



Thank you to everyone who worked over the Easter break

A shout out to everyone, including the teams doing the mahi in Urgent Care clinics, those providing care in people's own homes and all the DHB staff working 24/7 throughout our many facilities around Canterbury and the Chatham Islands. I hope you get to enjoy some downtime soon. I was fortunate to enjoy some catch up time with my extended family over the Easter break – including my five grandchildren.

For those of you who were able to get away for a break or enjoyed a staycation in tropical Canterbury I hope you feel refreshed and recharged, ready for a busy few months as we ramp up the rollout of COVID-19 vaccinations.

It's fair to say I'm struggling with the switchover to daylight saving. I'm not so keen on the shorter evenings when it's dark by 6.30pm! If your sleep patterns are disrupted, check out the Mental Health Foundation's Better Sleep Bingo, and AllRight's? top sleep tips on [page 3](#).

Privacy is everyone's business

Recently we've had some challenges regarding the privacy of information of people in our community when there was a privacy breach regarding a vaccination booking system.

Anyone interacting with any health services has the right to have his or her privacy respected. This is a basic right set out under the Health Information Privacy Code and Privacy Act.

As a health provider we have a duty to uphold that privacy. In most cases there are no issues, however, there are slip-ups from time to time which are often due to human error.

Serious privacy breaches are reported to the Office of the Privacy Commissioner and, of course, we have a duty to let the person whose information has potentially been seen by a third party know about the breach.

Patient privacy covers everything from respecting a consumer's privacy when you are talking to them over the phone or in person when there are other people around; it's also as simple as drawing curtains or closing doors.



In this issue

- › Regulars – Kōrero ai... pg 4-7
- › Ensuring we are prepared in case of another COVID-19 outbreak... pg 8
- › Simple swap a change for good... pg 9
- › Smokefree support about people and communities beating addiction... pg 10
- › Step outside your comfort zone and find something 'InCommon'... pg 11
- › One minute with... Michelle Shields, Service Manager, Canterbury Health Laboratories... pg 12
- › Notices – Pānui... pg 13-15

Privacy also applies to health information. That means patient files should be stored securely, and out of sight of the public; patient information shouldn't be stored on external drives. Where it is stored on devices such as USB drives, it must be password protected.

When it comes to electronic health records, only those directly involved with a patient's care should be looking at a person's health record. It's important to remember that every time an electronic file is accessed there is a 'footprint' left on that file. If you are caught 'browsing' a file that you have no right to view, it's a serious matter, which can result

in a disciplinary process and potentially termination of employment.

The same principles apply to taking care to ensure that sensitive staff information is also stored securely – either on private drives on the computer system, or locked away. Staff also have a right to privacy.

There's a handy learning tool you can use and other resources that can help you spread the message: [elearning](#), [Privacy Act 2020](#) or visit [Privacy Act 2020 resources](#).

Vaccination rollout to frontline health staff starts next week

Next week we start the rollout to all frontline (i.e. non-border) healthcare workers across our health system who will be offered vaccinations as part of Tier 2A or Tier 2B.

This includes doctors, nurses, allied health staff, orderlies, cleaners, reception staff – everyone who interacts directly with patients – particularly those at the various 'front doors' to our health services.

General practice and pharmacy staff are in Tier 2A and the plan is for vaccinations for all frontline healthcare workers in Tiers 2A and 2B to start from next Wednesday.

There is a priority sequence which will see those who have direct contact with patients who have not been screened for COVID-19 before you interact with them, being among the first to be vaccinated.

We are planning for all frontline healthcare workers (in Tier 2A or 2B) to have had both doses of the Pfizer vaccine before the end of June.

There is plenty of vaccine for everyone, so no-one will miss out. Your patience is appreciated.

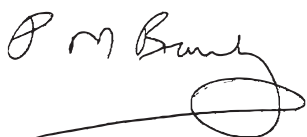
Later this week more information, including how to book, will be shared with the first staff groups to be vaccinated. For DHB staff, this detail will go to your manager who will help coordinate attendance at appointments, to ensure minimal impact on services. For those in the community, you'll receive further details regarding how to book later this week.

You can see who is in the various tiers in the [guidance document](#) provided by the Ministry of Health.

Thank you

Keeping our community safe is our top priority. I want to express a huge thank you to everyone who is working so hard to make the vaccination programme happen.

Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board

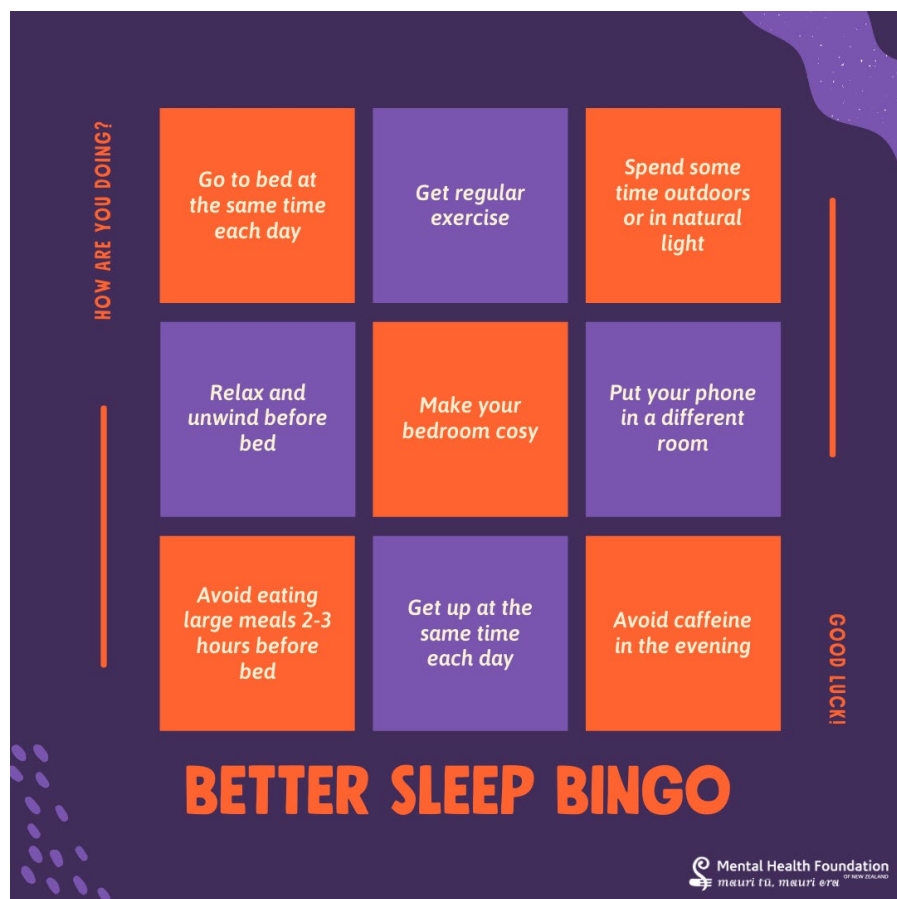
If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

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

Time for a sleep reset now that daylight saving has ended

With the end of daylight saving there's no better time to get into a good bedtime routine. While getting a good sleep isn't always as easy as it sounds, just checking off a few boxes on the Mental Health Foundation's Better Sleep Bingo can help set you up for a more restful night. Sleep is so important to our mental health and wellbeing – make sure you're prioritising yours.

Check out [AllRight's tips for sleeping well](#) and give Better Sleep Bingo a go next time you're settling down for 40 winks.



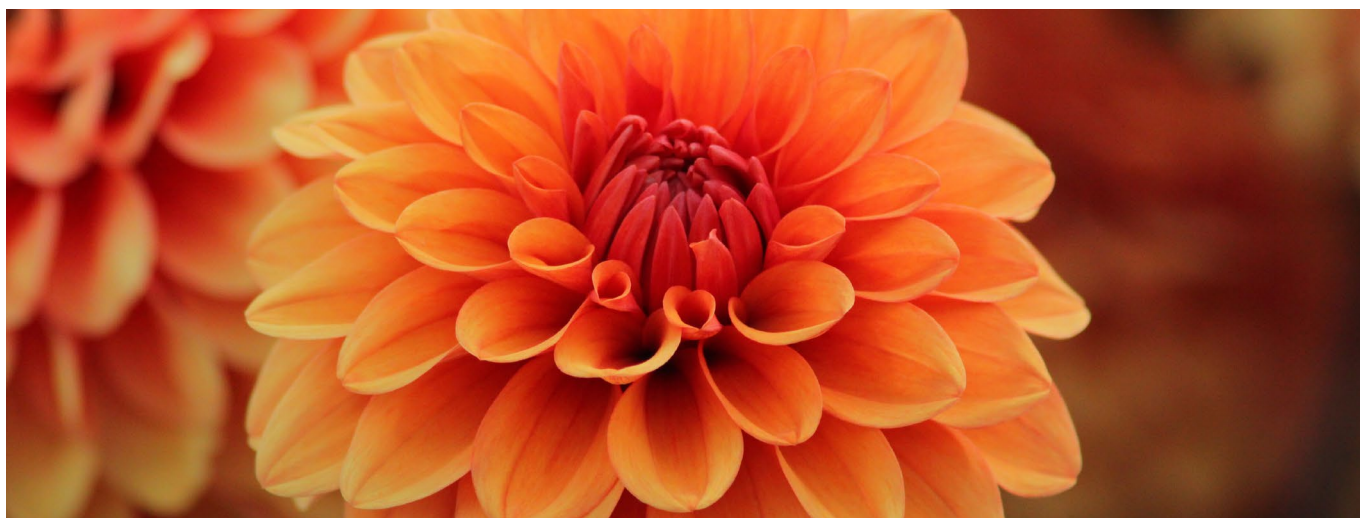
Scan. Scan. Scan.

Everywhere you go, everywhere you can.

All staff should scan in daily using the
COVID-19 Tracer App.

