

Schools at the epicentre of health



When thinking about the Canterbury Health System it is easy to fall into the trap of just thinking about the amazing work going on in our hospitals and by the thousands of health professionals (General practice teams, pharmacies, NGO's Aged Care), providing services in our community.

But health is much more than that. It's easy to lose sight of all the 'health happening' in places where we live, work, and play. Of all the settings where 'health happens', schools are one of the most important. Done well, providing health services and health promotion in schools can make a real difference to improving wellbeing and reducing illness in our community.

The Canterbury Health System is very active in the school space.

Community Dental Service mobile units visit primary and intermediate school children and provide free dental care during term time. Schools in Canterbury have an allocated Public Health Nurse who provides free health advice, can organise clinics, and play an important liaison role with other providers.

Immediately after the quakes, the School Based Mental Health team talked to Principals and teachers about how children were coping. As a result of that engagement, Principals asked for practical resources that might help them better support teachers, students and their families through some difficult and anxious times. Five years on, that advice and those coping skills are as relevant and as useful as ever and the team are proud to have completed a comprehensive online resource that meets those needs superbly – more on that in a later update. The School Based Mental Health team also produces an excellent periodic newsletter and on a day to day basis, provide a pro-active outreach service to continue to support schools in addressing the emerging child and youth mental health issues in Canterbury in the post-earthquake recovery stage.

Above, right: 630 students from Chisnallwood Intermediate walked the trails as part of the AWA Trails Project launch last Wednesday.



WALK, TALK AND EXPLORE THE EAST

To download a free map visit allright.org.nz/AWA today!

Explore AWA Trails

all right?



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Many other organisations also work closely with schools and play an important role in the health and wellbeing of school communities. This includes NGOs such as the Heart Foundation and the Cancer Society, organisations like Sport Canterbury, and the Ministry of Social Development's Social Workers in Schools (SWIS) initiative.

Community and Public Health's Health Promoting School's team has been heavily involved in a new project to encourage walking and wellbeing in east Christchurch.

The Health Promoting School's team works with Canterbury schools to help them identify and address health and wellbeing priorities. Their team has worked with four schools in eastern Christchurch to create new walking trails to encourage people to explore their communities and boost wellbeing.

The AWA (AWA means river in Māori and also stands for Aranui, Wainoni, and Avondale) Trails project was in response to the need identified in the schools to create opportunities for students to be more active, reconnect with their 'redzoned' environment, and generally promote wellbeing.

Chisnallwood Intermediate and Aranui, St James and Wainoni Primary Schools have worked together to create walking trails that incorporate local sites and activities based on the five ways to wellbeing (Be Active, Take Notice, Connect, Learn, and Give).

This week marks the fifth anniversary of the September 4 earthquake and many have had a tough time. The AWA

Trails project is a great example of a community led project, supported by our health system, which is helping bring communities together and improve our wellbeing. All of us that were here for that first quake have been profoundly affected by it in many ways and will continue to be for some time, and through it all you have given nothing short of your very best. It never ceases to amaze me too, how many talented people came to Canterbury because they wanted to help, and how lucky we have been that they have stayed through the toughest of times. Together we make a formidable team.

I know I have said this many, many times but so close to the fifth anniversary of the first quake, it needs saying again. I am proud of what we have achieved as a health system, and proud of you. Thank you once again.

Take time over the coming week to reflect, and to acknowledge what you've been through. Kia kaha.

More information on the AWA Trails project, including a map, can be downloaded at allright.org.nz

Look after yourself,



David Meates
CEO Canterbury District Health Board

Dawn ceremony for fifth earthquake anniversary Join Mayor Dalziel for a special sunrise ceremony

Residents are invited to gather on the beach near the library from 6.10am on Friday 4 September, the fifth anniversary of the first Christchurch earthquake. A short ceremony will be held ending with a shared watching of the sunrise at approximately 6.50am.

"It's a chance to remember what we've been through since September 2010 & as the sun rises, to look ahead to what the future may hold."

