



## Doing the basics well and doing the right thing for those receiving treatment and care

**Doing the best for patients and people who use our services is a key priority, as is being a good employer – and it remains really important that we continue to provide excellent care while at the same time ensuring that we are using the resources and funding that we have in the most effective way. Doing the basics well is critical as is ensuring that the systems that we have in place enable care to be provided as effectively and efficiently as possible.**

This is going to require us to continue to be extremely focused and disciplined in the way we use our resources and the costs we incur. We need to ensure the best use of every health dollar to deliver services to our communities. It will be critical that we continue to focus on reducing and removing wastage from across and within the Canterbury Health System. We have been remarkably successful with this over the past few years and are going to need to be even more successful now.

We are a big health system with over \$1.8 billion a year in funding and small improvements collectively can have big impacts on our health system – both in terms of the care being provided and the way in which expenditure is incurred.

Living within our means while meeting financial challenges head on is a continuous focus for all of us and ensuring that every health dollar is spent wisely is our collective responsibility.

Last year we set up five task forces to examine how and where our current health system resources are invested to ensure we are well placed to continue to provide the healthcare our population requires. Teams are continuing to focus on leave care; continuous quality improvement;

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

I know that there is a real focus on removing waste right throughout the organisation and the broader Canterbury Health System, but it's so important not to lose sight of our reason for being – a connected system that is centred around people that aims not to waste their time.

### More money isn't the thing that will improve a patient's experience of care

Every week when I read the Bouquets there are common themes in the consumer feedback, and what makes a difference for patients is the way staff make a patient and their whānau feel. People rightly expect high quality care and in most cases they receive it, but sometimes our systems let us and our patients down, and that's when we need to reflect on our practice and develop new ways of working to improve the experience and outcomes for those we serve.

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Friendly, genuine caring staff who treat everyone with care and respect are the backbone and lifeblood of our system, and I thank you for making it better for our patients every day. Whether you're helping someone with directions; handling an enquiry over the phone; supporting someone who has received life-changing news or using your professional skills to provide treatment, care and support to someone experiencing an acute illness or living with a chronic condition, it's the people skills of our people that make such a difference and have a lasting impact on how someone feels about our health system.



### Bouquets - Care Starts Here

#### Radiology Department, Burwood Hospital

"I would like to thank the kind, reassuring staff you have in the Radiology Department. From the friendly receptionist to the kind, professional scan staff. They were very kind to an anxious patient. Well done."

## Many little things can make a big difference in a large health system

Living within our means remains an important part of our journey. Changes are required, but they needn't be painful. Being smart about spending is what's needed so we are well placed to continue to deliver quality services to our community. It's about prioritising available resources to meet demand and deliver maximum

health benefits. It's about pausing to think: is this still the right thing to do? Am I using health resources in the most effective way?

Every dollar counts, and there are things you can do every day to help ensure that we are using our resources effectively. Simple things such as ensuring the photocopier's

default setting is black and white – and only use colour printing when it's needed. Last month's printer statistics suggest we have 30 per cent colour printing so a reduction of just 10 per cent will have a big impact. In fact, as we move to paperlite – think twice before printing any hard copies. This also has an impact on our planet –



Our health system: we're big and we're busy – small changes can have a big impact

every A4 page printed requires 10 litres of water to manufacture. If you need help changing the photocopier settings call the ISG Service Desk.

Saving time and money by avoiding travelling to a face to face meeting

when a video conference/zoom/skype meeting or even a teleconference will suffice is another easy way to save. Think about what's best for the system in terms of saving time and costs. If you can avoid flying or a long

drive, it's also better for the planet – and possibly better for you if it avoids an early morning departure and late return home.

## Removing variation, waste and duplication

Over the past year we've invested in membership to the ECRI Institute as part of the New Treatments and Technologies Programme and work has been done through the Chief Medical Officer's office and Supplies and Procurement to reduce variation and standardise many of the consumables we use.

**Graduated Compression Stockings (TEDS)** are worn by patients to reduce deep vein thrombosis risk. By using knee-high (rather than thigh-high) surgical services can save 54 per cent of their annual spend on TED stockings, with knee-high stockings being generally preferred by patients for comfort. There is no evidence to suggest that longer stockings change or improve outcomes for surgical patients.

Replacing plastic **medicine pottles** with recyclable paper pottles is another small change that is a wise sustainable option and will save us \$10,000 a year.