Unite
against
COVID-19





Bouquets

Alan Faulkner and West Community Team, Specialist Mental Health Services (SMHS)

Thanks for looking after me for the past four years. So many up and downs but I made it because of all your support.

Rafi Raja Mohamed, Rheumatology Outpatients, Christchurch Hospital

My partner saw Dr Rafi Raja Mohamed. He was very professional and thorough with a lovely compassionate approachable manner. Thank you.

Christchurch Hospital

I have so many good things to say about the fantastic Dr Claire, nurses, orderlies and cleaners. One small example, but reflects on you all, fabulous staff going the extra mile. Kumea from WellFood has always been so friendly and pleasant with delivering meals. This morning I had ordered a yoghurt but when it arrived I remembered that I shouldn't have any dairy when I take my medication after breakfast. I decided to keep it for lunch. Sometime later I found a spoon on my tray which I hadn't asked for. Very thoughtful.

Samuel Greig, Otorhinolaryngology, Christchurch Hospital

I must congratulate Dr Samuel Greig of the Otorhinolaryngology Clinic for his professional help and his manner in dealing with me. He was always entirely focused on my needs, even removing an eye stitch from previous surgery he had nothing to do with. A charming man, well suited to his position. Thank you.

Breast care nurses, Christchurch Hospital

I recently had to have a mastectomy. The pre-op care and time in the ward after surgery was amazing. Following

discharge, I have been followed up with the breast care nurses, they were exceptional, I cannot speak highly enough of them. They were compassionate, informative and so positive with their care. Just amazing.

Emergency Department (ED), Christchurch Hospital

I drove my elderly and very frail mother to the ED from her doctor at Pegasus. I was anxious because I didn't know how I was going to manage parking and getting her into the building. I was so relieved and pleased to find parks right outside and a helpful person stationed to tell me where and how long I could park. I went inside and straight away found helpful, kind people to bring a wheelchair and lift my mum out of my car. We were seen right away. Anna, the nurse who helped us, was very compassionate both towards my mother and me. I know there is a crisis in health and especially EDs, but I was lucky to be there on a day when the system was not overloaded and shown at its best. I am very grateful.

ED, Theatre, Coronary Care Unit (CCU) Christchurch Hospital

I had a heart attack and was transported to Christchurch Hospital and immediately swaddled in care by nurses and a doctor. I was clearly struggling with my condition but being with the ED team I felt a sense of calm and relief that I was clearly with professionals. They were simply outstanding, and I am so grateful for the existence of Canterbury DHB and the brilliant team you have on hand. Once I was found to be having a heart attack, things happened very quickly. I was wheeled into surgery and a team inserted two stents into my heart which gave me instant relief. I can't begin to describe the sense of wellbeing I felt when I was being

managed by your theatre team. Then onward to CCU. I met a variety of staff undertaking roles which left my head spinning. Their genuine sense of care and compassion was palpable. I was humbled by their care and devotion to my plight. Each and every one of them is an incredible professional. I saw them treating other patients who were worse off than I was, quickly and decisively.

Cyrene Domingo and Ellika Laforteza, Ward B5, Christchurch Hospital

My nurses, Cyrene and Ellika were the two best, most compassionate and professional hospital staff members I have had caring for my health and wellbeing needs. They were amazing and polite. Their expertise proves that nurses are just as important as doctors. I am happy that they both chose nursing as a profession. Nurses do so much more than just taking care of patients' medical requirements. Both are two of the best nurses (and I have had just under 100 admissions). I have deep respect for the kindness given to patients and the passion they showed. I feel lucky to get such wonderful nurses. They are both the most considerate nurses I've encountered.

MindSight Programme, SMHS

I want to say a huge thank you for the MindSight Programme. Before this programme, I had experienced a severe mental breakdown, and was unable to work for several months because I was struggling with my mental health. Despite having a strong work ethic, most days were a struggle. At that time, I felt like my only option left was to end it all. Being accepted into the MindSight programme was a turning point for me. In particular, the initial 10-week education course provided me with the skills and insight that I needed to heal – mentally and emotionally. After the programme, I was able to return to work, where I was able to focus on my recovery by challenging unhealthy thought patterns and putting what I learned through the MindSight programme into practice over and over again. When I felt well enough, I completed further education and am now teaching at an early learning centre. I really enjoy seeing the progress in the children I work with. I now own my own house and have a stable/loving relationship. While it took several years of hard work, I am proud and grateful that I have not met the criteria for bipolar disorder for four years, and that I have been completely symptom-free for the last three years. I want you to know that I found that I received enough skills and education to turn my life around after the 10-week course. I read the notes that I had received on the Mindsight course over and over and have shared them with others who also found them helpful. What I do want to emphasise though is how grateful I am that the Mindsight course exists. And I am also grateful to the specialist trained clinicians in the MindSight team who offered me insight when I had struggled to find it elsewhere.

