



David Meates

ceo update

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Friday 14 March 2014 - Making it better with patient information recorded in real time

I often talk about making the patient journey better. Access to up-to-date accurate patient health information is a fundamental part of how the Canterbury Health System operates.

All South Island DHBs have recently signed off on a massive project which will eventually see all SI DHBs using the same patient information system. This new system definitely ticks the 'best for patient and best for system' box. It will also help reduce the waste of patient's and clinicians time – the new system will capture information in real time at the point of care – wherever that may be. It could be in a patient's home, at a GP practice or on a hospital ward.

Canterbury DHB is leading the charge with the implementation of this new technology which will eventually be rolled out throughout the South Island. The South Island Patient Information Care System (SI PICS) is a massive Information Services programme that will create a single regional patient administration system for the South Island. Our strategic partners Orion Healthcare were selected by the Information Services South Island Alliance to work with us on providing the system or 'solution' to meet our many and varied needs.

Once up and running the SI PICS will provide significant improvements to the current systems we use and will replace our current systems SAP and Homer. It will cover patient demographics, appointments, medical records tracking, diagnostic coding and patient tracking. It will support a more streamlined patient journey through our health services, from the community to the hospital and beyond. It will also help us to coordinate care between different hospitals and care providers across the South Island.

This isn't about replacing our current system with a similar one. SI PICS will help future - proof our systems, it has new functions we can build on to positively change the way healthcare is provided over the next 20 years.

Some of the ways the SI PICS will enhance patient care include: providing an overview of an individual patient's journey and data to support clinical audit and processes to improve the quality and safety of care. Integrating clinical systems to provide real time data will mean accurate information is at a clinician's fingertips – this will lead to faster diagnosis and treatment. It will be lean – by eliminating duplication, and as the project progresses there will be a way patients can view, understand and engage in their care journey.

South Island DHBs are working with The South Island Alliance and Orion Health on the development and implementation of this new system. It will require a major commitment from CDHB staff and indeed health professionals across the Canterbury Health System to get it all up and running. Significant resources and support are being put in place to make the development and transition to this new system as painless as possible. As part of our preparation and in keeping with our continued improvement focus of 'make it better' we will also be spending time reviewing some of our current work practices and identifying where we can make improvements to support the successful utilisation of this great new tool (for example some of our duplicate admin processes may be streamlined and standardised)

At this stage, it's expected the new system will be ready in time for us to use when the new facilities for older people are up and running at the Burwood Health Campus during 2015. It's planned that there will then be a staged implementation to our other sites.

Nelson Marlborough DHB will be following close behind us with their implementation and everything we learn will be shared to help make their adoption of the process easier.

Congratulations to Martin Macfarlane

I was delighted to receive the news today that our recently-retired neurosurgery champion, Mr Martin McFarlane, has been awarded the Colin McRae Medal – for surgical leadership in New Zealand and his contributions to Neurosurgery. The award was made by the Royal Australian College of Surgeons. Congratulations Martin – this is well-deserved recognition for your contribution to the education of many clinicians and the health of many New Zealanders.

Take care,
David Meates

Burwood

Please note that SCIRT is about to start some wastewater pipe replacement on Burwood Road, south of the hospital. The works – which are not to do with the hospital developments – are due to start on Monday 17 March and could disrupt travel for staff and patients. You can link to their works notice [here](#).



Left: Gate 3 off Mairehau Road is open although you can see that some works are being done on the left hand side – this photo was taken on 13 March. Please be careful entering and exiting the campus. We will let you know ahead of time when you will need to use Gate 2 instead.

Christchurch

AMAU, ICU, Oncology and Child Health User Groups have met with the Procurement Team this week to discuss the Furniture, Fittings and Equipment process for the project.

The team met with Canterbury Labs to discuss the Lamson tube system.

The team is currently working through value management implications with representatives from Sterile Services and the Perioperative group. The main Radiology, Back of House and Adult Inpatient wards were signed off at the Clinical Leaders' Group last week.

Design Lab

At the Design Lab, bed headboard designs are being peer reviewed in the next two weeks.

Among those groups reviewing, or about to review, mock-ups of rooms and spaces are Radiology, Haematology, CHOC and Child Health, and AMAU. The Haematology User Group has focused on the day space design. They are seeking to open the space up to maximise access to natural light.

Check the Design Lab calendar on the intranet site to find out who's going when - <http://cdhbintranet/corporate/Designlabs/SitePages/Home.aspx> - click on Bookings.

Right - Steelwork ahead of Back of House construction, Burwood.



Bouquets



Emergency Department, Christchurch Hospital

I came after a referral from my Doctor and my husband and I were so very impressed with how the day went. Richard the nurse overseeing my care was wonderful. He made me feel comfortable and even made me laugh when I was feeling pretty rotten. I just wanted to say a big thank you to Richard and everyone in the department, you all work so hard. Still not feeling the best but I am on the mend.

Gynaecology and Oncology

I would just like to thank the Gynaecology ward staff and the Oncology ward staff for their care of my mother over the last three weeks, especially Megan and Jess....Your 'extra mile' care was greatly appreciated, especially by my Dad.

Ward 28 – Christchurch Hospital

Excellent care, such loving and caring nurses...very impressed. Keep up the good work!

Oral Health Centre

My dentist was awesome and friendly as well as the dental nurse who was great also. Thank you for the fantastic care. Awesome work.

Ward 10 – Christchurch Hospital

Thanks so much to the nursing staff. They have been absolutely fantastic. So caring and nothing was a problem. Especially patient with explaining things to my father who is hard of hearing and never minding a hundred questions from family members. They always did their best to find out information; pass on messages for doctors to contact us and check queries. We are so appreciative of all their efforts with my father and the fabulous care you gave him. Thank you to the amazing doctors too. Very thorough and always reviewing and checking his care.

Physiotherapy – Christchurch Hospital

Very good service, lots of books, nice books for children.

Radiology – Christchurch Hospital

The staff were lovely in Radiology. Thank you heaps.

Ward 24, Acute Stroke Unit – Christchurch Hospital

We would like to thank all the nurses on Ward 24 for the excellent care they provided for our mother. Thanks for treating us with kindness and understanding. We would like to thank Sharon for her great sense of humour; Mum will never forget her. There should be more nurses like Sharon, she is an asset to this ward.

Ward 16 – Christchurch Hospital

I am quite happy with the service provided by the hospital and nurses. I am also happy to be in hospital. I never felt that I am alone here....

Ward 16, Ward 20, Emergency Department – Christchurch Hospital

Wife in Ward 16 and son in Ward 20. Both admitted through the Emergency Department. People very nice. Thank you so much. A credit to you.

Ward 19 – Christchurch Hospital

Awesome staff! X

Ward 19 & Catering – Christchurch Hospital

I am taking this opportunity to acknowledge the people skills of two of the Ward 19 catering staff, Dana and Tayla who have been organising my diet and meals during my stay here. They both have taken time to answer my questions regarding my diet and the concerns that I have about excess weight gain while I am confined to a wheelchair. I know they are busy and need to keep to their routine and deliver the ward meals in time.

