



David Meates

# ceo update

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## Thursday 17 April 2014 —Taking time to celebrate

Every day I come across stories from across the Canterbury Health System which are inspiring and exciting. Since the earthquakes the pace of change has accelerated significantly, and this in turn has led to remarkable progress and innovation.

It's fair to say that it has also led to many headaches as we find ways to support people in buildings that have severe earthquake damage, are undergoing repair or are no longer fit for purpose.

The Site Redevelopment Team have been our unsung heroes over the past three and a half years. They are a small team of less than a dozen people, and are responsible for major building construction and building redevelopment work across the CDHB, including all earthquake repairs.

At any one time they are juggling many balls in the air –working out how to decant from one space to another during repair work, building new facilities, dealing with the logistics of repairing busy operating theatres, and making sense of hefty engineers' reports.

What makes their job so challenging is that unlike building a new supermarket, the CDHB can't just close its doors and re-open in six months' time. The Site Redevelopment team's challenge, and their skill, is working with affected staff to find innovative solutions to very tricky logistical challenges.

It's important to remember the extent of the challenge – we have identified more than \$518 million worth of quake-related repairs, and sustained damage to more than 200 buildings and over 14,000 out of 16,000 rooms.

The variety of work they are currently involved in is staggering. It currently includes:

- Overseeing the development of a new integrated family health centre in Kaikoura
- The redevelopment of the Fergusson building at Hillmorton
- The expansion of Cardiac Intensive Care Unit (CICU)
- The relocation of the Central Sterile Services Department to Christchurch Women's Hospital
- The construction of the new Child Haematology Oncology Centre (CHOC)
- The relocation of Club 304 Day Unit from Burwood Hospital to Linwood Avenue.
- The redevelopment of Rangiora Hospital into the Rangiora Health Hub.
- The redevelopment of the theatre facilities, acute assessment unit and the refurbishment of some ward areas at Ashburton Hospital.
- The refurbishment of Lyndhurst Hospital
- The relocation of social workers to Stewart St
- The demolition of 41 St Asaph Street to make way for the new public car park.
- Alterations to the cafeteria area at TPMH
- Major earthquake repairs at Christchurch Hospital, TPMH, Burwood Hospital, and Hillmorton Hospital (over \$35M to date)

The team are also involved in the development of numerous design and cost exercises needed to inform decisions on various building options, before final authorisation by the Board.

While this is an impressive list, possibly more impressive is the amount of work completed since the earthquakes. The list is also a long one, with highlights including:

- The new Acute Medical Assessment Unit
- Demolitions at 45 St Asaph Street, Totara House, Hagley Hostel, part of the old Lyndhurst Clinic, the Maintenance and Engineering building at TPMH, The Christchurch Hospital boiler house chimney (whilst the plant remained operational), the Hillmorton chimney,
- Additional Parkside Wards on level two and three
- The development of a temporary Staff Car Park on the Old Brewery site.
- The refurbishment and upgrade of Tuarangi Home in Ashburton
- The repair, refurbishment and strengthening of Whakatata House
- Repairs underway at The Princess Margaret Hospital.
- Establishment of temporary wards at TPMH, to allow decanting from Riverside—now moved back to Christchurch Hospital.
- The reconfiguration of the Adult Inpatient Unit at Hillmorton into four separate wards (whilst the building remained operational).
- The design and construction of the current outpatients facility on the site of the old Hagley hostel (completed in 7 months).

*Continues on the following page....*

- The repair and seismic upgrade of the staff car park at Christchurch Hospital.
- The design and construction of the current Hospital Dental facility.
- Design and construction of a new facility for Community and Public Health
- The construction of a new GP facility at Akaroa.
- Completion of the roll out of new community dental facilities throughout the Canterbury region, including new treatment buildings at selected locations.
- Relocations of numerous departments as a consequence of EQ damage to various facilities.
- Commissioned and assessed over 200 Detailed Engineering Evaluations and in excess of 25,000 other engineering related reports on CDHB-owned buildings.

There's no question that the Site Redevelopment team have their work cut out for them juggling some very complicated issues over the next few years. While it's a huge challenge for everyone, every step forward represents progress towards the development of some the best facilities in the world, and that's something we can all get excited about!

I hope you have a relaxing Easter break and don't overdo things as far as Easter eggs are concerned! For those of you lucky enough to be having some time off I hope you have a restful and enjoyable break. And a special thanks to those for whom the next few days are business as usual – thanks for all you do to keep our health system running smoothly.

Regards, David Meates

## Facilities News

It's All Happening: This week a 200-tonne crawler crane has been assembled on site at Burwood.







## **Christchurch Hospital**

For the past five years I have been treated by Christchurch Hospital for several complaints, including cancer. I would like to record my appreciation for the care and respect and skill in all areas shown to me over this time. I am so grateful to be able to be cared for by the professionals here, that when earthquakeed out of my home, I insisted I be within one hour of this hospital. My heartfelt thanks!

## **Ward 24, Christchurch Hospital**

I would like to thank all the staff from Ward 24 for the hospitality they gave towards my family for my stay in hospital. Thank you all very much for your kind support and to Nurse Sophie thank you for the care you gave me.