**Routine use of filter needles** An ECRI commissioned report to review clinical evidence demonstrates no meaningful benefit to the use of filter needles for

the drawing up of medications that are being given intravenously, intramuscularly or subcutaneously. Therefore, the routine use of filter needles for the drawing up of drugs which are to be administered by these routes is no longer required. By making this change, the savings are estimated to be in excess of \$200,000 each year.

**Anti-slip socks** Clinical evidence suggests that for most patients, bare feet or good fitting footwear are more effective in preventing falls than anti-slip socks. Canterbury DHB used 15,500 pairs last year. Not using anti-slip socks routinely would save the organisation more than \$89,000 a year.

If you have ideas on how we can save money (or the planet) by changing our use of consumables, please get in touch with [natalie.king@cdhb.health.nz](mailto:natalie.king@cdhb.health.nz) Canterbury DHB's programme lead for Treatments and Technologies, based in the Chief Medical Officer's office.

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](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

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





## Bouquets

### **Gastroenterology Day Unit, Christchurch Hospital**

I would like to say a huge thank you to the staff in the Gastroenterology Day Unit – in particular Cherie and Thysje, the PEG nurses. I have had a hard time with my health and I find being in hospital quite difficult and scary after being through so much, but Cherie and Thysje have been incredible. They are so supportive and encouraging, are approachable, always respond to any questions or issues promptly with reassurance, and in general have made me feel at ease and safe. I feel very grateful to be under the care of these two skilled and lovely nurses – thank you!

### **Emergency Department (ED) and Ward 20, Christchurch Hospital**

Very quick and good service.

### **High Dependency Unit (HDU), Intensive Care Unit (ICU) and both Children's Wards, Christchurch Hospital**

We would like to make a belated thank you to all who were involved with our son's emergency brain tumour surgery back in August 2019. Long story short, it took many weeks and visits to other medical professionals before we finally called the ambulance and through their diligence we made our way from Ashburton Hospital to

Christchurch Hospital via the fabulous Ear Nose and Throat department (Dr Chan and Dr Field) and onto the amazing neurosurgeons (Dr De Tomassi and Dr Ho). Whether we were in HDU, ICU or general wards, we were given the best care possible and our incredibly traumatic experience was made as comfortable as possible. We are so grateful for everyone who assisted in removing 'Gary' the tumour and 'Shazza' the cyst and caring for us all during and beyond the surgery. You are all national treasures... thanks again from the bottom of our hearts.

### **Gynaecology Ward, Christchurch Women's Hospital**

I had a cancer diagnosis in December last year and I am so impressed with the efficiency and the care I received; it was outstanding. Obviously there was some urgency, but I never expected things to move so swiftly. I had many calls before and after surgery just to check my progress. I cannot thank you all enough.

### **Various wards, over the past 23 years, Christchurch Hospital**

I have been in and out of Christchurch Hospital for the past 23 years. At this point in time I have found absolutely everyone I have come in contact with during my appointments and stays in hospital to be easy to get on with,

and explanations regarding procedure and medications to be excellent, friendly and easy to understand. In summing up I have nothing but praise for everyone from the orderlies, nurses and doctors within Canterbury DHB. Thanks a million.

### **Urology, Christchurch Hospital**

I had one night in hospital after having surgery. I cannot find fault at all. I am extremely pleased with the whole process.

### **Gynaecology, Christchurch Women's Hospital**

My mother recently had a serious operation at Christchurch Women's Hospital and my sister and I were there with her for nine days. We were completely in awe of the nurses and doctors who consulted, operated on, and cared for her. They went above and beyond in every respect. From the knowledge and expertise of these staff to the way they connected with humour and compassion, these amazing people had it and did it all. To Caitlyn, Dr Bryony, Sue M, Jodi, Sue, Elizabeth, the anaesthetist, Dr Sykes, and many others whose names I don't have, we thank you and feel so grateful for what you have done. The standards you set are fantastic!

### General Surgery, Christchurch Hospital

I had a lumpectomy and biopsy recently and would like to express my extreme gratitude to all the doctors and nurses who treated me. I was amazed and in awe by their care and professionalism.

### ED and Ward 12, Christchurch Hospital

I would like to thank all the doctors, nurses and staff for the great care and service. They kept me informed of all the tests and results as they happened. Cannot thank them enough.

### ED, Christchurch Hospital

I was overseen by three nurses, Brooke Tarres, Rose and the nurse who put in my cannula. They all performed their duties wonderfully, personally, and professionally. Great crew. I appreciated all the care I received. I was initially seen by a doctor but didn't clarify what his name was, possibly Michael, a lovely chap.

