



Cortex clinical platform reaches the one million milestone

I'm thrilled to be able to share that Canterbury DHB has achieved another significant milestone on our journey to better integrated health care.

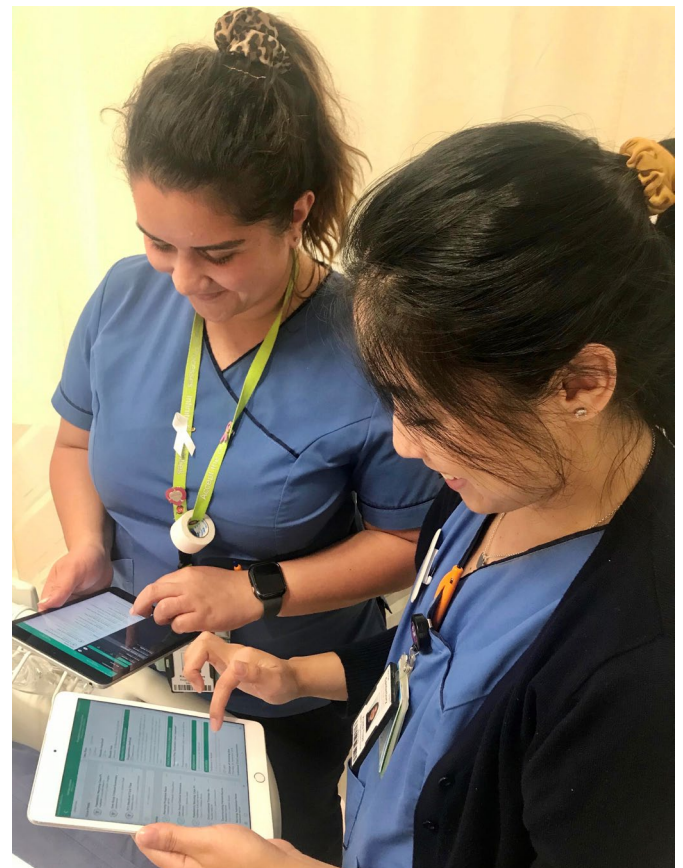
We have recently achieved the one millionth clinical note being created in Cortex on the Christchurch Hospital campus.

Cortex is a mobile-first application designed by clinicians for clinicians to improve the quality of patient care and the efficiency of health care delivery teams by making the right information and clinical decision-making tools available at the point of care. For example, it allows clinicians to access or order test results and add tasks to workflows or complete them, all without leaving the patient's bedside.

We have been working with New Zealand health software company Sense Medical for over five years, first to create and then to improve and refine the Cortex platform. This is a fantastic example of how clinicians, technologists and developers can work together to create something truly useful for the entire New Zealand health system.

Cortex has enabled our frontline clinicians in ways we never envisaged when we started this journey. The efficiency gains, and improved quality of care that Cortex has enabled continues to be a game-changer for healthcare in Canterbury.

The recently released Health & Disability System Review report places a large focus on the importance of digital data for the future of the New Zealand health system. Our Canterbury Health System is already well on course towards becoming a world-class, fully-digital health system.



Cortex in use

In this issue

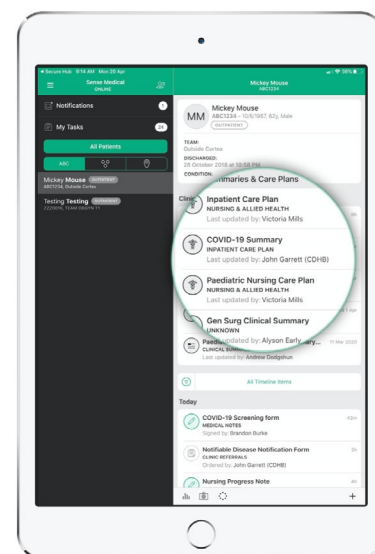
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Cortex began its rollout across Canterbury DHB in mid-2019 in preparation for the move to the paper-lite Hagley Acute Services building. More than 1500 doctors, nurses and allied health staff use Cortex daily as a mission-critical application for providing care across 27 clinical departments including General Medicine, General Surgery, Oncology and soon, Emergency.

Reaching this latest milestone confirms Cortex as the leading solution for hospital-based point of care clinical data capture in New Zealand. Clinicians across Canterbury DHB are creating notes at a rate of more than two million per year, representing almost 100 million clinical data points.