## **Ward 24, Christchurch Hospital**

Wonderful friendly staff. Thank you.

## **Ward 11, Christchurch Hospital**

Absolutely no complaints. We are so very grateful for each service and staff have been amazingly compassionate, kind and gone beyond their duty. I am overwhelmed with gratitude @ their patience and assistance. Thank you.

## **Outpatients, Day Plastic Surgery, Christchurch Hospital**

Wires inserted to set my left thumb. Thanks to all involved. Special thanks to Trudy as previous recent experiences with anaesthetic has not been for me so good. Felt great after surgery. I look forward to a full recovery and full use of my thumb again and mountain biking on the Port Hills. Helen in Physiotherapy very helpful.

## **Ward 25, Physiotherapy, Christchurch Hospital**

I would like to congratulate Ward 25 doctors and physio Trish for their wonderful care when I was in hospital in January. It was outstanding and the physiotherapy with Trish has continued for chest percussion. This has been so helpful and has meant I have needed less antibiotics. Thank you for everything.

## **Acute Medical Assessment Unit (AMAU), Christchurch Hospital**

Very well looked after.

## **Wards 18 and 14, Christchurch Hospital**

Awesome staff looked after me so well. Thank you too to the surgical team for stitching me back together. Thank you all the staff at Christchurch Hospital.

## **Plastic Surgery Clinic, Christchurch Hospital**

The staff at this clinic from the surgeon down were all very professional and friendly. They answered my questions very clearly. I was most impressed. The clinic is also very clean and well presented. I cannot praise them highly enough.

## **Emergency Department, Wards 18 and 14, Christchurch Hospital**

Everyone on these wards and in the surgical team – thank you so much for taking care of me.

## **Emergency Department, Ward 20 and Theatre**

Thank you very much for the care received while in ED, Ward 20 and Theatre. I am very grateful. I appreciated the care provided by the nurses, including the CPIT nurses, the aides, the theatre staff and doctors; also the occupational therapist, social worker and physiotherapist. My suggestion is for a more holistic and patient-focussed approach, from the house officer completing the discharge summary. However I know how busy these doctors are, so my thanks to him also.

## **Emergency Department, Christchurch Hospital**

On 30 of March 2014 I visited the Emergency Department to receive some medical assistance / treatment / advice in regards to my injured ankle. I was very pleased to have been treated promptly, nicely and professionally — thank you very much for that.

## CDHB Clinical Board's April Meeting

The Canterbury DHB Clinical Board's April meeting was held this week with a strong focus on quality, patient safety and harm reduction.

Dr Daniel Williams, Canterbury Clinical Board chair, says the Clinical Board recently raised some concerns around continuity of care during weekends and afterhours to the Executive Management Team which is now considering the matter.

"This action was prompted after a patient story we heard back in February and we wanted to see how we can improve continuity of care particularly over weekends," Dr Williams says.

At the meeting, the Clinical Board endorsed this year's Quality Accounts, agreeing to stick with the current format and for the focus to be centred on the Canterbury DHB's outcome framework.

"The framework is focused around Canterbury people being well and healthy in their own homes and communities."

Minimising harm from alcohol in our communities is another strong focus for the Clinical Board.

"Our Alcohol Harm Minimisation coordinator Stuart Dodd presented to the board who are supportive of the work he is involved with around the development of the Local Alcohol Policies and other community engagement, in particular with the construction industry," Dr Williams says.

"The Clinical Board has endorsed the development of an Alcohol Harm Reduction Strategy for the DHB."

Sue Wood, Director Quality and Patient Safety, gave an update on the Quality and Patient Safety Programme and the Health Excellence survey and assessment of DHB quality systems.

Chief Medical Officer Dr Nigel Millar gave a presentation on Clinical Information and Pathways and resulting in a recommendation to the Chief Executive that:

- The importance of knowledge management is recognised within the Canterbury Health System
- There is a project commissioned to develop a knowledge management strategy.

Knowledge management is the process of capturing, developing, sharing and effectively using organisational knowledge. It refers to a multi-disciplined approach to achieving organisational objectives by making use of the best knowledge.

Guest speaker Jenny Kenward, Head of patient Experience – Community, Primary and Integrated Care for the NHS, England, talked about her role and the challenges around integrating secondary and primary care.

"She was positive about what she had seen in Canterbury during her visit here."



### A little pink elephant is coming your way!

To celebrate **Smokefree May**, Little Jumbo will be visiting wards to deliver World Smokefree Day resources on **May 1, between 10am and 12noon**.

Please email Little Jumbo at [smokefree@cdhb.health.nz](mailto:smokefree@cdhb.health.nz) to put in your order. Little Jumbo can deliver:

- |                       |                           |
|-----------------------|---------------------------|
| • Stress balls        | • Key rings               |
| • "Quit now" stickers | • Smokefree pens          |
| • A3 and A4 posters   | • Smokefree lanyards      |
| • Balloons            | • Smokefree drink bottles |
| • Lip balm            |                           |

#### Best Smokefree Promotion

A great prize is on offer for the person who comes up with the best Smokefree promotion as part of World Smokefree Day (31 May). The promotion could be a display, a quiz, a presentation, or a competition. Let your imagination go wild!