Monday's Facilities Fast Facts

Burwood

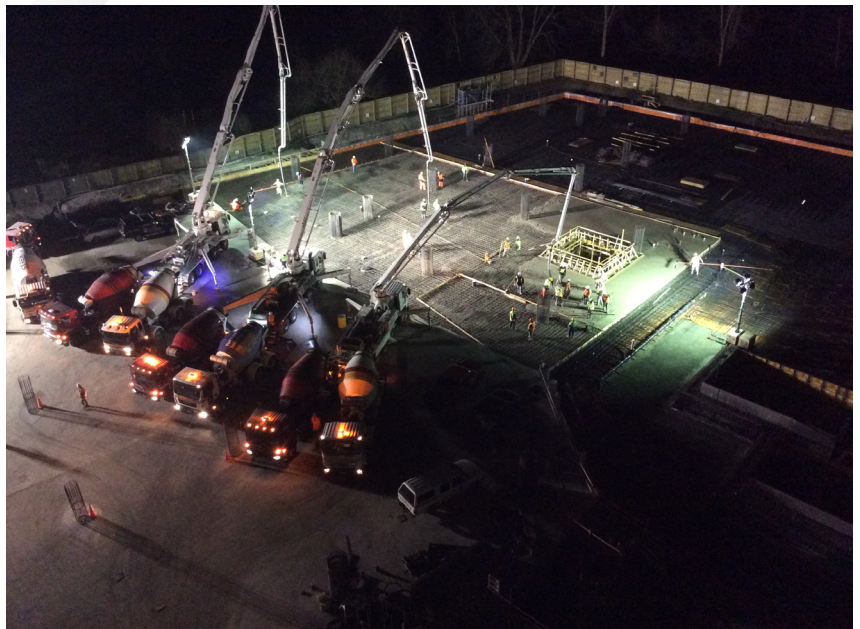


One of the last buildings that needs to be demolished on the Burwood site is the current project office (the white building in the photo), originally built as a matrons' staff house around 80 years ago. As of Monday 31 August the project team has moved into part of the ground floor of the Champion Centre.

The site of the project office will eventually form part of the public car parking area for the new build.

Christchurch

Foundation work on the Acute Services Building continued this weekend with the third major concrete pour – the biggest yet, at an estimated 2000 cubic metres of concrete (Pictured right). Eight pours are planned altogether, between now and the beginning of November.



The photos (to the left) show how intricate, and how deep, the foundations are. Each steel rod weighs around 180 kg and is tied in by hand using wire. The workers have to get right inside the latticework to do this.

Mobility Services moving

Mobility Services are on the move next week because their base at 33 St Asaph Street is scheduled for closure and eventual demolition. From September 4, the team will be moving to the Lower Ground Floor of the Parkside building at Christchurch Hospital. Mobility equipment loaned out by the team will need to be returned, when finished with, to the CDHB depot at 211 Blenheim Road.



Bouquets

Lincoln Maternity Hospital

Lunches and dinner were excellent. Midwives super helpful, excellent advice and assistance with breastfeeding. Friendly staff.

Park and Ride Car park, Christchurch Hospital

I wish to acknowledge and thank the nurse who stopped the Park and Ride van for me and made sure I got to it before it left. Being on crutches with a cast on my leg made me slow. It's the small things like this that make a difference in your day. I didn't get your name but hope you get to read this. From a fellow nurse.

Park and Ride shuttle, Antigua Street to Christchurch Hospital

When I arrived at the car park, the shuttle was visible and loading passengers. By the time I had paid for my parking, the shuttle was starting to move. But as I ran across to attempt to catch it, the driver, Lyn, saw me and immediately stopped so I could get on. She then warned me that it wasn't safe to run over the gravel in the park because a previous passenger had fallen and broken his thumb.

There was another passenger on the shuttle and she mentioned that she hadn't realised that she needed to pay to park in that park. Lyn immediately asked her where her car was, took the shuttle over to her car, and popped a parking coupon in her car for her so she wouldn't risk a ticket. The passenger had not asked for help at all. Once I got into the hospital to visit my friend, I realised that I did not have my cell phone....

I took the shuttle back to the park, and was glad to have seen Lyn again.

I asked her if I had dropped the phone in her shuttle. She produced it, saying that I had dropped it in my haste to catch the shuttle, and that it had been handed in by another passenger. She said she would have handed it in... somewhere... at the end of the day, but clearly she had decided to carry it for a bit in case its owner came back to the shuttle to find it - as I did. So that's three excellent reasons why I am grateful to Lyn. She is an excellent ambassador for the hospital.

SARA, Ward 16, Ward 17, Christchurch Hospital

Massive compliment. I was admitted for appendicitis for eight days, then twice subsequently shortly after for ongoing stuff. Staff at every level from start to finish...have been amazing. Almost without exception I have received professional care, kept well informed, been treated with respect. All the staff – surgeons, anaesthetists, nurses, orderlies etc are a credit to the Health System and New Zealand in general. Thank you very much.

Medical Day Unit and Park and Ride, Christchurch Hospital

I have spent a number of days in the unit and have been very impressed with all the nurses and care I received. They have been courteous, friendly and professional. It is a very busy environment and they have always been calm and collected. Always time for a friendly smile or joke.