### Josie Todd, Trudy Ballantine, and breast care nurse specialists, Christchurch Hospital

Even though there were a few challenges, Dr Todd, Dr Ballantine and the excellent, caring breast care nurse specialists have at all times made me feel at ease and informed. Thank you all so much for helping me to get through this stressful time. I feel I have been lucky to have had such a cheerful and professional team to look after me. Thanking you all again.

### Ward 10, Christchurch Hospital

I have been very impressed with the service provided in Ward 10. The nurses were very friendly, helpful and informative. They went to great lengths to ensure their patients received good care and attention. Please pass on our grateful thanks to the doctors and nurses working in this ward.



The AMAU team enjoying afternoon tea donated by a grateful patient (pictured back row in the centre)

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

My purpose for writing is to acknowledge the exceptionally high level of care offered by doctors and nurses of AMAU. The staff took great care of me and I am good as gold now. I would like to bring your attention to the following specific staff who should be highly commended for their commitment to patient wellbeing and care: Dr Robyn Scott, Dr Ben Green, and Nurse Lena. With sincere thanks and gratitude I would like to shout AMAU afternoon tea.

### Urology Department, Plastics Department, Christchurch Hospital

The staff went out of their way to help us. They were kind, thoughtful and so thorough with care. The Plastics Department were also very helpful. The food was lovely. All I can say is many, many thanks.

### Kellie O'Rafferty, Bone Marrow Transplant Unit, Christchurch Hospital

I want to give a big thank you to Kellie, one of my mum's nurses. She is forever patient with the questions my mum asks and is always so kind with her care. She is always okay to have a chat if Mum needs to and always has a huge smile. My mum has asked lots of questions about what's happening, and Kellie always answers in a simple and kind manner, explaining the process very well. She is an awesome nurse.

### Ward 8, Christchurch Hospital

Excellent care and attention from everyone. Amazing ward care. Thank you so much.

### Lucy, Ward 15, Christchurch Hospital

Today I was admitted into Ward 15 for the second time in five years. I find Crohn's disease to be extremely embarrassing and frustrating, so I was very pleased to see a familiar nurse when I arrived. Lucy made my last visit bearable when I was in the worst pain and discomfort that I had ever experienced in my life. She seems to have a knack for keeping people feeling positive and relaxed without being too intrusive, an awesome trait for a gastro ward. Today it just so happened that she was my first assigned nurse. She was as friendly and efficient as always and continues to be an amazing asset to Canterbury DHB. Thank you so much.

### Penny Hill, Christchurch Hospital

Dr Penny Hill was awesome. I would like to thank her for helping me to understand how my late partner passed away. I am now at peace and can move forward in life and start to heal. Thank you.

### Oncology, Christchurch Hospital

I came in with my mother who was very nervous. Our arrival was met with a warm welcome and explanation at what was going to happen. The offer of refreshments was welcome. What a caring and warm welcome.

### Bone Shop and Radiology, Christchurch Hospital

The staff in both areas were terrific with me... The doctor, Nic, was lovely in how he spoke with me. Every person involved in my care introduced themselves by their first name, was kind, very considerate, friendly, respectful and super professional. Absolutely nothing was a problem

even though all were working in very, very busy environments, and in some cases past their shift ending times. It ran like a well-oiled machine with all those involved working together on my care. While I would've much preferred not to have had to use any of the services I couldn't have been treated any better. I would very much appreciate you passing on to your people how very thankful I am for their care, and how truly grateful I am

that they were there when I needed them most. I also can't find the words to express how grateful I am for our system, as my experience is that it does have the patient at the centre as, regardless of whether it was at the Pegasus 24 Hour Surgery or at Christchurch Hospital, every person I came into contact with clearly demonstrated that in their attitudes and in what they did for me. Thank you from the bottom of my heart.

## Big Shout Out

**To: Raewyn Johnson, Information Services Desk Technician**

A huge thank you to Raewyn at the IS Help Desk for being so patient and helping fix an ongoing problem with a printer. Such a lovely person to deal with. Thanks Raewyn for the laughs.

**From: Maree Everest, Nutrition and Dietetics Administrator**

#carestartshere

# Quality and Safety Matters



## Health and Disability Services Standards Audits

The Canterbury DHB Surveillance Audit is taking place between Tuesday 3 and Friday 6 March. Those areas that have a planned visit have been notified but all services could potentially be visited as part of the planned system tracers: medication management, Infection Prevention and Control, Deteriorating Patient, and Falls Management. Detailed information on certification requirements, the self-assessment, auditor profiles and timetable are available on the [Certification intranet page](#).