Regards,



Little Jumbo

## Roving Grannies proving popular

Nurse Educator, Lisa Bee, says she would like to say a special thank you to the wonderful staff of ward 28 for being so welcoming to the Grannies, Betty and Mavis.

"The patients and their families were so happy to see us. Thank you especially to CNM Ali, and a Hospital Aide called Nicola, who took us around, it was fabulous. What a great friendly team."

Lisa says while the concept of the Grannies is education around falls prevention. They have also offered cheery encouragement to patients and families they have met on their travels around Christchurch Hospital.

"There have been many great moments. For example I talked to a three year old boy who has cystic fibrosis and his mother and gave him a knitted teddy, made by one of our volunteers.

"One elderly lady who was waiting to see an Orthopaedic Surgeon asked me for a hug," Lisa says.

Several people asked if they could give money for the cause, and a GP, patients and families said they thought it was a great concept. Many wanted to know how they could book the Grannies.

They Grannies are so popular they have received requests to visit Timaru Hospital, she says.

The Princess Margaret, Burwood, Ashburton, and Darfield hospitals will soon get visits from the Grannies. If anyone would like to book a visit with them email [lisa.bee@cdhb.health.nz](mailto:lisa.bee@cdhb.health.nz) or [mark.crawford@cdhb.health.nz](mailto:mark.crawford@cdhb.health.nz)

Right: The "Roving Grannies" at Christchurch Hospital last week talking about falls prevention. Pictured here with House Officer, Kevin Chen, left, and RMO, Teurai Chikura.



## ONE STOP Submissions Shop

If you or your division are interested in preparing or contributing to a submission on a proposed regulation, policy, or other document that has been notified for public consultation, please email [submissions@cdhb.health.nz](mailto:submissions@cdhb.health.nz)

A submission coordinator will be able to help identify others who may be interested in submitting, and will make you aware of the appropriate approval mechanism within CDHB.

A coordinated and consistent approach will help ensure all submissions contribute towards the CDHB vision of promoting, enhancing and facilitating the health and wellbeing of the people of Canterbury.

**Canterbury**  
District Health Board  
Te Pori Huarua o Waitaha



## Staff flu vaccination clinics now on

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

### Clinics coming up at Christchurch campus

Venue	Date	Time
Christchurch Women's	Tuesday 29 April	14:30-15:30
Eye Clinic	Tuesday 22 April	12:30-13:30
Ward 12	Tuesday 29 April	11:00-12md
Ward 14	Tuesday 29 April	09:00-10:00
Emergency Department	Tuesday 29 April	14:00-15:00
Paediatrics Outpatients	Thursday 17 April	12:00-13:30

### The Princess Margaret Hospital

Venue	Date	Time
Mothers and babies unit	Wednesday 23 April	11.30-14:00

Contact Occupational Health on 68723 if you can't get to these clinics.

### Burwood Hospital

The following staff have the vaccine available and can vaccinate:

Nerilee Kidd, Duty Manager (Nights)  
Saskia Gibb, BIRS (Nights)  
Emma Lanyon, Duty Manager  
Helen O'Sullivan (Casual Pool, TBA)  
Anne-Marie Wildbore (Infection prevention and control)

### Ashburton Hospital

There are authorised vaccinators in clinical areas who will vaccinate clinical staff on the wards according to availability. Make contact with these people:

Paula Burgess, AAU  
Deborah Hanrahan, AAU  
Fay Jones, Ward 6  
Sheila Lyons, Ward 1 & Home-based support  
Sharon Greenslade, Ward 1  
Amanda Van Asperen, Ward 1

### Hillmorton Hospital

Contact CSU on 33966 to make appointment.



Around 4000 staff have already had their flu shot and so we're half way there to our goal of vaccinating 8000 staff - let's see if we can beat it!





### Let's Talk About...

30 minute presentations at CHCH Campus on the follow topics:

- team building (Monday 28 April)
- having courageous conversations (Wednesday 21 May),
- workplace bullying (Wednesday 18 June)

**Venue:** Oncology lecture theatre

**Times:** 1000-1030 and repeated at 1100-1130

No registrations necessary – first come, first served...

**See poster on page 14 for more details.**

### Wellbeing Workshops for managers/supervisors

Limited places are still available for the following workshops.

- Burwood Hospital —April 29
- Hillmorton Hospital —April 30
- TPMH—May 8

Are you a manager/supervisor with responsibility for other staff? Do you want to know more about how you can manage and promote your own wellbeing?

For more information on what the workshop covers and details about how to register, visit the Staff Wellbeing Programme intranet page

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

**See poster on page 13 for more details.**

### Staff Wellbeing Programme intranet page!!

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

Check out this page for information on yoga, Zumba, pilates, mindfulness, 30 minute walk 'n workout groups, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

Updated **Something for You employee benefits** - updated last week on the Staff Wellbeing Programme intranet page. Contains a large number of discounted products and services for CDHB Staff.