"Canterbury DHB staff great" (Letter to the Editor, The Press)

Several weeks ago, we had three visits to (Christchurch Hospital's) ED in the space of 10 days... my mother was transferred to an acute assessment unit prior to being moved to a ward for her three-day stay, the staff were amazing. They really took care of her, tending to her every need with great compassion so she visibly relaxed. We were impressed with the staff. After discharge she was put in the hands of the Community Rehabilitation Enablement and Support Team (CREST) who were also amazing. They came to her morning and evening to support her at home and a physio came midday to assist her to get mobile again... They came for about six weeks and she is now fully mobile and managing very well at home again. Thank you to those Canterbury DHB staff who work very hard and care for those who come to the hospital.

ED, and Wards 18 and 4B, Christchurch Hospital

I recently received exceptional care while admitted to Christchurch Hospital. This is to acknowledge the amazing doctors who cared for me. The ED consultant whose name I do not remember, Mr Burgess, Mr Ailabouni, Mr Dalton, Dr Metcalfe, Dr Nell, a second anaesthetist who I was too stressed to memorise their name, the acute pain consultant, and Richard, and all the registrars and house surgeons who work with these teams (I wish I could remember all your names). Every person was professional, patient, kind, well-informed and ensured they shared that knowledge with me so that I, too, was fully informed. I cannot thank you enough for the quality of care I have received, you are all a great asset to Canterbury DHB and truly appreciated.

Big Shout Out

To: Patrick, Paul and Tony, Adult Inpatient Group (AIG) and Crisis Resolution (CR), SMHS

I would like to pass on thanks from the Forensic service to you and your teams (AIG and CR) for assistance in supporting and facilitating the admission of two consumers to AIG this week directly from Court and Prison. This is a great example of having the consumer at the centre of what we do and ensuring they received appropriate assessment, treatment and care in the least restrictive environment possible.

From: Patsy Tarrant, Nursing Director Forensic Mental Health and Intellectually Disabled Persons Health Service, SMHS

#carestartshere

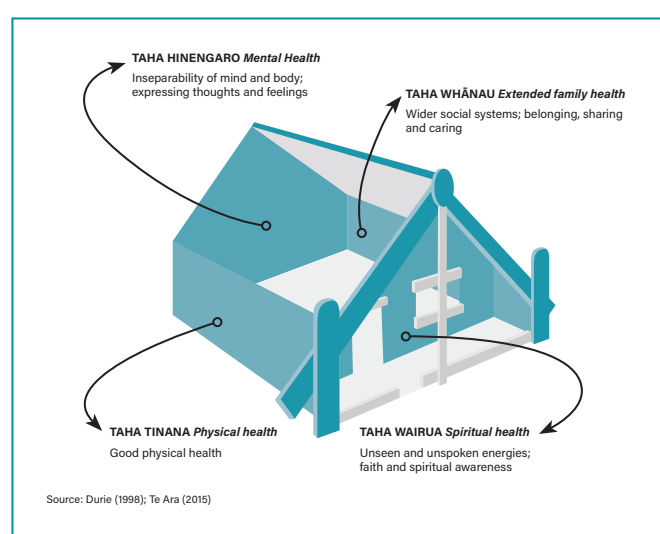
On Behalf of the Committee

Supporting families when a loved one dies, Canterbury DHB's Bereavement Working Group

This week we introduce Kate Grundy of the Bereavement Working Group, Palliative Medicine Physician, Christchurch Hospital and Clinical Director, Canterbury Integrated Palliative Care Services.

According to the holistic care model, Te Whare Tapa Whā, attending to the needs of family is central to a patient's health and wellbeing.

This is never more important than when that person is at the end of their life. When it is recognised that a person is nearing the end of life, it is important that the family is included in conversations and decisions, according to that person's preferences.



Te Ara Whakapiri (which is based on Te Whare Tapa Whā) specifically incorporates care of the whānau and is available across the Canterbury Health System.

It provides a framework for delivering high quality care for the dying and includes resources which act as checklists to

ensure that all the essential elements are covered, Kate says.

"Information sheets are included to help families understand the common features of the dying process and to support them further if it is decided that end-of-life care can be provided in the person's home, rather than in a hospital or hospice."

The Canterbury DHB Bereavement Working Group has been focusing on whānau support since the introduction of *Te Ara Whakapiri* in 2017. Membership includes many departments and services and is inclusive of Hauora Māori, Chaplaincy and the Christchurch Hospital volunteers.

So far, the group has introduced condolence cards, ensuring a consistent and compassionate response when patients die in the acute setting. The cards are designed to be sent to a family member within a few days of the death, written and signed by a staff member who was known to the patient and/or whānau.

An information slip is inserted in the card to provide information on grief and available bereavement support.

The Bereavement Working Group has been gifted a design called He Tohu Aroha. This is visible on Flowview as the *Te Ara Whakapiri* icon and can now be used as a door sign.

This sign alerts staff that this patient is in the last hours or days of life and that the people using that room require a high level of sensitivity and respect. The design is also on specially created bags to be used for deceased patient's belongings when the family are leaving hospital.

