



Christchurch Hospital Hagley events postponed

The Ministry of Health and Canterbury DHB have postponed this week's blessing, staff and public open days for Christchurch Hospital Hagley.

Today's decision to postpone these events was not taken lightly, says Michelle Arrowsmith, Deputy Director General DHB Performance Support and Infrastructure.

"Christchurch Hospital Hagley is the largest most complex hospital ever built in New Zealand. It's being built to the highest construction standards and it's important that the contractors and their subcontractors are given a clear run to take the time needed to complete this work.

"We are keen to show this new facility to staff and the public, however, the work needed to complete the building is taking longer than we expected."

Canterbury DHB Chief Executive, David Meates, says while disappointing, for our staff in particular, it's important that the necessary time is taken to ensure that current essential works are completed without interruption before the planned blessing, staff and public open days are held. We will be rescheduling these three events as soon as possible

A decision on new dates for these events is expected to be made in the next week.

Canterbury DHB and the Ministry of Health continue to work towards an agreed sustainable position

The following joint media statement between the Ministry of Health and Canterbury DHB has been issued to media.

Canterbury DHB is starting to implement its operational plan towards a sustainable financial pathway, with continued support from the Ministry of Health and the Crown-appointed Monitor.

There is momentum at Canterbury DHB to start making the changes needed to improve their financial sustainability, says Michelle Arrowsmith, Deputy Director General, DHB Performance, Support and Infrastructure.

"We know Canterbury DHB has faced some unique health challenges, particularly the capital redevelopment needs following the earthquakes. Like all DHBs, Canterbury is also responding to increased demand and workforce issues.

"The Ministry has continued to work closely with the DHB, with support from Crown Monitor Dr Lester Levy, to agree a sustainable financial path forward.

"It's important the DHB is prepared for the future so it can continue to deliver high quality services and equitable health outcomes for Cantabrians.

"Given the size and nature of their deficit, this is the start of a longer term plan. It's important the DHB builds on the current momentum to ensure they are well placed to deliver on the benefits of the new Christchurch Hospital Hagley, as well as future redevelopment work."

Canterbury DHB Chair, Dr John Wood, says the DHB and the Ministry have made good progress to come to a mutual understanding of some of the unique issues facing

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Canterbury DHB. "We have certainly moved on in terms of collegiality and agreement on a pathway forward.

"It's widely acknowledged that the DHB's financial situation is complex. The Board is focused on ensuring maximum value is achieved for every dollar spent and that costs are reduced as much as possible.

"Internally we have set up five task forces which are charged with closely examining how and where our current health system resources are invested to ensure we are well placed to continue to provide the healthcare our population requires.

"Teams are focusing on leave care; continuous quality improvement; revenue and resource optimisation; ensuring all of our current contracts are optimal; and that we are well set up with the right people in the right places to provide the right care to benefit the health and wellbeing of the people of our community.

"The current Board have worked hard to reach the point where the focus is firmly on the future and the opportunities available to us.

"I have valued the input Crown Monitor Dr Lester Levy has been able to provide. He has brought a fresh set of eyes on our financial situation, our performance and the establishment and progress of the task forces as we work towards achieving financial sustainability."

In June, the Minister of Health appointed Dr Levy to assist and support the DHB to improve its financial performance. Canterbury DHB has a realistic and achievable plan to start addressing its deficit position, says Dr Levy.

"In my role as Crown Monitor, I've been engaging closely with the Chair, Deputy Chair, Chair of the Finance and Audit Committee, the Chief Executive and the senior management team to support the DHB to develop specific areas of focus which I believe will soon start to make a real difference.

"The DHB and the Ministry have been working more constructively together to strengthen the DHB's operational plan, annual plan, as well as future planning. The DHB will be able to scale up the volume of this work in the near future.

"I will continue to support Canterbury DHB and offer my advice as they progress a number of initiatives to deliver the financial sustainability changes needed.

"I've been pleased to see the positive engagement and determination by the Board, Chief Executive and management team to deliver this work so the DHB is well placed to sustainably continue to deliver high quality services to its community."

Opportunity for staff to contribute to new workplace policies

We're working towards creating a more diverse and inclusive workplace, more reflective of our patients and communities, so we can deliver better care. There are a couple of different ways staff can get involved in designing what this looks like – find out more on page 12.

I hope you managed to enjoy the wonderful Canterbury weather over the weekend and the extra hour of daylight last night. Have a great week.

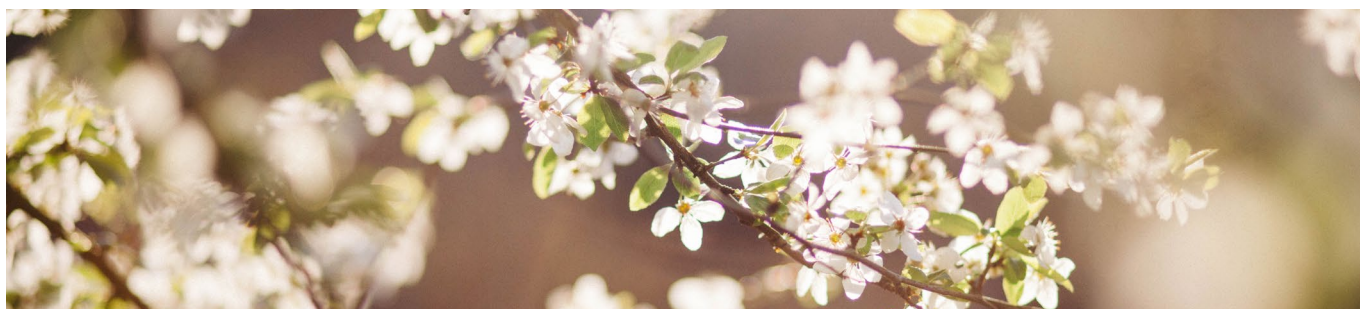
Haere ora, haere pai
Go with wellness, go with care



David Meates
CEO Canterbury District Health Board

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

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



Bouquets

Addeana, Ward 24, Christchurch Hospital

I would like to commend Nurse Addeana of Ward 24 for her kindness. I had spent the previous night with my dear friend. She was dying and I was keeping her company in her last hours. My friend died the following morning... maybe a couple of hours into Addeana's shift. Addeana was very kind and sympathetic and demonstrated real care and concern. She helped make a horrendous time somewhat more bearable. Thank you for your kindness and professionalism, Addeana. You are an asset to Christchurch Hospital.

Emergency Department (ED), Christchurch Hospital

I want to thank Dr Sean and Nurse Christina in ED. This was my third time to ED within a week... They did such a good job of trying to work out what was wrong with me. They had lovely bedside manners. I just wanted to say thank you for the care I received.

Deepa and Wendy, Seager Clinic, The Princess Margaret Hospital

I appreciate immensely the help nurses Deepa and Wendy Muir provided for me post-operatively. I would like them to receive some acknowledgement for this as they have gone above and beyond the call of duty.