The 'park and ride' shuttle is a fantastic service and takes the stress out of parking etc.

Ward 11, Christchurch Hospital

I would like to express my sincerest gratitude and thanks to the nursing staff of Ward 11 who took care of me during my admission.

I have worked for CDHB for 17 years and during this time I have never had a single stay in hospital. Unfortunately, that all changed last month when a glass bottle exploded and damaged my right eye which led to me requiring four surgeries and an 11-day stay in hospital.

During my stay I was taken care of by an amazing team of people. I would especially like to thank Gail Sumner, Jo Hansen, Jenny Easton, Sheryl Rodgers, Sharon Huggins, Tina Huang and Nic Hadwin whose professionalism, kindness and humour made my stay so much more pleasant.

Thank you all so much for the care and support that you showed me during what was sometimes a challenging time for me. I appreciate you all greatly. I hope to see you all again soon so I can pass on my thanks personally. (Nikki Hunter)

Park and Ride, Christchurch Hospital

I think the shuttle/ parking service is the best thing that has happened regarding getting to the hospital. The parking is reasonably priced, the shuttle service is outstanding with very pleasant and friendly drivers. It's very quick and convenient. It's a pity that an area like that can't be purchased for this use – revenue and convenience. Thank you. (Nikki Hunter)

5 Key Themes – Faster Cancer Treatment

Canterbury DHB successfully secures over \$488K of additional funding for Faster Cancer Treatment Service Improvement Initiatives.

Earlier in the year, the MoH announced the release of additional funding for faster cancer treatment initiatives across four Regional Lots. The aim of this additional funding was to help DHBs to make sustainable improvements to deliver better coordinated cancer care, while working towards achieving the 62-day faster cancer treatment health target, implementing findings from reviews completed against the national tumour standards for service provision, and improving equity across the cancer pathways.

A significant amount of work has been undertaken over the past three months to prepare local and regional bids and we are pleased to announce that a number of our bids were successful and will now progress to further negotiations. These include the:

- » Melanoma Pathway which will develop services in primary care to enable faster diagnosis and referral of melanomas through the rollout of dermatoscopy and dermatoscopy training to general practice;
- » Gynaecology Cancer Pathway which will help to identify patients with high suspicion of cancer in gynaecology. A recent small audit of Canterbury gynae cancer patients revealed that only 40% had been referred to gynae services with a high suspicion red flag but that over 70% met the new definitions;
- » Head and Neck Pathway (in partnership with Nelson/Marlborough DHB). This improvement initiative will look at timeliness from 1st referral of high suspicion (in NMDHB) to treatment (CDHB) providing visibility of the patient journey and identify areas for improvements and efficiencies across this tumour stream.

There were a number of other bids that were unsuccessful and further discussions are taking place with the Ministry to understand why these were rejected and we will feed this back to individual teams.

We would like to say a huge thank you to everyone who gave significant time and effort to support and prepare these bids. A particular thank you goes to Jane Trolove, Judi Tapp, Andy Macknelly and Carol Limber who pulled out all the stops to make this second round of FCT funding a success for Canterbury.



From left, Judi Tapp, Andy Macknelly, Carol Limber and Jane Trolove.

Canterbury Grand Round

Friday 4 September 2015, 12.15 to 1.15pm with lunch from 11.45am.

Venue: Rolleston Lecture Theatre.

Presentation one: From The Canterbury Initiative - Dr David Kerr, General Practitioner and Clinical Leader and Nikki Elliot, Clinical Analyst.

“Working between Primary & Secondary Care.”

General practitioner usage of hospital services, what do they know?

Monitoring patient outcomes through clinical review and education, what do

we do? Case example: Subsidised pipelle biopsies.

Presentation two: Wayne Morris.

Globally, five billion people do not have access to safe, affordable surgical and anaesthesia care when needed. In 2010, 16.9 million people worldwide died from conditions needing surgical care, compared to 1.5 million deaths from HIV/AIDS.

Is this a public health issue? What is being done about it?

Chair: Richard Seigne.

Video Conference set up in:

- » Burwood Meeting Room
 - » Meeting Room, Level 1 TPMH
 - » Wakanui Room, Ashburton
 - » Administration Building, Hillmorton
- All staff and students welcome.

Talks (with Speaker approval) will be available within two weeks on the [intranet](#).

The next Grand Round is on Friday 11 September 2015.

Convenor: Dr RL Spearing, ruth.spearing@cdhb.health.nz

Walking Festival

It can be underrated as a form of exercise, but walking is ideal for people of all ages and fitness levels who want to be more active.

