunday would involve...

A long walk, relaxing and spending time with my family.

One food I really like is...

I eat a lot of fruit and vegetables which I love, it is hard to pick just one but I really like broccoli and mushrooms.

My favourite music is...

I have eclectic taste in music but tend to like easy listening. I am loving Adele's new CD.



Above: Nikki Hunter

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

In brief



Waitaha Mokopuna Ora Seminar

Whakawhetū along with partner organisations Pegasus Health, Te Pūtahitanga, Te Puāwaitanga and Canterbury DHB wish to invite those with an interest or working in the area of Child and Maternal Health to attend a two-day Waitaha Mokopuna Ora Seminar.

ĀHEA (when): 12-13 October 2016, 9am to 3.30pm

KEI HEA (where): Rehua Marae

This two-day seminar will build on existing Sudden Unexpected Death in Infancy (SUDI) knowledge and expertise, and will provide a forum to share innovative ideas about supporting women to stop smoking in pregnancy, encourage breastfeeding and practice safe sleep.

The purpose of the seminar is to:

- » Increase the knowledge of Sudden Unexpected Death in Infancy (SUDI) across the health sector, agencies, community and whānau
- » Share ideas and strategies on how we can continue collectively to reduce the SUDI rates in Aotearoa
- » Network with others working to further reduce SUDI rates
- » Increase community awareness and engagement in SUDI prevention

Participants will hear from keynote speakers Dr David Tipene-Leach, Professor Ed Mitchell and Dr Carla Houkamau as well as local champions and advocates for Mokopuna Ora. Breakout workstreams will showcase locally inspired kaupapa that focus on innovation, the social determinants of health, communicating with whānau and the important role of both our kaumātua and weavers in supporting SUDI prevention.

The cost of the seminar is \$25 for those who earn over \$50k a year and free to all whānau and community members.

Numbers are limited to 100 people - morning tea and lunch is provided.

For further information or enquiries please contact:

whakawhetu@auckland.ac.nz

[Register here.](#)

Applications for HWNZ funding – Postgraduate Nursing Study in 2017

Applications for funding for postgraduate nursing study in 2017 are now open. Please apply using the online application form: [Health Workforce New Zealand \(HWNZ\) Funding - Postgraduate Nursing Education](#)

If you can't access through this link, please copy the following link and paste into your browser:

https://docs.google.com/forms/d/e/1FAIpQLSfXGtTCh1U_1q_LC7JzDYxm2W5GczQGzFlwPhZUTn2ESldNrA/viewform

Further information regarding funding and eligibility is available on the [Postgraduate Nursing Education website](#).

Closing date for applications is Friday 21 October 2016.

Process: After the application deadline applications are forwarded to CNMs to confirm support.

Confirmed applications are forwarded to the relevant Director of Nursing for final approval.

Any queries should be directed to Jenny Gardner, Nurse Coordinator, PG Nursing Education on 68679 or email [Jenny Gardner](#) or to Margaret Bidois, Administrator, PG Nursing Education on 68680 or email [Margaret Bidois](#).



WEBSTER CENTRE FOR INFECTIOUS DISEASES

A UNIVERSITY OF OTAGO RESEARCH CENTRE

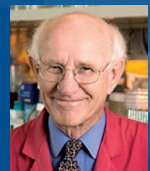
PUBLIC LECTURE

What New Zealanders need to know about bird flu: from the mutton bird to a cure for influenza

Professor Robert G. Webster FRS
Bird Flu pioneer

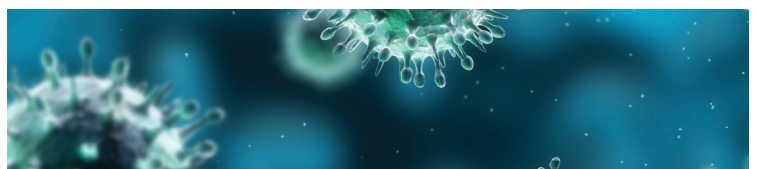
Robert Webster is a world-renowned virologist and leading influenza expert. His team identified the avian strain of influenza known as H5N1, the causative agent of avian influenza or "bird flu" that emerged in Hong Kong in 1997. The main focus of his research is the reservoir of influenza viruses in wild birds, their role in the evolution of new human pandemic strains and the development of a universal vaccine.

Born in Balclutha, Professor Webster studied microbiology at the University of Otago leading to a job with the New Zealand Department of Agriculture as a virologist. After receiving his PhD he moved to the USA where he established one of the world's leading centres of influenza research at St Jude Children's Research Hospital in Memphis. He is a member of the US National Academy of Sciences, a Fellow of the Royal Society (London) and Fellow of the Royal Society of New Zealand.



