



Keep it out, Stamp it out and Slow it down What a difference a week makes!

Over the past seven days New Zealand has introduced a number of measures to help us “keep it out, stamp it out and slow down” the transmission of COVID-19.

Border measures have been stepped up, with all flights arriving being met, and from today all travellers arriving from anywhere in the world are now required to self-isolate for 14 days.

At the time of writing the total number of confirmed cases in New Zealand is eight. The Ministry of Health’s assessment remains that with continued vigilance, the chance of a widespread community outbreak is expected to remain low to moderate.

While there are still no confirmed cases in Canterbury, the Canterbury Health System’s actions are stepping up a notch as we move from planning to implementation, to ensure everything is ready for when we do get a case.

Our public health team is expanding their contact tracing and management capacity by utilising the skills of other staff such as health promoters. We have also seconded some Environmental Health Officers from the Christchurch City Council to work on case investigation.

Contact tracing and isolation are two proven public health measures to help stop transmission of any potential cases and are vital if we are to be successful at ‘flattening the curve’ – we’ll have more on that later on.

Infection Prevention and Control and our Infectious Diseases team have been holding information sessions and training for staff to ensure everyone is up to speed with how to use personal protective equipment, and know who needs to wear and do what and when. The Infectious

Diseases team have worked with colleagues to agree pathways within Christchurch Hospital for managing suspected cases who require hospitalisation and differing levels of treatment.

Canterbury Health Laboratories are making plans to increase their capacity to enable more tests to be carried out should there be a surge in demand.

A Community Based Testing Centre is being set up close to Christchurch Hospital in a stand-alone building. This centre will see people who report having symptoms of COVID-19 and are referred by any Canterbury GP or the Emergency Department. It’s planned that this dedicated Testing Centre will be up and running this week.

Community HealthPathways and *Hospital HealthPathways* have been updated to provide practical advice for general practice teams and hospital staff on the best practice pathways for assessing and treating someone with suspected COVID-19, and on their hospital treatment.

Our Planning and Funding team are working with community health providers including Age Related Residential Care (ARRC) providers to ensure they are well supported with infection prevention and control advice and are well equipped to manage a case, or cases in their own facility. While the majority of Canterbury’s 103 ARRC facilities have the support of their parent organisations, there are around 20 in Canterbury who are independent.

We have a large number of staff who work in people’s own homes. Processes are being reviewed to ensure Infection Prevention and Control standards are of the highest standard to ensure everyone is kept safe.

In this issue

- > Regulars – Kōrero ai... pg 4-7
- > Gratitude from across the ditch for our care... pg 8
- > Nursing Now campaign to empower nurses and midwives... pg 9
- > First simulation sabbatical for Canterbury DHB... pg 10
- > Stay calm and play your part to contain COVID-19... pg 11
- > The curious incident of the tainted cake... pg 12
- > A day in the life of a Community Older Person’s Health Social Worker... pg 13
- > Members sought for Oxford community health advisory group...pg 14
- > Donated cuddle cot a fitting tribute to Tai Dixon... pg 15
- > One minute with... Brad Macdonald, Recruitment Specialist... pg 16
- > Notices – Pānui... pg 17-19

As a large organisation with 11,000 employees we too are impacted by the new 14-day isolation period for travellers, and we are enhancing the current range of options to enable staff who are well, and for whom it is appropriate, to work from home while in self isolation.

We're all in this together – it will take the actions of a community to help stop the spread

The core public health advice remains the same:

- › Stay home if you're sick
- › Wash and dry your hands regularly for at least 20 seconds
- › Cover coughs and sneezes with tissues or your clothes or sneeze into your elbow
- › Don't touch your face as the virus can enter via your eyes, nose and mouth
- › Stay away from sick people

We all need to be more vigilant than usual. All of us have a role to play in stopping further spread. Don't put others at risk if you are unwell. A number of concerts and large gatherings have already been cancelled due to the risk of spreading infection when large numbers of people are close together. A further announcement regarding large gatherings is expected tomorrow.

Flattening the curve – what's that all about?

There's been a lot of talk about flattening the curve. There is a normal 'epidemic' curve which starts, peaks then drops away again in a relatively short time period. Our goal is to squash down the peak of the curve which has the effect of prolonging the outbreak. On the upside it means the total number of cases to be treated at any one time is lower and more manageable for our health system.

Flattening the curve is our one chance to prevent and slow the spread of virus in the community. We can do this by making it harder for the virus to enter the country and spread silently in the community. We need to keep on top of community transmission and 'flatten the curve' so our health care systems can manage the number of cases coming in over a longer period of time, rather than a giant 'surge' which would overwhelm our limited resources.