As a clinically-led, highly innovative digital health solution, Cortex also helps us take another significant stride towards going paperless – which is more important than ever now. Further reducing the amount of paper that passes from hand to hand removes one more possible route for the spread of infections – and as you read a couple of weeks ago, our devices can be safely sanitised using the Electroclave or as a further measure, one person per device protocols can be introduced if needed.

Information in Cortex can also be viewed remotely, which gives the user access to all its functionality while enabling them to reduce their exposure to infection risk in some scenarios, through avoiding unnecessary proximity to people in high-risk areas.



Cortex allows clinicians to access or order test results and add tasks to workflows or complete them, all without leaving the patient's bedside

Welcome to our new General Manager of Specialist Mental Health Services

I am delighted to announce the appointment of Greg Hamilton to the role of General Manager Specialist Mental Health Services. Greg moves into the role from the Planning and Funding team where he has led the Intelligence and Transformation functions since 2008. He replaces former General Manager Toni Gutschlag and Barbara Wilson who has been acting in the role since late 2019.

Leading our Mental Health and Addiction services to ensure our population receives the best possible mental health care and support will rely on the skills and strong relationships Greg has developed across the Canterbury Health System.

Greg starts with the Specialist Mental Health team today – I know you will wish him all the best in his new role and am counting on your continued appreciation and support for our Specialist Mental Health Services team and the important work they do. Greg tells me he can't wait to get stuck in! To hear from the man himself, see page 8.



Barbara Wilson, who has been Acting General Manager Specialist Mental Health Services, at this morning's welcome for Greg Hamilton



Greg Hamilton in his new role as General Manager Specialist Mental Health Services

“Do Māori Lives Matter?” Grand Round now online

Recently Executive Director of Māori & Pacific Health Hector Matthews presented a Grand Round looking at how the global conversation about Black Lives Matter applies within a New Zealand context. He talks about why all lives matter is a spurious argument.

Hector looks at how the systemic assumptions about equality – that everyone should be treated the same – actually exacerbate inequity and result in poorer health outcomes for Māori.

For those of you who missed it, this is an important presentation for all of us to watch, to remind ourselves how far we’ve come and how far we’ve got to go to make our health services in Canterbury and across New Zealand truly equitable. As Hector says: “Pēnā e mōhio ana tātou ki te ara tika, tēnā, me whai – if we know better we should do better!”

You can view Hector’s presentation on the [Grand Round page on PRISM here](#).

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](#).

FIVE WAYS TO WELLBEING



CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Give
Your time,
your words,
your presence



**TAKE
NOTICE**
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



**KEEP
LEARNING**
EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



**BE
ACTIVE**
DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

**INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.**

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 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND
www.mentalhealth.org.nz



Bouquets

Ward 26, Christchurch Hospital

Thank you to the staff who have been treating and caring for my husband. They have been kind, honest, professional and above all treated him with understanding and humour. Under tremendous physical and mental pressure from the pain and knowledge of his limited time left with us you have allowed him to feel safe. Thank you.

Wards 17 and 16, Christchurch Hospital

I would like to praise all staff members and relevant specialists and aides for their care and support during my three-week stay. Compassionate care and empathy at all times. You could not ask for a higher quality of care. Thanks to Katherine the social worker for extra help beyond the call of duty and especially Nurse April who helped me – what a beautiful, lovely person – she lifted my spirits when I was down.

Emergency Department (ED), Christchurch Hospital

I felt I was being looked after by people who were professional at all times and had my best interests at heart. It was a first-class service and I am proud that I live in a city that can and does deliver this for its community.

Ward 12, Christchurch Hospital

Please pass on my sincere thanks to the doctors and nurses and staff of Ward 12 for the excellent care and attention I received as a patient.

Ward 10, Christchurch Hospital

Thank you so much for the kind and supportive medical help which I received at all levels of Christchurch Hospital at a very difficult time.

ED, Surgical Assessment and Review Area (SARA), and Ward 10, Christchurch Hospital

I was a patient at Christchurch Hospital, I went in through ED then into SARA, Ward 10, surgery, and back to Ward 10. I want to say thank you to all the staff who helped me. I had the best level of care and attention and I am very appreciative of this. We are lucky to have the Christchurch Hospital team.

Ward B1, Burwood Hospital

Dear Ward B1 staff, I want to thank you for getting me back on my feet, and most of all for taking the time to allow me to gain back my confidence to return home. You pushed me at times when I didn't feel like doing anything, but I trusted everyone so knew you were only trying to help me. Sorry if I got grumpy at times! Keep up the great work that you all do.

