



A NZ-first internship programme at Canterbury DHB is giving young people with disabilities a chance to enter the workforce

Eight interns with learning disabilities have just signed one-year contracts with Canterbury DHB, during which they will learn skills and gain experience while working with us at Burwood Hospital.

I was privileged and delighted to be at the launch of Project SEARCH last Thursday evening and to experience the excitement that comes at the end of an intense period of preparation and the beginning of a new journey. It was a moving and uplifting experience for all to see just how pumped our interns were and to meet their families and whānau who were almost as excited.

Project SEARCH is a year-long training and experience programme, conceived in Cincinnati USA back in 1996. Since then the Project SEARCH teams have learned from experience and perfected the programme and there are now more than 600 running worldwide, mostly in the USA and UK.

We, and that's a Canterbury 'we', are the first in Australasia to embrace Project SEARCH and this will be only the second programme in the Southern Hemisphere.

It's a tremendous opportunity for us to learn how to be a better, more inclusive employer, and to offer our interns the opportunity to upskill, ready to join the workforce.



The Project SEARCH interns donned their blue uniforms to sign their new contracts and receive their Canterbury DHB ID badges last week. Here, the eight interns are joined by parents and tutors to celebrate the milestone with a toast of sparkling grape juice.

Michael Frampton, our Chief People Officer, put it very well in his speech when he said Project SEARCH is a very significant step forward in our commitment to supporting and enabling people with disability. Not because we're a provider of health and disability services, but because we're an employer that's committed to providing leadership to other employers and because we're committed to looking like the community we serve.

Before I tell you more about the programme, how it happened and why it matters so much, I'd like to go straight

In this issue

- > Regulars... pg 3-7
- > Tips for keeping your cool as the heatwave hits... pg 8
- > New café open for business... pg 9
- > Your favourite photos from the Christmas and New Year break... pg 10-11

- > Otago researcher suggests cautious path forward for changing cannabis laws... pg 12
- > Give the Bike Challenge a go this February... pg 13
- > Bake stall benefits adults with intellectual disability... pg 14

- > One minute with... pg 15
- > Notices... pg 16-19

to the heart of it and introduce the interns themselves. These eight are sure to captivate and are certainly charismatic – though we will be asking much more than that from them in the year to come.

The interns, Deanna, Ricky, Tor, Finn, Hayley, Jason, Emelia and Ethan are aged 18- to 22-years-old and do have more challenges than most in navigating life with a disability, but they also have a lot to offer future employers and just need the opportunity to show it. The work they will do varies according to what they want from the programme, and what they prove themselves capable of but there are stories from the US of interns going on to become technicians.

One of the interns, Ricky Reeves, nearly lost his sight altogether when brain cancer affected his optic nerve at the age of nine. He was interviewed by *The Press* on Thursday and had this to say about Project SEARCH:

“Project Search is more than just a post-high school opportunity for me. I want to make something of my life,” he said.

“It is quite hard for blind and visually impaired people to get a job, because a lot of places say it's a safety issue. I want to prove that a blind person can do a normal person's job, it might just take a little bit longer.”

Project SEARCH came about for Canterbury DHB just as we'd completed our Health Disability Action Plan which has a key objective of employing more disabled people. We also have a Disability Steering Group with representatives from the health and disability sector as well as a number of community representatives with lived experience of disability.

The Disability Steering Group has an independent chair, Gordon Boxall, to steer the group. The group told us that employing more people with disabilities was a key priority alongside accessibility of services and information.

This group also included members of People and Capability – initially Mark Lewis and now Maureen Love – and

putting advocates and enablers in one room is a potent combination. Then we were approached by Dr Colin Gladstone, an education advisor and researcher – and also an advocate for Project SEARCH.

Burwood Hospital was chosen for the pilot programme as it's purpose-built for recovery and rehabilitation and provides a perfect environment for the programme. We have a great team in place at Burwood and I have every confidence that Project SEARCH will be a huge success.

This is an important journey walking alongside these young people where we will learn at least as much, if not more, than they do.

Co-director of Project SEARCH Erin Riehle, who came all the way from Cincinnati for the launch, says that it's all too common for employers to look at the disability when things don't go quite as planned, when in fact it's often managers who need to look again at how they communicate and adapt their thinking to get the most out of people according to their abilities.

I'd like to thank and recognise a number of people who helped get Project SEARCH off the ground: Colin Gladstone for his timely proposal; Erin Riehle for her support and advice; our Project SEARCH coordinator Linda Leishmann; Maureen Love from People and Capability; Riccarton High School for agreeing to provide educational support; Sally Nicholas and Dan Coward for helping select and ready the team at Burwood; Paul Barclay from the Disability Steering Group who helped with the selection of our interns; Planning & Funding's Kathy O'Neill who is also on the Disability Steering Group and was instrumental in making this happen – and there are many, many more who have all played a crucial role in getting us here.