Ward 19 – Christchurch Hospital

I would like to acknowledge the care and support that I have received from the staff of ward 19. They have been very supportive of my situation....In particular Melissa Forsythe, Dave and Yen have been friendly, kind and caring and have taken time to talk to me. This has been very helpful at this time for me. Thank you all so very much.

Orderlies – Christchurch Hospital

Excellent service and friendly smiles from the ladies and gentlemen.

Annual influenza immunisation is strongly recommended for all healthcare workers to help protect yourself, your patients and your family. You need a flu vaccination each year and its best to get in early as it takes a couple of weeks for immunity to develop and you need it before the flu season hits. Also, remember it's free for all staff.

Next week's clinics:

Christchurch campus

Departments	Dates	Times	Venue
Christchurch Women's Hospital	Tuesday 18 March	13:00-14:00	Outpatients
Emergency Department	Wednesday 19 March	22:00-01:00	Tea room
ICU	Tuesday 18 March	11:00-12md	Seminar room
Canterbury Health Labs	Friday 21 March	09:30-11:30	To be confirmed
Great Escape Café	Thursday 20 March	13:00-15:00	Café

Hillmorton Hospital

Departments	Dates	Times	Venue
All departments	Monday 17 March	14:00-15:20	Clinical Services Unit
All departments	Wednesday 19 March	14:00-15:20	Clinical Services Unit
All departments	Thursday 20 March	14:00-15:20	Clinical Services Unit

Burwood Hospital

Departments	Dates	Times	Venue
All departments	Monday 17 March	13:00-16:00	Orthopaedic Rehabilitation Unit (ORU) - room will be sign-posted
All departments	Friday 21 March	08:00-11:00	Orthopaedic Rehabilitation Unit (ORU) - room will be sign-posted

The Princess Margaret Hospital

Departments	Dates	Times	Venue
All departments	Monday 17 March	06:30-12:00md 12:30-15:00	Outpatients Vaccinators will walk around

Community and Public Health

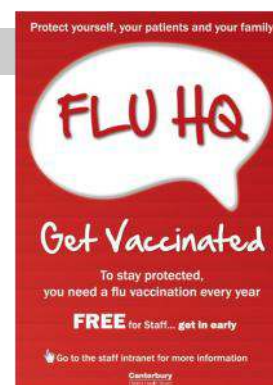
Departments	Dates	Times	Venue
All departments	Thursday 20 March	09:00-13:00	Two of the rear meeting rooms

Ashburton and rural hospitals

Departments	Dates	Times	Venue
Ashburton Hospital	Monday 17 March	13:30-14:30	Chapel
Ashburton Hospital	Tuesday 18 March	10:30-11:30	Chapel
Tuarangi Home	Tuesday 18 March	14:00-15:00	Tuarangi Home

*Other rural hospitals – contact your Nurse Manager for details.

[For a full list of clinics go to the 'Health, Safety and Wellbeing team's' flu vaccination](#)



ceo update

eSCRV (Shared Care View) is changing its name, do you have some great ideas?

In health, branding should be about instant recognition of what's being talked about, and whether the 'product owner' is credible. Sometimes that can get a bit blurry!

At various times, all of the images to the right have appeared on eSCRV material.

Confused?

We want you to play a part in the creative design process, and there are prizes to be won for the most creative contributions!

This eSCRV Facelift Competition is open to staff and members at CDHB, Pegasus Health, Orion Health, Nurse Maude and all Pharmacy staff. There are FIVE prizes of Countdown Supermarket vouchers valued at \$200 each for the best entries.



To get more details and a copy of the entry form just go to the [competition page here](#)

The Competition is open NOW - entries must be in by **3pm on 21 March 2014**.

eSCRV Facelift Competition Team

escrvbrand@pegasus.org.nz

Canterbury Hospitals' Friday Clinical Meeting (Grand Round) 21 March 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: Rolleston Lecture Theatre

Speaker: David Covington, Task Force Chair, Zero Suicide in Health and Behavioural Health Care, National Action Alliance for Suicide Prevention, USA

Topic: "Zero Suicide – A suicide prevention programme for health services"

The most effective suicide intervention initiatives appear to be those that are multi-faceted and focus on making system and culture changes.

Chair: Sue Nightingale

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1, TPMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton Hospital

For more information contact: Rosalie.porter@cdhb.health.nz



The Canterbury Health System Quality Improvement and Innovation Awards are back!

Entrant Materials for 2014 are now available, please visit the [Awards page at Quality and Patient Safety](#). We are accepting Expressions of Interest from project teams until Friday the 25 April.

The contribution of experienced Mentors and Assessors is essential to the success of the Awards programme. We are now recruiting Mentors for the April-July period.

Important points about the Mentor role:

- Each Mentor is paired with a project team to provide guidance and assistance while they prepare the written submission
- The time commitment varies from project to project, however you may spend up to two hours a week working with your project team
- Mentors must first gain approval from their line manager
- All mentors must attend a training workshop. The entry process, including the written submission will be covered in detail.

Workshops will be held at the following times:

Tuesday 15 April 2-4pm, 5th Floor Boardroom, TPMH
Thursday 17 April 10-12am, 5th Floor Boardroom, TPMH

Do not hesitate to get in touch with amanda.mehrtens@cdhb.health.nz if you have questions or would like more information about the Mentor role. If you are interested in being a Mentor, please let Amanda know the workshop time you prefer to attend. We will begin the process of recruiting Assessors in June.

Also, refer to pages 18 and 19 of this update for more information.

Pacific Flowers on Bikes

In February seventeen Pacific women took part in a cycle ride aimed at promoting cycling amongst Pacific women.

One of the ride's organisers, CDHB Pacific Health Promoter Terisa Tagicakibau, says that in the Islands Pacific women don't do a lot of cycling so getting on a bike can be a big deal.

"The rides are all about encouraging Pacific women to get on their bikes and experience the joys of cycling," says Terisa.

Terisa is currently organising another ride in March. For more information email terisa.tagicakibau@cdhb.health.nz



Senior Chef scores a century

Senior Chef, a CDHB initiated cooking course designed for older people in Canterbury, has celebrated two very important milestones.

Senior Chef recently held its 100th course and hosted its 1000th participant. A celebration was held on Tuesday at the St Albans Baptist Church. More than 60 past and present course participants, and representatives from course supporters came along. The food was provided by the course graduates and the guests were entertained by St Christopher's Ukulele Band.

Gemma Lilly, Project Dietitian for the Senior Chef programme, welcomed guests and thanked all the various individuals, community groups and agencies that had supported the course to reach these milestones.

"We're thrilled that we've helped more than 1000 older adults with cooking for themselves. Participants need to be referred to the course by a health professional and we're particularly keen to get referrals from those who are already working closely with this age group," says Gemma who also acknowledged the work of Dietitian Sally Watson.

Sally was the previous team leader of the Healthy Eating Healthy Ageing Team and creator of Senior Chef. She conducted the initial research to show that many older people in Canterbury are at risk of poor nutrition.