ED and Acute Medical Assessment Unit (AMAU), Christchurch Hospital

In ED, Nurse Kate was great and so was Dr Hannah Primrose. On AMAU, Nurse Celia and Nurse Toni were both absolutely awesome. Physios were great, too. Thanks so much.

AMAU, Christchurch Hospital

Nurse Toni was fabulous, and the team of doctors were fantastic.

Rangiora Community Maternity Unit

I had the best possible experience due to the fabulous staff. Although this was not my first baby, their help with baby, and breastfeeding in particular, while I recovered from birth was invaluable... First-class facility and staff.

Ward 24, Christchurch Hospital

My wife was delivered by ambulance to Christchurch Hospital. She passed on 3 July. She was treated with love and respect by all the nurses and doctors and was cared for in an amazing way. Family were always kept up to date on her illness and proposed treatments. On behalf of the family I would like to thank you from all our hearts for your loving care and integrity during this time. Please extend our thanks and blessings to all the caring staff.

Children's Ward, Christchurch Hospital

We would like to compliment Nurse Lily and doctors Liam and Neil who took such great care of our daughter after she was referred by our GP to the Emergency Department. They were fantastic throughout her stay and she is now well.

ED, Ward 12, and Coronary Care Unit (CCU), Christchurch Hospital

From the ambulance dispatcher and paramedic, to discharge from CCU, I was dealt with professionally and with care and compassion. I am very grateful to all concerned.

Gastroscopy Clinic, Christchurch Hospital

I recently attended Christchurch Hospital to have a gastroscopy. I was treated respectfully. I have no complaints and found the staff to be friendly and informative of the procedure and the care afterwards. Many thanks.

AMAU and Ward 14, Christchurch Hospital

On behalf of the family, I'd like to thank the doctors, nurses, one particular security guard, and all others who assisted my late grandfather, during his stay at Christchurch Hospital. Exceptional service and care were provided.

ED, Christchurch Hospital

I would like to pass on my thanks to the staff in ED for all their help and care. I cannot remember the name of the lovely Ear Nose and Throat doctor who was finally able to stop my bleeding nose. She was so good and patient. Then there was Nurse Ryan, followed by nurses Joseph and Mark, the doctor in ED and the lovely pharmacist Louisa. She was so helpful with her dietary advice. Again, thank you.

Level 4, Outpatients, Christchurch Hospital

Excellent explanations and follow-up. Comfortable surroundings, helpful pleasant staff. Thank you.

Paula, Reception, Endocrinology, Diabetes Centre, Outpatients, Christchurch Hospital

I wish to say many thanks to Paula on the reception. She is always so kind and lovely to me. Thank you for being so welcoming.

Dental Department, Christchurch Hospital

Very friendly, helpful staff.

Dental Department, Christchurch Hospital

Very good service by Louisa and her nurse. No wait time and very efficient with their care and treatment. Reception staff were very friendly.

CCU, Christchurch Hospital

My husband suffered a heart attack while we were staying in Lyttelton. I have nothing but praise for the first responder, ambulance paramedics and the advanced paramedic who attended my husband. I was informed every step of the way in layman's terms of what they were doing. Arriving at the hospital the staff were amazing – from the doctors and the nurses to the social worker who took care of me as I was a bit of a mess. After his surgery he was taken to the ward. Everything regarding his care has been exceptional and from what we hear even the aftercare is just amazing. My congratulations to everyone involved in my husband's care and a massive thank you very much to everyone.

Interventional Radiology, Christchurch Hospital

I went to Radiology to have a PICC line put in. The three ladies who put it in were so nice, helpful and respectful. One was named Greta. I would like them acknowledged for their professionalism.

Big Shout Out

To: Dental Department, Christchurch Hospital

A thousand thank yous to the dental team for completing [patient's name] dental treatment. He is very confident about the whole experience, although his support people who accompanied him said he needed much reassurance at the time.

From: A grateful support worker supporting teenagers.

#carestartshere

Looking after yourself

Active working

Whether you're on your feet all day, or based at a desk, there are many ways to include active working in your day to ensure you are being fit and healthy at work.

The longer you sit in a static position (even if you're positioned well) the more likely you are to experience pain and discomfort at work. Check out [max.](#) for a series of information sheets on how you can stay well at work.

Here are some good things to remember when including active working in your day:

Are you applying healthy work habits?