Professor Webster's visit to New Zealand is sponsored by The Webster Centre for Infectious Diseases at the University of Otago.

Tuesday 27 September | 6.30pm
Rolleston Lecture Theatre | University of Otago,
Christchurch | Ground Floor, 2 Riccarton Avenue



In brief

Ara Graduate Nursing Study

Study in 2017

Applications for study starting in Semester one, 2017 have now opened. Please apply using this online application form.

[Ara Online application form - funding round two](#)

Closing date for applications is Friday 21 October 2016.

[Timetable for Ara Graduate Nursing Study in 2017](#)

Applications for semester two in 2017 will open in March 2017.

Process:

After the application deadline applications are forwarded to CNMs to confirm support.

Confirmed applications are forwarded to the relevant Director of Nursing for final approval.

Ashburton community members sought

Nominations are sought from community members - particularly people of Maori and Pacific Island descent, consumers with a disability and young people - to join a group that will advise on the design and delivery of health services in the Ashburton district. The Ashburton Consumer Forum is being established to get advice from everyday health consumers on issues and ideas for Ashburton's health services. The group will play an important role in ongoing redesign work occurring in Ashburton.

To express interest in joining, email anna.dalzell@ccn.health.nz.



It's back and happening at Burwood Hospital Friday 23rd September

A fundraising event for The Hearing House and the Southern Cochlear Implant Paediatric Programme. These are two charities are dedicated to enabling deaf children with cochlear implant or heath aids to listen and speak like their hearing peers

What Can You Do To Get Involved?

- Step 1) Find your **Brightest, Loudest, most Florally** shirt and bring gold coin donation
- Step 2) Wear your shirt on **Friday 23rd** and collect donations within your department /ward
- Step 3) Take all the **gold coins** collected from your area to **Grd Floor Main Reception** and leave your ward /department name and contact details with **Grd Floor Main Reception**

There are prizes for the:

- Best dressed male
- Best dressed female
- Loudest shirt
- Most original outfit
- Biggest donation

To enter the competition take a photo of you or your team and send by Monday the 26th Sept to Dale.Baillie@cdhb.health.nz

There will be a fun photo booth on the Ground Floor Main Entrance 11.45-1pm. Come and join in the fun and have your photo taken to be in to win.

For more information contact: Dale.Baillie@cdhb.health.nz ext 99827
Photos will be judged by Jenna Holland a New Zealand Sign Language Teacher

SUPPORTING



FOUR digital health conferences in ONE dynamic week

HiNZ Conference ♦ NZ Nursing Informatics ♦ Global Telehealth ♦ Successes & Failures in Telehealth

31 October to 3 November 2016 | SKYCITY Auckland

220+ speakers from NZ, Australia, UK, USA, India, Iran, Sri Lanka, Brazil, Norway, South Africa, Japan, Taiwan, Canada, Columbia.

The world is coming to this event! Are you?

Hear about the latest developments in digital health in one convenient location and meet the global experts.

Presentations from the Minister of Health and the Director-General of Health. Plus expert panel sessions on cybersecurity and analytics.

REGISTER ONCE TO ATTEND ANY SESSION ACROSS THE FOUR CONFERENCES

One, two or three day delegate passes. Optional workshops on 31 October. Discounts available for members of HiNZ, Australasian Telehealth Society, Australasian College of Health Informatics, NENZ, NZPSHA, NZIHM and NZMA.

EARLYBIRD CLOSES 23 SEPTEMBER 2016

Find out more at www.hinz.org.nz

Lord Nigel Crisp (UK)

All Party Parliamentary Group on Global Health
Health leadership in the digital age: building a health-creating society

Dr. Monrad Aas (Norway)

Senior Researcher, Vesfold Hospital Trust
Telemedicine – the organisational problem and its solution

Prof. Marjorie Skubic (USA)

Director, MU Center for Eldercare & Rehabilitation Technology
Helping Lou and Mary Ann Age in Place

Dr. Andrew Wiesenthal (USA)

Managing Director, Deloitte Consulting
Realizing the promise of HIT investment-enabling information flow across the continuum

James Gaston (USA)

Senior Director, Model Development, HIMSS Analytics
Maturing Analytics Orientation

Prof. Chris Bladin (Australia)

Clinical Director, Victoria Telestroke
The Victorian Stroke Telemedicine program – a new paradigm delivering expert acute stroke care to regional hospitals

Prof. Margaret Hansen (USA)

San Francisco School of Nursing
The effects of complementary therapies delivered via mobile technologies on surgical patients

Alistair Gordon (Australia)

CEO and Chairman of HFL
Unleashing the untapped potential of technical experts

organised by



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