He Tohu Aroha can be used for all cultures and ethnicities, as long as the patient and/or family are in agreement.

"These are small touches, but serve to improve our attention on whānau, at what is a distressing and emotional time."

The group has also piloted 'end-of-life comfort boxes' in Burwood Hospital. They are now available on all wards at Burwood and are much used and appreciated.

"We are just pulling together another pilot in Christchurch Hospital of boxes containing a variety of items which enhance the experience for patients and their loved ones, such as fleece blankets, oil diffusers, essential oils, hand cream and shampoo caps (shampoo in a disposable cap). These items are donated, and many are reusable."

All these initiatives are detailed in the bereavement care section of the End of Life Care and Bereavement SharePoint site [here](#).

"We are open to any ideas and suggestions and are happy to have new members if you feel you have something to offer," Kate says.

Please feel free to contact any of the current members for further information.



From left, Clinical Nurse Specialist, Older Persons Health and Rehabilitation Gabrielle Sheremetova, Charge Nurse Manager, Ward B2 Liz Chudleigh, Palliative Care Senior Medical Officer and Clinical Director Kate Grundy, and Charge Nurse Manager, Ward C2 Karen Hurley with the He Tohu Aroha design they were gifted and contents of the Burwood Hospital comfort care boxes

Bereavement Working Group members

- › Palliative Care Clinical Nurse Specialist (CNS) Tammy Horton-Davey
- › Geriatric CNS Gabrielle Sheremetova
- › Intensive Care Unit Nurse Karina O'Rourke
- › Chaplain Angela McCormick
- › Hauora Māori Theona Ireton
- › Quality Facilitator Bronnie Hooker
- › Quality Facilitator Letitia Moorhouse
- › Palliative Care Nurse Practitioner Willem Vink
- › Volunteers Co-ordinator Louise Hoban-Watson
- › Ashburton Palliative Care CNS Jane Smith
- › Chaplain Alexa Evenden
- › Service Manager Raegan Kitto
- › Palliative Care Physician Kate Grundy

all right?

IT'S
ALL RIGHT
TO TALK
IT OUT.



Ensuring we are prepared in case of another COVID-19 outbreak

Canterbury and West Coast DHB's work around COVID-19 includes vital response planning to ensure that we are prepared for any resurgence of COVID-19 in our communities.

This includes working with stakeholders in primary and secondary care to ensure each team has reviewed their resurgence plans, identified and managed any potential risks.

Likewise, the readiness of the DHB teams to activate an Emergency Coordination Centre (ECC) is a key priority, says Manager Service Continuity Transalpine Deborah Callahan.

"The DHBs have been engaged in the COVID-19 response since January last year, working in a collaborative, integrated way. Stakeholders from across the system, such as Canterbury Health Laboratories, Infection Prevention and Control, Infectious Diseases, Primary Care and others met regularly through 2020 to meet the demands of COVID-19 testing and any resulting health care needs to ensure the safety of our communities."

This year the focus is on readiness and reviewing existing COVID-19 plans to ensure they are fit-for-purpose if a community outbreak were to occur, she says. The COVID-19 vaccination programme is also a priority.

"We've had Waipapa open in this time and patient pathways have had to be reconsidered. Relationships with

external stakeholders such as Civil Defence Emergency Management Group and the Order of St John are important to maintain and refresh.

"At this stage we are meeting with different teams to discuss their COVID-19 plans and ensure Business Continuity Plans are up-to-date. We also meet regularly with Ministry of Health emergency planners, regional and local Civil Defence and other emergency management agencies. We have an overarching COVID-19 Readiness Plan and we will be regularly reviewing and updating this."

Work is also being done with the Health Emergency Governance Group to identify staff members who can work in the ECC if it has to be activated again.

"We want to provide training to the ECC team on how incidents are managed so that we are all comfortable with our roles. Findings from reviewing our readiness will be raised to the COVID-19 Oversight Team and COVID Clinical Lead.

"The better prepared we are for an outbreak, the safer our staff and our communities will be. We need to work together across the health system to be vigilant and responsive," Deborah says.

If you would like to ask Deborah a question you can contact her on extension 62142 or deborah.callahan@cdhb.health.nz.



Manager, Service Continuity Transalpine, Deborah Callahan

Runners up are still gridders in this year's bike challenge

Canterbury DHB's team of 295 participants came runner up to the Christchurch City Council in the 2021 [Aotearoa Bike Challenge](#) in the more than 2000 staff category.

Special mention goes to Registered Nurse Andrea Davies who cycled the most (1,791km over 30 trips) and House Officer Hayleigh Miller who made the most trips (76). All results are [here](#). Great effort to everyone who took part!



Health Promoter Meg Christie (centre) accepts a certificate on behalf of Canterbury DHB from the Chair of the Transport Committee Mike Davidson and Mayor Lianne Dalziel

Simple swap a change for good

A working group of staff is challenging the age-old notion that 'if it ain't broke, don't fix it'

The working group, tasked with reviewing continence products, found that while one product staff use every day had been doing the job, there is an alternative product that does the job but costs less – delivering savings without impacting on patient care.