The 4th Breeze Walking Festival being held in September and October aims to help get people walking in the Christchurch, Waimakariri and Selwyn areas by offering a wide variety of walks in our beautiful region.

It provides a chance to discover new places, learn more about old haunts, try fun activities, and above all to enjoy fresh air, spring sunshine and good company.

The festival starts on Saturday 26 September and finishes on Saturday 10 October. Over the 16 days there are 37 free walks in all terrains, and for all ages, and abilities.

This year the festival has been extended to cover the duration of the October school holidays with plenty of variety; from child-friendly jaunts to a more energetic trek for the experienced walker and some include activities which will cater for all interests and ages.

An easy to use icon guide is available on the link below with information about the length of time needed and who the walk is suitable for.

The walks take place within Christchurch city, the Port Hills, and parts of the Waimakariri and Selwyn districts, including beautiful views of coastlines, forests, ridgelines, riverways, wetlands and gardens.

Whether you're a fan of the outdoors, local history, art, wildlife, socialising, or keeping fit, there's a walk for you.



"Spring is a very special time of year in Christchurch – the days warm with sun, the softer hues give rise to stunning sunrises and sunsets, and of course the sounds of birds are beautiful. Such a great way to incorporate the outdoors into my children's day."

Kiriana Te Amo

One of the best ways to maintain good health is through physical activity. Regular participation in exercise has been shown to be helpful in the prevention and/or management of many disease processes including heart disease, cancer, and diabetes.

Exercise also helps to control weight and because exercise helps to strengthen muscles and bones, it can even decrease your risk of developing osteoporosis and osteoarthritis.

You can [download the festival programme](#) to browse the walks, request a programme by calling (03) 941 8999 or pick up a programme at a Christchurch City Council library, service centre or recreation and sports centre.

Influenza vaccine programme further extended

Health Minister Jonathan Coleman says it's still not too late to vaccinate against influenza with the free vaccine programme further extended until Friday 11 September.

"With influenza at relatively high levels in our communities, it's still worth getting vaccinated. Whilst the latest data shows a drop in influenza cases, we could still see cases increase again," says Dr Coleman.

"Typically every two to three years we see higher influenza numbers. The latest surveillance data from ESR shows 124 (123.7) cases per 100,000 population, compared with 26 cases per 100,000 at the same time last year.

"The health sector is accustomed to increased demand over winter. DHBs are closely monitoring capacity and resources, having additional staff in place and being able to free beds up as required.

"For the third year in a row more than 1.2 million doses of influenza vaccine have been distributed across the country.

I would like to recognise and thank the sector for their successful management of the vaccination programme."

The vaccine is free for people aged 65 years and over, pregnant women, those with long term health conditions such as severe asthma, and children under five years who have been hospitalised for a respiratory illness. People with Down Syndrome and those with cochlear implants are also eligible for the vaccine.

It is particularly recommended for pregnant women as the vaccine offers protection to both mother and baby.

The vaccine is also available for purchase from general practices and many pharmacies for those who are not eligible for the free vaccine.

For advice about influenza immunisation visit www.fightflu.co.nz or text FLU to 515.

Better bedside information and visual cues for safer patient care

Two recent initiatives in our hospitals share a common theme – they are simple ways to provide essential at-a-glance information about the patients in our care.

As part of the DHB's "Releasing Time to Care" programme a new Bedside Board has been trialled to standardise important information at a patient's bedside.

The Consumer Council was involved in the design and the wording of the board. Consumer Council member Trish Adams says "I asked the question why all the signs by the patient's bedside were different. It was messy and confusing for patients and their families."



Left: Patient bedside before the signs were trialled.

The Hospital Falls Prevention Group and the Releasing Time to Care team set out to combine all the information into one sign. After considerable discussion, this was the result.

CDHB staff member Margo Mainwaring's mum Val was in hospital when the boards were being trialled. "As a family it allowed us all to keep updated on Mum's progress through her four month journey of rehabilitation here at the Princess Margaret Hospital," says Margo. "Having an estimated date of discharge was important and something to focus on as a goal for Mum. We found the information very useful".