## Registered Nurses undertaking postgraduate nursing study in semester two, 2014 - Applications close Friday 25 April 2014

Applications are open for a limited number of Health Workforce New Zealand funded places in semester two, 2014. The link to the online application form is:

[Application form: HWNZ funding for Postgraduate Nursing study - CDHB nurses](#)

Further information is available on the Postgraduate Nursing Education website:

[Postgraduate Nursing Education](#)

Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or [margaret.bidois@cdhb.health.nz](mailto:margaret.bidois@cdhb.health.nz) or to Jenny Gardner, Nurse Coordinator, PG Nursing Education on 68679 or [jenny.gardner@cdhb.health.nz](mailto:jenny.gardner@cdhb.health.nz)

**Closing date for applications is Friday 25 April 2014**

## One minute with...Sheryl Haywood, Gerontology Nurse Practitioner

### What does your job involve?

I specialise in Older Person's health, working across Ashburton and rural health services, including the hospital settings, and do outreach to residential aged care and the community. I am currently in a Nurse Practitioner (NP) intern role, which means whilst I am developing and embedding the role, I am undertaking post graduate education and clinical supervision by a geriatrician, to advance my health assessment skills and knowledge in older person's health. My role involves advocating for the older adult and ensuring their specific needs are identified and appropriately managed. I generally see clients with complex health needs, and clinically assess, intervene and evaluate their care in collaboration with their families, general practice team, medical specialist, geriatrician or any other relevant health professional or service. The non-clinical focus of my role involves directing and influencing care through education, leadership, mentorship and participation in planning, policy and service development at a local and national level.

### Why did you choose to work in this field?

I left for Australia as a new graduate over 20 years ago, and started working on night shift in a secure, what was then called, a psycho-geriatric nursing home in Brisbane. This was never my intended area of practice, however I was well supported within the organisation, and became charge nurse of this 60-bed home within my first six months of nursing. I absolutely loved working with the elderly, it was a huge learning curve, but started me on my journey of a career in gerontological nursing.

### What do you love about it?

The elderly love sharing their life stories and I learn so much from them. They are a vulnerable population and I find it an absolute privilege to advocate for them and assist them with their health needs, particularly in the end stage of their life. I also love the opportunities I have to promote evidence-based practice and provide education to both clients and colleagues on key topics related to the elderly. For example, it is **April Falls month** at the moment, an opportunity for me to promote falls prevention, and highlight the importance of "knowing" the older person, assisting to identify and manage their risks, and to individualise their falls prevention strategies.

### What are the challenging bits?

I am constantly promoting older persons health as an exciting, rewarding and challenging area of nursing in which to work. One of the challenges is overcoming the lack of understanding from others, that gerontological nursing is an evidenced based specialty practice requiring advanced health skills and knowledge. It is also a challenge to ensure continuity of care occurs, but I find effective communication across settings is by far the best way to facilitate this.

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

There would be too many people to mention as I have worked with so many admirable colleagues over the years. I know that I always feel invigorated when I have the opportunity to work with others who are as passionate about nursing and older person's health as I am. I also admire health professionals who really take the time to care, focusing on each individual to provide a really personalised approach to their care.

### The last book I read was...

Do text books count? I have to admit, I have had very little time for indulging in a good book lately due to ongoing study. But I have some annual leave this month, and plan on reading 'East of the Sun' by Julia Gregson, a book I was gifted a long time ago and have not had the chance to read.

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

Relaxing on a white sandy beach, the Maldives would be bliss.

### My ultimate Sunday would involve...

A picnic with my family and then a leisurely horse ride along the beach

### One food I really dislike is... Olives

### My favourite music is...

I have to say, I do love all the music from the 1980s, but enjoy a range of music, from country through to opera.

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz). If you are interested in working in older person's health or wish to inquire about any vacancies in this area please email [nursing@cdhb.health.nz](mailto:nursing@cdhb.health.nz)



Sheryl Haywood





## Issue 9 [31 March–14 April 2014]

Read about:

- Reducing perioperative harm
- Health Passports
- PHARMACs decision criteria consultation
- DHBs improving performance on keeping patients safe
- Falls prevention highlighted in April

Hand Hygiene New Zealand quality improvement workshop 12-13 June 2014

[Read the full newsletter.](#)



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

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

The contribution of experienced Mentors and Assessors is essential to the success of the Awards programme. We are now recruiting Mentors for the April-July period. Please put your name forward if you are interested.

Important points about the Mentor role:

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

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

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

See also the posters at the end of this update.



129576 – Mortuary Technician  
129340 – Physiotherapist (Mental Health Clinical Support)  
129150 – Medical Secretary – Respiratory Lab  
128959 – Sterile Services Technician  
129220 – Biomedical Technician – Renal Dialysis

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

## CDHB Consumer Council

The CDHB Consumer Council aims to ensure consumers have a strong voice in planning, designing and delivering services in the Canterbury Health System.

At a recent meeting the council chose to concentrate on the following areas:

- The Consumer Council will be visiting the Design Lab on April 28 and hosting two members from Mid-Central DHB. Stephanie Fletcher MCDHB visited in March to attend Consumer Council Meeting as they are looking at setting up a similar group for their DHB.
- The Consumer Council is actively engaged with Older Persons Health as they re-build Burwood Hospital and develop their model of care
- The Consumer Council is actively progressing with a broad range of CDHB working groups and project work streams as part of their 2014 work plan.