- › Take regular breaks – get up and move around frequently throughout the day; change your environment for your break time.
- › Eat and drink properly – eat light, healthy meals and drink plenty of water.
- › Eat lunch away from your work area.
- › Avoid sustained static postures. Remember that even appropriate postures become inappropriate when maintained for too long. Incorporate movement into your day.
- › Have a regular bedtime and avoid devices and bright lights before bed.
- › Stretch – two stretches every 30 minutes.
- › Micropause – a 30-second to two-minute pause taken frequently throughout the working day.
- › Reduce visual fatigue by looking away from your monitor every 20 minutes for 20 seconds.
- › Housekeeping – keep your workstation free of clutter above and under your desk to avoid adopting awkward postures. Return plates and cups to the staffroom and keep only what you use most often on your desktop. Place all other

items on a shelf or in a drawer. This is especially important when using shared workspaces in a clinical setting.

Are you sitting well?

Whether you're sitting for most of your day or just while you write your notes, it's important to ensure you're sitting correctly by:

- › Maintaining contact between your back and the seat back. Sit back into the chair.
- › Keeping your lumbar spine supported by adjusting the back rest to fit.
- › Balancing your head above your shoulders, not leaning forward or tilting back.
- › Positioning your shoulders above your hips.
- › Hips positioned slightly higher than your knees.
- › Leaving a two to three-finger gap between the backs of the knees and seat.
- › Keeping your feet flat on the floor or supported on a footrest.

Are you using your equipment correctly?

- › Set the seat back height to match the curve in your lower back.
- › Adjust the seat back angle so the seat supports your back.
- › Adjust the seat height so your elbows clear the desktop with your shoulders relaxed.
- › For high mouse use – position the mouse inline with the edge of the screen or your armpit.
- › Adjust the top of the screen to eye level, unless you wear progressive lenses.
- › Use a document holder between the keyboard and monitor if you work from a lot of documents or files.



Regular stretching helps keep you active and healthy at work

Positive impact of the Maternity Assessment Unit

Pregnant women and their lead maternity carers (LMCs) are loving the Maternity Assessment Unit (MAU) which was created in August last year, a review shows.

The midwifery-led MAU is a dedicated, one-stop shop for women who have concerns during the second half of their pregnancy. It replaces the need for women who are anxious or concerned about some aspect of their pregnancy, such as abdominal pain or reduced foetal movement, to attend the Christchurch Women's Hospital (CWH) Birthing Suite.

"It also brought Christchurch Women's Hospital into a more nationally and internationally consistent model with a clearer pathway for presentation, assessment and treatment as required," says Director of Midwifery Norma Campbell.

The MAU service involves an initial assessment by experienced midwives employed by CWH, working with the woman's LMC to assess her and make a collaborative individualised care plan, which may include being seen by an obstetrician or coming back for more monitoring.

"The education and frameworks for the midwives was led by one of our very experienced associate clinical midwife managers Louise McKinney, who we owe huge thanks to for the success of MAU," Norma says.

The recently published review shows that since the MAU was set up the average wait time for women having antenatal assessments has reduced by 47 percent.

"Overwhelming feedback from LMCs is the positive impact the MAU has had on their ability to cut down wait times for both them and their women. LMCs have also noted an improved communication process and the streamlined assessment process this unit offers."

Consumers are very happy with the unit. Some comments from them include:

- › Thank you for absolutely amazing care.
- › The care was really good and timely.
- › Thank you for making a scary experience calming. Really helped my nerves.
- › Thank you so much. Very informative and I felt respected.
- › So lovely and friendly and no waiting to be seen.
- › Friendly staff, great team of midwives.

LMCs say:

- › Fabulous staff and service. Best initiative Canterbury DHB has devised and instigated in the past 20 years I've worked as an LMC.
- › So appreciate this valuable service.
- › I have felt supported and have experienced good communication each time I have had to use the MAU. I very much value the time that the senior midwife on staff has to discuss my client, assessments and possible scenarios.
- › The midwives who staff this unit are fabulous.
- › As an LMC I have found the MAU space highly valuable.

The MAU is taking an average of 206 antenatal attendances per month away from the Birthing Suite, Norma says.

"So, there is a big antenatal assessment workload decrease for staff in this area."

Medical staff are highly supportive of the unit and the positive impact it has had on the Birthing Suite workload.

"Because it is midwifery-led and staffed, it has freed up the workforce capacity within the obstetric Resident Medical Officer/Senior Medical Officer workforce in not having to do the initial attendance work up for antenatal women," Norma says.