Urology Unit, Christchurch Hospital

To all the staff involved in my care and recovery. I would just like to say

a very big thank you to you all. Life for me, getting back to normal and enjoying walks on the lovely sunny Christchurch days. As I was unable to remember all your names I just wanted to say thanks and best wishes to you all.

Eye Clinic, Christchurch Outpatients

I took my elderly mother for an eye appointment... This time her appointment was post a serious fall which had her hospitalised for eight weeks. Though the nurse, Emma, was initially unaware of the hospital stay, she added notes and asked relevant questions to find out the impact of the fall on Mum. Dr Pieyun Wang was amazing. She was kind and endearing to her patient. Mum has some short-term memory issues and will often say what doctors want to hear but Dr Wang was thoughtful, careful and thorough. She was aware that Mum's answers were a bit contradictory at times but did not dismiss her. Rather she came back to the question a different way to find more exactly what the issues were. I did not feel I needed to intervene at all... This appointment was by far the most respectful and thorough that Mum has experienced and I want Dr Wang to know how much it was appreciated. Please pass on to her and to Nurse Emma.

Medical Day Unit, Christchurch Hospital

I would very much like to compliment all the staff involved in my treatment over the four days I was in the Medical

Day Unit. I consider the care I was given to be second to none.

Urology Unit, Christchurch Hospital

Thanks to all the staff in the Urology Unit – you're a great, caring team.

Ward 23, Christchurch Hospital

I would like to mention Doris on Ward 23 who coordinated the arrival of my wife, the security of my hospital discharge papers, safety of my clothes, even lunch when times had to be changed. As I am deaf, a special thank you to one and all.

Community Alcohol and Drug Service, Hillmorton Campus

Awesome service, fantastic support. Nurse Felicity, my case manager, is great at her job.

Urology Unit, Christchurch Hospital

Dear team, I am very grateful for the wonderful care I have received from everybody involved. I very much appreciate the work you all do every day and always remain kind. Thanks so much.

Medical Day Unit, Christchurch Hospital

The Medical Day Unit is the area I'm in at present. The service in here is excellent.

Christchurch Opioid Recovery Service, Hillmorton Campus

I would like to give some positive feedback following my clinical review. I found this experience supportive and encouraging. Dr Tony and Emma Wolff

were well prepared and conducted the meeting with all expected care and diligence. I felt I was able to express myself clearly with honesty.

Brian Salisbury, Clinical Services Unit, Hillmorton Campus

Brian Salisbury had to take my bloods... I cannot stress enough how good he was. Patient, funny, sympathetic, everything wanted in a clinician.

Emergency Department, Christchurch Hospital

I attended the Emergency Department. I was very impressed with the flow of the initial processing. My needs were met.

Outpatients, Christchurch Hospital

Compliments to the brilliant self-service, check-in kiosk. Compliments also for Neurosurgery's Felix. Friendly, informative, very supportive and clarified the next step as well. I am a happy customer.

Urology Unit, Christchurch Hospital

Thanks for taking care of me during my donor transplant journey. You have been amazing.

Dental Department, Christchurch Hospital

I came in to make a payment for my son on a Work and Income New Zealand card. The card did not work but the ladies working here were very helpful and I would like to acknowledge their great customer service skills.

Karen, Outpatients, Level 4, Christchurch Hospital

I wish to acknowledge Karen at reception. Karen gives amazing service to all her patients that pass through the clinics on this level. The care and respect she gives everyone is to the highest level. Her diligence in work is noted while I am in the waiting room most weeks. If you have a model receptionist, Karen is your go to.

Gemma, Nurse Aide, Ward 15, Christchurch Hospital

Gemma, the nurse aide on Ward 15, is absolutely wonderful. Love her cheery disposition and helpful nature. She always has something positive to say and I enjoy her company and help. She is amazing.

Scanning, Nuclear Medicine, Christchurch Hospital

Great service. Everybody was so friendly, very respectful too. Thanks Simon and the rest of the team.

Recovery, Ward 10, Christchurch Hospital

Thank you all from a mother of a patient. Lovely people work here.

Dental Department, Christchurch Hospital

Thank you for your service. You guys are doing such an amazing job. Everyone is so friendly. My seven-year-old brother is saying, "thank you", for treating him nicely. Have a good day.



Facilities Fast Facts

Christchurch Hospital Hagley

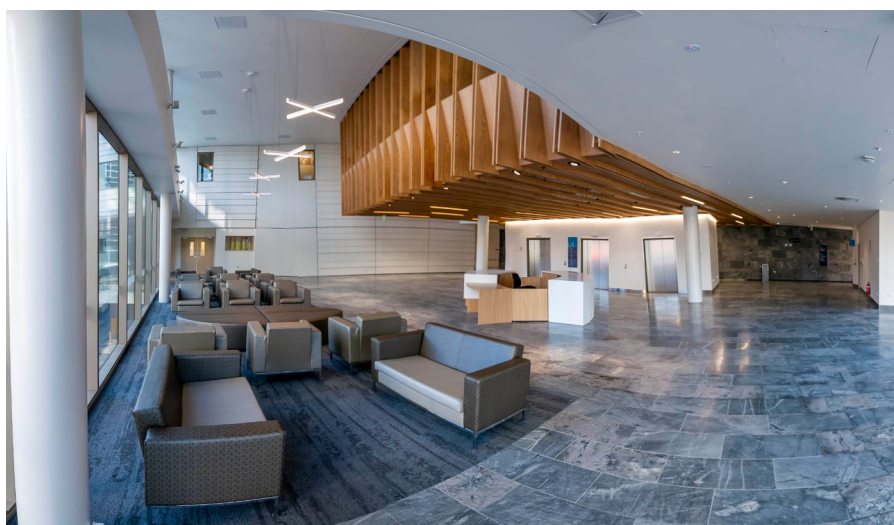
As the move into the building approaches, cleaning and stocking are the big jobs underway.

This is a huge building with around 3000 spaces that all need to be fitted out. These areas range from a simple space for a linen trolley, to rooms that incorporate sophisticated technology or a complex set-up such as an operating theatre, or a children's intensive care room.

Fitting out these rooms doesn't happen without a lot of planning and hard work, and that job falls to the Furniture, Fixtures and Equipment team – affectionately known as “Effephanie”.

“Effephanie's” shopping list for Hagley includes 11 operating tables, 98 ceiling-mounted lights for minor procedures and 20 blanket-warming cabinets to 64 lead aprons, more than 200 shower/toilet chairs, and more than 1200 paper towel and 1807 soap dispensers, just for starters.

Plus around 2200 curtains and nearly 3000 chairs.