If you are looking for consumer participation for your projects, working groups or work streams please contact [Wayne.turp@cdhb.health.nz](mailto:Wayne.turp@cdhb.health.nz); Phone 364 4130 for assistance.

## Epilepsy Support Group meetings Epilepsy NZ Canterbury/West Coast Branch



When:

- Thursday April 17, 10.00am
- Thursday May 15, 10.00am

Where: 75 Lyttleton Street, Somerfield, Christchurch, Pioneer Stadium, Upstairs Lounge

RSVP: Please phone 0800 EPILEPSY or email [canterbury.westcoast@epilepsy.org.nz](mailto:canterbury.westcoast@epilepsy.org.nz)



## “What if” Wednesday University of Canterbury Lectures on YouTube

**What if... Critically-ill patients could be helped more?**

**Presenter:**

Distinguished Professor Geoff Chase, Director of the Mechatronics Programme, Department of Mechanical Engineering, College of Engineering

[Watch it here.](#)

## Social housing changes

The Ministry of Social Development (MSD) now manages applications for social housing and refers people on the waitlist to social housing providers. This means people who may require housing assistance, should now contact MSD.

The Government has also opened up the income-related rent subsidy to more housing providers. From April 14, people on the waitlist for social housing could be referred to Housing New Zealand or to a registered community housing provider when a suitable property becomes available.

MSD is responsible for:

- assessing people's eligibility for social housing
- assessing people's need for a house
- managing the waitlist for social housing
- referring people to social housing providers
- calculating and administering income-related rents
- paying income-related rent subsidies to housing providers.

Housing New Zealand will continue to:

- be the landlord to all state housing tenants and manage their nationwide portfolio of 69,000 properties
- provide housing to people referred to them by MSD
- manage tenancies, including organising repairs.

If you are asked about these changes, there is lots of new information for you to share with people in your community.

### New information for people looking for somewhere to live

MSD has a new website for people with housing needs; it provides information to help anyone find somewhere to live, including information about social housing:

- [MSD's Housing Assessment website](#)
- [MSD's housing brochures, factsheets and forms](#)

### Becoming a registered community housing provider

The Community Housing Regulatory Authority has information about how to become a registered provider:

- [Community Housing Regulatory Authority website](#)

Information for housing providers is available on MSD's new housing website. MSD are planning to put up more information over coming weeks too, so make sure you visit the site again.

- [Information for housing providers](#)

### Information about the social housing changes

- [Ministers' media release](#)

You can find out more about the social housing changes on the MSD website or by contacting regional teams:

- [MSD website](#)
- [Making contact with MSD's regional offices](#)

For information on Housing New Zealand and their social housing role go to [www.hnzc.co.nz](http://www.hnzc.co.nz).

Enquiries about the social housing changes may also be emailed to [social\\_housing@msd.govt.nz](mailto:social_housing@msd.govt.nz).