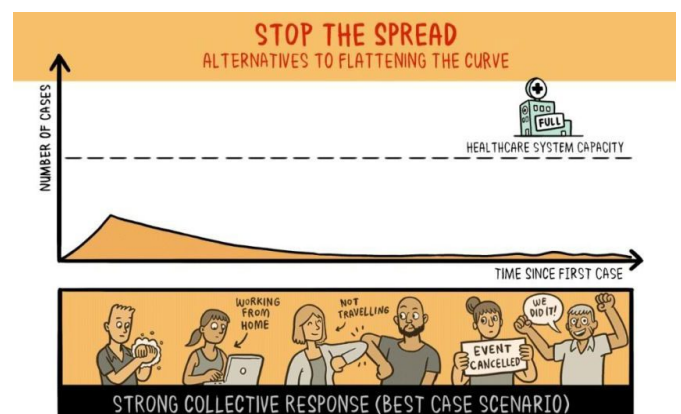
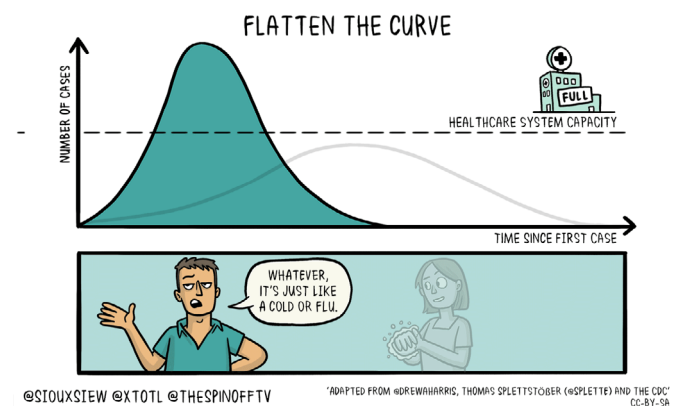
A great article on [flattening the curve](#) and stopping the spread was recently published by The Spinoff – they have agreed to us sharing the article and using the graphics to illustrate the concept of flattening the curve. Full credit to microbiologist Siouxsie Wiles who wrote the piece and Toby Morris for the graphics. It's well worth a read and explains things way better than I could. Thanks team for allowing us to share with our staff.

This is definitely a good time to practice physical distancing – when you are out, keep a couple of metres away from others wherever possible, particularly if someone has flu-like symptoms. Forget hugs, handshakes and hongis – try [the elbow bump](#) or the [East Coast wave](#) instead.

I would like to reiterate my message from last week: please reach out to any older or vulnerable people you know. Help them make sense of what's happening and talk about what they can do to help themselves, such as the public health messages above and where they can get more information (the Ministry of Health website). Offer to help if they need prescriptions or groceries collected. If they're good with the computer, help them set up a regular 'shop' with one of the online services.

While social interaction is important for all of us, staying home if you're feeling under the weather has never been more important. Swap phone numbers with your neighbours – you may be able to help each other out if one of you needs to self-isolate in the future.

The speed with which things are changing can be stressful, so please remember to cut your colleagues some slack, be kind and encourage anyone to access the support available to you – check the wellbeing page on the intranet or call or text 1737 any time.



Courtesy of The Spinoff

If you were instantly 'infected' with COVID-19 how would your behaviour change?

I thought this 18 second video clip which is being hailed on social media as the best advice you can have for avoiding the spread of coronavirus in the community was brilliant.

Professor Graham Medley tells the BBC that people shouldn't act like someone who is avoiding contracting the

virus, but rather as someone who already has the virus and is trying not to pass it on to others.

It makes you think. How would your behaviour change?

Here's the link to the [18 second video](#).

A reminder of the symptoms of COVID-19

Fever over 38°C or any acute respiratory infection with at least one of the following symptoms: shortness of breath, cough or sore throat with or without fever.

If you develop any of these symptoms and you have travelled to NZ in the past 14 days or have been in close contact with a confirmed case please **stay at home** and contact Healthline's dedicated COVID-19 advice line 0800 358 5453.

Healthline is experiencing extremely high volumes of calls following last weekend's announcement, and people

are having to wait for quite a while, so unless you have symptoms and are calling for health advice, or you are self-isolating and registering, please check the Ministry of Health's website first as the information there is being updated daily: www.health.govt.nz/COVID-19.

Finally, for those of you who couldn't make it, last week's COVID-19 update at the Grand Round is available to [view on the intranet here](#).

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



David Meates
CEO Canterbury District Health Board

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

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

Flu vaccine available for staff later this week

In the context of COVID-19 and keeping our immunity protected against the flu this season, we have been able to fast-track our staff flu programme start date.

We are now able to offer flu vaccinations to all Canterbury DHB staff from this Wednesday 18 March. If you have patient contact, please prioritise getting your flu vaccine as early as possible.

For this week, you'll be able to contact your local authorised vaccinator, or attend one of the drop-in clinics at Christchurch Hospital and Burwood Hospital.

Find the list of authorised vaccinators and the consent form [here on max](#).

We will be adding additional clinic times and locations next week, so keep an eye on the daily global emails.

It is important we protect ourselves, our whanāu and our patients against influenza and look after our health and wellbeing.

Canterbury DHB provides free flu vaccines to our people and contractors and we encourage you to make the most of this opportunity.