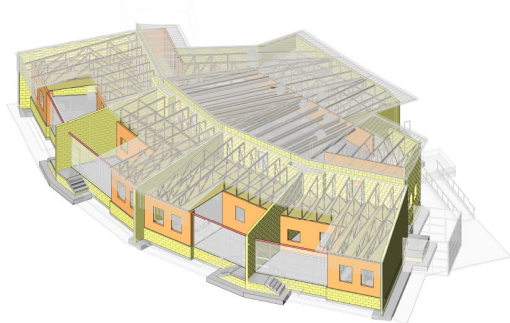


A panorama of the foyer at Christchurch Hospital Hagley showing all the sofas and chairs in place – just a few of the nearly 3000 chairs in the building

Hillmorton Hospital Campus

Construction on the extension of the Assessment, Treatment and Rehabilitation (AT&R) Unit located on Annex Road is moving into the next phase, with the first of several concrete pours taking place this week.

The first pour has been done for the foundations. Pours for the ground floor slabs and plant room slabs will be done in early October.



Above, artists impression of the new Assessment, Treatment and Rehabilitation Unit

Right, the concrete pour for the foundations of the Assessment, Treatment and Rehabilitation Unit at Hillmorton was completed early this morning

The purpose of the new high-care area is to provide a safer and more appropriate modern environment for our consumers and staff. When it's completed in mid-2020 the new high-care area will be an extension of the existing facility. It will be a single-storey building with four self-contained bedrooms in a pod set-up and includes courtyards and extensive landscaping to retain privacy.





Let's get ready to move

Christchurch Hospital Hagley

Update No: 23

Orientation gets underway with familiarisation tours and orientation training

17
weeks
to go

Familiarisation tours start this week:

- › Monday 30 September – Emergency Department (ED)
- › Thursday 3 October – Intensive Care
- › Monday 7 October – Perioperative
- › Thursday 10 October – Radiology.

If you are visiting the Hagley building there are still Personal Protective Equipment (PPE) requirements for the building. Please check with your trainer what you need to wear well before your tour.

Times and dates of the November and December orientation training and tours are available on healthLearn. **You need to have completed the Hagley Orientation healthLearn modules before you can do the tour.** The tours are broken down as follows:

- › The first two hours of any onsite orientation training and tour will be for all staff covering fire/emergency and a wayfinding tour.
- › The second half of the onsite orientation training/tour covers clinical care training – nurse call, lamson tube, ceiling hoists and sanitisers.

For those based in a ward or department, such as Emergency or Ward A3:

- › Staff need to book the onsite orientation training/tour for the work area where they are based through their line manager or designated Hagley orientation trainer.
- › Specialist areas such as ED, Intensive Care Unit (ICU) and Radiology are adding to or splitting the generic session to cover specialist orientation/training requirements for their areas and therefore will be longer sessions as outlined in healthLearn.
- › Area-specific onsite orientation training/tours will largely follow a prescribed route with wayfinding showing where key areas are located.

For those who move around multiple areas such as medical staff:

- › Staff can book to attend a whole-of-site orientation training/tour through healthLearn
- › Whole-of-site orientation training/tours will include wayfinding on the ground floor, first floor, ward towers and the layout of a generic ward
- › The whole-of-site sessions only cover the first two hours. If staff require training for equipment in the clinical care areas such as nurse call, book into a Pool Nurse orientation training/tour.

Everyone doing orientation and training will be given a card to fill in as part of a scavenger hunt around the building for certain equipment. Once your card is complete, you hand it in to your trainer and you go into the draw for wonderful prizes.

Group numbers are limited to 15–25, depending on numbers of trainers per session.

If you can't wait to see inside the building, remember there is a [virtual tour](#) on the intranet and [online](#).

Ward A8 feedback online

Thank you to those who provided feedback on the discussion document for the new Ward A8, Hagley, which was distributed in early July. A decision paper has been released that summarises and responds to the feedback/questions submitted during the consultation phase, and sets out the final decisions and an indicative timeline. The document is available on the [intranet](#).



An update on the Windows 10 and Office 2016 upgrade

Windows 10 and Office 2016 are continuing to be progressively rolled out across Canterbury DHB, along with the replacement of end of life laptop and desktop devices.

The Windows 10 deployment team is currently installing Windows 10 and Office 2016 at:

- › Burwood campus
- › Christchurch Outpatients
- › The Princess Margaret Hospital
- › Hillmorton Hospital
- › Ashburton Hospital
- › ISG Durham Street
- › Christchurch Hospital Radiology.

Soon, the deployment team will be at:

- › Whakatata House
- › Montreal House
- › Totara House
- › The Loft (mental health service)
- › The Sexual Health Centre
- › Community and Public Health
- › Manawa.

The upgrade to Windows 10 and Office 2016 is for Canterbury DHB's desktops and laptops only, so for now, accessing your VDI and any applications will remain unchanged.

For staff who are next to get Windows 10 and Office 2016, you can do things to make sure you're ready for your Windows 10 deployment, noting the following:

- › You won't lose your desktop files, shortcuts or documents folders during the upgrade – these are stored on your personal and private

H: drive which is automatically backed up on our servers. Your Internet Explorer Favorites and My Documents folders are also retained on your H: drive.

- › Files saved on your local computer in locations like C:\Temp or Downloads will not be kept, so please copy these to your H: or G: as appropriate.
- › Any manually-installed software will need to be reinstalled.
- › You'll need to allow between 1 to 1.5 hours for the technician to complete the deployment process. You don't need to be present at the time of the deployment – but there will be checks you'll need to complete once Windows 10 and Office 2016 have been installed. You'll receive some support documentation from the technicians before they leave as well.

Help and support

Have a look at some of the tips for using Windows 10 on the [Windows 10 intranet site](#). If you have a question that hasn't been covered, please email windows10@cdhb.health.nz.



A Windows 10 technician walks a staff member through the new-look Windows 10

What's new in Windows 10?



One of the changes to the Windows 10 Start menu is the colourful tile layout, rather than the list layout you may be used to with Windows 7. (You're still able to customise the Start menu, though, by dragging, dropping and rearranging shortcuts to folders and programs on your computer.)

Looking after yourself

Daylight saving – Top tips for better sleep

As the clocks were put forward we've all lost an hour of valuable sleep.

Even though it's only one hour, it may still affect you.

The benefits of a good night's sleep are huge – it's not just good for reducing those under-eye circles, and making you a nicer person to be around, it can benefit your heart, general health and most certainly your wellbeing.

Now is a good time to re-assess what you're doing to make sure you're getting the best night's sleep you can. These are things that can sometimes slip when things get busy, so have a read of the below and figure out what you're already doing, and hopefully some things you can easily change.

There's plenty you can do to try to get a better night's sleep:

1. **Natural light exposure vs blue light exposure**

Being exposed to natural sunlight throughout the day is important for circadian rhythms and helps improve sleep quality and duration. Blue light (the light from screens) tricks the brain into thinking it is still daytime. This also reduces hormones like melatonin, which help you relax and get a deep sleep. To help counteract this, you can set blue light exposure to turn off/down at a certain time in the settings in most smart phones.