"Sally has been key in the planning, development and implementation of the Senior Chef cooking programme from day one. Five years on, Sally is delighted the programme has been so successful. She has just started a new role within the CDHB and we wish her all the best. Thank you Sally for your excellent work," says Gemma.

The course is now available nationwide and teaches practical cooking skills, meal planning, budgeting, shopping tips, and good nutrition for older people living alone or with one other person.

Senior Chef covers all levels of cooking ability – from those with no cooking skills to others with excellent skills but who find it difficult cooking just for themselves.

The course is free to attend and each three hour weekly session involves some nutrition education, a hands-on cooking class followed by a shared meal with the food cooked that day. Sessions are kept small in size with no more than 12 people on each course. Courses are held regularly in Christchurch and offered several times per year in the wider Canterbury region including Lincoln, Rolleston, Kaiapoi, and Rangiora,

More information available at <http://www.seniorchef.co.nz/>



Former programme co-ordinator, Sally Watson, cuts the celebration cake.



The guests enjoyed listening to the St Christopher's Ukulele Band.

Many thanks to all those who donated to the City Mission as part of International Dietitians' Day on Wednesday 12 March.

This year's theme was "Eat Right" and staff were asked to support the City Mission by giving healthy foods for the food bank. Displays and food bank drop off points were at Christchurch, Christchurch Women's, Burwood, The Princess Margaret and Hillmorton hospitals.

Those who donated have gone into a prize draw to win a year's subscription to the Healthy Food Guide magazine.

The winner of the one year subscription will be announced next week.



Above: Orderly, Alan Majendie donates food for the City Mission. Dietitians from left Vicki Clarke and Sandy Clemett at the display in the main foyer of Christchurch Hospital.



Liz Malcolm

Burwood Pharmacist qualified to prescribe medicines

Burwood Pharmacist, Liz Malcolm, is the first in Canterbury to have gained a qualification which will allow her to prescribe medicines.

The new Postgraduate Certificate in Clinical Pharmacy in Pharmacist Prescribing (PGCertClinPharm in Prescribing) is designed to prepare pharmacists who currently hold a position involving patient care, with the knowledge, skills and attributes to competently prescribe certain medicines within a collaborative health team environment in a defined area of practice.

Liz says the joint University of Otago/Auckland course involved doing 300 hours of practical experience as well as attending clinics and ward rounds. Her designated area is peri-operative orthopaedics and she will be able to prescribe for patients in areas of pain relief, postoperative nausea and vomiting, antibiotic prophylaxis, and continuation of their regular medications.

"It's an exciting development in pharmacy and an interesting extension of my role, which will result in further advances in patient care," says Liz, who graduated as a pharmacist in 2000.

In the next couple of months the role will be added to her registration and she will be able to begin prescribing then.

The Postgraduate Certificate in Pharmacist Prescribing is for registered pharmacists in NZ only. It was established after a demonstration project funded by Health Workforce New Zealand.

It aims to build on the clinical capabilities gained in the Postgraduate Diploma in Clinical Pharmacy and equip pharmacists with core skills in patient assessment, diagnosis and decision making as well as the practical, legal and ethical basis of prescribing within the context of collaborative inter-professional healthcare teams.

The move to allow pharmacist prescribing is consistent with the Government's commitment to support health practitioners to work to their full capability and improve patient access to integrated health services.

Liz's Supervisor, Medical Specialist Sarah Hurring, said this role will be a great addition to the elective surgical service at Burwood Hospital.

"Pharmacists are key members of clinical teams and having a pharmacist who is able to prescribe will expand the contribution and involvement they have in providing patient care."

Pharmacist prescribers will work with a designated medical practitioner who will continue to be responsible for diagnosis and wider patient management. Pharmacists must ensure a separation of prescribing and dispensing (Pharmacist Prescribers cannot dispense their own prescriptions).

Nothing about you without you – Canterbury Health System needs your input

Health professionals across Canterbury have been working together for some time to redesign health services and the way we deliver them to ensure Canterbury people are at the centre of everything we do, reducing the time they waste waiting, and improving health outcomes.

Our Canterbury Health System is the best there is, but there is always room for improvement. With that goal of continuous improvement in mind, we need your help to identify what we do well and where we could do better.

Later this month we are asking you to take part in an online survey, aimed at setting a 'baseline' by recording our current state against universally recognised criteria. It will take just 15 minutes and will identify our strengths as well as areas for organisational improvement.

Help keep Canterbury ahead of the game: Please make sure you take the time to complete the survey, the information it will provide can only come from you and will be invaluable in informing our future planning and operations.



Creating a brighter future for children of prisoners

Improving the future of children who have a parent or parents in prison is a key focus behind an initiative between Canterbury DHB and Pillars.

The Canterbury DHB has joined forces with the children of prisoners social services charity to provide 100 vulnerable children and young people in Canterbury with health assessments over the next year.

Sue Miles, Canterbury DHB Child and Family Safety Service coordinator, says the initiative is another great example of bringing services closer to people's homes through integration between the health board and community providers.

"We have been allocated a clinic room at Pillars, in St Albans, where a clinical nurse specialist from our Child and Family Safety Service will provide comprehensive psychosocial and physical health assessments to prisoners' children aged 16 years and under," Sue says.

"Many children of prisoners come from less than fortunate homes with very little opportunities and often have complicated health needs that can go overlooked.

Sharen Small, Canterbury DHB Clinical Nurse Specialist, says it's well known that health issues can impact on a child's learning abilities, which can affect their future opportunities.

"Our assessments are about finding out what their needs are and putting them in contact with the right care and ensuring that care is followed up," Sharen says.

"If we can address those health issues early, then that child has a better chance in life."

Verna McFelin, Pillars Chief Executive Christchurch, says the organisation is really excited about the service being community based.

"We're really looking forward to providing this service and have had great support from Corrections who see this as a key strategy in reducing future offending in this group," Verna says.

"Research shows children of prisoners are seven times more likely to go to prison than those who are not."

Children who have had an assessment will receive a comprehensive health plan, which Pillars can ensure is followed. Parents and caregivers will be kept informed of their child's health needs and any treatments required.

Tuesday 18 March 2014, 12:30 pm – 1:30 pm

Venue: Beaven Lecture Theatre, 7th Floor, University of Otago, Christchurch School of Medicine Building

“EMDR its clinical applications”. Presented and chaired by Dr Deb Wood.

- These meetings will be held on a weekly basis (except during school holidays).
- A light lunch will be served at the School of Medicine venue from 12 noon.
- **Psychiatrists can claim CME for attending these meetings.**
- The sessions will be broadcast via the telepaeds system.
- For **TPMH** attendees the venue is the **Child, Adolescent & Family Inpatient Unit, Ground Floor**. Access is from the main reception at TPMH.
- For **Hillmorton** attendees the venue is the **Lincoln Lounge, Admin Building, Hillmorton Hospital**.
- The dial in address is: **Psych Med Grand Round**. If you have difficulties dialing in please call **0800 835 363** to be connected.

It's time to get spotty! Friday 28 March is the Melanoma Foundation's annual 'Go Spotty' Mufti Day

March is Melanoma Awareness month and the Melanoma Foundation of New Zealand is inviting workplaces to take part in their second annual national 'Go Spotty' Mufti Day.