The influenza strains included in the 2020 quadrivalent influenza vaccine:

- > A/Brisbane/02/2018 (H1N1)pdm09-like virus.
- > A/South Australia/34/2019 (H3N2)-like virus.
- > B/Washington/02/2019-like virus.
- > B/Phuket/3073/2013-like virus

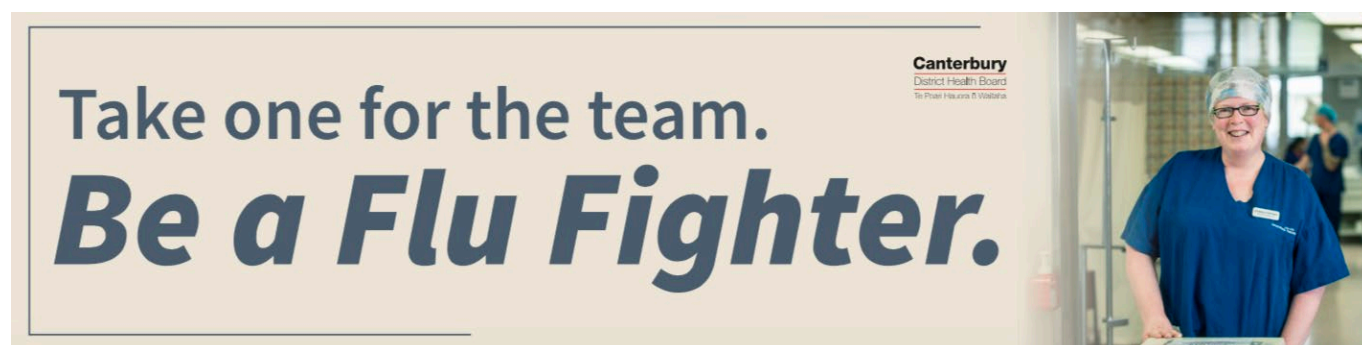
How do I get the flu vaccine?

Please print and fill out a [consent form](#) to bring along when you get your vaccination.

Keep an eye on the daily global emails for further vaccination clinics.

Questions?

Have a read of our [Flu FAQs on max](#).





Bouquets

Gail, Hospital Aide, Bone Shop, Christchurch Hospital

I would like to take this time to compliment Hospital Aide Gail who works in the Bone Shop. Gail made me feel calm and comfortable during my several visits to the Bone Shop due to complications with a broken wrist. Gail is full of knowledge and the nurses there would certainly be lost without her as she 'makes the place.' Thank you so much for everything you do Gail. You're one of life's rare gems.

Ward B2, Burwood Hospital

My father was recently in Ward B2 while he was assessed and cared for. I would like to thank all the staff in B2 for their wonderful care. He was quite confused when he arrived and was, I know, quite a challenge to manage. However, the staff worked really hard on helping him and once his sleep patterns were fixed, he was a different person. Big thanks to the staff for all they did for my father and for their communication with us throughout.

Ward B1, Burwood Hospital

I must comment on how wonderfully I was looked after on Ward B1. I truly never thought I would get back home but through all the excellent care I received I am now back and doing better than ever. Thank you so much!

Jo Nash, Occupational Therapist, Community Stroke Service

I was referred to the Community Stroke Service. My case support occupational therapist was Jo Nash. I wish to convey my sincere gratitude for the time and effort that Jo put in to enable my recovery back to work. Jo worked in partnership with me, giving me the tools and strategies that were manageable daily. Jo personalised the plan that suited my lifestyle and situation. Jo was always professional and positive in her approach. I appreciated her "upfront" manner, which I needed to hear at times. On one occasion I contacted Jo due to "not coping". She listened and advised me. I never had the feeling that she didn't have time for my questions. I will certainly remember the service that I received. Thanking you and your team.

Orthopaedic Trauma Unit (OTU), Christchurch Hospital

Thank you so much for the professional, caring and exceptionally skilful care my husband received during his week in the OTU. As a family member I was kept informed and always felt welcome. The staff in the unit made a very traumatic time so much easier to endure and we will always be grateful to them.

Ward 18, Christchurch Hospital

From a daughter of a patient, thank you nurses and other staff, you do a great job.

Ward 15, Christchurch Hospital

I would like to thank all the nursing staff from Ward 15, nothing is too much of a problem. I have had Lee a couple of times now – he is very professional and helpful.

Ward 25, Christchurch Hospital

All the staff on Ward 25 go beyond normal duties. I cannot fault them for their care and concern that I experienced on my time in the ward. Thank you.

Day Surgery, Burwood Hospital

You can't beat perfection and top service.

Orderlies, Christchurch Hospital

I would like to thank the orderly who attended me. She was awesome, friendly and answered all my questions when I was nervous about being in hospital. Thanks so much.

Nurses Ward 11, Christchurch Hospital

I came into hospital unexpectedly, due to some post-op complications. I just wanted to thank the nurses from Ward 11, especially Ruby, for being the

kindest people ever. They took care of me so well and made what could have been a very anxious and not-so-nice experience into the exact opposite. I am very happy to see there are people out there really caring for others.

Admitting Unit, Burwood Hospital

Absolutely wonderful staff, surgeons, and processes, and care was first class. Thank you.

Day Surgery, Burwood Hospital

I would like to say thank you to everyone involved in my visit and procedure. You are all a credit to your profession. Thank you again.

Mr Ailabouni and team, Post-Anaesthetic Care Unit (PACU), Burwood Hospital and Community Rehabilitation Enablement & Support Team (CREST)

My mum recently had an elective total hip replacement at Burwood Hospital under Mr R Ailabouni.

Unfortunately things were not straightforward, Mr Ailabouni phoned me while mum was in the Post-Anaesthetic Care Unit PACU. He spoke in such a way that I understood the situation and plan, he was kind and supportive. Mum and I have nothing but praise for this surgeon, one cannot understate how important good, clear communication is for patients and relatives. The nurses in PACU, Miriam and Helen, were both really kind, efficient and professional with expertise in managing unwell patient. I felt Mum was in safe hands.