2. **Avoid caffeine in the afternoon**

When consumed late in the day, caffeine stimulates the nervous system and can stop your body from naturally relaxing at night. Caffeine can stay elevated in your blood for six to eight hours.



3. **Routine – try to sleep and wake at consistent times**

Sleeping and waking at a consistent time can help long-term sleep quality. It's about getting your circadian rhythm right, as it is supposed to function on a set loop, aligning with sunrise and sunset.

4. **Exercise regularly**

Getting enough exercise can be tough but the benefits are huge. Not only is it good for your general health, but exercising can help you sleep longer and improve sleep quality. It can also tire you out and help reduce anxiety.

5. **Create a good sleep environment**

Try to minimise external noise and light. You could do this by using an eye mask and some earplugs. Look at the quality of your mattress and pillow – experts say you should change your mattress every six to eight years. A bad mattress can cause back and neck pain and disrupt your sleep.

Canterbury staff recognised for excellence in healthcare

A team of New Zealanders led by staff at Canterbury DHB received the UNIVANTS of Healthcare Excellence Award last week. The UNIVANTS awards were launched last year to recognise teams who collaborate across disciplines and transform healthcare delivery and, ultimately, patient lives.

The awards programme is a partnership that includes the National Association for Healthcare Excellence, the Institute for Health Economics, the International Federation of Clinical Chemistry, the Healthcare Information and Management Systems Society, the European Health Management Association, the American Association for Clinical Chemistry, Abbott Diagnostics and ModernHealthcare.com.

Four honorary teams were announced at the 2018 American Association for Clinical Chemistry meeting in Chicago, with the New Zealand team ultimately receiving the award for "optimising and standardising acute coronary syndrome patient pathways".

The award-winning team was led by Cardiologist Sally Aldous, Heart Foundation Medical Director Gerry Devlin, Planning and Funding Intelligence and Transformation Team Leader Greg Hamilton and Emergency Medical Specialist Martin Than.

Their project was a multidisciplinary approach to solve a common problem.

"Patients with chest pain (or other symptoms of a heart attack) are one of the most common patient groups presenting to the Emergency Department (ED)," says Martin. "Traditionally, 90 percent of these patients would be admitted to the ED, exposing many patients to unnecessary risk through invasive testing and representing a large burden to the health system."

The team solved this problem by using an Accelerated Decision-making Pathway (ADP) that enabled the safe early rule out of heart attack, leading to faster safe discharge of low-risk patients. The team included people from many different disciplines such as nursing, ECG technicians, laboratory staff, doctors, management and finance.



Presenting the award, from left, Regional Director for Abbott Diagnostics Australia and NZ John Crothers, Emergency Department Nurse Felicity Turner, Emergency Department Specialist Martin Than, Research Scientist John Pickering, Research Assistant Antony Watson, Planning and Funding Intelligence and Transformation Team Leader Greg Hamilton, Executive Director Planning and Funding Carolyn Gullery

"People who come to ED are anxious as many fear that they are having a heart attack. It is really meaningful to be able to say to them much quicker that we don't think they are," says Martin.

Implementation of these accelerated diagnostic pathways have positively impacted median length of stay, number of patients transported to central hospitals, cost of prolonged stays and cost of transports, patient satisfaction, and increased clinician confidence.

The success in the Canterbury Health System enabled an initiative with the Ministry of Health to put in place a country-wide initiative across New Zealand in support of the ADP and the approach is being extended to remote rural general practices. The initiative was supported by the Heart Foundation, the Canterbury Medical Research Foundation, the Emergency Care Foundation and Canterbury DHB.

Martin and Greg accepted the award last week on behalf of their colleagues in a presentation at the Design Lab by Regional Director for Abbott Diagnostics Australia and NZ John Crothers and Canterbury DHB Executive Director Planning and Funding Carolyn Gullery.

Speech Language Therapy Awareness Week

It's Speech Language Therapy Awareness Week and this year's theme is 'Press pause – please give us time to talk!'

Speech Language Therapists (SLTs) work across Canterbury DHB to assess and treat patients with speech, language, voice, cognitive-communication, feeding and swallowing disorders. They work with people in all stages of life (and all areas of the hospital and community): from newborns with feeding difficulties and school-aged children with cleft lip and/or palate, right through to stroke recovery and end of life care with older adults.

The right to communicate and to eat and drink are basic human rights. The Speech Language Therapy teams prioritise functional, fulfilling communication and safe, enjoyable oral intake for all of their patients and clients. They also support other staff and patients'/clients' whānau to prioritise these too.

New Zealand Speech Language Therapists' Association (NZSTA) President Annette Rotherham says that while there's awareness about children having speech or communication disorders, communication disabilities affect people from preschool to adolescents to older adults, and there is a need for more recognition and understanding.

"We've become more aware and inclusive of people with disabilities in general but we still have challenges about how to respond or manage a situation where someone finds it difficult to speak," Annette says.

"A lot of us simply don't know what to do – quite often there's an uncomfortable pause and we fill it with our own voice rather than waiting for the other person to respond in their own time. As you can imagine this can be incredibly disheartening for the person struggling for words."

The purpose of this year's awareness week is to ask people to be patient, press pause and give that person time to speak and communicate in their own way. "This is the best gift anyone can give someone who has this type of difficulty," she says.

Burwood Hospital SLTs would like to further emphasise their role in working with people with dementia as Burwood Hospital works towards becoming an accredited dementia-friendly hospital.



Some of Christchurch Hospital's Speech Language Therapists, from left, Annalise Brown, Nicki Mason, Clinical Manager Adele Siave and Kelly Delahunt

Support Speech Language Therapists this week by:

- › Checking out the interactive posters in Christchurch and Burwood hospitals' main foyers and cafés
- › Looking out for daily emails to Burwood staff, including tips to assist when communicating with those with communication impairments/challenges or dementia
- › Entering Christchurch Hospital's raffle raising money for Aphasia NZ and Cleft NZ
- › Visiting Burwood Hospital's drop-in education sessions on Tuesday 1 and Thursday 3 October at 2.45pm to learn about successful communication tips and tricks
- › Attending the Grand Round presentation in Christchurch Hospital's Rolleston Lecture Theatre on Friday 4 October at 12.15pm (Zoom access available at Burwood, Ashburton, Hillmorton and Princess Margaret Hospitals).

Or, as always, if your ward or department would like to organise its own education or Q&A session/s with an SLT, contact Christchurch Hospital SLTs on ext. 80005 or Burwood SLTs on ext. 99845 – the teams are happy to provide this for you!

September is gynaecological cancer awareness month – Endometrial cancer the most common type

Every year in New Zealand around 1000 women are diagnosed with a gynaecological cancer, half of these with endometrial cancer – a type of uterine cancer that starts in the inner lining of the uterus.