The day is used to raise awareness of melanoma – a devastating disease affecting more than 4000 Kiwis every year.

Get your friends and colleagues together for some fun and wear something 'spotty' to get people in your community thinking about melanoma and checking their skin for 'spots' or signs that could save lives.

A gold coin donation for all spotty participants would be greatly appreciated to support the Melanoma Foundation's ongoing work towards the cause. Donation boxes are available for collecting donations in larger organisations.

If you would like to join in 'Go Spotty Day' you can contact Tracey King Cancer Nurse Co-ordinator at CDHB or contact: admin@melanoma.org.nz or 09-449-2342 or 0800-4-melanoma (0800-463-526).

<http://www.melanoma.org.nz/News/'Go-Spotty-Day'/>



Go Spotty Day

Friday 28th March 2014

Let's raise awareness for Melanoma & have fun!

Go Spotty with Mufti at your school or workplace to help raise much needed funds for the Melanoma Foundation of New Zealand.

For a Gold Coin Donation

For more information visit www.melanoma.org.nz/gospotty

MELANOMA FOUNDATION OF NEW ZEALAND



Cancer Nurse Coordinators
Improving patient care

Learning that makes a difference

The Child Health Education team is being congratulated for implementing learning that really makes a difference in the workplace.



Child Health Education Team, Nurse Educators, from left, Tracey Bruce, Becky Conway and Alison Duggan.

CDHB's education teams have been working to put in place Kirkpatrick's evaluation model which is about ensuring education is designed with an end result in mind and that training in and of itself is not a goal.

Nurse Manager, Professional Practice Development, Janette Dallas says the Child Health Education team has "truly captured this initiative".

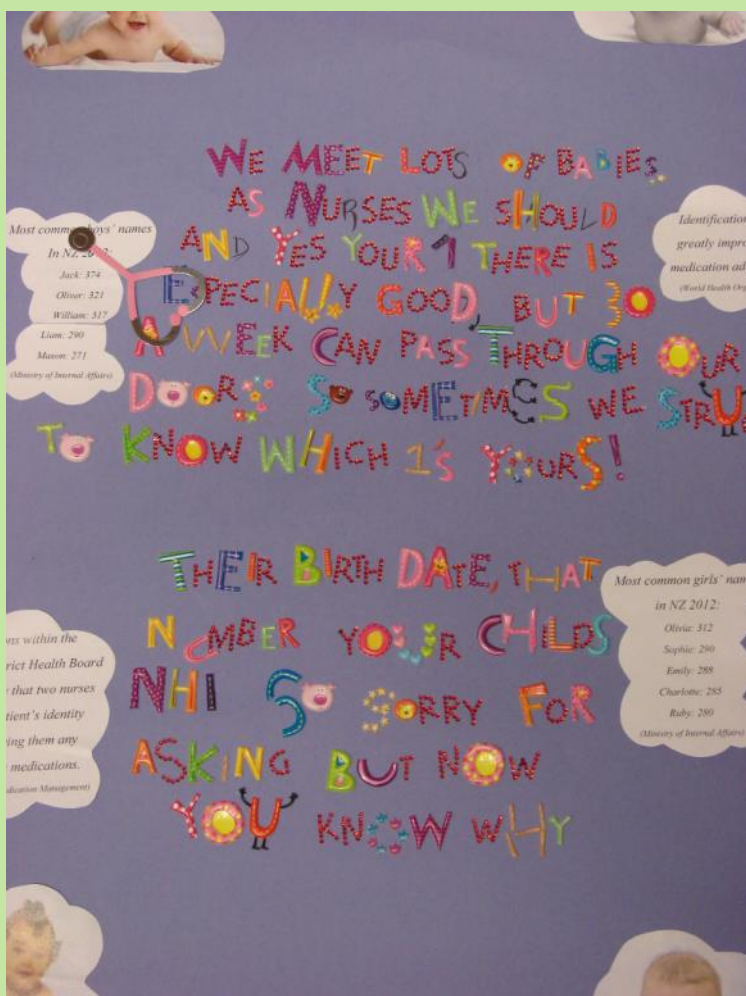
"People can attend fantastic study days and learn a lot but fail to implement any of the new skills and knowledge once they go back to work. It is this we want to change," she says.

"We want to ensure learning continues beyond the end of the day and design the learning to ensure that staff can apply what they learned to ultimately improve patient care."

The Child Health development days have kept the end goal in mind. Key aspects include:

- Written learning objectives that are clear about what is expected.
- Inviting line managers along to the first study day to ensure that they know the objectives and can support staff back in the workplace, thus ensuring the training time is well spent.
- Expected staff to come to the day ready to learn.
- Created resources to support staff implementing the learning back in the workplace and introduced these resources during the day to ensure they will know how to use them.
- Designed a post-programme follow-up to ensure they can measure the learning and behaviour change in the workplace. An example is that staff are requested at the end of the day to either; develop a poster, write a reflection or discuss the learning with colleagues.
- Followed up staff in the workplace to see if they need any additional support to be successful with their goals.

All of these tools increase the likelihood that resources which go into training will actually produce a measurable increase in performance and improve patient care, which is why we are here, says Janette.



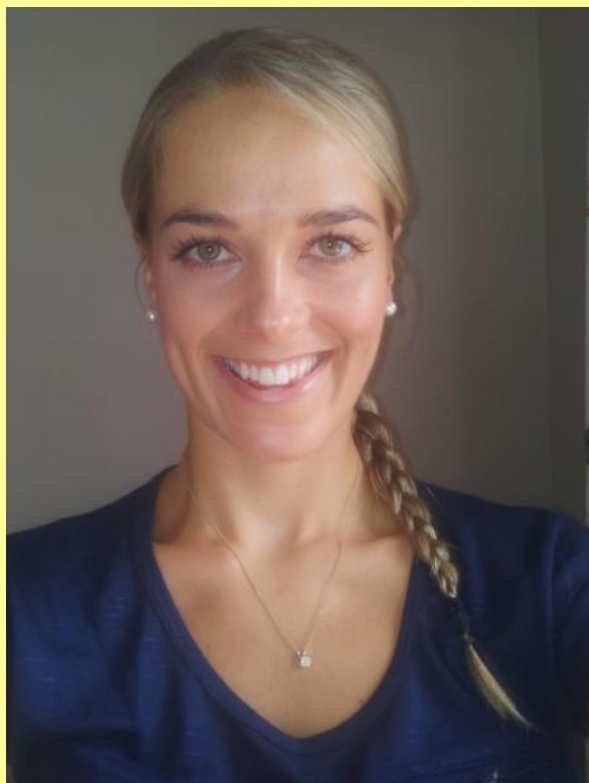
Above: One of the posters that was completed as a result of the Child Health Education study day.

What does your job involve?

Occupational Health is an integral part of the Health, Safety and Wellbeing team. The team works across all CDHB sites, working alongside managers to advise and support the workforce in all aspects of Occupational Health, Safety and Wellbeing. We are interested in how work can affect a staff member's health and how their health can affect their capacity to undertake their work.