Last and definitely not least, I'd like to thank in advance our interns Deanna, Ricky, Tor, Finn, Hayley, Jason, Emelia and Ethan for the many things they will surely teach us. I look forward to hearing about their progress and to watching their stories unfold and their potential grow and develop.

Outpatients and Manawa official opening this Thursday

I'm very much looking forward to the joint official event to celebrate the opening of the new Christchurch Outpatients and Manawa, the health, research and education facility in the Health Precinct. If you happen to hear bagpipes between 1pm and 2pm on Thursday no cause for alarm –

it's all part of the ceremony that is shaping up to rival the Buskers festival.

Congratulations to the winners of the *CEO Update* photo competition

There was a great response to the *CEO Update* photo competition with more than 100 entries of people's favourite photos from the Christmas and New Year break.

It was a wonderful glimpse into what staff got up to over the holidays, be it connecting with loved ones (including some very cute pets) or heading out to explore the sights here in Canterbury and further afield. For those who worked, it was great to see you spent some time celebrating with your workmates.

It was a tough decision but I'm pleased to announce Bronnie Hooker, Administrator, Women's & Children's Health and Elouise Chicksen, Registered Nurse, Orthopaedic Outpatients are the winners with their excellent photos depicting two great summer holiday traditions – exploring the great outdoors and relaxing with mates. I hope you both enjoy your trip to the Christchurch Night Noodle Markets in February, courtesy of Fairfax/Stuff.

Thank you to everyone who sent in photos – there is a selection of entries on page 10. Enjoy!

Keep hydrated and keep your cool

This week the heat is on – for tips on coping with the warm weather, see page 7.

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



David Meates
CEO Canterbury District Health Board



Photo from Bronnie Hooker



Photo from Elouise Chicksen

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 a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Maternity, Christchurch Women's Hospital

I recently had a baby here after not wanting to go into hospital. But thanks to all the wonderful staff I had a great experience. The anaesthetic team were brilliant. I really want to thank the two midwives, Jamie and Bree, who looked after me so well. They made me feel so supported and confident. I was incredibly well looked after by them. I can't thank them enough! They were amazing, amazing, amazing! Thank you everyone. Keep up the great work you're doing.

Caroline, Oncology Service, Christchurch Hospital

The receptionist Caroline in Oncology is fantastic. She is friendly, welcoming, efficient, goes the extra mile to help, and is genuinely an awesome person to have on the desk.

Orthopaedic Trauma Unit, Christchurch Hospital

I would like to say a huge thank you to the team on the Orthopaedic Trauma Unit. They were kind, compassionate, and took fantastic care of my son. A big thank you to Kaden, Nick, Roy and the nurses. Fantastic attitudes – you're awesome.

Ward 27, Christchurch Hospital

Many thanks to you all for looking after my husband. We were very grateful for all you did to make his life comfortable until the end. We loved him so much. Needless to say he is

missed very much. We did appreciate your understanding and help. You are all so wonderful and trained to be very compassionate.

Ward 20, Christchurch Hospital

Wonderful nurses, nurse aides, nursing students and meal staff. You should be proud of yourselves for providing such excellent service to patients. Great food. Everyone was friendly, responsive and answered questions. The staff cared about the patients and personalised the service by remembering individual things and providing options along the way.

Ward 24, Christchurch Hospital

Thank you for the care and respect you have shown our loving wife and mother over the past eight days. It has been our pleasure seeing all the attention she has received during her stay.

Dental Outpatients, Christchurch Hospital

I was impressed and amazed at the efficiency and customer care I experienced today at my appointment. I was greeted by Elaine and shown to the dentist, then taken for an X-ray, then straight away back to the dentist. Appointment done and dusted in minimal time. Excellent service.

Main Reception, Christchurch Hospital

Thanks to the team at Enquiries for going above and beyond what they needed to. Seriously amazing.

Kris Dalzell and surgical team, Christchurch Hospital

Fantastic team, very busy, well-oiled service. Gave me details about the surgery when I asked for it. Explained about the after-care and what I could do to assist my recovery. Thank you for doing such a wonderful job of putting me back together.

Ward 27, Christchurch Hospital

Excellent care from nurses, doctors and support staff. Good information and kind, thorough care.

Ward 27, Christchurch Hospital

We will always be forever grateful for the attention and care given to our dear father and grandfather. Unfortunately Dad passed away. I know many patients come through your ward, but for all the staff who treated Dad, thank you from our family for your dedication.

Ward 17 and Emergency Department, Christchurch Hospital

I would like to express my gratitude to all the staff at Christchurch Hospital and especially Ward 17. I have been here for five days, at times in a lot of pain. Through it all the staff have treated me really well and seemed to really care, even when very busy. I spent the first night in the Emergency Department and the staff there were good natured and even laughed at my poor, drug-afflicted jokes. Special shout out to Dr Adam and Nurse Charlotte for being exceptionally onto it and putting in the effort to show they care.