The most common symptom is abnormal vaginal bleeding and the biggest risk factor is being overweight or obese.

Endometrial cancer is the most common gynaecological malignancy in New Zealand, says Gynaecological Oncology Fellow Elizabeth Goulding.

“Of concern is the incidence is rising in women under 40 years of age globally and this has recently been confirmed in a New Zealand study showing that it is being increasingly diagnosed in women aged under 40, particularly in Pasifika women.”

This is partly due to increasing rates of overweight and obesity. The rising incidence of endometrial cancer in young women is a complex issue, especially considering traditional treatment involves a hysterectomy, which has obvious implications on fertility, she says.

“We know that the majority of endometrial cancers are diagnosed at an early stage and have good oncologic outcomes. However, research shows that the quality of survivorship is affected, with high BMI or being overweight being associated with less than ideal physical, functional, social and emotional wellbeing following a diagnosis.

“Physical activity and maintaining a normal weight are very important for many diseases, not just endometrial cancer. In fact, last week the *British Medical Journal* editorial was on ‘The Miracle Cure’, which discusses physical activity as being hailed a miracle cure by the Academy of Medical Sciences.

“This compelling research clearly highlights the importance of why we as a health community need to focus on addressing not only the acute presentation of diseases but also the biopsychosocial components of disease as this is essential in both the prevention of disease and improving quality and quantity of life in survivors.”

Research has shown that both the general public and survivors of endometrial cancer who are overweight tend to underestimate their BMI and lack knowledge regarding the link between obesity and endometrial cancer, Elizabeth says.

“We also now know that women who are likely cured of low risk cancers are more likely to die from weight-related conditions such as heart disease than they are of their endometrial cancer.”

With this in mind a ‘Survivorship Programme’ for women with early stage, low-risk endometrial cancer has been put in place at Canterbury DHB, which aims to address a woman’s health holistically and reduce their risk factors for health problems in the future, for example, through education and weight reduction.

“We hope that incorporating holistic and evidence-based community programmes will enable us to improve the health of our women with early stage low risk endometrial cancer.”

More education and awareness around the major risk factors of endometrial cancer, such as being overweight or obese is needed, as well as sustainable and widespread system changes that can help the community as a whole tackle the obesity epidemic, she says.



Get involved – help us make work, work better



The Care Starts Here team is working on making work, work better for you and would love you to get involved!

Diversity and Inclusion

Why diversity and inclusion?

Did you know that when the diversity of our workplace reflects the diversity of our patients and communities, we deliver better care? We also know this is one of the best ways to improve health equity and make our workplace a better place to work. This is why we have a whole new focus on diversity and inclusion.

What do we mean by diversity and inclusion?

In our workplace, diversity and inclusion is all about understanding, accepting and valuing what makes all of us unique. It's about appreciating the different backgrounds, experiences and perspectives that make up our workforce and taking advantage of these differences to deliver the best care possible. We want to ensure our organisation has a collaborative, supportive and respectful environment where everyone can bring their whole selves to work.

How can you get involved?

We're working towards creating a more diverse and inclusive workplace, and there's a great opportunity for you to get involved in designing what that looks like.

We're looking for people from across the Canterbury DHB who represent diverse backgrounds to help us create the future for diversity and inclusion for our whole organisation.

If you have great ideas, a unique perspective or changes you're motivated to see to ensure we're an inclusive and diverse workplace, follow this [link](#) and we'll get back in touch with you. You can find more information about this [here](#).

Our People Policies

We're consulting on three new people policies to set the foundation and the principles for how we make work, work better.

Our proposed [Diversity and Inclusion policy](#) is the first of its kind in our organisation. This demonstrates a clear commitment to having a diverse and inclusive workplace where you feel like you can be yourself at work. When finalised, our proposed [Maintaining a Bullying, Harassment and Discrimination Free Workplace Policy](#) and our [Disciplinary Policy](#) will be important foundations in helping us tackle the hard stuff, so everyone can feel safe at work.

You can give us some feedback on our new policies by following this [link](#) and find more information about this work and the policies [here](#).

Questions?

If you have any questions, you can get in touch with the Care Starts Here team via Send Us a Question on [max](#) or by sending an email to carestartshere@cdhb.health.nz.

FAQs

Q: How were the new policies developed?

A: The policies were developed by looking into best practice, using feedback from our people, seeking input from subject matter experts and working alongside over 120 nominated people from our organisations (including our unions). In total, these new policies have gone through 10 iterations!

Q: When will the policies be finalised and put into circulation?

A: We'll consider any feedback received from our people between 30 September and 13 October and make any changes that need to be made on our policies. These will then be finalised and released shortly after. We're anticipating that these will be released before the end of the year.

Meditation-based programme supporting wellness and compassion in care proves popular

Relaxing, easy to follow and worthwhile – just some of the feedback about Sankalpa, a workplace-based guided meditation programme available to nurses at Canterbury DHB.

Sankalpa is a Sanskrit term in yoga philosophy that refers to a heartfelt desire, intention or resolve.

While meditation is generally beneficial for mental health, Sankalpa is not a specific therapeutic programme but a non-religious, science-based and educational programme designed to develop relaxation, mindfulness and compassion skills to support staff wellness and compassionate care.

So far more than 800 nurses across the organisation have attended one of the voluntary 30-minute Sankalpa sessions with many returning several times.

They say:

"Felt energised after and thoughts were clearer."

"One of the best things provided for staff."

"Relaxing and easy to follow."

"Everyone should try it at least three times, very worthwhile session."

"An excellent opportunity to decompress."

"Give it a go. We need to be reminded to think nothing every now and then."

Sankalpa was designed by Sydney Local Health District (SLHD) Programme Manager Nikolas Yu. It is being used by Canterbury DHB with permission from SLHD and facilitated with the support of Executive Director of Nursing Mary Gordon, the directors of nursing and nursing managers.

Sixteen Canterbury DHB nurses completed the first facilitator training programme in 2016 and a successful pilot was held in the Emergency Department, Oncology, and Specialist Mental Health Services.



Rear, from left, Clinical Psychologist Sankalpa Emma Brinded and Nurse Coordinator Sankalpa Jenny Gardner conducting a Sankalpa session

Sessions are now offered weekly to nursing staff at The Princess Margaret Hospital, Hillmorton Campus inpatient services, Burwood Hospital, and Christchurch Hospital's Emergency and Oncology departments. It will soon be available in Child Health and for student nurses at Ara Institute of Canterbury.

Attendance is voluntary and sessions are held weekly within the work environment, says Nurse Coordinator Sankalpa Jenny Gardner, who oversees the development and running of the programme supported by Clinical Psychologist Emma Brinded who has experience in meditation practices.