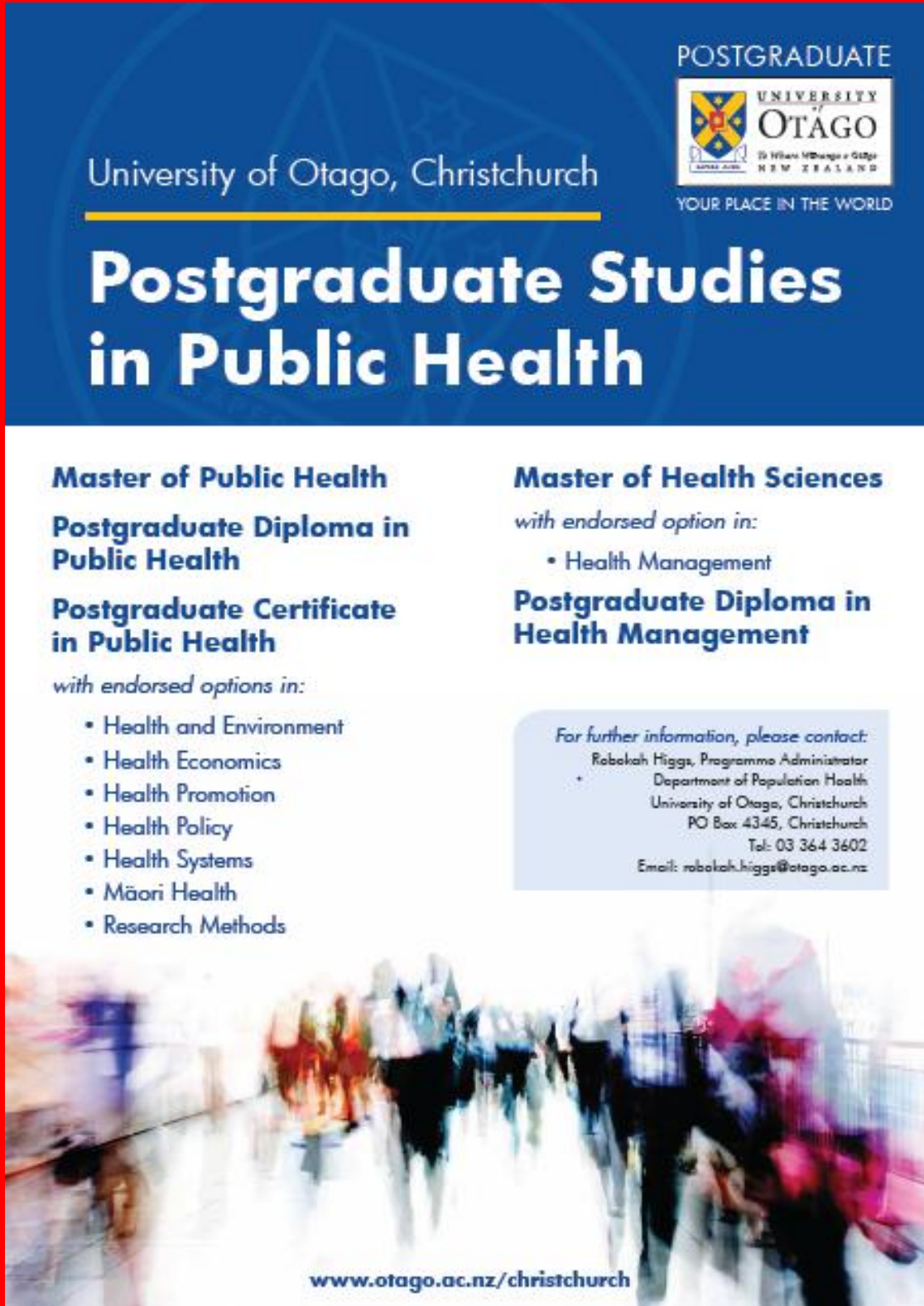


## Make a difference through the study of Public Health

Are you considering taking your degree to higher places?

- build on your undergraduate degree in any discipline
- develop your knowledge and skills in a related area
- enhance your career prospects

The University of Otago offers postgraduate study in Public Health at their Christchurch campus. Enquires are welcome and second semester applications for enrolment will open May 1 2014.



The poster features a blue header with the University of Otago logo and the text 'POSTGRADUATE UNIVERSITY OF OTAGO YOUR PLACE IN THE WORLD'. Below this, the text 'University of Otago, Christchurch' is followed by a yellow horizontal line. The main title 'Postgraduate Studies in Public Health' is in large white letters. The poster lists two programs: 'Master of Public Health' and 'Postgraduate Diploma in Public Health', and 'Postgraduate Certificate in Public Health'. It also lists 'Master of Health Sciences' with an endorsed option in 'Health Management' and 'Postgraduate Diploma in Health Management'. A list of endorsed options for the Public Health programs includes Health and Environment, Health Economics, Health Promotion, Health Policy, Health Systems, Māori Health, and Research Methods. Contact information for Rebekah Higgs, Programme Administrator, is provided in a light blue box. The bottom of the poster features a blurred image of a crowd of people walking and the website 'www.otago.ac.nz/christchurch'.

POSTGRADUATE  
UNIVERSITY OF OTAGO  
Te Whare Mātauranga o Ōtago  
NEW ZEALAND  
YOUR PLACE IN THE WORLD

University of Otago, Christchurch

# Postgraduate Studies in Public Health

**Master of Public Health**  
**Postgraduate Diploma in Public Health**  
**Postgraduate Certificate in Public Health**

*with endorsed options in:*

- Health and Environment
- Health Economics
- Health Promotion
- Health Policy
- Health Systems
- Māori Health
- Research Methods

**Master of Health Sciences**  
*with endorsed option in:*

- Health Management

**Postgraduate Diploma in Health Management**

*For further information, please contact:*  
Rebekah Higgs, Programme Administrator  
Department of Population Health  
University of Otago, Christchurch  
PO Box 4345, Christchurch  
Tel: 03 364 3602  
Email: [rebekah.higgs@otago.ac.nz](mailto:rebekah.higgs@otago.ac.nz)

[www.otago.ac.nz/christchurch](http://www.otago.ac.nz/christchurch)

## Wellbeing workshops

“  
The greatest  
wealth is health  
-Virgil”

### For CDHB Managers/Supervisors

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are running a series of two-hour wellbeing workshops for managers/supervisors.

The CDHB acknowledges the crucial role you, as a manager/supervisor, play in supporting your staff and facilitating the delivery of high quality care to the Canterbury community. In the current Christchurch environment it is more important than ever that you take the time to focus on your own wellbeing.

#### Two hours to focus on YOUR wellbeing!

We are running a number of workshops in 2014 to allow you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients will also benefit.

#### Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Appreciate the progress of recovery for communities and individuals
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Improve your health and wellbeing: 5 Ways to Wellbeing, All Right?, Staff Wellbeing Action Group
- Enhance positive relationships and social connections

#### Workshop Details:

- All workshops run for 2 hours and conclude with a further 30 minutes for refreshments and informal conversation
- For dates and to register for a workshop – [click here](#)

Facilitated by Alison Ogier-Price MSc Psyc, B.Comm, BA Hons, C.A.T, MNZAPP

[Click here to register](#)



### Canterbury

District Health Board

Te Pori Hauora o Waitaha



Mental Health Education & Resource Centre

#### For more information contact:

Lee Tuki  
Lee.Tuki@cdhb.health.nz  
027 689 0285

Andy Hearn  
Andy.Hearn@cdhb.health.nz  
027 290 0937

## Staff Wellbeing Programme – Let's Talk About... Sessions

The Staff and Family Wellbeing Survey 2012 highlighted strong interest from staff in learning more about 'dealing with conflict and stress in the workplace'. As a response to your feedback we are pleased to offer the following 30 minute taster sessions delivered by members of the Learning and Development team.