Vascular Clinic, Christchurch Hospital

I came in a day early for my appointment. The receptionist organised the staff to come out especially to see me so I didn't have to come back the next day. The service cannot be beaten.

Frances, Aleisha and Robyn, Ward 20, Christchurch Hospital

Thank you very much for the professional help and caring attitude of Frances, the Breast Care Nurse on Ward 20. She helped me to get better and found out the reason for the blockage of my drains following a mastectomy. Thank you Frances, Aleisha and Robyn from Ward 20, you girls are amazing. Grateful forever.

Day Surgery Unit, Christchurch Women's Hospital

The staff were all so nice and made me feel really comfortable. I'm so thankful to them and they did a wonderful job. Thank you all for the attention to my daughter. It made her very first operation a very positive experience.

Day Surgery Unit (DSU), Christchurch Women's Hospital

I have been in the DSU twice over the last year and all the staff have been great and very friendly. I couldn't speak more highly of the service and care I got from the whole DSU team.

Oncology Infusion Area, Christchurch Hospital

A very big thank you to David Gibb and all the staff for the fantastic support and care you have given [patient name] and myself [carer's name]. With our love.

Emergency Department, Ward 20, and Theatre

I had awesome care by everyone in the Emergency Department – Nurse Jane, the doctors, reception, and triage staff. Also the X-ray staff, plastics registrars, Drs Raz and Simon, and theatre nurses Lorraine, Megan and Lizzie. On Ward 20, Registered Nurses

Jess, Sophia, Penny, Kelly and Eden and Dr Rebecca. In Plastic Surgery Outpatients, Dr Raz and Nurse Ashleigh. In Orthopaedic Outpatients, all the support from my wonderful colleagues. A huge thank you to everyone.

Ward 10, Christchurch Hospital

Some things just never change. Once again I am surrounded by angels of mercy, going above and beyond the call of duty. Absolutely fantastic. Thank you all.

Ward 18, Christchurch Hospital

Kelsi, Megan and Nadia specifically are the best people/nurses I have ever had the pleasure of helping me. Most of the nurses were fantastic but these ladies are by miles the most fantastic people on your team. I will never forget these ladies and what they have done for me. They are true assets – much appreciation.

Christchurch Hospital

We are very happy with the service, excellent, thank you.

Emergency Department (ED), Christchurch Hospital

Thank you Dr Simon (ED doctor) and your team for taking care of me today. Your compassion and kindness are much appreciated.

Ward 23, Christchurch Hospital

The service is excellent, especially from Beth. The staff are great and very obliging. I can't see anything that I would change.

Lloma, Ward 20, Christchurch Hospital

I would like to thank Nurse Lloma very much for her incredible caring and professional help. She was always there every time I needed help, assistance or support. With huge gratitude.

Medical Day Unit, Christchurch Hospital

Alison and the surgeon were very good.

Ward 20, Christchurch Hospital

Super stars. The receptionist in the afternoon was amazing. Nurses absolutely fantastic, supportive, and amazing. Thank you all for your support and help with Dad.

Dietitians, Level 3, Christchurch Hospital

Excellent people to give advice, very helpful.

Christchurch Hospital

Even though it was so very busy, all the team were friendly and polite. Bless you all.

Emergency Department, Christchurch Hospital

Dr James and the nurse were amazingly kind and so thorough. Thank you all very much.

Haematology Department, Christchurch

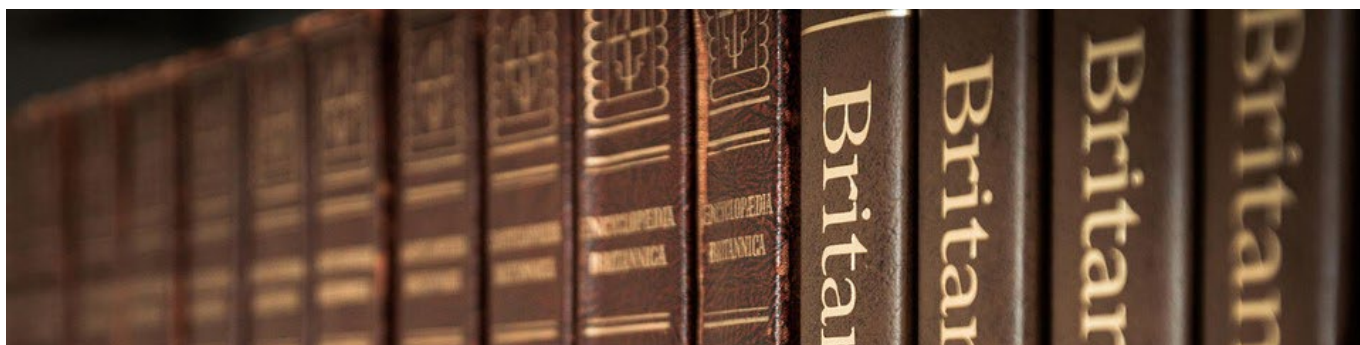
Fantastic building, great staff. Good for wellbeing here. Well done.