"Research has shown a positive link between staff wellness and quality of care, and that patients who have positive experiences have better clinical outcomes. Sankalpa is practical, innovative, and led by nurses for the team within their work environment."

Participants and managers are noticing the positive difference it is making to those who take part – they are more relaxed, positive and engaged.

The Nursing Council of New Zealand have approved up to half the professional development requirement hours for the Annual Practising Certificate requirements to be able to be counted from attendance at Sankalpa sessions, Jenny says.

Vaiaso o te Gana Tuvalu – it's Tuvalu Language Week!

Talofa!

The theme for Tuvalu Language Week (Vaiaso o te Gana Tuvalu) this year is Lakei mo te Manuia Ataeao – Striving for a prosperous future.

Fun facts! Did you know...

- › Tuvalu is made up of nine inhabited islands with a population of approximately 11,000.
- › Tuvalu means “eight islands standing together” and has a total land area of around 26 square kilometres (slightly smaller than Picton), making it the fourth smallest nation in the world.
- › In 2013, Tuvaluan people were the seventh largest Pacific ethnic group in NZ, making up 1.2 percent or 3537 of New Zealand's Pacific people's population.

Simple ways you can support Tuvalu Language Week:

1. Use a Tongan phrase every day this week! Below is a collection of useful words and phrases you can use in everyday situations whether you're at work or at home. It doesn't have to be complex or complicated, why not give it a go?
2. Get out and about! Pop along to these community events celebrating Tuvalu Language Week, everyone is welcome!
 - › Family Makerspace – Tuvalu Weaving
11–12.30pm, Saturday 5 October,
Aranui Library, 109 Aldershot Street
 - › Family Makerspace – Tuvalu Weaving
2.30–4pm, Saturday 5 October,
Turanga, 60 Cathedral Square

You can find more information and useful resources on [Tuvalu Language Week here](#).



Useful phrases

Hello	Talofa
Farewell - Goodbye	Tofa
How are you?	Ea mai koe?
Please	Fakamolemole
What's your name?	Ko oi tou igoa?
My name is...	Toku igoa ko...
Good luck!	Manuia
Have a nice day	Manuia te aso
Have a good trip	Manuia te Malaga
Excuse me	Tulou
Sorry	Fakamolemole au kō 'sē!
Thank you	Fakafetai
You're welcome	E 'lei

Compassion and dedication of retiring occupational therapist

An occupational therapist known for her dedication to the profession, Lilian Margetts, has retired after decades of service.

Lilian was farewelled recently by her colleagues after over 27 years working in the Specialist Mental Health Service (SMHS) and 40 years in the wider health service.

Lilian graduated as an Occupational Therapist in 1979 and started her career in The Princess Margaret Hospital. She worked in the Spinal Unit at Burwood Hospital and moved to the SMHS in 1992.

Lilian has held many senior roles, including Professional Advisor for Occupational Therapy in SMHS, a role she held for 20 years.

Lilian is well known for her dedication to the occupational therapy profession, her drive to work in a supportive and collaborative manner and ensuring the consumer is always at the centre of care delivery, says Nurse Consultant Claire Roelink.

"Her compassion, empathy, professionalism, leadership and expertise will be remembered by her colleagues, consumers and families alike. We would like to thank Lilian for all of her contributions over the years and wish her well in her retirement."



Third from left, Lilian Margetts, with some long-time Canterbury DHB colleagues



From left, Pukenga Atawhai Ruahine Carlson presenting Lilian Margetts with a piece of pounamu

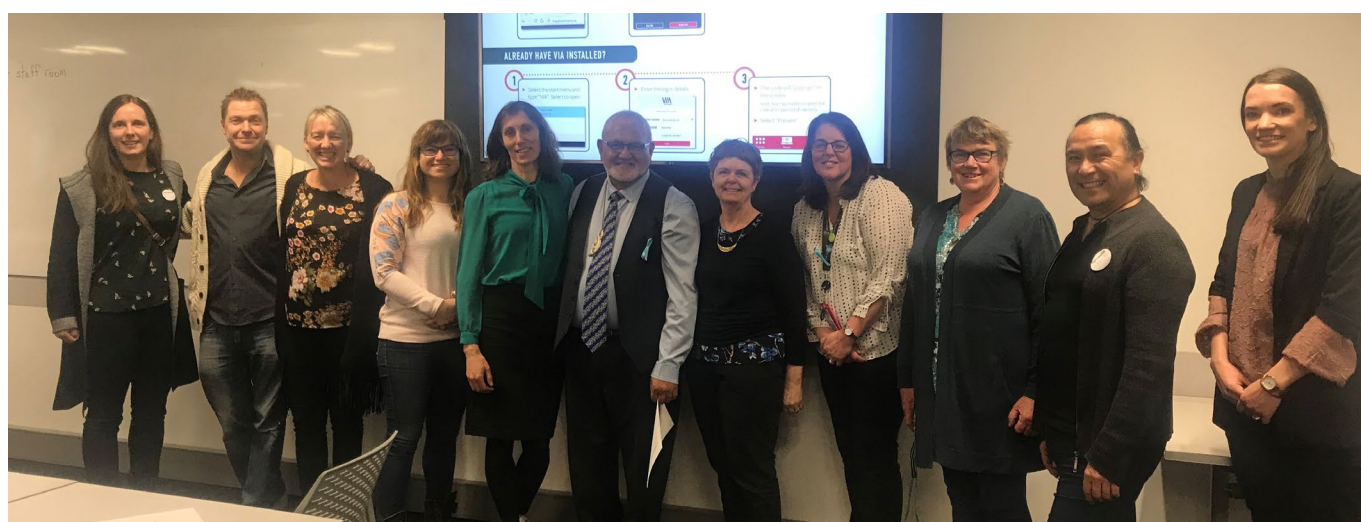
Role of social workers in health celebrated

Social Worker's Day is an opportunity for social workers to celebrate achievements and raise awareness of the important role that health social workers play with vulnerable families and communities.

The theme for this year was the importance of whanaungatanga, or human relationships. The day coincided with Mental Health Awareness Week and the theme of "Explore your way to wellbeing".

Social workers in mental health and primary health services held a workshop to give them the opportunity

to connect or reconnect and discuss developments. Inspirational speakers included Mental Health General Manager Toni Gutschlag who shared her professional journey from social work student to her current role; Kaihapai/Consumer Advisor Dean Rangihuna who was one of six panel members appointed to He Ara Oranga, the Government Inquiry into Mental Health and Addiction; the Asian-Pacific regional chair of International Federation of Social Workers Rose Henderson and Kaiarahi from Mana Ake, Antoinette Lewis and Fiona Wells.