Before the review, staff had been using a continence product, informally called 'greenies', which has a high absorbency suitable for use with patients. The same product is also commonly used as a sheet to provide a clean surface for procedures where there might be some light spillage but don't require the high absorbency the 'greenie' offers.

Clinical lead for the review, Nursing Director Older Persons' Health Inpatient Service Caroline McCullough, indicated that the Continence Products Working Group quickly identified a lighter and cheaper alternative, more suitable for general use.

This alternative is the USL Underpad Light, which offers absorbency for light spills, comes already folded (saving hospital aides' time), and costs seven cents per item less than the 'greenies' they will replace. This has the potential to save tens of thousands of dollars over time and as more areas start ordering the new product.

Caroline says the change to the new products was reviewed by the working group and then clinically evaluated in General Medicine, General Surgery and Maternity Outpatients, with positive feedback.

Nurse Educator Rommel Principe says the working group took a consultative and collaborative approach, which

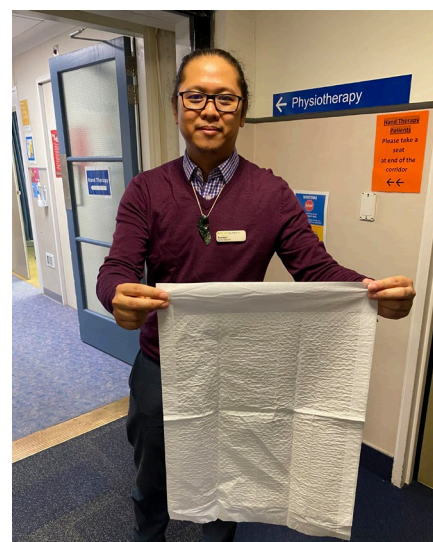
benefited from the support of ward managers and feedback from nurses as part of the trial. The team also engaged with Supply through the ECRI platform to ensure a smooth transition for the ordering process.

"Everyone was engaged throughout the process and committed to finding out if there was a better product we could be using. It's opened up the possibilities of continuing to look at how we can do more with what we have, be smarter about how we use consumables and get the best value for money," says Rommel.

Many areas can now solely use the new Underpad Light product, while some other areas will continue to use 'greenies' when greater absorbency is required. In the process of changing products an alternative 'greenies' was also identified that offers the same absorbency but contains recycled cellular fluff. This 'greener greenie' costs 2 cents less per item and is already being distributed to some areas.

Thanks to the ECRI platform – an independent tool to make evidence-based decisions on what medical practices and products to adopt – it's never been easier to find better alternatives. For standardisation of common consumables or to discuss your cost-saving idea, please contact Treatments and Technologies Programme Lead Natalie King via email to ecri@cdhb.health.nz.

The Continence Products Working Group: Nursing Director Older Persons' Health Inpatient Service Caroline McCullough; Nurse Educator Rommel Principe; Clinical Nurse Specialist Continence Diane Poole; Clinical Nurse Coordinator Fran Jefferson; Nurse Educator Laura Burrows; Perioperative Service Charge Nurse Manager Samantha Beazley;



Nurse Educator Rommel Principe holding up the new USL Underpad Light, which will replace the current 'greenies' for procedures where only light spillage may occur



On the left is the old 'greenies' continence product; on the right is the new 'greenies' product that offers the same absorbency, contains recycled cellular fluff and costs less

Midwifery Manager Katherine Gee; Clinical Skills Co-ordinator Christine Beasley; Clinical Nurse Consultant – Vascular Access Elizabeth Culverwell; Team Leader Dental Assistants Judith McLean; Community Support and Education Charge Nurse Manager Jane Harnett; Clinical Product Co-ordinator – Central Supply Ann Thorp, and Treatments and Technologies Programme Lead Natalie King.

Smokefree support about people and communities beating addiction

Local stop smoking service, Te Hā Waitaha Stop Smoking Canterbury, from this week will be known as Te Hā – Waitaha Smokefree Support.

Te Hā Waitaha is an integrated service delivering quit smoking supports since October 2016. The service is made up of rich relationships with:

- › Community and Public Health (CPH), Canterbury DHB
- › He Waka Tapu
- › Te Puawaitanga Ki Ōtautahi Charitable Trust
- › Purapura Whetu Trust
- › Tangata Atumotu Trust
- › Waitaha Primary Health Public Health Organisation (PHO)
- › Pegasus Primary Health Organisation

Other PHOs, teams at CPH, Homecare Medical/Quitline, Smokefree Canterbury, Canterbury Community Pharmacy, mental health providers and the College of Midwives provide advice and support.

Going through a rebranding is refreshing; stimulates our kaupapa (principles), and uplifts our image, and look, says Smokefree Manager and Programme Lead for Te Hā – Waitaha Smokefree Support Maraea Peawini.

"This rebranding has enabled Te Hā Waitaha to express who and what it is about, differently to before. We are about caring for individuals and their whānau on this journey. We are about our people, about our communities and beating this addiction. Our passion, our drive is raising a smokefree generation together. We are about heart. We are about you!"