Working as a nurse in Occupational Health at CDHB is varied. It involves health monitoring and pre-employment immune status screening for staff commencing employment. We work collaboratively with other departments such as Infection Control to manage the blood body fluid exposure process. The staff annual influenza programme is co-ordinated by us in Occupational Health. We have 80 authorised vaccinators who assist with delivering this vaccination to you. The planning of this campaign begins in September with the vaccine offered at the beginning of March. So watch this space! It is important for healthcare workers to be vaccinated against influenza each year in order to protect themselves, family and patients.

We also carry out vaccination clinics, I'm sure you have seen us walking around the different sites with our suitcase and chilly bin in hand. A lot of our time involves providing advice to managers and employees on all aspects of managing illness and absence from work as well as supporting those who remain at work with health issues that are non-ACC related.



Why did you choose to work in this field?

I came to Occupational Health as a NETP graduate in my second six-month placement. I enjoyed the placement very much and was fortunate to be offered a position.

What do you love about it?

I love the variety of the role, the people I meet within and outside the organisation and to be part of a team that introduces new initiatives to support the health of staff. I have an opportunity to work alongside staff in a range of roles enabling me to understand the different needs within the organisation.

What are the challenging bits?

For a new graduate, working within a specialist role is challenging and exciting. I am constantly learning as I go.

Who do you most admire in a professional capacity at work and why?

The staff who are passionate about their work.

The last book I read was... I am currently reading *The Book Thief* by Markus Zusak but have to admit I am not a great reader.

If I could be anywhere in the world right now it would be... Somewhere hot and sunny snorkelling in clear blue waters!

My ultimate Sunday would involve... Going for a cycle with Dad around the Cashmere hills then catching up with friends in the afternoon.

One food I really dislike is... Bacon. Strange I know!

My favourite music is... Anything I can dance to and have a good time!

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

Naomi.Gilling@cdhb.health.nz.

If you are interested in working in occupational health nursing or wish to inquire about any vacancies in this area please email nursing@cdhb.health.nz.

An exciting range of physical activity options for staff

If you feel like you want to become more active but don't know where to start have a look at the options available for keeping fit right here at work. As well as the obvious physical benefits, being more active has been shown to improve mental wellbeing and help build resilience.

CDHB is committed to providing staff with easily accessible options to help you improve your physical and mental wellbeing. So whether you want to build up strength, hop on a bike or just go for a walk, there are several choices available in the Staff Wellbeing Programme.

They are:

- **30 minute walk n workout**
Thirty minutes of walking and other light exercises during your lunch break
- **Cycling**
Adult Cycle Skills Training. Free four-hour workshop for the novice/new rider looking to get out on the roads
- **Pilates**
Improve your core strength and flexibility
- **Yoga**
Take some time out for yourself, learn to relax and improve your strength and flexibility
- **Zumba**
At Burwood, Christchurch, Hillmorton and The Princess Margaret hospitals. Have fun while getting fit!

Zumba instructor, Betiana Caceres, has been teaching Zumba at CDHB for about eight months and says people always leave with a huge smile on their face.

"The moves are very easy to follow, anyone can do it."

Betiana, a licensed Zumba instructor, says she believes strongly in the programme.

"It's a fitness class so has all the benefits of cardio but it is done in such a great way with music."

If you wish to attend, either just turn up or contact Betiana betianacaceres@icloud.com for more information. See the Staff Wellbeing Programme intranet page for details.

Walking groups co-ordinator, Kris Tynan, who is a registered trainer, says she is inviting "the unfit among you" to get out at lunchtime for 30 minutes on a five-week 'kickstart' course. The course involves a 30 minute walk with 30-second long exercises along the way.

"Anyone can do it. If you can sit down on a chair and stand up again you can do this," she says.

Walk n Workout is on Tuesdays at 12.30 at Christchurch Hospital and Wednesdays at 12.30 at The Princess Margaret Hospital. All you need to bring are comfortable walking shoes/trainers, a water bottle, and a jacket if necessary. The cost is \$25 for the five-week course.

If you would like further information please email kris.tynan@xtra.co.nz

The **Something for You** employee benefits programme also has information on discounted gym memberships for CDHB staff. You can link directly to this information from the Staff Wellbeing Programme intranet page <http://cdhbintranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Right: Zumba Instructor, Betiana Caceres.



Staff wellbeing programme – Let's talk about...

More information about all the following initiatives is available on the [Staff Wellbeing Programme](#) intranet page

Let's talk about...

30 minute presentations at CHCH Campus on the follow topics:

- workplace conflict (Wednesday 19th March)
- team building (Monday 28 April)
- having courageous conversations (Wednesday 21 May)
- workplace bullying (Wednesday 18 June)

Venue: Oncology lecture theatre

Times: 1000-1300 and repeated at 1100-1130

Tracksuit-inc - Exciting addition to the CDHB Staff Wellbeing Programme – Website now LIVE

Free to CDHB employees and their families – gives you an opportunity to participate in health related activities/challenges throughout the year. Login details available on the [Staff Wellbeing Programme](#) intranet page. Registrations for the first 'health challenge' open on 17 March.

CDHB Earthquake Support Coordination Service

Earthquake Support Coordinators will be on site to answer your questions, as follows
All sessions from: 10.30am to 2.30pm.

- Burwood Hospital café—Thursday 20 March
- Hillmorton Hospital café—Wednesday 26 March
- CHCH Campus – Great Escape Café—Thursday 3 April

Earthquake Support Coordinators (ESC) can case manage issues related to EQC, insurance, accommodation etc. Contact an ESC directly on **371 5598**.

New Walk n Workout groups

Are now underway at CHCH Campus and TPMH – 30 minutes of walking and other light exercises. Register by contacting Kris kris.tynan@xtra.co.nz

Staff Wellbeing Programme intranet page!

<http://cdhbintranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Check out this page for information on yoga, Zumba, Pilates, mindfulness, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

There's also a link to the '**Something for You**' employee benefits page containing a large number of discounted products and services available to CDHB staff.



BOOST YOUR WELLBEING

GET TOGETHER WITH FAMILY OR COLLEAGUES & GIVE YOURSELF A BOOST!

FREE

HEALTH CHALLENGES, PRESENTATIONS, COMPETITIONS, PRIZES & MORE...



TO PARTICIPATE IN THIS EXCITING ADDITION TO THE CDHB STAFF WELLBEING PROGRAMME VISIT WWW.TRACKSUITINCLIVE.CO.NZ AND ENTER THE COMPANY CODE 'dhbstaffwellbeing'.

Canterbury

District Health Board

Te Pōwhiri Hauora o Waitaha

 **Richmond**
Healthy individuals. connected whānau. inclusive communities
He tangata ora. he whānau kōwhiri. he hapori mānaki

Need help with Earthquake Issues?



Free Earthquake Support Coordination Service

Earthquake Support Coordinators are available to help people and their families directly affected by the Canterbury earthquakes.