## Hand Hygiene

Please note that effective hand hygiene includes cleaning hands with either Alcohol Based Hand Rub (ABHR) or washing hands with liquid soap and water. This is critical practice for preventing the spread of infectious diseases. Please make sure the ABHR is readily available.



# Hikina to Hagley

## MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

### The three pillars of migration – building, people and equipment

When it comes to getting everything and everyone ready for moving to Christchurch Hospital Hagley, much of the responsibility sits with three departments, headed up by three very organised and capable women.

Once the Ministry of Health has handed over the building to Canterbury DHB, Facilities Development Projects (FDP), led by Angela Mills, is in charge of getting the building ready for occupation. This includes ensuring everything is where it needs to be as it was designed and overseeing any defects and changes. The FDP team also arranges for clinical cleaning and working with teams who will be stocking the building, and Infection Prevention and Control (IP&C) sign off.

The Hagley Operational Transition (HOT) team, led by Yvonne Williams, has a people focus, ensuring staff are fully prepared for the move and any new ways of working within the building, as well as taking charge of patient migration. Yvonne and her team also ensure there's clear communication between operational groups about the move and are the key liaison with the Migration Manager and the FDP team.



From left, Facilities Development Projects Programme Manager Angela Mills, Migration Manager Liz Thompson and Hagley Operational Transition Project Manager Yvonne Williams

Liz Thompson is the Migration Manager and is employed by the Ministry of Health. Liz has progressed already established plans for migration, ensuring all equipment is moved and accounted for and the physical migration is under control.

Overseeing the entire project is the GM Migration Governance Group, chaired by Executive Director of Nursing Mary Gordon.

The governance group provides operational oversight and coordination for clinical activity.

For a full explanation of roles and responsibilities check out the [Hikina to Hagley intranet page](#).

# Community turns out to celebrate 95 years of Ellesmere Hospital

Yesterday the Ellesmere Hospital Gala was held to mark the hospital's 95th anniversary.

The weather was kind and there was a very good turnout by the local community. The day was organised by The Friends of Ellesmere Hospital.

Ellesmere Hospital serves people in the Selwyn district. It has 10 beds – eight are for Aged Residential Care, and two are flexi-beds which are often used for end-of-life care.

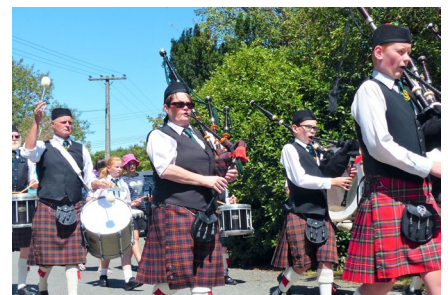
Thanks to the Friends for organising a fun community event which was attended by the local Mayor, MP and councillor.



Friends of Ellesmere Hospital organised the event



The Ellesmere Historical Society presents photos from the past



A pipe band entertained the crowd



Pictured enjoying the day, from left, 2IC at Ellesmere Hospital Allison Lumsden, Nurse Manager Linda Lentjes and Chairperson of the Friends of Ellesmere Hospital committee Kathleen McMahon



The community enjoying the beautiful weather



The event was a chance for the community to connect





# Programme enhances knowledge of older persons' health journey



Recent GAP graduates, from left, Registered Nurses Anna Francisco (Ultimate Care Bishop Selwyn), Angel Dumaguin, (Ward D1, Burwood Hospital), Rosemaree Robb (Ward B2, Burwood Hospital), Tracey Hay (Ward B2, Burwood Hospital), Grace Derrick (Ward 24, Christchurch Hospital), and Almae Prado (Ultimate Care Rose Court)

It's given me more compassion, promoted my leadership skills, made me a better nurse, built my confidence, and given me a greater respect for the wider community, and how we all connect.

These are just a few of the comments made by registered nurses who recently took part in the Gerontology Acceleration Programme (GAP) which promotes gerontology nursing as a specialty by providing skill acquisition and nursing knowledge.

The GAP is a 12-month skills and experience-based professional development programme designed to support the personal, professional and academic development of Registered Nurses with an interest in gerontology nursing.

The programme commences mid-year and includes two 13-week clinical rotations in conjunction with postgraduate education and individualised mentorship to enhance participants' knowledge, skills and understanding of the older person's journey through the health care continuum.

Applications for the 2020 programme open on 24 February and are welcomed from acute medical/surgical, older persons health and rehabilitation (including older persons mental health), and aged residential care.