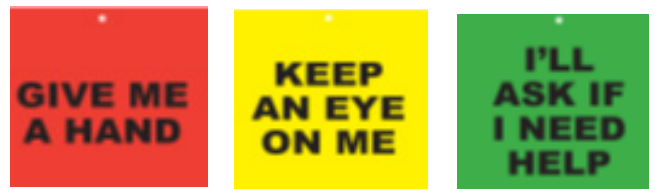
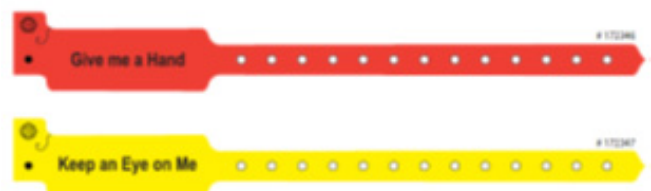
For healthcare workers, the information means that shift handovers are quicker and more efficient. Having the estimated date of discharge displayed makes sure the

patient's journey from admission to discharge runs smoothly and without delays. Most importantly, the up to date information keeps patients safer.

Throughout our hospitals, improved safety via falls prevention remains a key focus for the Canterbury Health System. Falls are a major cause of avoidable harm. The most serious injuries from a fall are head injuries and hip fractures. Older people have a higher risk of falling than others, and because they may also be frail, the consequences are often greater too.

In a second initiative that was launched on 30 April this year, colour-coded visual cues have also now been standardised across Canterbury's hospitals. They show at a glance the level of assistance a patient needs in moving about and the key fall prevention strategies in place.

Visual cues are displayed at the patient's bedside in the form of a Safe Mobility Plan, worn as a bracelet or tagged to equipment. There is also a magnet highlighting patients at risk of falling for Ward Information Boards. These cues reinforce the principle that falls prevention is everybody's responsibility.



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Above: Patient, Mrs Hay at TPMH wearing one of the bracelets.

Feedback from staff has led to changes to the Safe Mobility Plans – the new improved versions going up now. There are three to choose from. Example of the graphics used in these plans shown below.



Patients who need supervision when mobilising will be given a yellow bracelet or tag, reading “Keep an eye on me”. Patients who need assistance will be given a red bracelet, “Give me a hand”. There is also a green equipment tag that says “I’ll ask if I need help” because some patients considered independent might still use a walking aid.

Executive sponsor Mary Gordon says the introduction of a single set of visual cues across our health system is a simple but smart solution, and is another significant advance in safer care. “With a highly flexible workforce often working in more than one location, consistency is hugely important in preventing harm to the people under our care.”

For more information on the Visual Cues check out the [Fall Prevention visual cues intranet page](#)

Mind Body Balance Strength Control Awareness

PILATES AT CHCH CAMPUS



Every WEDNESDAY 4.30pm-5.15 pm
GREAT ESCAPE LOUNGE
2015 classes have begun

Pilates is a safe and effective workout for people of all ages and physical conditions

\$10 per class

Contact: Lisa Hansen lisa.hansen.design@gmail.com

Please provide your own mat

Canterbury
District Health Board
Te Pōwhiri Hauora o Wairarapa

investing
in health

HEALTH QUALITY & SAFETY COMMISSION NEW ZEALAND
Kōwhiri Hauora o Aotearoa



Health Quality & Safety Commission NZ E-Update

**Issue 44,
3-23 August 2015**

Included in this issue:

- » [Still time to enter the Clinicians' Challenge](#)
- » [Adverse event review workshops a success](#)
- » [Safe use of opioids collaborative newsletter – issue two](#)

[Full newsletter](#)

Gifts for Child Haematology Oncology Centre patients

Staff from The Hits radio station visited children in the Child Health Oncology Centre (CHOC) to show support for this year's Countdown Kids Hospital Appeal.

They gave out gifts of books, DVDs, toys, and iTunes vouchers which the children were thrilled to receive.

A Countdown representative also attended and provided details to staff and parents on how the appeal is going so far. Staff from The Hits videoed the visit and put the video on their website along with information on the appeal and how to donate.



From left, Dimetrus Mason and Micaiah Pratley with a representative from Countdown and The Hits Day Show Announcer, Dave Fitzgerald.



Chelsea Laughton with her gift.



Micaiah Pratley enjoys a new truck.

South Island Patient Information Care System (SI PICS) - Health sector mid-year review

The SI PICS regional team and DHB SI PICS teams have been tracking well. [Click here](#) to read about progress, as well as get a glimpse of how Canterbury DHB and Nelson Marlborough DHB are faring as the first two DHBs to migrate to SI PICS.



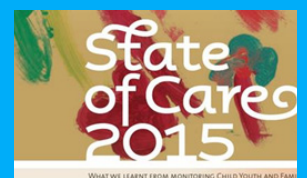
Children's Commissioner: news August 2015

First State of Care report published.