The MAU, located on the ground floor of the Parkside building on the Christchurch Hospital Campus, is also costing less to run with fewer staff needing to be rostered than forecasted.

New mental health general manager “excited to join the team”

Greg Hamilton takes up his new role of General Manager Specialist Mental Health Services today.

He replaces former General Manager Toni Gutschlag and Barbara Wilson who has been acting in the position.

Greg will work with the team to continue to develop responses for the mental health and wellbeing needs of our population and to develop responses to the effects of COVID-19 on the Canterbury community.

He says he is enthusiastic about the challenge of his new position.

“I’m excited to join the team. The importance of mental health and

addiction is recognised by our community and supported by the National Inquiry, He Ara Oranga, with new investments that will improve options.

“Our people are very committed, and services have worked hard to improve outcomes for the people we serve. I can’t wait to join the Mental Health division at this busy time.”

Greg first worked for Canterbury DHB in 2004 for Community and Public Health and was previously in academic and research positions in population health. He has worked with the Planning and Funding team, where



General Manager Specialist Mental Health Services Greg Hamilton

since 2008, he led the Intelligence and Transformation functions.

Greg has worked with a wide range of professionals from across the health and social systems and developed strong relationships across the Canterbury Health System.

Director of Nursing appointment

Congratulations to Lynne Johnson who has been appointed to the role of Director of Nursing for the Christchurch Campus, effective immediately.

Lynne has been in the acting role as interim Director of Nursing for the last six months.

“I feel honoured to have been appointed to this role. I feel very much part of a great team, and it is as a team that we achieve the best possible outcomes, although of course there will always be challenges,” Lynne says.

“There are so many examples of nurses on this campus providing excellent patient-centred care. I look forward to working with nursing staff, the rest of the campus team and the wider Canterbury DHB team to ensure we deliver excellent evidence-based care to meet the needs of our community.”

Executive Director of Nursing Mary Gordon and General Manager Christchurch Campus Pauline Clark say Lynne has demonstrated effective leadership and clinical oversight for nursing.



Director of Nursing Christchurch Campus Lynne Johnson

“We look forward to working in partnership to ensure Canterbury DHB is excelling in providing care across the Christchurch campus and the wider health system of Canterbury.”

Harry the Burwood Hospital cat gets own Facebook page

Wellington might have Mittens – the friendly Turkish Angora who roams the inner-city streets and is quite the celebrity – but Burwood Hospital has Harry, the fluffy, long-haired moggy with white toes and white tufts of fur who walks the halls like he owns the place.

Harry has lived at Burwood Hospital for seven years and is around 10 years old. He originally belonged to a family who lived at nearby Tamara Park. When Harry kept visiting and wouldn't stay home, the family gifted him to his new home – Burwood Hospital.

Harry has had a number of chief carers and feeders over the years, with Clinical Manager of the Occupational Therapy Unit Cherie Porter being the latest.

"Harry has a weekly routine: on weekdays he's mostly at the Occupational Therapy Department, and in the evenings he goes to the Transitional Rehabilitation Unit, and has his own cat door. At the weekends, he is on the wards, such as Orthopaedics and the Spinal Unit, but he can be found all over most of the hospital," says Occupational Therapist Pip Dow, another of Harry's carers.

"Harry is a very patient and tolerant cat and lets anyone pat him. If he is on an office chair, he can be wheeled from the office to the corridor, so a visitor can have a pat. He doesn't mind and will hardly even wake up! A lot of people are surprised to see a cat in a hospital, but Harry is well-received."

He's been so well-received in fact that he has been on a special diet for some years now due to being very good (like most cats) at putting on a 'hungry face', which he knows can get him additional food or treats.

Occupational Therapy Assistant Michael Keown says Harry is considered quite the star to the patients on Ward AG (Older Person's Mental Health).

"He has become a therapy cat to many recovering from mental health issues. He offers a sensory experience to those who have closed off parts of their emotional wellness."

Harry acts as a motivational tool when we are trying to help patients to stop isolating themselves in their rooms and go for the morning walk with the Occupational Therapy Assistant. Harry's changing hideouts have become a game and a destination, bringing many smiles to our patients.

"He's certainly the coolest cat in town."

Follow Harry's antics on the [Harry the Burwood Hospital cat Facebook page](#). Post a photo of him if you see him doing something cute or quirky!



Harry is happy for Occupational Therapist Lauren Clark to drive him to his next destination



Harry making himself at home on a desk tray

Let there be light on the helipad

The appearance of a crane out the front of Christchurch Hospital Hagley last week hailed the arrival of the final piece of the puzzle for the new building's helipad on Level 10.