New imagery portrays both past and current clients who Quit Coaches have served and some of the team.



Members of Te Hā Waitaha Stop Smoking Canterbury steering group and Canterbury DHB's Smokefree team and Te Hā Waitaha's quit coaches celebrating the programme's new brand

"Our quit coaches are teachers, motivators, supporters and cheerleaders, working hard as a team and independently to support people who are on their quit journey."

The Te Hā Waitaha smokefree support includes the Smokefree Education and Liaison team who are dedicated to educate, link, coordinate, promote and facilitate referral pathways to the community, Maraea says.

Te Hā Waitaha has grown and continue to perform across every measure of the service from referral numbers to successful quit attempts. Te Hā Waitaha's model (of working directly with our partners, quit coaches and education and liaison teams) has resulted in supporting a greater number of and proportion of Māori and Pasifika clients in Canterbury.

"So welcome to the new 'us,' welcome to Te Hā – Waitaha Smokefree Support, a team who continues to be dedicated to supporting the whole of Canterbury towards our smokefree future. We got this Canterbury!"



If you want support to be smokefree you can get in touch via the website, www.tehawaitaha.nz or phone 0800 425 700.

Step outside your comfort zone and find something 'InCommon'

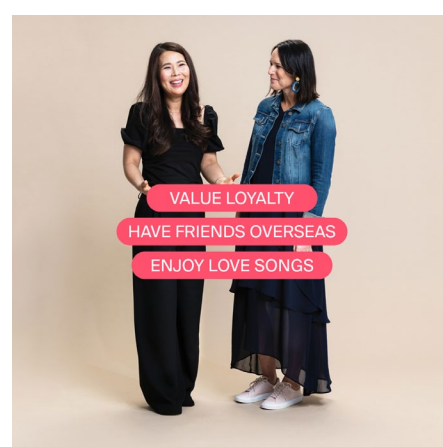
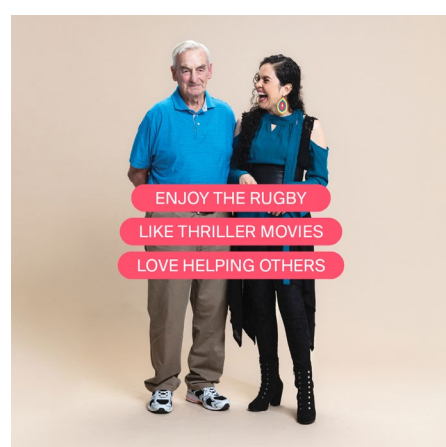
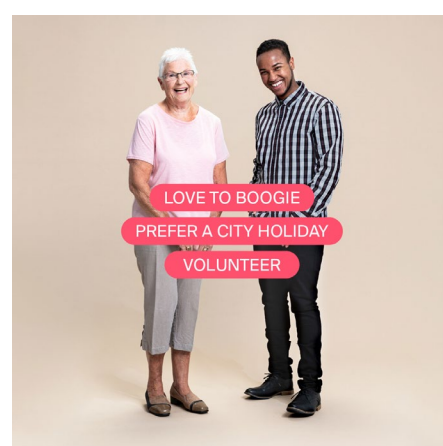
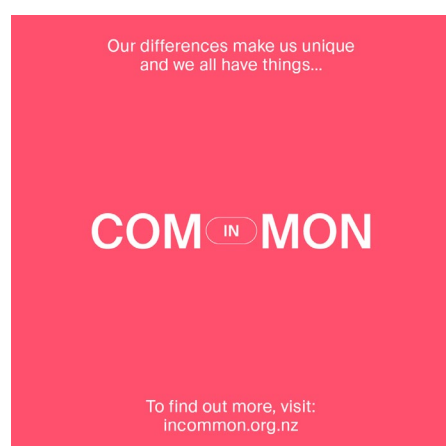
InCommon is a brand new initiative challenging Cantabrians to step outside their comfort zone, forge new connections and celebrate our region's diversity.

It encourages people to connect with others who they may initially consider are different to themselves. Even though we are all different, we also have things in common too.

To inform the campaign, research was carried out which found it's the simple things that can make a real difference. People said that even something as simple as receiving a smile, having a chat or returning a friendly greeting went a long way towards making people feel welcome and strengthened their connection to their community.

As part of getting people to think twice about how they see the people around them, the campaign developed a 25-question quiz which focussed on people's interests, values, and preferences. Cantabrians from different culture and faith backgrounds took the quiz and were paired with people that they shared commonalities with.

It is photos of these pairs which can now be seen on street posters, billboards and social media. For more on InCommon check them out on [Facebook](#), [Instagram](#) and at <https://incommon.org.nz>. To make it easy to share the InCommon kaupapa, you can also download posters, email signatures and social media tiles from the [InCommon website](#).



One minute with... Michelle Shields, Service Manager, Canterbury Health Laboratories

What does your job involve?