#stateofcare2015

The first annual report on the service Child, Youth and Family provides to our most vulnerable children has been released. The State of Care 2015 report is a summary of findings and recommendations from the Office of the Children's Commissioner's independent monitoring of Child, Youth and Family's policies, practices and services.

[Read the newsletter](#)



Whooping Cough outbreak

Canterbury Medical Officer of Health Dr Ramon Pink talked to CTV and Chalk FM (Broadcasting School) last week about the whooping cough outbreak currently affecting people in the lower half of the South Island.

Dr Pink said whooping cough is very infectious and the best way to stop the spread is to make sure your children are up to date with their immunisations, stay away from babies if you have a cough and see your doctor if you've got a cough that won't go away. He said pregnant women can get a whooping cough booster vaccination for free.

Since 27 July 2015 there have been 188 cases of possible whooping cough notified to Public Health South. Last week there were seven cases of whooping cough in the Canterbury DHB region.



Rongoā Kākāriki
GREEN
PRESCRIPTION

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.



sport
canterbury

BE ACTIVE

Programmes Term 4, 2015

Bishopdale

Bishopdale YMCA

13a Bishopdale Court
Tuesday 1:00pm – 2:30pm
Starting Tuesday 13th October

Hornby

Harvard Community Lounge

31 Corsair Drive
Wednesday 1:00pm – 2:30pm
Starting Wednesday 14th October

Linwood

Linwood Ave Church

378 Linwood Ave
Thursday 10:30am – 12:00pm
Starting Thursday 15th October

Spreydon

St Nicholas Church

231 Barrington Street
Thursday 1:30pm – 3:00pm
Starting Thursday 15th October

For more information and to register please contact:

P 03 373 5042

E dave.jeffrey@sportcanterbury.org.nz
www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, eg circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.



Department of Psychological Medicine, University of Otago, Chch & SMHS, CDHB Tuesday Clinical Meeting

Tuesday 1 September 2015, 12:30 pm – 1:30 pm

Venue: Beaven Lecture Theatre, 7th Floor, School of Medicine Building.

Title: Anti-NMDAr Encephalitis: A possible mimic of psychotic disorder.

Abstract: Recent studies have raised question as to whether a subset of patients presenting with psychotic symptoms may have an underlying encephalitis, which may merit immunological treatment. We discuss the current (limited) evidence, the new capacity to test for this in Christchurch, and a suggested protocol.

Presenters: Dr Colin Peebles (PCS), Dr Julie Fitzjohn (CAF-EIPP).

Chair: Dr Sue Nightingale

Special notes

- » These meetings are held on a weekly basis (except during school holidays)
- » A light lunch will be served at the School of Medicine venue, 7th Floor, from 12 noon.
- » Psychiatrists can claim CME for attending these meetings.
- » The sessions will be broadcast to the following sites:

For TPMH attendees the venue is the Child, Adolescent & Family Inpatient Unit, Ground Floor. Access is from the main reception at TPMH.

For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital.

The dial in address is: Psych Med Grand Round.

If you have difficulties dialling in please call 0800 835 363 to be connected.

One minute with... **Kerin Henderson,** **Co-ordinator, Interpreter Services**

What does your job involve?

The day to day scheduling of interpreters for Christchurch, Burwood, Christchurch Women's, Hillmorton and Princess Margaret hospitals as well as Community and Public Health and Cervical Screening. I recruit new interpreters, provide in-service training sessions for our current Canterbury DHB interpreters and promote the service where I can.

Why did you choose to work in this field?

I was looking for a role back in the health arena but in administration this time around and this unique role appealed to me.

What do you like about it?

I like working with all of our interpreters. I can't say that I would have ever had the opportunity to interact with people from so many different cultures in any other role. I like to think that patients are well catered for in all aspects of their care and having an interpreter with them makes their journey through our health system an informed experience. I also enjoy the independence and autonomy of the position, it's like running a small bureau!

What are the challenging bits?

Anticipating the growing demands of our multi-cultural population and recruiting new interpreters to accommodate these needs; debriefing with the interpreters after a difficult booking; the sheer volume of bookings (there has been a 150 per cent increase in booking numbers since I began three years ago); and trying to keep a tight rein on costs while meeting the growing demands. On a personal note I am a little tired of looking at the pink job sheets! Pink, pink everywhere, I dream in pink!

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

The interpreters – it sounds like an easy role but it is fraught with challenges and can be an emotional rollercoaster.

The hard working booking clerks, receptionists and secretaries around CDHB, I have never met or spoken to anyone in this line of work who doesn't give 100 per cent every day.