An eight-metre light pole had to be lifted from the ground to the rooftop. This pole provides a light at night to warn pilots approaching the helipad of high structures on the building.

The operation to install the pole took around 1.5 hours, with the crane on site the previous day to set up ready for an early lift, which went off – or in this case, was bolted on – without a hitch.



A close up of the new light



The crane lifting the light pole into place

Success of remote consultations a learning from COVID-19 lockdown

COVID-19 fast-tracked plans for health workers to do 'virtual home visits' by telephone or video link and is speeding-up initiatives to help people stay fit and well in the community.

The Te Papa Hauora Healthy Future series continues with Head of General Practice at the University of Otago, Christchurch and Pegasus Health board member Ben Hudson and Canterbury DHB Executive Director of Allied Health Jacqui Lunday Johnstone speaking on how healthcare changed during the COVID-19 lockdown.

You can read the article on the [Te Papa Hauora website](#).



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Healthcare

Leading Success and Development conversations

Earlier this month we let you know we'd updated the [My Success and Development](#) service in max., in response to feedback about making it work better for clinical practice.

We also let you know we'd updated an online learning course [Preparing for Great Success and Development Conversations](#), which talks about how to best prepare for regular catch ups with your manager or clinical lead and get the most out of your development opportunities.

Today we're launching a *new* course, [Leading Great Success and Development Conversations](#), to support people leaders in guiding these conversations.

There's a new online course for people leaders!



This course provides tools and tips for preparing and coaching your people through creating relevant and useful development goals, how you can help provide development opportunities on the job, and links to other great resources.

Also, don't forget about the [Success and Development](#) workshop, which is designed to develop the skills in this course further.

Here's a reminder of the new features in the [My Success and Development max. service](#):

- > You can enter up to two endorsers to view your plan, such as your manager and/or clinical lead.
- > Once you plan is endorsed, you won't be able to edit it - but you'll be able to see it in your 'Closed Cases.'
- > Managers will be able to view Success and Development plans in a larger window, making it much easier to read.

If you have any questions, or ideas on how we can improve this service, please use the Send A Question service on max., selecting "Learning & Development" from the dropdown menu.

all right?

IT'S
ALL RIGHT
TO NEED
A HUG.



Classroom activities proven wellbeing boosters

New research shows locally developed wellbeing activities are making a real difference in the lives of Kiwi kids.

Sparklers, an online wellbeing resource for teachers, was created by the All Right? Campaign following the Canterbury earthquakes to support child wellbeing. The activities are now used by primary and intermediate school teachers all over New Zealand.

New research has found that Sparklers activities are having a positive impact on students' social and emotional learning. The activities are helping tamariki manage their emotions, feel good, be kind and build better relationships.

The report, conducted by Ihi Research, comprised of two eight-week long qualitative case studies at Christchurch schools, and a nationwide online survey which was completed by 137 teachers, school leaders and school support staff.

Lead Sparkler Anna Mowat says teachers have embraced the free online toolkit since it was created in 2017.

"We get a lot of great feedback from teachers, but this is the first time we've had data on the impact it's having at a national level. The findings have blown us away."

"One of the schools studied said Sparklers helped turn their school around – completely changing the school's dynamic and culture."

Teacher Kiri Anngow's Year 5/6 class at Waimairi School was part of the in-depth qualitative research, alongside Lynley Cummack's new entrant class.

Their students did Sparklers activities at least four times a week, and the impact of activities was measured against classes at Waimairi that didn't do Sparklers.

Kiri says over 43 per cent of children in the intervention group used a Sparklers strategy to 'resolve difficult situations with friends'.

"The control group didn't really change much, which reinforced to us that Sparklers was working," says Lynley.

Kiri also took notes on three children within the Sparklers group, to monitor their behaviours.

"We noticed their understanding of emotions and the language that they used improved. They were also able to identify the things they needed to do individually when they felt a certain emotion, like anxiety for example."



Anna says she was pleasantly surprised about how positive Sparklers has been for those who may be struggling or who have behavioural issues.

The research shows that using Sparklers has increased the participation of students with severe behavioural issues in the classroom. The report also states that Sparklers has the potential to reduce bullying in schools.

The research was funded by the Mental Health Foundation

Breathing better this winter

Barrie Reynolds, 73, and 71-year-old Gary Syme both grew up when cigarettes were commonplace and avoiding second-hand smoke was near impossible.