Grace Derrick, a nurse on Ward 24 at Christchurch Hospital says the GAP programme enabled her to see a bigger perspective of the healthcare system, outside of the acute hospital.



Registered Nurse Grace Derrick, who works on Ward 24 at Christchurch Hospital chats with Clinical Manager, Chatswood Retirement Village Jocelyn Flores. Chatswood was Grace's community GAP rotation

"The experience has been invaluable to me. I particularly cherished my time working in a retirement village; it was extremely eye opening and taught me a lot about healthcare in the community."

Twenty-eight nurses have participated in the GAP since it started in 2013. A Ministry of Health evaluation showed that participants developed confidence as leaders across the sector with an increased knowledge of the patient journey.

Several have gone on to do management roles, clinical coaching, further work in the community, as well as enhancing day-to-day practice in their clinical environments.

Registered Nurse Anna Francisco who works in aged residential care says the most significant benefit she received in completing the GAP programme was having a better understanding of the health system.

"It provided me with a critical insight on the journey of the residents that we look after. It has also enabled me to develop my leadership skills and to be more resilient."

For more information visit <http://edu.cdhb.health.nz/gap>.

# Aotearoa Bike Challenge

One week in to the Aotearoa Bike Challenge, Canterbury DHB is sitting in second place behind the Christchurch City Council among Christchurch organisations taking part that have over 2000 staff.

"Nationally we are in third position", says Health Protection Officer Angela Sheat, who is co-ordinating Canterbury DHB's team.

"I encourage people to keep on biking, whether to work or for recreation in the weekends, and don't forget to log in to aotearoa.bike to record your kilometres and register if you haven't joined already."

One of Canterbury DHB's team members from the Emergency Department, House Officer Vinesh Nair, has won a Nostalgia Festival

double pass valued at \$123 for his efforts, she says.

The Aotearoa Bike Challenge is a free competition that's about encouraging people to increase their physical activity by challenging workplaces to get as many staff as possible to ride a bike for 10 minutes or more. Participants and their workplace team earn points for every kilometre they ride, every day they ride, and for every person they encourage to sign-up.

The points system has been designed to ensure a fair competition and encourage teams to engage new riders if they want to climb the leaderboard and secure victory.

People compete against other workplace teams of comparable sizes. Prizes are awarded to the top



people in the individual leaderboard categories and some participants will win for certain activities including encouraging others to ride or logging trips.

For more information visit [www.lovetoride.net/chch](http://www.lovetoride.net/chch)

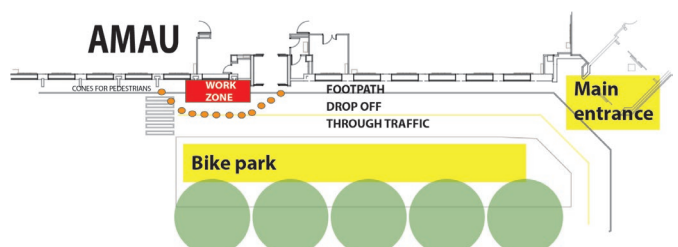
# Christchurch Hospital front entrance canopy replacement

The plastic covering of the canopy at the front entrance of Christchurch Hospital is being replaced, commencing today, Monday 10 February. This will include some additional reinforcement of some areas that have been known to leak during wet weather.

The work will be done in stages to minimise disruption for patients and visitors, however, there will be a reduction in the drop-off area during this time.

Cones will be in place around the first work zone at the entrance to the canopy from Monday morning. Pedestrian access will be re-routed around the work area, however, drop-off parking will be unavailable in this section of the zone. Through traffic will still have access but will be restricted.

Security and the volunteer service in the front entrance will continue to assist with maintaining a safe environment for users while preserving flow of traffic.





## Hospital aides qualified to care



From left, Sharon Coburn, Wendy Taite, Janene Manawatu, Taryn Tomoana, Wendy Leu, Polly Nussbaumer, Cleofe Abadinas and Debbie Guy. Absent, Anu Rushma, Linda Woolhouse, Eileen Stokes, Ashleigh Inwood, Melissa Salmons and Katrina Weavers

Congratulations to the group of hospital aides on Christchurch Hospital campus who completed their NZ Certificate in Health and Wellbeing Level 3 at the end of last year.

This qualification is aimed at recognising the skills and knowledge required to provide person-centred support in the health and wellbeing sectors.

Graduates have demonstrated the skills and knowledge required to provide care under the direction and delegation

of a health professional in a range of contexts, including acute, primary and rehabilitative care.