Joy Sixtus, my manager and Customer Service Manager for Christchurch and Burwood hospitals. She is a wonderful advocate for patients and staff alike, a great listener who always gives you her undivided attention. For those of you who have ever been on the receiving end of her wise counsel you will know exactly what I mean.

The last book I read was...

I am an avid multi book reader so at the moment I am on "How to Cook a Wolf" (best title ever!) by MFK Fisher, "The Life Changing Magic of Tidying Up" by Marie Kondo and "Before I go to Sleep" by SJ Watson.

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

Skis poised at the top of Jackson Hole/Whistler/Verbier ski field ready to take off on a perfect day with very few people around, after a snowfall overnight with the anticipation of a lovely glass of Gluhwein waiting at the bottom of the hill for me in front of a roaring fire.

My ultimate Sunday would involve...

A lie in, a read, a late lazy breakfast, a walk, a catch up with friends or family in the afternoon, scintillating conversation (lots of laughter) followed by a delicious dinner, a pinot noir and a fantastic movie – done!

One food I really dislike is...

Anything that has an elimination function in its host's body – kidneys, liver etc. Also any green lolly – it's a long story!

My favourite music is...

I have the world's worst recall for the names of songs and I am not recommended to be near the stereo / iPad at parties. However I love music and am surrounded by it at home so anything that is played for me I am happy with. Having said that frequent flyers are Calexico, Nouvelle Vague, The Flaming Lips, The Handsome Family, Astrid Gilberto, The Woolshed Sessions and on and on! (I had to write down the names).



Kerin Henderson

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

How well are your patients eating?



Find out about using Nutri-eSCREEN®, an online eating habits survey for people 65+

Eating well helps older people stay healthy and active. Nutri-eSCREEN® is a self-assessment tool for older people to find out what they are doing well and how to improve.

In Christchurch, 31% of older people surveyed were at high risk of poor nutrition. Living alone, unintentional weight change, and difficulty cooking were common risk factors (S. Watson, K. Zhang, T. J Wilkinson. Nutrition & Dietetics 2010; 67:84-89). Screening helps older people become aware of nutrition problems and can motivate behaviour change.

How to find Nutri-eSCREEN®



Go to www.healthinfo.org.nz

In the search bar, type "eSCREEN", then click on "managing my weight for older adults"

Under the heading "How well are you eating?", click on 'Nutri-eSCREEN eating habits survey for older New Zealanders'.

After answering 14 questions about their eating habits, the user receives individualised feedback, and is directed to useful resources such as nutrition articles and local community services.

Enable the path to better health – direct your patients to Nutri-eSCREEN®

(Nutri-eSCREEN® is for community-living older people. It's not suitable for use in residential care or for people with cognitive impairment.)



BNI Black Tie EVENT

BNI proudly presents... A Black Tie Event for Nurse Maude Hospice.
An evening of fine dining, frivolity and fundraising.
All proceeds from this event will benefit Nurse Maude Hospice.

October
10th 2015

7 pm

Rydgas
Latimer Square
Christchurch

Formal dress

Get in quick tickets are available from:

@ www.nursemaudeblacktie.co.nz

f Nurse Maude Black Tie Event

BNI®

Nurse Maude
HOSPICE

Staff Wellbeing Programme: RAS – free legal advice – only four appointment times left at CHCH Campus

Staff Wellbeing Workshops - only 12 places left for 2015 workshops

[Click here](#) to register – [click here](#) for more information.

Residential Advisory Service (RAS) - FREE 30 minute appointments with a lawyer to help progress your EQC/ Insurance issues

» CHCH Campus – 8 September – only four appointment times left. [Click here](#) for more information.

The RAS offers:

- » free independent and impartial legal advice to help home owners navigate through their rebuild, repair or resettlement issues.
- » free technical advice on existing repair solutions (desk top review).
- » free facilitated meetings with Insurers and other interested parties to try and achieve agreement on a way forward.

FREE Retirement/financial planning advice and information about house buying/home loans

See an Authorised Financial Advisor or Home Loan Expert free of charge at main hospital sites.

[Click here](#) for more information.