Mum returned to Burwood Hospital a week later after an extended stay in intensive care. CREST is fantastic, the nurse who came to complete a full assessment and set up the plan for visits the following week is a "keeper", what a service. Being on the other side I can really appreciate the value of services like CREST in supporting people in the community.

Alex, Radiology, Burwood Hospital

Alex who was the MRI scan nurse who looked after me was excellent. Informative, kind professional and

reassuring. Couldn't have been better. It was my second time there and both times there was no waiting, which is not necessarily normal for a hospital procedure and very much appreciated.

Radiology, Burwood Hospital

Mornings are not my best time, so at 0815 an x-ray didn't overly excite me. Anyhow, very good, actually extremely good experience. Worthy of noting, carparking, several to choose from with easy access. Helpful and friendly staff at Main Reception re directions. Beautiful flowers on reception, warm fuzzies. Next reception, no que, friendly, personable, treated me as a person. Lowered voice re checking personal details with a respectful tone. Meet and greet with radiologist, very friendly, warm and genuine. Introduced to a student and a request for consent to have them present, respectful, not made to feel as if I should just accept that she would be there. The radiologist oversaw each step with accompanying explanations. This was interesting and I learnt things as well. Explanations to me were very clear and my questions explained well and not seen as a problem by the staff. The hospital had a good feel. Well done to the staff I dealt with.

Radiology, Burwood Hospital

Great service. Thanks.

Radiology, Burwood Hospital

I would like to congratulate and thank the staff of this department for the manner in which my X-rays were conducted. Staff were pleasant, effective and extremely thorough in how they carried out their services. Well done.

Terry and Maintenance team, Hillmorton Hospital

Thanks for your help, couldn't have asked for a more efficient and helpful team!

Emergency Department (ED), Christchurch Hospital

We attended ED with our disabled daughter. She had had a crash at home

in the kitchen cutting her face. We were so impressed by all the staff whom we dealt with from the first nurse to the clerical staff, then to Nurse Viola and Dr Stuart. Viola had such a lovely manner and kept our daughter very calm (as did Dr Stuart), in what can be a very stressful and fearful situation usually for our daughter.

They attended to us quickly... We sincerely thank you all for the way we were treated with compassion and caring.

Ward 15/Interventional Radiology/ED/ X-ray Department/Gastro Day Ward

Recently I had a procedure at Christchurch Hospital but was admitted to hospital after complications arose from the procedure. The staff in the Gastro Day Ward and the staff doing the procedure were absolutely amazing and I felt comfortable knowing I had good staff. The nurses in Ward 15 were fantastic, and I would like to especially thank Nurse Alice for her concern when my pain levels became unmanageable and getting adequate pain relief in the small hours of the morning. The staff in ward 15 are awesome, and the care level is well beyond expectation. The staff are respectful, have amazing listening skills, and also have a great level of practical skill. I have now been discharged home and am doing well. I am forever grateful to the staff who have looked after me – from the x-ray staff in both the x-ray department and in ED, to the staff in interventional radiology... to the specialist...to the team of gastro doctors who always kept me informed of how things were going and also for being so positive even when I physically felt terrible and also to the staff in ED who dealt with me (nurse Sharon)... they all made life a bit more bearable, and I felt in safe hands at all times. Thank you for getting me better – I will never forget the way I was treated, and how this in turn made me get well more quickly than if I had not had the level of care the Christchurch Hospital provided.



Truly transalpine: Updates to West Coast DHB's email system bring better visibility for our staff

Some of you may have noticed that, when you look at the global address list in Outlook, the list is much longer!

The reason is, in preparation for an email systems merger between Canterbury DHB and West Coast DHB, staff availability and the global address book lists have been combined.

Within the next couple of months, Greymouth-based email systems will be gradually retired, and as part of this process, all Greymouth mailboxes will be moved into an email system

hosted in Christchurch and managed by Transalpine ISG.

Merging our email systems like this means staff can now see people, calendars and, soon, resources (such as meeting rooms) from both DHBs.

Some teams are already reporting they are finding the change a positive communication leap with the ability to see out of office messages, availability and West Coast members within the Canterbury DHB phone directory.

This change not only strengthens our transalpine relationship but is also a step towards our digital transition to the cloud, which provides a modern IT infrastructure with much more resilience that will ensure business continuity during a disaster.

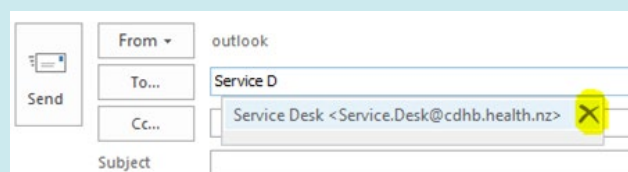
As a final note, the merge of mail systems has not changed email addresses – all West Coast DHB staff emails will still end with '@wcdhb.health.nz'

Removing cached (stored) contact entries

Following the recent email changes, we refreshed all West Coast DHB email addresses from Active Directory. This also relates to West Coast DHB staff now having <name@wcdhb.health.nz> as their primary email address. When you are emailing some individuals (e.g. Miles Roper <miles.roper@westcoastdhb.health.nz>) you may need to refresh your contact within Outlook as there is hidden information in the contact that is no longer valid (though it may look as though it is).