"This is a wonderful achievement for these individuals and will enhance the capabilities and expertise of the team," says Professional Development Unit Nurse Educator Joanna Saunders.

"I'd also like to thank all the support people who assisted them to achieve their certificate."

**NEED TO TALK?**



**free call or text  
any time**

# One minute with... Evelyn Lefebvre, Clinical Nurse Specialist, Forensic and Intellectual Disability Service, Hillmorton Hospital



## What does your job involve?

My role is about providing mental health nursing leadership that is committed to the maintenance and development of high-quality nursing practice (a centre of excellence) within the Forensic and Intellectual Disability Service. This includes the facilitation of continuity and consistency of nursing care within multi-disciplinary teams and providing nursing leadership within multi-disciplinary teams. I am also called to provide advocacy for patient and nursing input to service development. I provide nursing leadership, training and support to staff in the establishment of best practice initiatives and implementation of the Positive Behaviour Support model of care within our service. I also give expert nursing knowledge and clinical leadership through regular involvement in direct consumer care delivery.

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

I have always had a passion for mental health and enjoy working in an environment where I am able to make a difference for our patients and staff. I moved to the AT&R (mental health) unit following four years in the Adult Inpatient Group. I enjoy working collaboratively with the staff, patients and their whānau to increase the quality of life for our very vulnerable cohort.

## What do you like about it?

I like that the work is different every day. The challenges that arise and

changes that can be made in the lives of the patient group make this very rewarding work. I enjoy being able to be creative and cutting edge in my nursing practice, utilising clinical judgement and being able to make an observable difference by implementing a model of care based on patient-centred, trauma-informed approaches.

## What are the challenging bits?

The biggest challenge I face is the complexity of the patient group we work with. It takes care and creativity to communicate and meet the needs of these very vulnerable and misunderstood individuals.

## Who inspires you?

I have been inspired by three health professionals over my career. Those being my very first charge nurse manager (CNM). This very straight-up lady encouraged me to become a nurse. The other two are my former CNM from the Adult Inpatient Service and our former Specialist Mental Health Services General Manager, Toni Gutschlag. All three of these women have assisted me to shape my leadership style and engagement with patients and their whānau.

## What's your favourite food?

Chinese.

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

I am an artist and jewellery maker.

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

Germany, I have always wanted to visit.

## 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?

I am an advocate, educator, supporter and voice for consumers and staff. It is my job to ensure that the individuals and families I work with have access to all the resources needed to enable them to live their best possible life. This includes being a part of community life; experiencing valued relationships with others; making choices, both large and small, in their own life; learning new skills; participating in meaningful activities with whatever assistance is required; and being valued, and not treated as a second-class citizen.

## What do you do on a typical Sunday?

I usually spend time with my family and friends. We will go for a walk in the gardens or some other fun activity.

## And your favourite music?

I don't have a favourite genre. I like most types of music.

If you would like to take part in the column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).



## 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.

Check out [Something For You](#) on the intranet for more information on these deals and many more! Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.



**GROW ACTIVE** – 3 Balfour Terrace, Christchurch Central

Grow Active preschool have increased their hours to 7am - 6pm Monday to Friday. Enrol your children and get four weeks free and no enrolment fee.



**NORTHWOOD SKIN AND BODY** – Level 1, Unit JA, 1 Radcliffe Road, Belfast

Get pampered and enjoy 15 percent off all full paying services.



**CHCH ADVENTURE PARK** – 225 Worsleys Road, Cracroft

Get 25 percent off day passes, '5 uplift' passes and sightseeing.



**KONG** – Corner Hereford Street and Oxford Terrace, Christchurch Central

Receive discounts and deals when dining in or hosting a function, and free membership to the loyalty club.

## Thank you to Preferred Medicines List contributors

The Preferred Medicines List (PML), a subsection of the [Pink Book](#), has been a valuable source of concise medicine information at Canterbury DHB since 1990. This clinically led resource has made a significant contribution to the safe, rational and cost-effective use of medicines at the DHB and beyond (many other New Zealand DHBs chose to adopt it in entirety or use it as the basis for their own PML). Its contribution was particularly important in the years before the launch of the New Zealand Formulary (2012), Hospital Medicine List (2013) and Hospital HealthPathways (2015) when ready access to current and accurate medicine information in New Zealand was more challenging.