**Location:** The Oncology Lecture Theatre – CHCH Campus

**Times:** 1000-1030 and 1100-1130 (each session will run twice on the same day)

**Registration:** no registration is required. Seats will be available on a first come first served basis

### Mon 28<sup>th</sup> April

Let's talk about Building a Team

- Pathway to a productive team
- Expectations and behaviour
- Decision making
- Positive actions

### Wed 21<sup>st</sup> May

Let's talk about Courageous Conversations

- How we communicate
- What blocks us from speaking up
- Pause before it escalates
- Positive actions

### Wed 18<sup>th</sup> June

Let's talk about Bullying

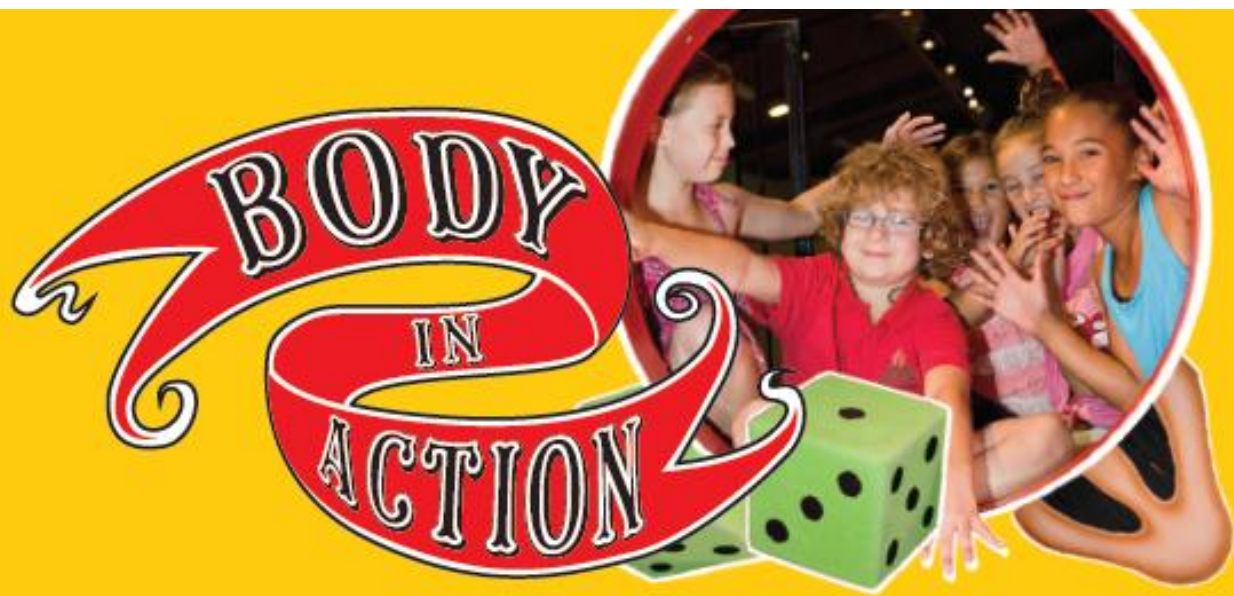
- What is it?
- What can I do?
- Policies & processes
- Positive actions

### Andy Hearn

Staff Wellbeing Coordinator  
Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 290 0937  
[andy.hearn@odhb.health.nz](mailto:andy.hearn@odhb.health.nz)





### **Body in Action Holiday Programme**

Put your body to the test! A fun, interactive holiday programme. Play the 'Gutz Game', bravely enter a giant nose, find out how strong you are and more.

Spaces are limited so bookings are essential.

Telephone 366 9429 ext 817 or  
email [discovery@canterburymuseum.com](mailto:discovery@canterburymuseum.com)  
to book your space now.

#### **Junior Sessions (Age 4-7)**

29 April – 2 May

10:00 am – 12:00 pm and 1:00 pm – 3:00 pm

#### **Senior Session (Age 8-13)**

22 – 24 April

10.00 am – 12:00 pm and 1:00 pm – 3:00 pm

\$5.50 Discovery Club members,  
\$8.00 Non-members

 **Canterbury  
Museum**



## Learning & Development Team

### Step up and embrace your inner leader!

The future of leadership no longer rests with only those that are appointed to a leadership position. The role of the 'heroic leader' is less effective in our current environment which is defined by constant change and complex challenges. *Collective leadership* is where we all need to be heading – identifying how we as individuals can step up to initiate the changes we want to see, display the behaviours we applaud, and inspire others to be their best self - are you up for the challenge?

To give you a hand we've created a couple of 'leadership' on-line learning packages. Choose which package works for you and then step up – embrace your inner leader!