Here are the instructions on refreshing an individual's contact within Outlook:

1. Open a new email in Outlook.
2. Start typing the name of the contact/person you are having trouble emailing. If there is a problem with the address then there is an X on the end of the entry. Click this X to remove the cached contact.



3. Once you have done this, press **Ctrl + K** on the keyboard. This will cause the entry to re-appear. If there are similar names, you may be prompted with a list to choose from; choose the appropriate option then click OK.

Alternatively, you can use the Address Book to select your contact.

You should now be able to email the contact/person without difficulty.

Gratitude from across the ditch for our care

Australian High Commissioner Patricia Forsythe visited Christchurch Hospital earlier this month to thank those who were involved in the treatment and care of eight Australian citizens critically injured the Whakaari – White Island eruption in December 2019.



Australian High Commissioner Patricia Forsythe with Plastic Surgery Department Clinical Director Chris Porter

Random act of kindness

A random act of kindness filled bellies on the Christchurch campus last week with a 'pop-up' free cake stall in the foyer of the Otago School of Medicine.

A shout out to the Canterbury Medical Students' Association which provided a table laden with home-baked goodies.

Their signs say it all:

To those lives lost and amazing efforts of Canterbury DHB.

Free baking to a good home (stomach) enjoy.

In remembrance of March 15th Kia Kaha.



The table laden with home-baked goodies

Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.



Nursing Now campaign to empower nurses and midwives



[Nursing Now](#) is a three-year global campaign (2018–2020), which aims to improve health by raising the profile and status of nursing worldwide.

Run in collaboration with the World Health Organization and the International Council of Nurses, Nursing Now seeks to empower nurses and midwives to take their place at the heart of tackling 21st Century health challenges and maximise their contribution to achieving Universal Health Coverage.

The campaign focuses on five core areas:

- › ensuring that nurses and midwives have a more prominent voice in health policy-making
- › encouraging greater investment in the nursing and midwifery workforce
- › recruiting more nurses and midwives into leadership positions (via the Nightingale Challenge 2020)
- › conducting research that helps determine where nurses and midwives can have the greatest impact

- › sharing of best nursing / midwifery practices.

As part of the Nursing Now campaign the World Health Organization has pronounced 2020 as the International Year of the Nurse and Midwife. Why 2020? This year marks the 200th anniversary of the birth of Florence Nightingale. As nursing looks to focus on the five core areas above, over the next 12 months we will also celebrate our uniqueness as nurses and the integral role that nurses play and have played nationally and across the Canterbury Health System.

The Nightingale Challenge is a new global initiative by the international council of nurses seeking to bring together health employers with the aim of inspiring the next generation of nurses and midwives as leaders in health. This involves identifying future nursing and midwifery leaders (aged 35 and under) and equipping, mentoring and assisting them to develop leadership skills.

Canterbury DHB has registered to be part of the Nightingale Challenge and we will be releasing some more



2020
**INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE**

information on this shortly. Please watch this space for more information.

Nurses and midwives are an integral part of the Canterbury Health System and without you it would not function. I would like to take this opportunity to thank you for all you do.

I look forward to celebrating with you all as we look back, but also move forward in our nursing and midwifery futures.

Mary Gordon
Executive Director of Nursing

Get involved in this year's events and activities to celebrate nursing and midwifery

A calendar of events is currently being considered but we would like your input. Please email Nurse Coordinator Cathy King on cathy.king@cdhb.health.nz if you would like to be involved in the planning of events or have some ideas for the celebrations.

First simulation sabbatical for Canterbury DHB

Obstetrician and Gynaecologist Sharron Bolitho, a Senior Medical Officer at Christchurch Women's Hospital, is thrilled to be the first person to do a 'simulation sabbatical' at Canterbury DHB.

"Most doctors go overseas for their sabbatical, but I felt that a sabbatical within Canterbury DHB at Manawa was a perfect fit for me to develop my personal skills in simulation, build relationships with other Canterbury DHB simulation champions and give me the time to work on simulation projects in my own clinical speciality," she says.

This included the Practical Obstetric Multi Professional Training (PROMPT) course, which she has co-led with midwifery and anaesthetic leads at Canterbury DHB for the last 11 years. Sharron was based at the Manawa Simulation Centre for three months.

While with the Canterbury DHB Simulation Team she was able to: learn from local simulation experts; experience the work required by the whole team to deliver a simulation event; form new links and relationships within the wider Canterbury DHB and South Island; and take part in other departmental simulation sessions.

"A particular highlight was to be able to host Professor Tim Draycott, World Medical Lead of the PROMPT Foundation and Vice President of the Royal College of Obstetricians and Gynaecologists," Sharron says.

Her sabbatical did include some overseas travel to Samoa, Vanuatu and Melbourne in her role as Leader for Facilitator Training for a course supported by her professional college, the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

It also included activities for PROMPT, both in New Zealand and internationally.

Joint Simulation Lead Christine Beasley says hosting Sharron at the Manawa Simulation Centre was a pleasure.

"Seeing Sharron's enthusiasm and commitment has been contagious to others and a reason PROMPT is so



From left, Obstetrician and Gynaecologist and Senior Medical Officer at Christchurch Women's Hospital Sharron Bolitho, Ara Simulation Technician Support Emmett Norton, and Management/Administration Clinical Skills Laboratory Alysha Chua

highly respected as a truly interprofessional simulation programme."