For more information on all wellbeing initiatives visit the [Staff Wellbeing Programme intranet page](#)

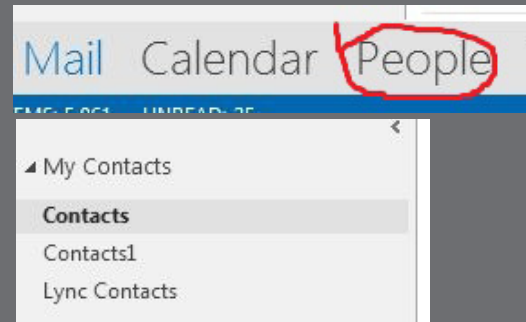
Andy Hearn, Staff Wellbeing Coordinator
Canterbury & West Coast DHB
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924
andy.hearn@cdhb.health.nz



em@il
tips & tricks

This week: Compiling contacts

Your contact list in Outlook can be found by clicking on the 'People' tab –



Set up a New Contact

- » Click on Contacts on Navigation Pane
- » Click on New box on toolbar
- » Enter required information into the various Tab fields
- » Click on Save and Close

Add a Contact from an Email

- » Open an email that you have received
- » Right click the name of the sender in the From field
- » Select Add to Outlook Contacts
- » Click on Save and Close

Check Details about a Contact from an Email

- » From a message that you are creating or an email you have received, right click the contact's name
- » Select Outlook Properties to view further contact information linked to the CDHB Phone Directory

Add a contact sent to you as attachment

- » Drag the contact from the email attachment into the 'People' tab

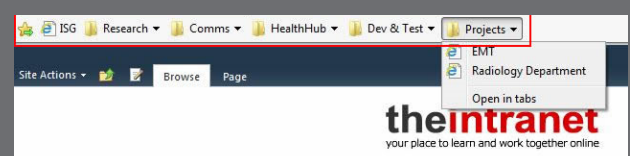
Intranet Tip #2: Get to your most used intranet pages in one click; use the IE Favourites Bar

Do you often use the HR intranet site? Or perhaps you visit the phone book, METU or Nursing Dept pages several times a day?

Use your Internet Explorer Favourites Bar to add intranet or website pages, so that they are only one or two clicks away.

[View instructions about how to use the IE Favourites Bar on our intranet tips page](#)

Example of IE11 Favorites Bar with folders containing links





a career with us...

Rural Hospital House Officers – Ashburton 2015/2016

Canterbury District Health Board has a fantastic opportunity for House Officers PGY2+ to join the team at Ashburton Hospital for the coming medical year commencing in November 2015 or sooner.

[Read more.](#)

Project Manager (Faster Cancer Treatment) Southern Cancer Network

We are looking for a vibrant self-starter to develop and manage projects for the Southern Cancer Network. Support the SCN and all SI DHBs to take active steps to deliver the Faster Cancer Treatment Ministerial initiative by supporting quality improvement and reduce inequities across the cancer control continuum.

[Read more.](#)

Clinical Psychologist

Are you an experienced Clinical Psychologist? Bring a breadth of assessment and treatment skills to this permanent, part time position, working 36 hours per week. You'll be well equipped to support staff from a range of professional backgrounds with advice and clinical consultation.

[Read more.](#)

Registered Nurse Emergency Department Greymouth

Grey Hospital is a base hospital for the West Coast region. We are a six bedded Emergency Department and see an average of 35-40 patient presentations per day.

We are seeking a senior Registered Nurse with extensive emergency experience including triage and acute trauma. A confident practitioner with exceptional patient assessment skills, and the ability to work autonomously and effectively as part of our multidisciplinary team.

[Read more.](#)

Mental Health Registered Nurses

Move away from the busy metropolitan lifestyle, have a taste of life on the Coast! Manaakitanga is a small nine bed acute mental health admission unit based at Grey Base Hospital. Working in a rural setting we will value your mental health knowledge and broad based skills. You will display a high level of creativity, clinical accountability and reasoning, providing you with job satisfaction. You will enjoy being part of our small hard working multi-disciplinary team, who are committed to quality care and safe management of patients with serious mental illness.

[Read more.](#)

Helping us become a PaperLite organisation

As Canterbury DHB strives to become a PaperLite organisation, what can you do to contribute?

It is not uncommon for large or even small groups to receive printed documents that they might read once or maybe twice and then discard or simply file away. It takes time, effort, materials and dollars often resulting in waste that can be avoided.

If the same document was distributed as an electronic file the recipients have the more convenient options of viewing on any number of different desktop or mobile devices and then print if it's really essential.

If you think printing and spiral binding will prevent copying and distribution, think again in the age of camera equipped smart phones and multi-function printer/scanners.

The effort required to print, transport, transfer and distribute

and store documents along with the cost of paper, ink and machine maintenance can be avoided and considerable WASTE removed from the system.

This was recently demonstrated at Community and Public Health where Learning and Development (with a member of the PaperLite team) recently ran a two day course without traditional printed course material and provided the information on reusable USB memory sticks. Feedback was positive and the course was no less successful.

So please think before you print.



PaperLite

TECHNOLOGY ENABLED HEALTH SYSTEMS