Big Shout Out

Dwayne, Security, Christchurch Hospital

I work in Manawa and pass the new Outpatients building on my way to see patients three to four times per day. I am constantly impressed by Dwayne, the security guard, I've seen him help patients in and out of cars and use umbrellas to protect them from the rain. He always says hello and is such a credit to Canterbury DHB.

#carestartshere



The Library

Browse some of the interesting health-related articles doing the rounds.

["Mechanism helps explain the ear's exquisite sensitivity"](#) – Researchers are learning more about how the ear works in the hope of improving the treatment of hearing impairments. They've been focusing on a miniscule gelatinous structure called the tectorial membrane that is found in the inner ear and how it works, in the hopes of helping people with hearing impairments. From *ScienceDaily*, published online: 16 January 2019.

["A gut punch fights cancer and infection"](#) – The microbiota is the community of microorganisms found in the gut and includes bacteria, fungi and archaea. Researchers are studying 11 strains of bacteria that they have found can boost the immune responses that fight infection and cancer. Their research aims to eventually develop defined bacterial strains for use in microbiota-based therapies, rather than faecal transplantation which can be effective but also risky. From *Nature*, published online: 23 January 2019.

["Hoarding revisited: there is light at the end of the living room"](#) – This article explores the arguments for and against including hoarding disorder as a standalone diagnosis in the American Diagnostic and Statistical manual of Mental Disorders. It also looks at the criteria of hoarding disorder, the difference between hoarding and collecting and the potential treatment options for patients with hoarding disorder. From *BJPsych Advances*, published online: 17 December 2019.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz.



CARE AROUND THE CLOCK

Call your GP team 24/7 for health advice

If it's after-hours a nurse is available to give free health advice

Canterbury
District Health Board
Te Pori Hauora o Waitaha



#carearoundtheclock

Facilities Fast Facts

Acute Services Building

Around this time in January 2015 the detailed design phase of planning had begun for the Acute Services building.

This involved meetings with user groups to resolve issues that emerged in the design phase. Users finalised the layout plans and room data sheets with the design team and worked through what equipment and furniture would be needed for the new building with the Fixtures, Fittings and Equipment (FF&E) team.

User groups also began the work needed to identify which new processes would have a workforce planning implication.

Three years on, the Acute Services building is on the home stretch and all that hard work is evident in the finished wards and spaces.



User groups in the Design Lab in a mock-up of the multi-linear ward



A bed in place in the multi-linear ward on Level 3

Then and now

A lot can change in three years. These photos of the Christchurch Campus were taken from the Anthony Harper lawn three years apart.



A view from Hagley Park of Christchurch Women's and Riverside in January 2015



The same view of the Christchurch Campus showing the new Acute Services building taken at the end of 2018

Link Bridge

Work continues on the steel beams creating the Link between Christchurch Women's Hospital and the Acute Services building.

More steel arrives this week for the remaining sections of the link. The next stage will be the installation of the ComFlor that will enable the concrete pours to create the corridor floors to take place. These are scheduled for the end of February.



The three levels of the Link can be clearly seen in this photo taken from Christchurch Women's Hospital

Tips for keeping your cool as the heatwave hits

As temperatures around Canterbury and the rest of New Zealand climb into the 30s, it's important to look after yourself and others.

Older people, children and those with underlying medical conditions are most at risk from the impacts of heat stress, however, anyone can be affected by heat stress if they don't take some precautions.

It's especially important to stay out of the sun, avoid extreme physical exertion and ensure that babies, children, and elderly people (and pets) are not left alone in stationary cars, says Canterbury Medical Officer of Health Alistair Humphrey.

Extreme heat can affect blood pressure and hydration and people should seek help if they feel dizzy, weak or have intense thirst or a headache.

"Good hydration is key, try to consume at least two litres of water a day and avoid drinking alcohol in the hot weather as it speeds up dehydration," he says.

As well as being SunSmart (Slip, Slop, Slap and Wrap) when you are outdoors, keep your home cool by opening windows to get a breeze, close curtains to keep the sun out and consider using the cool cycle on heat pumps.

Visit the [Ministry of Health's website](#) for more advice on keeping cool this summer.



ADVICE ON COPING IN THE HEAT



Keep your environment cool



Keeping living spaces cool is especially important for infants, the elderly, people with chronic health conditions or those who can't look after themselves.