Earthquake Support Coordinators can:

- Support you to work out what needs to be done for you, your family and/or a family member and make a plan
- Provide relevant information
- Support connection with relevant services
- Coordinate meetings between you and the experts.

They can meet with you anywhere you choose - your home, workplace or ...

They can connect you to services that provide (but are not limited to):

- Legal, EQC and insurance help
- Repairs
- Accommodation assistance
- Counselling support and social services
- Financial assistance or information
- Health services
- Winter heating advice
- School or childcare support
- Translation services
- Environmental and infrastructure information.

The support provided is based on your individual circumstances.

**Free Service
for CDHB Staff
and their
Families.**

For advice or to request an Earthquake Support Coordinator,

Call: (03) 371 5598

After hours assistance available

or
Email: earthquake.support@richmond.org.nz



123587—Site Coordinator
 123640—Registered Nurse - Vascular Department
 124185—Social Worker- Psychiatric Emergency Services
 124147—Environmental Sustainability Officer
 124081—Senior Accountant

[Click here to see more opportunities on the careers website](#)



Leading Change – making the next few years a bit easier

Leading Change

In this period of transition we're pleased to offer UC's **Leading Change** course. This course takes an in-depth look at the dynamics of organizational and individual change, equipping you with the strategic thinking frameworks and practical tools to lead successful change projects. Click here for more information: [Leading Change](#) (Fri 28/Sat 29 March & Fri 2 & Sat 3 May)

What other CDHB staff have said about the course:

"Exceeded expectations, probably the most valuable learning I've had, having been on a number of leadership / management training programmes / workshops," Nursing Director
 "Enjoyed working through the practical application and exercises," Service Manager
 "Loved the course. Dynamically presented, plenty of guest speakers. Interactive sessions which facilitated the development of a great group. Sessions were informative also fun. Learnt loads and have retained it!" CMM

Support for Cantabrians after the flood and storm

A dedicated webpage offering an extensive list of Canterbury information including links and downloads is now available to assist Cantabrians through the shock and aftermath of the floods and storm.

<http://skylight.org.nz/Floods+and+Storms+Support>

Please advise others of its availability. It will remain up for several weeks.



E-UPDATE

Your fortnightly update from the Health Quality & Safety Commission



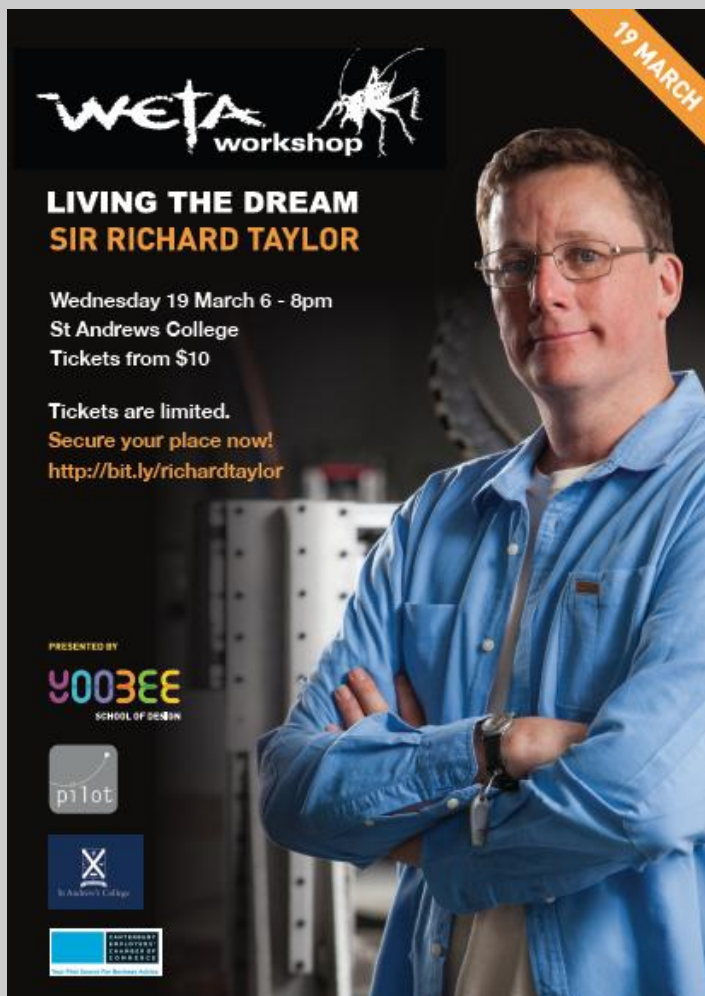
Health Quality and Safety Commission – E- Update, Issue 32: 17 Feb – 9 March 2014

Includes:

- Health Quality & Safety Commission welcomes new Board member
- Professor Alan Merry awarded Gluckman Medal
- Telling New Zealand's quality story
- New Atlas domain promotes improvements in child health
- Regional approach for April Falls 2014
- Medication Safety Watch issue 9 out now
- Counties Manukau Health commended on report for maternity services
- Surgical skin antisepsis
- New focus area for *Open for better care*
- Surgical skin preparation webinar recording available

[Read the full newsletter](#)

Sir Richard Taylor & the making of the dream - Wednesday 19 March 6.00pm to 8.15pm



An extraordinary occasion to be with Sir Richard Taylor - Grab your ticket now!

Sir Richard Taylor has generously gifted his time to share the extraordinary Weta journey. You'll be amazed to hear how two 15 year old teenagers pursued their dream – and nailed it!

With encouragement from family, teachers and friends, Richard and his wife Tania Rodger built one of the film industry's most successful special effects studios, receiving five Oscars and four BAFTAS for work on the Lord of the Rings Trilogy and King Kong.

Grab this opportunity with both hands – as a parent you will discover how to foster your child's ambitions; as a business leader, how to empower your staff to create an inspirational vision; as a student, how to discover what your big dream is; and as a Weta enthusiast, you'll soak up the creative, stimulating world of Weta.

This is a rare opportunity to meet one of New Zealand's most cherished creative innovation icons.

Tickets from \$10.00
Hurry limited numbers.....
St Andrews College cnr Papanui and Normans Road

\$10 students \$20.00 adults.\$40.00 family (4 2 adults and 2 children under 18) Secure now!

To book go to www.dashtickets.co.nz/event/j79vrf5wc

Social housing briefing

Changes to housing assessments

From 14 April 2014, housing needs assessments will transfer from Housing New Zealand to the Ministry of Social Development.

Please join us for an update on the social housing changes and new service delivery models, and how these will affect social housing applicants, tenants and community housing providers.

Tuesday, 18 March 2014, 12.00pm – 3.30pm, Wellington

Venue: Ministry of Social Development Auditorium
Level 3 Bowen State Building, Bowen Street

Wednesday, 19 March 2014, 9.00am – 12.30pm, Christchurch

Venue: Chateau on the Park, Camelot Room
189 Deans Ave, Riccarton

Monday, 24 March 2014, 9.00am – 12.30pm, Auckland

Venue: Rutherford Room, Alexandra Park Function Centre, Level 2
Alexandra Park Raceway, Greenland Road West, Epsom

Please RSVP your attendance (including which meeting you propose attending) and any disability-related requirements to Louise Jolliffe at:
social_housing@msd.govt.nz, phone 04 978 4297
by 4.00pm Friday 14 March 2014.