Making sure the leaders of the five laboratories that make up the Specialist Test group have what they need to perform the right specialists' tests and that we have the right people on board to keep the service running reliably. This means working collaboratively with others to secure resources for test development, staffing, equipment and supplies.

Why did you choose to work in this field?

This was a culmination of two previous career trajectories for me. As an organisational development practitioner in the first instance with work experience in research and development, this role provides great opportunities to bring these two aspects of my career together.

What do you like about it?

I love seeing the collaborative outcomes of people with science knowledge working with those who have clinical perspectives on patients' needs to improve our understanding of the causes and treatment for Cantabrians who are unwell.

What are the challenging bits?

Meetings without agendas and remembering to take the stairs.

Who inspires you and why?

The people around me in Labs who have, despite the challenges we face as a DHB, continued to problem solve, get things done, and have a laugh at the end of the day.

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?

Care and respect are topmost for me. As Maya Angelou said, "people will forget what you did, but they will never forget how you made them feel".



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

That I've lived longer in Christchurch than I've lived anywhere. I moved around the United States throughout my life, but having arrived here in 2002, I'm going 19 years in the Garden City.

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

In my garden.

What do you do on a typical Sunday?

Have a great coffee (or two), read the Sunday Star Times, go for a run, work in the garden, read a week's worth of emails, and go to bed – in that order.

What's your favourite food?

Haloumi.

And your favourite music?

Too hard to pick just one genre. Depends on the day.

If you would like to take part in the column or would like to nominate someone please contact 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.



Flex Fitness

Riccarton, North Canterbury, Lincoln

Join up and get a discounted rate of \$16 per week (33 percent saving), plus your first week, key tag, personal trainer consult, body analysis and movement screen all free.



Black Hairdressing

363 Colombo Street, Sydenham

Either get \$50 off a full colour service with a senior stylist for your first visit, or \$20 off a cut and blow dry with a senior stylist, or a keratin treatment for \$60 when getting a colour (usually \$150).



One50 Group

All Canterbury DHB staff can book in for a free one-hour initial consult (usually \$250), plus 12 months free access to the online vault, which includes all financial tools and document storage.



Bailey Nelson

Christchurch Central & Riccarton

Get 15 percent off all prescription eyewear, plus an annual comprehensive eye test is also free for all customers.

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

Health Quality & Safety Commission e-digest

The latest issue of the Health Quality & Safety e-digest is now available.

It includes stories on advance care planning, the national hand hygiene compliance report, and much more. Read more [here](#).

Latest Community Health Information Centre newsletter out now

The Community Health Information Centre (CHIC) provides free health resources to any person or organisation in Canterbury, South Canterbury, West Coast and Chatham Islands.

The resources are developed by Community and Public Health staff, and other health agencies.

The [March 2021 edition of CHIC's newsletter](#) is out now and highlights new and revised free resources available from your local CHIC office, as well as recently deleted resources.

This month's featured resource:

› AllRight's Mindfulness/ Calming Dots (MNH0260)

For more information about CHIC and to order resources online visit the [Community and Public Health website](#).



COVID-19 Vaccine Programme

Let's kōrero about COVID-19

The COVID-19 vaccination programme is the largest and most intensive vaccination programme Aotearoa has ever embarked on.

Are you interested in hearing more about the COVID-19 vaccination programme and what it means for you and your whānau?

Do you have questions about the vaccine and the plans for the COVID-19 roll out?

Associate Minister of Health (Māori Health) Minister Peeni Henare and representatives from the Ministry of Health will be visiting Ōtautahi to speak to you, your whānau and your hāpori.

This community based hui is open to anyone who wishes to attend and gives you the chance to kōrero with Minister Peeni Henare and Ministry of Health officials in a relaxed and friendly environment.

Thursday 8th April, 10am
Ngā Hau E Wha National Marae
250 Pages Road
Wainoni
Ōtautahi (Christchurch).

Light refreshments will be provided

Nau mau, haere mai whānau - lets kōrero about COVID-19

Te Kāwanatanga o Aotearoa

Mā tātau
katoa e
ārai atu te
COVID-19





WALK FOR DEMENTIA

**Sunday 11 April 2021
10.30am – 12noon
Ngā Puna Wai Athletics Track**

Join us to walk in memory, or support, of a loved one with dementia,
and help us raise funds to support
Dementia Canterbury's work in the community



Come and walk around the **fantastic track at Ngā Puna Wai**
as many times as you would like between 10.30am—12noon.
Spot prizes will be given out during the morning

Please register now at www.dementiacanterbury.org.nz/events

- Enter individually or as a team (prize for the best dressed team) - special rates available, plus save \$\$ with pre-registration.
- If you aren't able to enter on-line, please call Dementia Canterbury on 379 2590
- Please be prepared for all weather, wet or fine the walk will go ahead!
- Wheelchair, walking frames and stroller friendly (no scooters, bikes or dogs, sorry).
- Ngā Puna Wai Athletics Track is located on Augustine Drive, off Halswell Road with free parking.
- For more information please contact marketing@dementiacanterbury.org.nz