They don't know each other, but have a lot in common, including both now having breathing issues. They have completed the Better Breathing Pulmonary Rehabilitation course and now realise that exercise is key to them staying well.

The course is free and run by respiratory nurses and physiotherapists to help people with breathing issues manage and learn about their condition.

Barrie has Chronic Obstructive Pulmonary Disease (COPD), so was referred by his General Practitioner to the course, which he completed from home during the COVID-19 response.

"For the last 10 years I have been smokefree, but I had a career in the New Zealand Navy when you were given a ration of tobacco, and I smoked for 30 years," says Barrie.

"Things other people take for granted, such as speaking, and eating, can be hard work, so I knew I needed help. The respiratory nurse and physiotherapist from the course have given me a lot of information about my condition and taught me how to breathe properly and how to do some exercises."

Barrie enjoys walking with his wife, but now realises through the course education that he was walking too far in the mornings, which meant he had little energy for the rest of the day.

"I've enjoyed doing the course from home and have felt well supported by the team, who call every week. It can also be an effort for me to get in and out of the car, so not having to do that has taken away some of the stress."

"The thing that stops a lot of people is being afraid of the unknown and asking for help, but my advice would be not to worry on your own and talk to your doctor," he says.

Respiratory Nurse Clare Lawrence says that the course helps people feel less tired and breathless. It's also a great way to improve mood, meet new friends and have fun.

Read the rest of this article on the [Canterbury Clinical Network website](#).



Barrie and his wife Minjian Zhang enjoy getting out for walks



Gary at the YMCA gym in Bishopdale. The Better Breathing course has kick-started Gary's love of exercise and he is now a regular at the gym

One minute with...

Jibin Thomas, Registered Nurse, Ward 11, Christchurch Hospital

What does your job involve?

I work in Ward 11 of Christchurch Hospital which is an Ear Nose and Throat (ENT) ward dealing with conditions like tonsillitis, nose bleeds, and head and neck cancer. We also get maxillofacial patients with reconstructive surgery of the face, facial trauma surgeries, dental infections etc. I look after these patients, especially pre and post op.

Why did you choose to work in this field?

I find ENT interesting yet challenging, I learn new things every day.

What do you like about it?

Getting to know patients from all walks of life and hearing their stories, challenging myself, and the clinical skills I develop.

What are the challenging bits?

Balancing patient care with the amount of paperwork.

Who inspires you?

Every one of my colleagues inspire me as they each bring a different set of clinical skills, and that's helping me to become a better nurse every day.



What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

These values underpin my nursing practice so that I can provide quality care to the very best of my ability.

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

I don't have a LinkedIn profile.

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

Here in New Zealand until we beat COVID-19.

What do you do on a typical Sunday?

If I am on a day off, a gym session in the morning and a trip to the beach in the evening, followed by a big feed.

What's your favourite food?

BBQ ribs or Biryani.

And your favourite music?

Eminem.

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

Nominations for Canterbury DHB Clinical Governance Committee

The Canterbury DHB Clinical Governance Committee is about to be established. This committee will have various responsibilities (see the [Terms of Reference here](#)) and reports to the Chief Executive through the Executive Management Team.

Its objectives are to contribute to the achievement of organisation vision and goals, and enable and develop our people to be at their best and to thrive the committee will:

- › have oversight of service quality and outcomes, continuously improving performance and the quality and risk systems within each division
- › ensure systems for patient safety and continuous improvement are well designed, operational and effective
- › nurture an open, transparent, team-based approach to clinical governance throughout the organisation
- › connect with clinical governance across teams, services, sites, committees and the Canterbury Health System Clinical Board to align and improve the patient journey
- › encourage profession's clinical governance which contributes to the overall health excellence results.

The term of office (except for ex officio members and the Resident Medical Officer) is for three years with right of renewal. The term of office for the Resident Medical Officer member is one year from November to October.

The committee will meet every month in the first instance for one hour on a Tuesday 4–5pm at 32 Oxford Terrace. The first meeting will take place on 15 September. Later, the committee will meet every second month.

Chief Medical Officer Sue Nightingale will chair the committee in the first instance.

Canterbury DHB is seeking one elected member from each of the following areas:

- › Senior Medical Officer/Senior Dental Officer
- › Allied Health Scientific and Technical
- › Midwifery
- › Nursing
- › Resident Medical Officer.

Please note that members from each group can only nominate a person from within their group e.g. a nurse can only nominate a nurse etc. Voting will take place shortly (notice will be given).