QUALITY IMPROVEMENT & INNOVATION AWARDS

2013 Supreme Award Winners



Reducing pneumonia in the stroke population

This project evaluated the effectiveness of introducing a standardised cough reflex test protocol, which combined with intensive nursing and therapist education, has changed clinical practice with acute stroke patient at Christchurch Hospital. The clear clinical management protocol has contributed to more than halving the pneumonia rate from 26 percent to 11 percent. With aspiration pneumonia adding \$9000 to an individual stroke patient's cost of admission and with more than 1000 strokes per year in the Canterbury DHB, this change in clinical practice has potentially saved \$1.4 million to the organisation. More importantly for the patient, this means there are fewer complications to a dysphagic stroke patient's care.

eSCRV

The 2011 Canterbury earthquakes motivated the Canterbury health system to work together to create a secure electronic, patient-centric view of data to provide a 'single-source' of up-to-date patient information, allowing timely safe and effective care of the patient through more informed decisions.

The goals of eSCRV are to:

- provide access (to patient data) for community care users and ultimately the patient
- collect patient data from primary and community care providers and
- make the data visible in a single patient record

Category Winners:

Improved Health & Equity for all Populations

Award Winner: eSCRV- Shared Care Record View

Runner-up: The Wellbeing Game

Improved Quality, Safety & Experience of Care

Award Winner: Classification and Communication of Caesarean Section

Runner-up: Canterbury Ski Fields Project

Best Value for Public Health System Resources

Award Winner: Shorter Turnaround Time for Urine Analysis in Microbiology

Joint Runner-up: Reducing Pneumonia in the Stroke Population

Joint Runner-up: Cardiac Catheter Laboratory Optimisation Project

Highly Commended:

- Script 4 Change,
- From High Tea to the Empowered Me,
- Collaborative Care Programme

Consumer Council Award: Collaborative Care Programme

Canterbury

District Health Board

Te Poari Hauora o Waitaha

For more information email amanda.mehrtens@cdhb.health.nz



QUALITY IMPROVEMENT & INNOVATION AWARDS

The Awards recognise, reward, and publicly acknowledge the excellent quality improvements and innovations taking place within the Canterbury health system.

Become a mentor, assessor or enter your project in 2014:

Expression of Interest form due	25 April
Mentor Workshops	15 or 17 April
Assessor Workshops	22 or 24 July
Written Submission due	25 July
Assessor Site Visits	8 - 19 September
Awards Ceremony	3 November

The awards are open to all DHB staff and providers whose services are funded by the DHB.

For more information visit the Awards page on
<http://cdhbintranet/corporate/CorporateQuality/SitePages/Home.aspx>
or email **amanda.mehrtens@cdhb.health.nz**

Canterbury

District Health Board
Te Pori Hauora o Waitaha



Christchurch Campus Quality & Patient Safety Team

Invitation to all staff

QUALITY & PATIENT SAFETY PRESENTATION

TOPIC:

Process Flow – What does this mean for you and service improvement?

Lightfoot Solutions supporting CDHB

This session will be a live demonstration of the application of Statistical Process Control to the process of understanding patient flow.

The discussion will include:

- How to find opportunities for improvement
- What are the critical factors to make service improvement a success

Venue: **Oncology Lecture Theatre**

Date: **Friday 21st March 2014**

Time: **1 – 2 pm**

An attendance record sheet will be provided.

Video link with other divisions can be set up on request

Please contact Shona.MacMillan@cdhb.health.nz, Quality Manager

UNIVERSITY OF OTAGO,
CHRISTCHURCH

The health University in Christchurch city

Public Health Events

March

Annual Public Health Lectures

Wednesday March 5, 6–7pm

Unravelling life's secrets: immunity, cancer and vitamin C

Professor Margreet Vissers
Centre for Free Radical Research

Wednesday March 12, 6–7pm

The cure for cancer and Isaac Newton

Professor John Evans
Gynaecological Oncology Research Group

Wednesday March 19, 6–7pm

New ways to monitor heart function and guide treatment

Professor Richard Troughton
Christchurch Heart Institute

Wednesday March 26, 6–7pm

Life and death under the microscope

Professor Mark Hampton
Centre for Free Radical Research

Gut Health Lecture Morning

Saturday March 1, 10am – 12.30pm

Experts update latest on gut health topics

Including:

- IBS and low FODMAP diet
- New Hepatitis treatments
- Bowel cancer and bacteria
- Progress on Irritable Bowel Disease
- Coeliac disease
- Reflux, constipation, incontinence
- New ultrasound for gut diagnosis



CHRISTCHURCH

For more information email kim.thomas@otago.ac.nz
www.otago.ac.nz/christchurch

ALL EVENTS ARE FREE TO ATTEND

All events held at 2 Riccarton Ave, University of Otago, Christchurch building on Hospital campus





Alzheimers *Canterbury*

Community Education Seminar March 2014

DEMENTIA AND MEDICATIONS

Nicky Jonker, a Pharmacist from The Princess Margaret Hospital and Kathryn Snook, a Pharmacist from the Medication Management Service will discuss managing and understanding medications in relation to dementia. There will be time for questions.

Everyone welcome

Date: Wednesday 26th March
Time: 10.30am – 12 midday
Venue: Alzheimers Canterbury Meeting Room
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

314 Worcester Street
PO Box 32074
Christchurch 8147

T 03 379 2590
E admin@alzccanty.co.nz
www.alzccanty.co.nz

*Making life better for all people affected by dementia
Kia piki te ora mo ngā tāngata mate pōrewarewa*



Other Alzheimer's Canterbury Courses

Dementia: The Basics -

http://www.alzheimers.org.nz/files/regional/canterbury/DTB_Registration_Form_-_Mon_7_April_2014.pdf

Community Educations Seminars

http://www.alzheimers.org.nz/files/regional/canterbury/2014_Community_Education_Seminars.pdf



Intercultural Awareness and Communication

This programme is designed to enable participants to develop more awareness of their cultural characteristics and those of others so that they can communicate more effectively across cultural boundaries. The training focuses on using effective communication to build the kinds of relationships that will lead to effective workplace interactions.

Gain an understanding of:

Culture, communication, relationships between cultures, relationships and workplace interactions, human dimension, ways to improve intercultural communication.

Who is it for?

Anyone from frontline public service, NGOs, charities, voluntary and community sector or any interested individual.

Workshop Dates for 2014: 29 April, 15 July, 7 October

One Full Day Course

Workshop Fee*: \$35.00

To register contact: Mastura Abd Rahman

Phone: 379 3090 ext 810,

Email: mastura.abdrahman@staff.hagley.school.nz

* Please note that the fee is not for profit. Workshop fees cover basic running costs only.