Sharron embraced the opportunity to learn new skills and debrief in different speciality simulation sessions and added to her skills by being willing to get involved in all aspects of the simulation development process and new technologies.

Sabbaticals are open to any healthcare professionals who have the opportunity to enhance their personal enrichment and professional development. All professions will be considered if they have completed the Canterbury DHB sabbatical process.

Sharron says she regards this first ever simulation sabbatical as a huge success.

"I have come away with a much deeper understanding of how simulation is a key part of quality improvement and one of the few activities that can lead to culture change"

For further information please contact christine.beasley@cdhb.health.nz

Stay calm and play your part to contain COVID-19, New Zealand's first public meeting on the virus told

New Zealanders should try not to panic about COVID-19 and instead focus on ways they can limit its spread, Te Papa Hauora experts advised the country's first coronavirus public meeting.

People had the chance to ask questions of a panel of Canterbury-based experts at a Te Papa Hauora/Christchurch Health Precinct public meeting last Monday 9 March.

Te Papa Hauora brings together key Christchurch organisations involved in health research, education and innovation. Canterbury DHB, the universities of Canterbury and Otago and Ara are founding partners.

International infectious disease specialist David Murdoch led the Te Papa Hauora panel discussion.

Panel members included Canterbury DHB representatives Canterbury Health Laboratories Clinical Director of Microbiology Josh Freeman, Consultant in Infectious Disease Sarah Metcalf, and Medical Officer of Health Ramon Pink.

They urged people to try not to panic.

"There is no need to panic; there is reason for concern and to take it seriously, but we'll get through it, we'll manage it," David said.

There was a genuine spirit of cooperation apparent within the global scientific community at present, and the overall outlook for New Zealand residents seems hopeful, he said.



David Murdoch leading the Te Papa Hauora panel discussion

The scientific information coming through seems to show fatality rates are expected to resolve at around one percent and the virus did not seem to be transmitted through the air, but rather through droplets from the nose and mouth, David said.

The audience at the Te Papa Hauora event wanted clear scientific information on the virus and how it might affect their families/whānau, David said. People could make a difference by following simple but proven methods of limiting disease spread. These were practising good hand hygiene and cough etiquette, and following instructions from the government and health authorities if asked to do things such as self-isolating or staying away from gatherings, he said.

"The collective result of individuals each playing their part could make a big difference to the spread of COVID-19."

David said it was important the public understood institutions with expertise

relevant to COVID-19 here and overseas were working together, and had been for a long time, to prepare for such a scenario.

"The level of preparedness demonstrated by New Zealand's government including border control, as well as that of the health professions, has been robust and proactive, with planning well advanced for situations ranging from pandemic through to merely a small increase in New Zealand cases," David said.

"Coordination of effort is really important in ensuring that community trust in the health system remains high. If you lose that trust when you're wanting to get a community response, you're in a bad way. So that was a major motivation for the Te Papa Hauora evening - getting people to have a little trust that there are well-connected people around the world, all aligning their activities with the best practice."

The curious incident of the tainted cake

It's not every day that a birthday cake causes an emergency but that's exactly what happened in a recent table-top exercise designed to test Burwood Hospital's emergency plan and standard operating procedures.

The exercise involved activating an Emergency Operations Centre (EOC) in response to a fictitious scenario in which a suspected case of food poisoning from a birthday cake threatened to affect the health of staff, patients and visitors of Burwood Hospital.

People from across Burwood Hospital and the Older Persons Health and Rehabilitation (OPHR) Division were assigned roles based on the Coordinated Incident Management System (CIMS) and had to familiarise themselves with the Burwood Hospital and OPHR emergency plan as well as its supporting standard operating procedures.

The exercise ran for approximately two-and-a-half hours and was set up to imitate real-life, with a rapidly evolving situation that kept everyone on their toes.



The Emergency Operations Centre with Burwood Hospital Operations Manager Sally Nicholas leading exercise as EOC controller

Burwood Hospital Operations Manager Sally Nicholas, whose role on the day was EOC Controller, says the exercise was a useful refresher for those who have had CIMS training, and gave those who were new to these table-top exercises great insight into what would be expected in a real-life scenario.

"We have followed up with several debriefs to capture everyone's feedback and will incorporate improvements to the standard operating procedures."

The exercise was also supported by NZ Police, Fire and Emergency New Zealand and St John.

"Exercises like this provide an invaluable opportunity for participants

to learn, understand and implement the standard operating procedures, provide feedback and suggest amendments," says Canterbury DHB Emergency Planner Jane Lodge.

"The Service Continuity team works across the business to exercise an emergency response to ensure staff are well-prepared for the next real emergency."

Thank you to those who were involved, and the planning of the scenario by the Service Continuity team.

It was a timely reminder to us all around how important it is to be prepared.

UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
Te Pōwhiri Hauora o Waitaha



A day in the life of a Community Older Person's Health Social Worker

World Social Work Day is celebrated on Tuesday 17 March. This year, the theme focuses on 'promoting the importance of human relationships' to build international focus on the interdependence of people and the need for change in policies and social service delivery.

Social Worker Carol Woolf shares her experience working in the Older Persons Health Service Community Service Team.



Social Worker Carol Woolf

No day is the same as an Older Person's Health and Rehabilitation Social Worker. People often ask me "what do you do in your job?"

A social worker's role is often intangible in nature due to the skills, knowledge and depth of understanding that underpins every action, or inaction, we take in working with our clients.