With the maturation of these alternative sources of medicine information for New Zealand, the PML Committee has decided to cease the PML section of the Pink Book. The committee would like to express its appreciation to

all who have contributed their expertise to this resource over many years. In particular, the committee wishes to acknowledge the substantial contributions of Clinical Pharmacologist Evan Begg, Pharmacist Jane Vella-Brincat, Intensive Care Physician George Downward and Pharmacist Malcolm Pearce.

The PML section of the Pink Book will cease during February 2020. The Antimicrobial Guidelines and Pharmacology Guidelines (including the Pharmacokinetic Table) will continue to be available in the Pink Book. While the publication of the PML will cease, the other functions of the [PML Committee](#) will continue to support safe, rational and cost-effective use of medicines at Canterbury DHB, such as the review and maintenance of MedChart Quick Lists and other prescribing and administration issues.

# Temporary no parking zones for earthquake memorial service

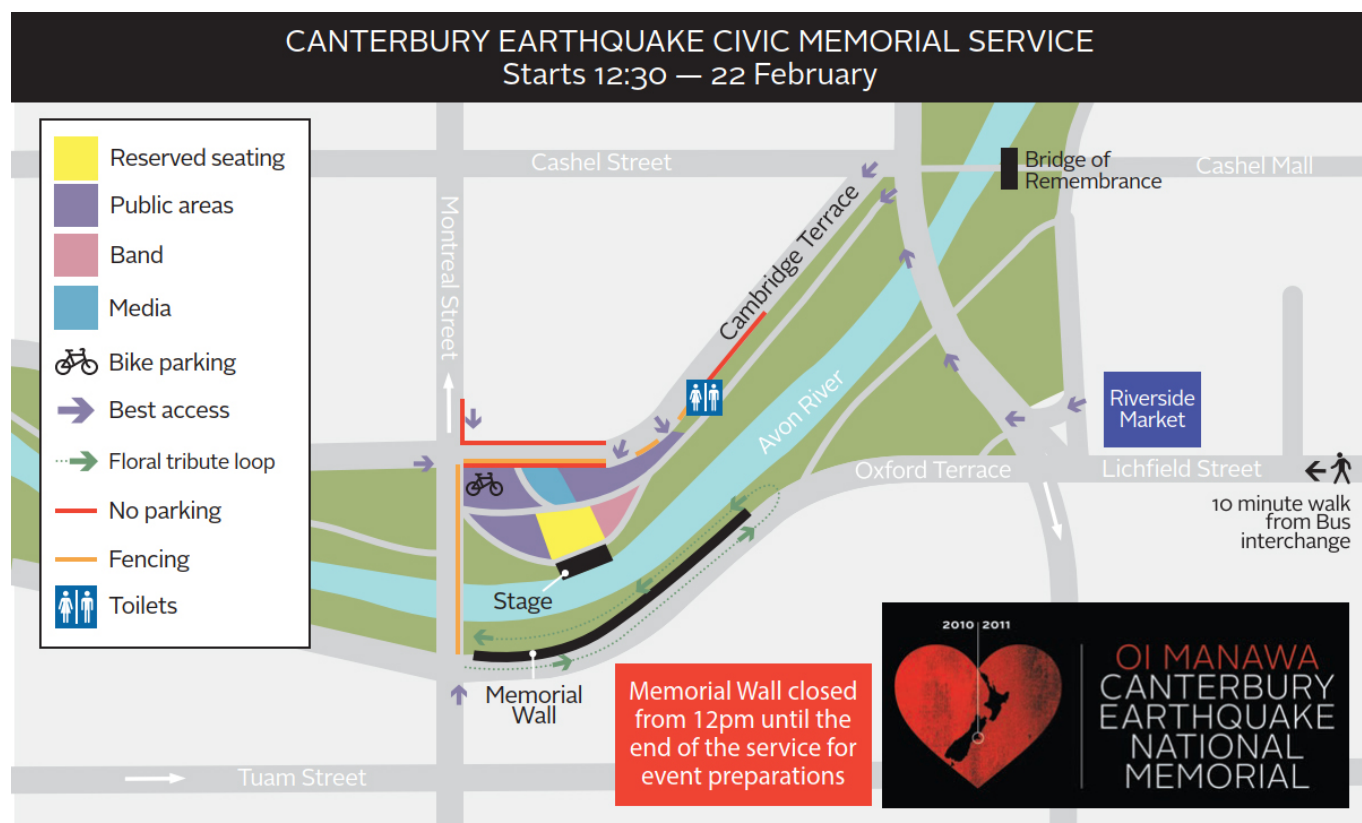
Some areas near the Canterbury Earthquake Memorial will have temporary no parking zones in place on Friday 21 February and Saturday 22 February due to a commemorative service at the memorial.