Friday
21 March
2014

Brydie's Ball

All funds
raised go to the
Brydie Lauder
Charitable Trust,
raising funds
for Paediatric
Neurology

Venue: Rydges Hotel, 30
Latimer Square, Christchurch
7.30pm till midnight
First drink complimentary,
supper supplied
Dress Code: Smart

Tickets \$65
Corporate tables of 10 available on
request
Pre-order via email:
info@brydielaudercharitabletrust.org.nz
Tickets limited
Entertainment:
Puree - playing live
Live Auction running through evening
MC: Chloe from Classic Hits

MAJOR SPONSORS:

LASERVISION
BYE BOND MIRROR



Amalgam PRESTIGE



SPECTRUMPRINT

ceo update All righties to cheer crowd on at colourful holi

The Christchurch Holi Carnival of Colours is on Sunday 23 March, 11am – 4.30pm at The Pallet Pavilion, 70 Kilmore Street. Pay at the gate: Adults, \$10 with two bags of colour. Children under 12, FREE.

All Right? is backing Christchurch's first annual Holi Carnival of Colours on Sunday 23 March at the Pallet Pavilion.

One of the major traditional festivals in India, Holi is known for its vibrant powder colours that blanket people in the streets. It's a day to forgive, forget, reconnect, and enjoy time with family and friends.

All Right? Manager Sue Turner says the community event will help bring people together.

"In Canterbury right now there's a widening gap between those who are recovering well and those who are 'stuck', and it's important we take every opportunity we can to come together and celebrate as a community. By breaking down barriers and injecting fun and colour into our lives, Holi will definitely provide a wellbeing boost," Sue says.

At the event, Cantabrians will be encouraged to throw colours into the air and at each other to celebrate life in Christchurch. The powder colours used at this event will wash off skin with soap and water, but it's best to wear old clothes.

Event organisers Sandeep Khanna and Hitesh Sharma say Holi will kick off at 11am with DJ Areeb, DJ Charlie, DJ Avi and Indian drummers. Bollywood performances will follow, including the Ras-Leela, a re-enactment of the romantic dance between Krishna and his lover Radha. Their story is where the throwing of colours originated.

Traditional games will be played, including a tug-o-war and Matki Phod, where competitors make a human pyramid to reach and then break a clay pot. The All Righties will be present to cheer everyone on throughout the day. There will be activities for kids too, including face painting.

A variety of traditional Indian cuisine and refreshments will also be available on site.

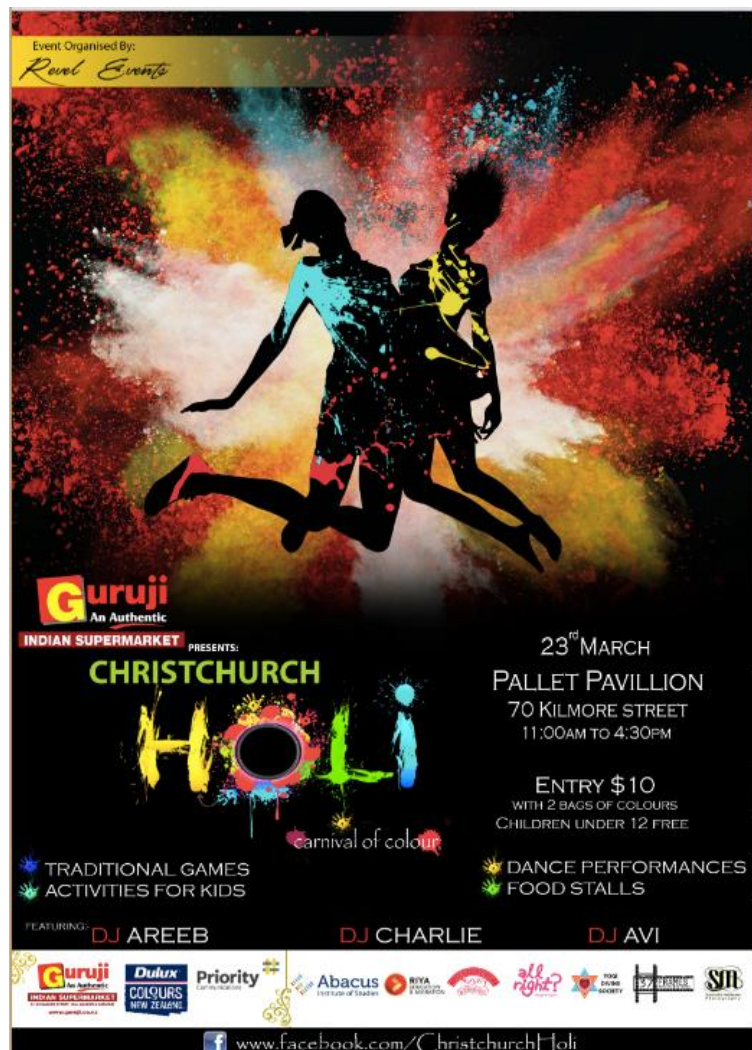
If the weather is bad on 23 March, Holi will be postponed until 29 March.

Announcements will be made at <https://www.facebook.com/ChristchurchHoli>.

Please note that the Pallet Pavilion is not high-heel friendly.

This event is brought to you by Revel Events.

Thank-you to the following supporters for making this event possible: All Right?; Indian Social and Cultural Club; Priority Communications; Dulux; Abacus Institute of Studies; Sushrutha Metikurke Photography; 37 Frames Motion Pictures; RIYA Education and Migration; Lindisfarne Nursery School and the Yogi Divine Society.



The poster features a central image of two people in silhouette, running and throwing colorful powder. The background is a vibrant explosion of red, orange, and yellow. Text on the poster includes: 'Event Organised By: Revel Events', 'Guruji An Authentic INDIAN SUPERMARKET PRESENTS: CHRISTCHURCH HOLI carnival of colour', '23rd MARCH PALLET PAVILLION 70 KILMORE STREET 11:00AM TO 4:30PM', 'ENTRY \$10 WITH 2 BAGS OF COLOURS CHILDREN UNDER 12 FREE', 'TRADITIONAL GAMES ACTIVITIES FOR KIDS', 'DANCE PERFORMANCES FOOD STALLS', 'FEATURING: DJ AREEB, DJ CHARLIE, DJ AVI', and a list of sponsors at the bottom including Guruji, Dulux, Priority, Abacus, RIYA Education and Migration, All Right?, and others. The Facebook link www.facebook.com/ChristchurchHoli is at the bottom.



Visit nzash.co.nz for details

NZASH Symposium and AGM

Improving Safety and Quality in Healthcare through Simulation



Date: 20th -21st June 2014

Time: 0900hrs – 1600hrs

Location: University of Otago Medical School, Christchurch Hospital, Christchurch, NZ

Keynote speakers

Demian Szyld – Assistant Professor; Assoc Med Dir NY Simulation Ctr Health Sciences. Departments of Emergency Medicine and Simulation Center

Leone English - Dean - Faculty of Health Science & Community Studies, Holmesglen Institute; Chair - Victorian Simulation Alliance

Two day Symposium (+ cocktail evening) Fee: **\$120.00**
(This will include annual membership fee for NZASH)



Canterbury

District Health Board

Te Pōari Hauora Ō Waitaha