Rosanna Hamilton, David Thomasson, Meagan Ramsay, Stephanie Sparrow, Emily Cassels (they are all from Child, Adolescent and Family North), Henare Te Karu (Kaiarahi Matua) Anne Macleod (Tupuna), Antoinette Lewis (Mana Ake), Helen Ross (Crisis Resolution Service), Bruce Hiku (Child, Adolescent and Family South), Fiona Wells (Mana Ake)

Language Assistance Services Programme

A new telephone interpreting service is replacing Language Line tomorrow 1 October 2019. The new service provides access to telephone interpreters 24 hours a day, seven days a week, who are trained to speak numerous languages.

District health boards, government departments, crown entities, local government authorities, and all other agencies generally entitled to purchase services under collaborative contracts are eligible to join the new syndicated contract.

The Ministry of Business Innovation and Employment (MBIE) has contacted eligible agencies currently using Language Line to request information to speed up the sign up process with the new provider. Please complete the form you received and return it to the contact indicated in the email as soon as possible if you haven't done so yet.

Visit [MBIE's website](#) for more information. Please click here to find out more about the [new provider](#).

One minute with... **Lupesiliva Tu'ulua,** **Pacific Islands Diabetes Nurse** **Specialist**

What does your job involve?

I am one of the registered nurses who work at the Diabetes Centre outpatients department. My focus is on Pacific Islands (PI) people who have diabetes and are New Zealand residents. The referrals for patients to be seen at the Diabetes Centre come from general practitioners or hospitals. I educate people about diabetes care and good diabetes management in order to prevent or minimise the incidences of diabetes complications such as heart attacks, strokes, kidney failure and blindness.

Why did you choose to work in this field?

Twenty-five years ago Professor Don Beaven campaigned for a PI health worker based at the Diabetes Centre. This was because PI people had very high incidences of type 2 diabetes, and developed complications of diabetes 10 years earlier than other populations in New Zealand. Sadly, the incidences of diabetes and its complications are still too high in the PI populations in this country. When I saw the ad for this position 25 years ago, I applied thinking I could do the job! The role followed a successful bid to establish a similar position for Māori at the Diabetes Centre, two years earlier.

What do you like about it?

I would like to think that I am making a positive difference in the lives of Pacific people who have diabetes here in Canterbury. I also like the fact that I have been helped by successive people in decision-making positions to develop knowledge and skills in order to enhance my care for people

with diabetes, in particular, the Pacific populations with diabetes. In addition, I acknowledge the Centre for Postgraduate Nursing Studies – University of Otago, Christchurch, for their amazing work. With their blessing, I graduated in Dunedin in August 2019 with a Master of Health Sciences degree, endorsed in Nursing Clinical.

What are the challenging bits?

Getting people with diabetes to take their prescribed medications and to inspire them to take insulin injections when necessary, to treat their diabetes.

Who inspires you?

My mother, Solinu'u Tuilaepa Laulala, who lives in Samoa, and is turning 91 this month.

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?

Respecting my colleagues and their designated roles, and caring for all patients in my care with clinical and cultural safety, respect, compassion and dignity.

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

I read my Bible and pray every day.



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

In Samoa talking with my mother.

What do you do on a typical Sunday?

Go to church.

What's your favourite food?

Samoa chop suey (with pork) plus coleslaw.

And your favourite music?

Christmas carols.

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

Canterbury Grand Round

Friday 4 October 2019 – 12.15pm to 1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre.

Speaker: Lucy Greig, (Member of New Zealand Speech-language Therapists' Association) Speech Language Therapist and Clinical Director, Rose Rehabilitation Clinics, The University of Canterbury Centre for Stroke Recovery and Research at St George's Medical Centre. *"Current evidence and new thinking on dysphagia assessment, diagnosis and management"*

Limitations of our assessments of swallowing; so what can we do for aspirators – current research on current practice; expanding our thinking in dysphagia diagnosis to make rehabilitation more effective.

Chair: Alistair Humphrey

It is requested out of politeness to the speakers that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the staff [intranet](#) in approximately two weeks.

Video conference set up in:

- › Burwood Meeting Room 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › Riley Lounge, The Princess Margaret Hospital.

The next Grand Round is on Friday 11 October 2019, Rolleston Lecture Theatre.

Convener: Dr R L Spearing ruth.spearing@cdhb.health.nz

Something For You

Something For You is Canterbury DHB's employee benefits programme.

The deals offered are from the Canterbury business community to say thank you for all that you do. You can access all your deals right [here](#). Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.



Porters Ski Field

Get in quick to enjoy a mid-week ski at Porters Ski Field as the last day of the season is Sunday 6 October, take your Canterbury DHB ID to receive 50 percent off full day passes. This offer is available during the school holidays!

Champions of the World

Head over to the [Champions of The World website](#) and receive 10 percent off and free freight to any New Zealand address throughout October. Use the code on the Something for You page to receive the discount.

YogaLIVE

Join Helen Sian India and her community of people practicing yoga at home for FREE throughout October. Join Yoga LIVE's Get Fit Mindfully challenge by heading over to the [Facebook page](#), pop in your email and the code from the Something for You page to receive the discount.

Ooooby

Enjoy 20 percent off your first fresh, organic and locally grown fruit and vegetable box delivered to your doorstep! Use the code from the Something for You page to receive the discount.

Check out [Something For You on the intranet](#) for more information on these deals and more.

Have you downloaded the max. app yet?

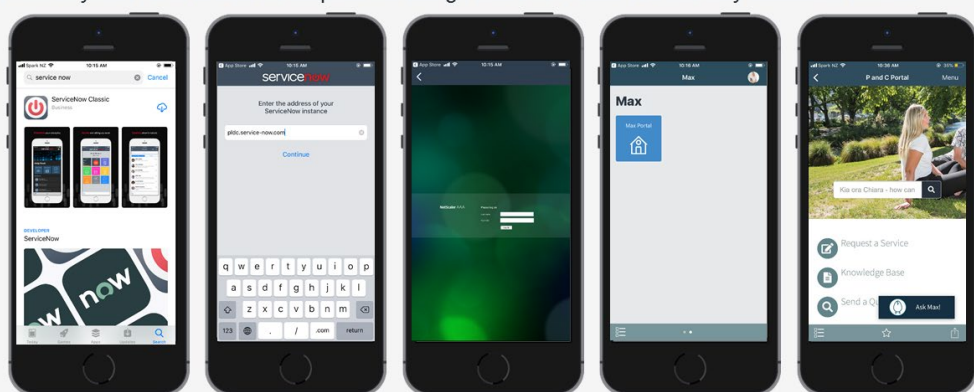
max.

You can download the max. app to access all your People and Capability needs on the go. It's easy! Just follow the steps below, or in the image attached to this article.

1. Download the ServiceNow app on iTunes for your Apple device or Google Play for your Android
2. Open the app and type "pldc.service-now.com"
3. Login with the same details you use on your work computer. The app will remember you, so you won't need to log in again!
4. Click on the max. tile
5. Done! Use the max. app the same as you would use max. on a desktop computer or tablet

Downloading the max. app!