Due to the diversity and scope of people, their problems and challenges, each person and situation is carefully considered and approached. In any given day, I may have a referral for a homeless situation or a significant abuse or neglect situation.

I regularly work with clients who are living in squalor or hoarding environments needing assessment and ongoing assistance. I may need to make applications to the court, or support family when someone does not have insight into their own situation.

I advocate for resources and entitlements, refer and coordinate with other services and organisations. I provide grief and loss counselling, relationship counselling, facilitate family meetings and smooth out challenging situations that are jeopardising someone's safety or wellbeing, or causing family/carer stress.

I am a 'jack of all trades' within the psychosocial realm, always trying to piece together puzzles to bring a holistic picture into focus.

I work in a multidisciplinary team with other wonderful health professionals; we liaise, have team and patient meetings, and work closely together. I educate and share my knowledge with those around me, and they with me.

I provide supervision to other social workers and have clinical supervision myself, I upskill with professional development opportunities and maintain my competency through my Continuing Professional Development log with the Social Workers Registration Board and as a member of the Aotearoa New Zealand Association for Social Workers. I provide talks to other professionals. Regularly updating Canterbury DHB computer systems is very important, so that other professionals can see I am involved in a patient's care.

I love community social work; my clients are very diverse in their needs. Sometimes I may meet someone only once and other times I may work with a person or family for two or more years. I get every possible scenario thrown at me and need to work out effective solutions.

Sometimes there is no solution that my client/family is happy with and we must deal with this as well!

It is never dull, and I get to meet all sorts of amazing and colourful people. I feel very blessed to be in this job and passionate about the work I do.



Members sought for Oxford community health advisory group

Work to enhance health services across Oxford are well underway, thanks to the dedication of a locally-based working group.

The Oxford and Surrounding Areas Health Service Development Group (OSHSDG), facilitated by Canterbury Clinical Network, includes perspectives from Oxford-based health and social service providers, Canterbury DHB, and Pegasus Health, as well as people who use health services (consumers).

The group has worked through a series of 10 recommendations that were identified and endorsed by the community (collectively called the Oxford Model of Care) and signed off by Canterbury DHB in February 2019.

Some significant developments the group has achieved include work around making transport more sustainable; having additional support for mental health services; and work to create a locally-based 24/7 observation service.

Now it's time to hand the reigns back to the wider community to oversee the completion of the final model of care recommendations and provide ongoing leadership to future improvements in health services on behalf of the people of Oxford and surrounding areas.

To achieve this, the OSHSDG is establishing an Oxford Community Health Advisory Group.

Expressions of interest sought

They are seeking a broad spectrum of the community to be members of the advisory group, including young, middle-aged and older people; parents; people from diverse

cultural backgrounds including Māori, Pasifika and migrant communities; people with disabilities; and people who have experienced mental health concerns.

Prospective members should be well-connected to the Oxford community, reliable, with the ability to actively contribute in a group environment and work constructively with others. Importantly, they must be passionate about consumers being able to access sustainable health and social services.

Members will be selected to ensure the group has diversity of community perspectives, connections, knowledge and skills.

More information about the role and function of the Oxford Community Health Advisory Group, and the expectations of members, as well as the nomination form, is available on the [document library](#) and in hard copy at either the Oxford Health Centre, the Oxford Community Trust or the Oxford Pharmacy.

Nominations, including self-nominations, will go to the selection panel, which will interview a shortlist of candidates.

The nomination form should be completed and signed by the nominee and emailed to carol.horgan@cdhb.health.nz or returned to the Oxford Health Centre, Oxford Community Trust or Oxford Pharmacy by 4pm, Friday 3 April 2020.

Donated cuddle cot a fitting tribute to Tai Dixon

Last Thursday, staff at Christchurch Women's Hospital were presented with a cuddle cot – a cooling mattress that fits into a bassinet or cot which allows parents whose newborn has died to spend time with them, by keeping the newborn's body cool.

Scott Dixon donated the cot to the Maternity Service, which he has a special connection with. His wife, Tai Dixon, was a Canterbury DHB midwife who passed away in a car accident last year on her way to work.

"Tai was passionate about helping women and their families through stillbirths, and this cot is her legacy," Scott says.

Thanks to generous donations made through a Givealittle page, Tai's friends organising fundraising marathons, and Scott using some of his own funds, three cuddle cots were purchased to help parents through the grieving process.

The other two cuddle cots are going to facilities in Blenheim and Nelson. Tai worked for a number of years in Blenheim Maternity too.



Front, from left, Director of Nursing Norma Campbell, Scott Dixon and his two daughters, Midwife Catherine Knoef, Charge Manager of Maternity Amanda Daniel, Scott's mother, Midwife Del Lewis
Back, from left, Registrar, Obstetrics Jo Knight, Perinatal and Maternal Mortality Review Committee Coordinator Diane Leishman

"These cots are things that you don't want to use, but when babies do pass, it's nice to give families something that allows them more time with them," Scott says.

"Tai took her work with the women who had babies who died at or before birth very seriously and it was a big

part of her role with us, so this cuddle cot is a fitting tribute to Tai," says Director of Midwifery Norma Campbell.

"Tai was a very special person to us and we continue to miss her, as she was such a valued member of our midwifery team."

One minute with...

Brad Macdonald, Recruitment Specialist

What does your job involve?