- Keep windows that face the sun closed during the day with any light-coloured curtains or blinds closed (dark curtains or blinds are best left open)
- Open windows in the evening and overnight once the temperature has dropped
- Turn off non-essential lights and electrical equipment – they generate heat
- Move into a cooler room if possible, especially for sleeping
- Use electric fans to help keep cool

Stay out of the heat



- Keep out of the sun
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat
- Avoid extreme physical exertion
- Wear light, loose-fitting clothes

Cool yourself down



- Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks
- Take a cool shower, bath or body wash
- Spray or sprinkle water over your skin or clothing, or keep a damp cloth on the back of your neck

Look out for others



- Check on elderly or ill neighbours and family, and on very young people to make sure they are keeping cool
- If someone is unwell call your usual GP number 24/7 for advice - #carearoundtheclock and consider contacting social services if non-medical help is needed
- People and pets should not be left in stationary cars

+ If you have a health condition

- Keep medicines below 25 °C or as per advice on the packaging
- Seek medical advice #carearoundtheclock if you have a chronic condition or take multiple medications

If you or others feel unwell



- If you feel dizzy, weak or have an intense thirst or headache you may be dehydrated. Drink some water and rest in a cool place – seek help if symptoms persist;
- If you are experiencing painful muscle cramps, your body may need electrolytes as well as fluid. Drinking oral rehydration solutions or zero sugar sports drinks may help, but seek medical advice if heat cramps last more than one hour

Keep this advice in mind as summer warms up

New café open for business

Gourmet sandwiches, fresh salads, quality Allpress Espresso coffee and a relaxing atmosphere.

That's a selection of what people can expect when they visit the Health Precinct's latest café, Kānuka, which opened its doors to the public today.

Located on the ground floor of the new Christchurch Outpatients building looking out to Oxford Terrace, Kānuka provides staff, patients and passers-by with a light, bright and open space in a 'High Street' setting to enjoy top-notch coffee and a bite to eat.

Retail Manager, Nick Abernethy, says he's looking forward to people sampling what's on offer at Kānuka.

"We'll be preparing our selection of fresh food on site daily, with the variety on offer sure to have wide appeal.

"Kānuka will cater for a large cross-section of dietary requirements, with a range of gluten-free, dairy-free and vegan options available. From classic scones, speciality donuts from locals Grizzly Baked Goods, freshly prepared salads and soups, right through to nutritious breakfast bowls – there's something for everyone at Kānuka," Nick says.

Customers can look forward to top quality espresso coffee with all of the café's passionate baristas having completed professional training with Allpress, to ensure the coffee appeals to even the harshest critic. Complementing the coffee will be T2 tea, and if you know T2 then you know that it's not your average tea experience!

Nick explains that this is not the only thing that makes Kānuka special, however, with the launch of the café's new ordering app.

"We're really excited about our new app which has also launched today, meaning Kānuka's customers will be able to order their favourite beverage at the touch of a button."

The app is available free from app stores – simply search 'Kānuka' and download.

Kānuka's summer hours of operation will be Monday to Friday 7am–4pm.

See you there!



Your favourite photos from the Christmas and New Year break

Thanks to everyone who sent in photos to be in the chance to win a voucher to the Night Noodle Markets. Here's a snapshot of what some of your colleagues got up to over the break. To see the winning photos, check out page 3 of this issue.



Beach fun, from Elizabeth Connor



Moenui Bay Marlborough, from Dana Campbell



Christmas Day in the Children's Haematology and Oncology Centre (CHOC), from Lucy Swift



Ward 20 Multidisciplinary Team feeling the Christmas Spirit, from Lisa Rooney



Boris the French Bulldog, from Chloe Brown



Corsair Bay, from Keri Page-Kreis



Dorothy Van Dugteren's 92 year old Mum putting the first decoration on the Christmas Tree



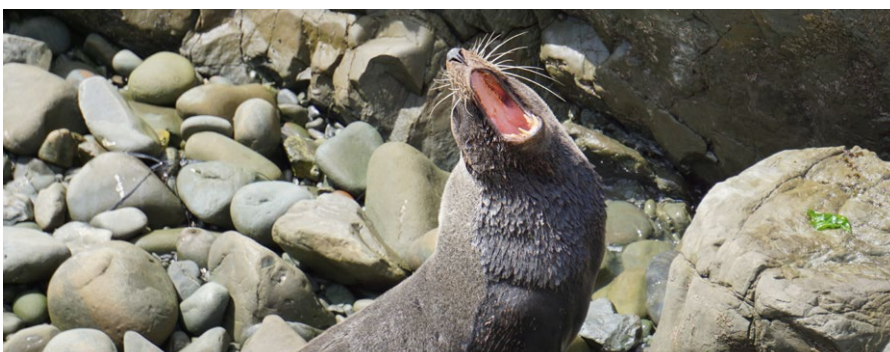
Exploring the great outdoors, from Gemma Mackey



Abel Tasman, from Samantha Chapman



Surf Nationals in Naki, from Roxanne McKerras



Seal in Kaikoura, from Carolyn Gunn

Otago researcher suggests cautious path forward for changing cannabis laws

Amid the ongoing debate on legislation for recreational use of cannabis, a University of Otago researcher proposes a cautious path forward for changing cannabis laws in New Zealand.