Access your P and C service request on-the-go and from home without any tech road blocks...



Download the ServiceNow app on iTunes [Apple] or Google Play [Android]

Open the app and enter pldc.service-now.com

Login with your work computer details [the app will remember you so you won't need to login again!]

Click on the max. portal tile

Done!

It's great for mileage and expense claims, or making sure your personal details, such as your ethnicity are correct [or for updating them as soon as they change]

Don't forget, if you have any questions or suggestions for the max. team, please contact them via [Send a Question](#) and we'd be happy to look into your request.

You can also always [request one-on-one](#) or [group training](#) from the max.perts, too.

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 [September 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 is: Stay cool and well this summer

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





Otago Medical School

Te Kura Hauora o Ōtākou



Teaching Skills for Clinicians

To register

<https://bit.ly/2DPJ0bZ>

11-14 November 2019

Held at University of Otago, Christchurch

- Preparation course for Membership of the Academy of Medical Educators (London).
- A practical, facilitated course guiding participants through the five domains necessary for AoME membership.
- Open to any health professional or University staff member.



Monday 11 November

- Designing and planning learning

Tuesday 12 November

- Teaching and facilitating learning

Wednesday 13 November

- Assessment of learning
- Educational research and scholarship

Thursday 14 November

- Educational leadership

REGISTRATION

Doctors and dentists:

4 days (5 modules) \$500

1 day \$120

Other health practitioners:

4 days (5 modules) \$300

1 day \$75

Contact:

joy.rudland@otago.ac.nz

South Island STROKE STUDY DAY

*Enhancing your
day-to-day practice*

Tuesday 22 October 2019

9am to 3.15pm

Rolleston Lecture Theatre
Christchurch Hospital

[Click here for directions and parking information](#)

Topics:

- Dysphagia – why is it important?
- Goal setting – achievable or aspirational?
- Demystifying investigations needed in the first 24 hours
- Telestroke – patient benefit; progress in the South Island
- Activity – ways of increasing intensity/dose
- Transfer back to community – tips to do this well
- Sexuality after stroke
- And more

Cost (early bird registrations to be paid by 23 September 2019)

\$50 Early bird individual registration
\$85 full cost from 24 September 2019

For more information and registration:

<https://strokenetwork.org.nz/South-Island-Study-Day-2019>

Claire Gee, Stroke Foundation
Southern Regional Administrator
southern@stroke.org.nz | 03 381 8500

Stroke service providers and stroke teams from across the continuum of care are invited for a study day, focused on how we can improve the quality of care we provide stroke patients.

STROKE
FOUNDATION + NZ

**SOUTH ISLAND
ALLIANCE**
Lead for people. Lead for systems



NetP Preceptors

Your attendance is requested

Contact your Charge Nurse Manager, or Team Leader, to attend a preceptor update

These forums are for experienced or new preceptors, or any nurse who is working with a NetP RN.

We can assist you with information on nurse competence, NetP RN and your expectations, programme criteria, performance appraisals, giving feedback... the topics are varied and helpful.

Come to a session at any time, to suit you.

To RSVP or for any queries please contact the NetP team via email below:

NetP Team
NetP@cdhb.health.nz

2019

Ashburton and Rural

Hospitals:

Upon Request via your Nurse Educator.

Burwood Hospital:

October 8, 1430-1530 Rm 2.6
October 9, 1430-1530 Rm 2.6

Christchurch Hospital:

October 16, 1330-1430
Christchurch Women's Hospital,
Lower ground floor conference room

October 17, 1330-1430
Christchurch Women's Hospital,
Lower ground floor conference room

Pegasus Health (Charitable) Ltd:

October 22, 1530-1630
Meeting Room 1.04 upstairs
401 Madras Street, Chch



Invitation



To staff to attend this year's International Baby Loss
Awareness Remembrance Service at Christchurch
Women's Hospital

Date: Tuesday 15 October

Time: 10am

Where: Nurses' Memorial Chapel in front of
Christchurch Women's Hospital



This will be followed by friendship and morning tea

In memory of the babies taken too soon

In support of the staff who care for families

Learn 2 Ride a Bike!

Join us for a women only morning of fun & learning

Friendly women volunteers helping
refugee & migrant women learn to ride a bike

**Every Friday throughout October
(4, 11, 18 and 25 October)**

**Please come any time between 10am-12pm
South Hagley Netball Courts, Hagley Ave**

Bikes and helmets provided

No special clothes are required to take part

Enquiries: email meg.christie@cdhb.health.nz
or phone 378 6817 or 027 848 6927

Canterbury

District Health Board

Te Poari Hauora ō Waitaha

biketober



Christchurch, 1-31 October



Smokefree Bulletin – September 2019

Issue Three

Smokefree Information

- Need to order quitpacks?
- How to refer to Te Hā Waitaha / Stop Smoking Canterbury?
- The latest information on Vaping

Then head to our sharepoint site which has all the latest SmokeFree information and links to useful sites.

Go to the Intranet and then put “smokefree” under search.

Champix / Varenicline - Varenicline Tartrate access widened

From 1 October 2019, Varenicline Tartrate access will be widened to allow one 12-week course to be funded **every 6 months** (previously 12 months) for eligible people wanting to quit smoking.

Pregnancy Incentive Programme

The programme includes:-

- A voucher worth \$50 for attending a session with a specialised stop smoking practitioner whether the client enrolls in the stop smoking programme or not.
- A further incentive for the woman if she is smokefree at 4 weeks after setting a quit date.
- A further incentive for the woman if she is smokefree at 12 weeks after setting a quit date.
- A final incentive for the woman if she is smokefree until the birth.
- Safe sleep device (pepi-podl®) at 3rd trimester

Along with the incentives, the programme will provide free medications (NRT products and Quickmist) and free behavioural support. Sessions may be to individuals or in groups.

Referrals can be made using whichever pathway is easiest - essential information is the client's name and contact number and the referrer's name and contact number.

- Online registration is through the Te Hā – Waitaha / Stop Smoking Canterbury website <http://www.stopsmokingcanterbury.co.nz>
 - Email: smokefree@cdhb.health.nz
 - Free phone: 0800 425 700
 - Referral forms in hospitals - on the CDHB intranet under 'forms'.
 - FAX external: 03 379 6125, internal : 81749



Learnonline.health.nz

(MoH elearning course)

- Help people to Stop Smoking
- Effective Stop Smoking Conversations with Pregnant Women

Print a Certificate of Achievement.

Register as a Quitcard Provider (not compulsory).

Healthlearn

(CDHB intranet)

- Prescribing NRT
- Smokefree training for mental health and addiction workforce
- Smokefree – introduction for clinical staff

Smokefree Team - Community & Public Health (CDHB)

DDI: 03 3640 263 | ext: 80263 | Mobile: 021 515 680

Email sue.stevenson@cdhb.health.nz or lorraine.young@cdhb.health.nz