Nominations open on Wednesday 22 July and close at 5pm on Tuesday 11 August and must be accompanied by the nomination form.

Email the completed nomination form to Committee Coordinator Carol Kingsland on carol.kingsland@cdhb.health.nz, and include your name, designation and department.

For more information, including the nomination form, visit the [CDHB Clinical Governance Committee intranet page](#).

Talk to a
counsellor,
any time.

NEED TO TALK?

1737

free call or text
any time

Something For You

Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



Mi-Pad Hotel

4 Henry Street, Queenstown

Get 20 percent off your stay (\$99 a night) at this 'smart' hotel in the heart of downtown Queenstown.



Eightgrains

255 St Asaph Street, Christchurch Central

Head into Eightgrains at Little High Eatery and receive 20 percent off your food order.



Kora Kitchens

327 Stanmore Road, Richmond

Closing down sale – all kitchens now half price! Give the team at Kora Kitchens a call and mention you are from Canterbury DHB.



Eden Health Centre

29 Leeds Street, Philipstown

Get \$40 scans, health history, physical examination, neurological exam and health recommendations on the first visit (valued at \$120) and VIP pricing for ongoing chiropractic care.

We also have plenty of **brand new deals** from local businesses – check them out on the [Something For You page on PRISM](#).

MAKE THE SWITCH

IN 2019 OVER 350,000 WASTE ITEMS FROM BEVERAGES ALONE WERE SOLD THROUGH CANTERBURY DHB CAFES

131 K
PLASTIC DRINK BOTTLES



213 K
TAKE AWAY CUPS



2/3 of all hot beverages sold

WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup



CURRENTLY TAKE AWAY CUPS CANNOT BE RECYCLED OR COMMERCIALY COMPOSTED LOCALLY. ALL WENT TO LANDFILL – OVER 3000 KGS OF WASTE.

SWITCHING TO REUSABLE CUPS WOULD SAVE 88 TREES WORTH OF CARBON

Brought to you by the Transalpine Sustainability Governance Group



COVID-19

The latest on the virus, the vaccine and the ongoing impacts on our health and wellbeing.

23 July 2020, 5pm – 6.45pm
Attend in person at Manawa, 276 Antigua St, or join us live online.

Registration essential
www.healthprecinct.org.nz

 **TE PAPA HAUORA**
The future of health

FREE COMMUNITY EVENT

Te Papa Hauora Health Precinct is hosting a **free public information evening** on COVID 19.

The impact of COVID 19 has affected us all, and there remain many questions about the future. This is an excellent opportunity to hear from our experts and ask questions about the following issues.

1. The latest on the vaccine and controlling future outbreaks.

- **What is involved in developing a vaccine, when will one be developed, and how do we make sure New Zealanders get the vaccine?**
Speaker: Professor David Murdoch, Dean of University of Otago Christchurch and infectious disease expert.
- **Asymptomatic transmission, contact tracing, testing and what this means going forward to control future outbreaks.**
Speaker: Dr Josh Freeman, Clinical Director Microbiology, CDHB.

2. The ongoing impacts of COVID 19 on our health and wellbeing

- **What unintended health consequences, positive and negative, have emerged from our response to COVID 19?**
Speaker: Dr Alan Pithie, Consultant Physician in Infectious Diseases and General Medicine in Christchurch, CDHB.
- **What long-term impact might COVID 19 (and lockdown) have on the wellbeing of our tamariki and what learnings from other crises can we apply to support them? What can I do for myself so that I can support my whanau?**
Speaker: Mairin Taylor, Registered Senior Clinical Psychologist, University of Canterbury.

We invite you to come and join us either in person or as part of our online audience!

To register for this event click [here](#).

techweek2020

Techie Brekkie – a feast for mind and body

The Canterbury DHB Via Innovations Team and Te Papa Hauora Health Precinct are hosting Techie Brekkie as part of Techweek 20.

If you're keen to learn how the Canterbury region encourages innovation in health, while enjoying a light breakfast please come along to this free event.

Date	Wednesday 29 July
Time:	7.15am to 9.00am
Venue	Manawa, 276 Antigua Street, Christchurch
Topics	We will be showcasing topics that benefit our population, with a particular focus in some areas on Covid 19 developments.
Register	To learn more and get your ticket for this free event please visit https://techweek.co.nz/whatson/2020/techie-brekkie-904/ Attend in person or join us live on line.

Kind regards

Stella Ward
Chief Digital Officer
Canterbury and West Coast DHBs



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