A public civic service is being held on Saturday 22 February at the Canterbury Earthquake Memorial site, starting at 12.30pm.

The Christchurch City Council has traffic management plans in place and this year there will be minimal changes to the flow of traffic along Montreal Street, Cambridge Terrace and Oxford Terrace. These roads will continue to operate with traffic flowing in normal directions.

However, to accommodate invited guests, those with mobility requirements and event-related vehicles 'No Parking' cones and signs will be installed on Thursday 20 February, enforceable from 6am Friday 21 February until 6pm Saturday 22 February.

The 'No Parking' zones include both sides of Cambridge Terrace at the Montreal Street end, from the bend in the road west to Montreal Street and on the Avon River side of the road from the bend in the road East to the first protruding garden, plus a small section along the eastern side of Montreal Street.





# Broadly Speaking

## ABOUT HEALTH AND ITS DETERMINANTS



All planning, policies and actions can potentially affect the health of people. As we work and plan together we can create opportunities to improve the wellbeing of the community.

Broadly Speaking is a free interactive workshop run over two morning sessions focusing on the determinants of health. Work with others from across the wider health sector, local government and communities to unpack the complexities of wellbeing in our population.

### 2020 COURSE DATES:

**1**

**WORKSHOP 1**  
Wed 26 February

**WORKSHOP 2**  
Wed 11 March

**2**

**WORKSHOP 1**  
Wed 13 May

**WORKSHOP 2**  
Wed 27 May

**3**

**WORKSHOP 1**  
Wed 12 August

**WORKSHOP 2**  
Wed 26 August

**4**

**WORKSHOP 1**  
Wed 11 November

**WORKSHOP 2**  
Wed 25 November

**LOCATION** Aoraki Room, Community and Public Health, a division of CDHB  
310 Manchester St, Christchurch

**COST** Free

**TO REGISTER** Contact [hiap@cdhb.health.nz](mailto:hiap@cdhb.health.nz)

*The training was thought provoking and well facilitated, broadening my understanding of the factors that shape the health of our community. The materials and format sparked important conversations about how we can bring others to the table, and work together to create a healthier and more liveable city.*

City of Greater Bendigo Mayor  
Councillor Margaret O'Rourke



## Community Education Seminar

Tuesday 18<sup>th</sup> February 2020 - Evening

### A Session Specifically For Adult Children & Relatives of People with Dementia

*Find out more about the impact of dementia on families, including changing roles and managing conflicts, plus a word on genetic inheritance and dementia*

Dr Matthew Croucher, Consultant Psychiatrist, Older Persons Mental Health, will discuss these common queries that face us when a parent (or other close relative) develops a dementia, whether the relative lives in Canterbury or elsewhere. There will be time for questions.

***But please ensure you register for this popular session, as space is limited. Ph 379 2590 or 0800 444 776 or email [admin@dementiacanterbury.org.nz](mailto:admin@dementiacanterbury.org.nz)***

**Date:** Tuesday 18<sup>th</sup> February, 2020

**Time:** 7.00 pm – 8.30 pm

**Venue:** Seminar Room

Unit 3, 49 Sir William Pickering Drive, Burnside  
(the building behind “Café 43 Degrees”)

**Evening parking available on site**

**Address:** 3/49 Sir William Pickering Drive, Burnside, Christchurch **Postal Address:** PO Box 20567, Christchurch 8543  
**Ph:** 03 379 2590 or 0800 444 776 **Email:** [admin@dementiacanterbury.org.nz](mailto:admin@dementiacanterbury.org.nz) **Website:** [www.dementiacanterbury.org.nz](http://www.dementiacanterbury.org.nz)



Christchurch Campus Quality & Patient Safety Team

**Invitation to all staff**

**QUALITY & PATIENT  
SAFETY PRESENTATION**

*Come and join us for half an hour*

***Topic: We made big plans. Why don't  
they work – Continuous Process  
Improvement***

*Video Presentation – Ideas worth spreading*

**Speaker: Penny Weller**  
*Senior Director, Global Business Services,  
North America*

**Venue:** Steve Williams Lecture Theatre  
**Date:** Thursday 13<sup>th</sup> February 2020  
**Time:** 1.30 – 2pm

*A link the presentation can be provided on request  
An attendance record sheet will be provided.  
Please contact [Shona.MacMillan@cdhb.health.nz](mailto:Shona.MacMillan@cdhb.health.nz), Quality Manager*