Associate Professor Joseph Boden from the Department of Psychological Medicine at the University of Otago, Christchurch, has a research interest in the use of cannabis.



Associate Professor Joseph Boden

He has specifically investigated the use of cannabis among participants in the Christchurch Health and Development Study which follows the lives of 1265 children born in Christchurch in 1977. By age 35, almost 80 per cent of the participants had reported using cannabis.

In an editorial in the latest issue of the *New Zealand Medical Journal*, Joseph says most of the debate on changes to cannabis law imply it is a relatively harmless drug and that cannabis law change will only have beneficial consequences.

However, both he and co-author of the editorial, the late Emeritus Professor David Fergusson, former director of the Christchurch Health and Development Study disagree.

"We would argue that, on the basis of evidence generated by longitudinal studies based in New Zealand, both assumptions are incorrect," their editorial states.

David died in October last year, but he and Joseph wrote the editorial prior to his death.

They propose development of laws and policies that both discourage the use of cannabis and avoid criminalising recreational users of the drug.

This would mean:

- › Simple possession of cannabis by those over 18 would be decriminalised, as would supply of small amounts to adults, as recommended by the recent Mental Health Inquiry.
- › Penalties for the supply of cannabis to those under 18 would be increased.
- › Investments in mental health services for those with cannabis use disorder and cannabis-related conditions would be increased, again in line with the recent Mental Health Inquiry.

Joseph says their reasoning is based on their research which shows resoundingly that cannabis use by participants in the Christchurch study is associated with educational delay, welfare dependence, increased risks of psychotic symptoms, major depression, increased risks of motor vehicle accidents, tobacco use and other illicit drug use, and respiratory impairment.

At the same time, evidence from the study suggests the prohibition of cannabis is also a cause of some harm, with males and Māori participants having higher rates of arrest and conviction for cannabis-related offences. Furthermore, the analysis showed that cannabis use did not decrease following this, suggesting prohibition generally failed to reduce cannabis use among participants.

"Given this context, the most prudent course of action for New Zealand to follow is to develop policies which eliminate the adverse effects of prohibition while at the same time avoiding the possible adverse consequences of full legislation," their editorial states.



Give the Bike Challenge a go this February

The countdown is on with only four days to go until the start of the month-long Aotearoa Bike Challenge, encouraging people across the country to get on their bikes throughout February.

The aim of the challenge is to get as many people as possible cycling, even if it's just for a short ride, so they can experience first-hand how easy and enjoyable riding a bike can be.

Each year nearly 1500 organisations across New Zealand take part, battling it out for supreme cycling status.

The competition, run jointly by the New Zealand Transport Association and Love to Ride, is based on the number of staff within an organisation taking part. The number of trips taken and kilometres ridden earn bonus points and there are spot prizes up for grabs such as cycling gear, travel guides, film tickets, and even a family pass for unlimited rides on the Christchurch tram and gondola.

Canterbury DHB staff are all encouraged to give the Bike Challenge a go. It's a great way of supporting your wellbeing. So far, 408 Canterbury DHB staff have registered.

Christchurch is becoming increasingly cycle friendly with its network of cycle-ways (there's one near you [find it here](#)). The flat terrain makes cycling a convenient and reliable form of transport for short distances, without the need to don any lycra.

It is also a way to play your part in delaying the impact of climate change by swapping your car for a bike, even if it's just one day per week. The health benefits of active commuting include better cardiac health, lower obesity rates, better mental health and better productivity in the workplace.

Recent research has found that those who cycle or walk to work are 76 per cent more likely to meet physical activity guidelines of 30 minutes per day.

So join the team, hop on your bike and give it a go! You can register at www.lovetoride.net/nz



Let the Healthy Commute team help you get on your bike

Remember for those working at Christchurch Campus, the Canterbury DHB's Healthy Commute Programme is also supporting staff to make the change to biking (as well as bussing, walking and carpooling). Look out for the Healthy Commute team who are moving around Christchurch Campus during February, talking to different teams about how they get to and from work, and working with staff who are interested in trying a new approach to develop a solution tailored just for them.

For more information on participating in the Healthy Commute programme, visit the Max Service Portal and enter the search word 'commute'. For information on biking to work, cycle maps and tips, visit ccc.govt.nz/transport/cycling/cycle-to-work/.

Bake stall benefits adults with intellectual disability

Activity items that encourage sensory development will be purchased as a result of a successful Christmas bake stall held by the Pharmacy Department at Christchurch Hospital.

For the second year running, Pharmacy held a stall to raise funds for a good cause. This year the recipient was Psychiatric Services for Adults with Intellectual Disabilities (PSAID) at Hillmorton Hospital.