#### Option 1:

Choose:

1. [Understanding Leadership](#): starts 16<sup>th</sup> June - finishes 10<sup>th</sup> August

Team that up with either:

1. [Performance Management Planning](#): starts 4<sup>th</sup> August - finishes 24<sup>th</sup> August or
2. [Team Building](#): starts 18<sup>th</sup> August - finishes 14<sup>th</sup> September

Deepen your knowledge by including one of these:

1. [Establishing Positive Workplace Relationships](#): starts 6<sup>th</sup> October - finishes 26<sup>th</sup> October or
2. [Managing Conflict](#): starts 20<sup>th</sup> October - finishes 26<sup>th</sup> November or
3. [Organisational Strategy Development](#): starts 10<sup>th</sup> November - finishes 7<sup>th</sup> December

\* Enrolment in 3 courses entitles you to a 20% discount on course fees.

#### Option 2:

Choose:

1. [Team Building](#): starts 19<sup>th</sup> May - finishes 15<sup>th</sup> June

Team that up with one of these:

1. [Leading a Team](#): starts 30<sup>th</sup> June - finishes 3<sup>rd</sup> August or
2. [Performance Management Planning](#): starts 4<sup>th</sup> August - finishes 24<sup>th</sup> August or
3. [Managing Conflict](#): starts 25<sup>th</sup> August - finishes 21<sup>st</sup> September or
4. [Leading a Team](#): (face to face course): 2<sup>nd</sup> September and 16<sup>th</sup> September

Deepen your knowledge by including either:

1. [Understanding Leadership](#): starts 15<sup>th</sup> September - finishes 9<sup>th</sup> November or
2. [Organisational Strategy Development](#): starts 10<sup>th</sup> November - finishes 7<sup>th</sup> December

\*Enrolment in 3 courses entitles you to a 20% discount on course fees.

For enquires please contact the Learning and Development team on  
Email: [learninganddevelopment@cdhb.health.nz](mailto:learninganddevelopment@cdhb.health.nz)



ceo update

# SAVE LIVES GIVE BLOOD

## You can save up to 3 lives!

### CHCH Hospital

Annex Lounge off Great Escape Cafe

## Thursday 24 April 10am – 3pm

Please make your appointment online [www.nzblood.co.nz](http://www.nzblood.co.nz) or

Phone us 0800 GIVE BLOOD (0800 448325)

Remember to bring photo ID or your donor card.



**"THANK YOU from the bottom of our hearts.  
Our little baby would not be here without  
the gift of blood."**

Jess Angrove and Baby Jacob, Auckland

# 0800 GIVE BLOOD

**0800 448 325**  
[www.nzblood.co.nz](http://www.nzblood.co.nz)

**NZBLOOD**  
Te Ratonga Tota O Aotearoa





# QUALITY IMPROVEMENT & INNOVATION AWARDS

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

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

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

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

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

**Canterbury**

District Health Board  
Te Pori Hauora o Waitaha





# QUALITY IMPROVEMENT & INNOVATION AWARDS

## 2013 Supreme Award Winners



### Reducing pneumonia in the stroke population

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

### eSCRv

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

The goals of eSCRv are to:

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

## Category Winners:

### Improved Health & Equity for all Populations

**Award Winner:** eSCRv- Shared Care Record View

**Runner-up:** The Wellbeing Game

### Improved Quality, Safety & Experience of Care

**Award Winner:** Classification and Communication of Caesarean Section

**Runner-up:** Canterbury Ski Fields Project

### Best Value for Public Health System Resources

**Award Winner:** Shorter Turnaround Time for Urine Analysis in Microbiology

**Joint Runner-up:** Reducing Pneumonia in the Stroke Population

**Joint Runner-up:** Cardiac Catheter Laboratory Optimisation Project

### Highly Commended:

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

**Consumer Council Award:** Collaborative Care Programme

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

For more information email [amanda.mehrtens@cdhb.health.nz](mailto:amanda.mehrtens@cdhb.health.nz)





## KIA ORA HAUORA WORK PLACEMENT PROGRAMME

Tēnā koutou katoa

We are excited to be able to offer in conjunction with Ngā Ratonga Hauora Māori Health services at Christchurch Hospital a one week work placement for 12 motivated rangatahi Māori who are seriously interested in pursuing a Career in Health.

The Christchurch Hospital campus Kia ora Hauora work placement programme is scheduled for **Monday 19th to Friday 23rd May 2014**. It is limited to 12 places so please register your students as places will be allocated on a first in first served basis to those who return completed registration forms.

### CRITERIA

- \* Year 12 or 13 Māori student
- \* 16 years of age or older
- \* Able to attend each day: Monday to Friday from 9.00am – 4.00pm
- \* Have their own transport to and from:  
Ngā Ratonga Hauora Māori,  
Māori Health Services,  
Christchurch Hospital

If you would like to register a student please reply to this email and we will send you registration forms to be completed or contact me for further information.

### CONTACT

Vicki Ratana  
Kia ora Hauora ki Te Waipounamu  
P: (03) 329 6975 or M: 0212217497  
E: [vicki@mokowhiti.co.nz](mailto:vicki@mokowhiti.co.nz), W: [www.kiaorahauora.co.nz](http://www.kiaorahauora.co.nz)



**Kia Ora Hauora**  
Supporting Māori into Health