As part of a dedicated and fun team of recruitment specialists and coordinators, I work alongside our hiring managers to recruit registered and enrolled nurses for specialist mental health, medical, and rural services for Canterbury DHB.

Why did you choose to work in this field?

Following almost six years of working as a clinical social worker in the Adult Psychiatric Community Service for Canterbury DHB, I sought a bit of a change. I wanted to continue working with people in health but was driven to rather play a part in the running of things, and to grow a new and exciting career within the corporate space.

What do you like about it?

Recruitment provides such an important service to the running of our hospitals and plays its part in meeting the needs of our community. It offers a great balance between engaging with health professionals looking for opportunities and working strategically with the business toward a common goal: getting the right person for the right job. When you achieve this, it is incredibly satisfying.

What are the challenging bits?

Saying 'no' to hopeful candidates is right up there, as I have been there! Navigating the recruitment needs and pace of a large, multi-layered and complex health system is also certainly a challenge – but is also the very thing that makes this job interesting.

Who inspires you?

The nurses I work with – people who are so committed to what they do and who work tirelessly, especially in those services where there are shortages.

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?

Care and respect for others underpins everything, from candidate care to communicating with our hiring managers. We strive to make everything clear, transparent and fair in



Brad with his son Quinn

the recruitment process, so integrity as a value certainly informs what we do here. Finally, the people we place – they of course go on to work with consumers, so taking responsibility for ensuring the right person is in the role is a must.

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

No disrespect to my current position, but my best job ever was wielding a chainsaw running after people in the dark (as an actor in the *Horror Maze*). I also played a cannibal butcher. The satisfaction of having grown men screaming, tripping over themselves and falling through the corn cannot be beaten.

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

I would love to equip a kilt and go and trace my family routes. I've never been to Scotland, but the combination of castles and Braveheart beckons me.

What do you do on a typical Sunday?

Outside of time spent with my little man and my wife, Sundays (ideally) vary between doing sweet nothing at all and trying to avoid another injury on my mountain bike.

What's your favourite food?

Don't say KFC, don't say KFC, don't say KFC...

And your favourite music?

Anything with some raw acoustic guitar and a good beat.

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.



ENHANCED HEALTH

10 percent off all products online – find the discount code under the 'Health and Wellbeing' section.

**B A I L E Y
N E L S O N**

BAILEY NELSON - Christchurch Central and Riccarton
10 percent off all prescription eyewear and free comprehensive eye examinations (worth \$60).



SOUTHERN CROSS HEALTH INSURANCE

Look after your family with reduced premiums for you and your immediate family – see more information under the 'Health and Wellbeing' section.



CENTRAL HEATING NZ - 52 Pilkington Way, Wigram
Central Heating NZ is offering to cover the cost of installation for two bedrooms when you install warm water central heating.

New people policies published

We're excited to let you know that the three new people policies we received feedback on last year are available on [Prism](#). They form part of our foundation and principles for how we make work, work better.

Our [Diversity and Inclusion Policy](#) is the first of its kind in our organisation. It demonstrates a clear commitment to having a diverse and inclusive workplace where you feel like you can be yourself at work. Our new [Maintaining a Bullying, Harassment and Discrimination Free Workplace Policy](#) and our [Disciplinary Policy](#) are important in helping us tackle the hard stuff, so everyone can feel safe at work. These policies are replacing the Canterbury DHB Harassment Policy and the Canterbury DHB Disciplinary Action Policy.

During the development of these policies we've worked alongside more than 100 nominated people from our organisation and associated unions as well as asking you

all for feedback. Again, thank you all for your contribution. In addition to these policies, we've also created some supporting information listed below. If you have any questions or are looking for more information, Send Us a Question on [max](#).

Have some questions about bullying, harassment or discrimination? Check out these guidelines ([Preventing and Responding to Bullying, Harassment and Discrimination](#)) and read some of our max articles: [Bullying, Harassment, Sexual Harassment](#).

For guidance on how/where to voice a concern, please [read this article on max](#).

Applications open for Kia Kaha Christchurch Memorial Scholarship

The College of Nurses, Aotearoa (NZ), Inc. is once again offering the [Kia Kaha Christchurch, Memorial Scholarship](#) to acknowledge the work of nurses in response to the Christchurch terror attacks on 15 March 2019.

Two professional development scholarships of \$500 will be awarded to registered nurses or nurse practitioners who have cared for people during any period following this traumatic incident.

Please complete the [application form](#) and submit it to your Director of Nursing or Nursing Director by Friday 3 April 2020. The successful applicants will be announced on 30 April 2020.

MAKE THE SWITCH

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

131 K
PLASTIC DRINK BOTTLES



213 K
TAKE AWAY CUPS



2/3 of all hot beverages sold

WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup



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

SWITCHING TO REUSABLE CUPS WOULD SAVE 88 TREES WORTH OF CARBON

Brought to you by the Transalpine Sustainability Governance Group

INFO SESSIONS

NURSING / PRE-HEALTH

Learn about nursing study options at Ara and find out how our pre-health course can help you meet the entry criteria for a nursing degree or diploma.

Wednesday 1 April

Manawa campus, 276 Antigua Street

Nursing: 5.30pm-6.30pm

Pre-health: 6.30pm-7pm

Register to attend at ara.ac.nz

ADVANTAGE YOU