Pharmacy staff raised an impressive \$2010. Congratulations to Jane Duckmanton, Ward 22, for winning the raffle (a Christmas cake).

The money will be used by PSAID to purchase equipment for their external courtyard to encourage sensory development among this patient group.

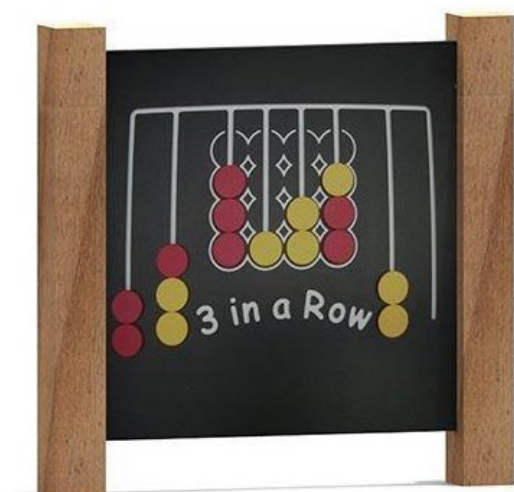
Pharmacy wishes to thank everyone who supported the bake stall.



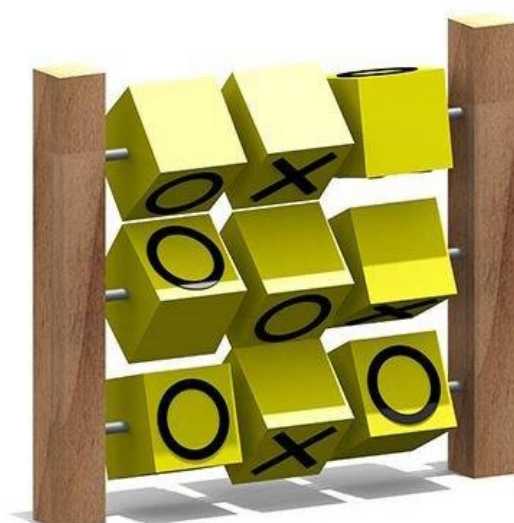
From left, Pharmacists Eva Crossan, Clara Ahn and Hemi Mckechnie



Centre, Pharmacy Assistant Kay Rowe



'Three in a row' activity item being purchased to aid sensory development



Tic Tac Toe activity

One minute with... Karen Watson, Food Service Manager, WellFood

What does your job involve?

Managing a busy production kitchen that supplies hot, chilled and ready-to-eat products to all Canterbury DHB hospitals and retail cafes. We are the only DHB in New Zealand that has a cook/chill facility allowing us to send bulk bagged food. We supply 400 to 600 hot meals daily for Meals on Wheels, have two daily tray-line services at Hillmorton Hospital and also send salads and sandwiches to our hospital cafés.

What do you like about it?

I had worked in food services as a young person and found myself back here nine years ago after an accident prevented me from working in the family business. Being among services like Meals on Wheels where we make a difference to people in keeping them healthy in their own homes is very rewarding and humbling. There is never one day the same as another.

What are the challenging bits?

Effectively managing multiple services across Canterbury DHB.

Who inspires you?

My Dad, with his mannerisms, beliefs and the way he lived his life.

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?

My role as manager for the Hillmorton WellFood team is to ensure we deliver exceptional service and quality food to our consumers every time.

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

I'm hooked on Black Knight liquorice!

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

On holiday somewhere hot.

What do you do on a typical Sunday?

Spend time with family.



One food I really like is...

Vegetarian curries.

My favourite music is...

Huge Rodriguez fan.

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

New Year update from Max

Kia ora and a very happy new year from me, your HR service portal, Max.

I'm not sure about you, but my 2019 has been off to a flying start. So flying, that I am already launching three new services for you.

That's right, THREE.

You'll find them where they always are, under Request a Service in the top right-hand menu bar on your Max homepage.

1. **Request Max training:** Refresh your knowledge of the Max portal [and stay across the updates] with a quick session from one of our experts. Find this as a new service, and fill out the digital form and our experts can pop into your team meeting, or even for a one-on-one session.
2. **Turn off paper payslips:** Help Canterbury and West Coast DHBs go Paperlite by turning off your paper payslip. You can view digital copies of all your payslips on Max, under Request a Service in the menu on the top right of your Max homepage.
3. **Increase or decrease hours:** Finally, managers can do both these actions in one form. If someone is reducing hours, and they're being allocated to another staff member this process can be completed all in one place. A new approval step also provides a clearer overview of total staffing across the organisation.

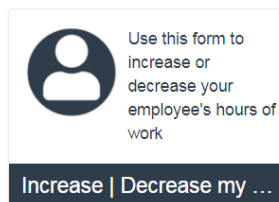
There are also a number of updates to existing services, so you may notice some of your requests are even easier to file than before.

Tau ke! Awesome!

I can't wait to see you using these new services, and the dozens more I will be releasing throughout the year.

Nga mihi nui,
Max

Max
People and Capability



**Remember to
be SunSmart**



Slip, slop, slap and wrap!



3D Printing in Medicine Summer Course 2019

For health professionals, bioengineering or health-research students, and allied health industry innovators.

- 3D printing basics
- Additive manufacturing of medical devices
- Biofabrication and bioprinting
- Challenges facing clinical and commercial translation
- Discussion of clinical case studies

Learn from international and national experts, clinicians and MedTech professionals leading 3D printing research as well as clinical- and commercial-translation:

- **Visiting Chaffer Fellow, Professor Jason A. Burdick**, University of Pennsylvania
 - **Professor Peter F. M. Choong**, University of Melbourne
 - **Professor Gary Hooper**, University of Otago
 - **Mr Paul Morrison**, Ossis Ltd
 - **Professor Tim Woodfield**, University of Otago
- Plus more confirming soon

11-14 February 2019

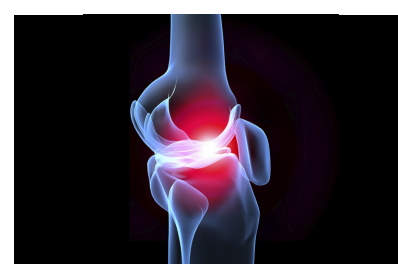
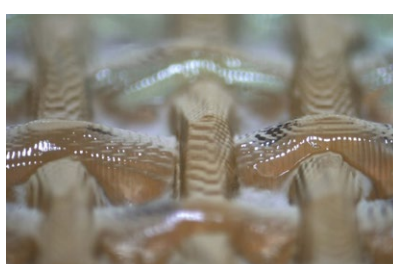
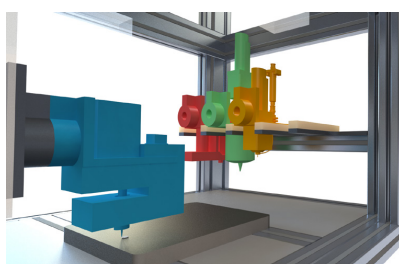
University of Otago, Christchurch
2 Riccarton Avenue,
Christchurch,
New Zealand.

Retaining our
special inaugural
registration fee
structure:

- \$600** gst incl. standard registration
- \$400** gst incl. student registration
Morning/afternoon teas and
lunches provided



www.otago.ac.nz/3dprintmedicine



Presented by:



Health Research
Society of Canterbury



we're talking health...

**FREE
PUBLIC
EVENT**
FREE PARKING

**An evening of talks from leading
Canterbury researchers who are saving
lives and improving healthcare.**

Topics include: 3D-printing bone, how a lack of sleep
is affecting our children, plus the genetics of cancer.

10 topics, 10 researchers, one great evening.

Wed 6th March, 6.30pm – 8.30pm
Engineering Core, Creyke Road, University of Canterbury

Book your seat now
www.talkinghealth.co.nz

The programme is supported
by the Health Precinct's partners



Smokefree Bulletin – January 2019

Issue Two

Learnable phrase:

NRT can double your chances of successfully quitting



NRT (Nicotine Replacement Therapy) – charges

If the patient/client has a quitcard or prescription for NRT patches, gum and lozenges the pharmacies do charge a \$5 co-payment for each product.

Some pharmacies such as Bargain chemists may not charge the co-payment or charge a lesser co-payment fee.

If the patient/client presents to a pharmacy without a script/ quitcard then the pharmacy is able to give them the NRT but it may cost the co-payment plus a consultation fee and this varies with each pharmacy

The hospital retail pharmacy is NOT free – they charge the same as above.

Of course the best course of action is to refer to TeHā Waitaha/ Stop Smoking Canterbury and they will get **FREE NRT** plus the support needed to make a quit attempt.

Any nurse that has completed the MoH elearning course (as below) and register as a Quitcard provider can administer NRT (under “Nurse Administration of NRT” policy) for their patient and complete a quitcard.

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

Champix / Varenicline

There has been a change in name but it is still the same stop smoking medication.

Champix (branding) is no longer the name we use, from now on the pharmaceutical name Varenicline (Pfizer is now the branding) will be used.

Old	New
Varenicline (Champix branding)	Varenicline (Pfizer branding)
12 monthly subsidised	12 monthly subsidised
2 week starter pack	4 week starter pack

What to advise patients?

- advise clients Varenicline Pfizer replaces Champix for the subsidy, but same drug
- advise clients the Starter pack is now 4 weeks, not 2 weeks.

Smokefree Team - Community & Public Health (CDHB)

DDI: 03 3640 263 | ext: 80263 | Mobile: 021 723 208

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