



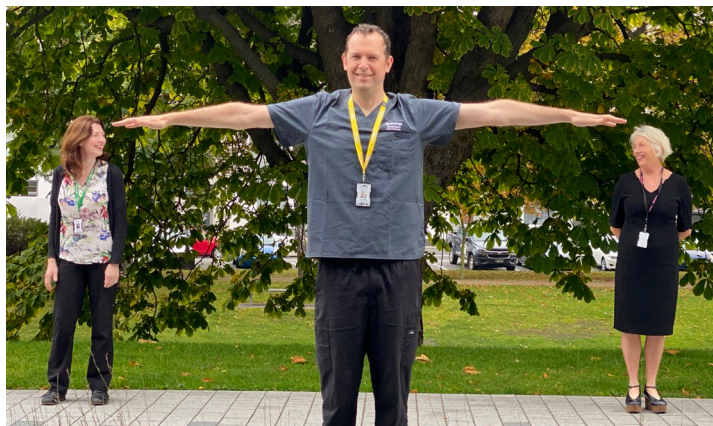
Don't be a fool and break the 2-metre rule – physical distancing is important

I'm delighted to introduce you to Peter Dooley this week – our '2 metre Peter'. You'll be seeing quite a bit of Peter around the traps over the coming days, as he's our new measure for physical distancing. We talk about two metres, but it's not easy to visualise without help, so Peter has come to our rescue. Normally hiding in radiology where he is Magnetic Resonance Imaging (MRI) Team Leader, Peter has long been affectionately known as '2 metre Peter' because of his height (that's 6 foot 5 inches for the older among us). We'll be handing out some fun measuring tapes over the next few days with Peter as our new poster boy for physical distancing – if you can't fit Peter between you, you're too close. Unless someone is in your 'bubble' or fully decked out in personal protective equipment (PPE), you should always be at least two metres apart from anyone else. Physical distancing, and frequent handwashing and drying, are two of the most important things you can do to keep yourself and those in your bubble safe.

Read more about Peter in our *One Minute With* in this Update.



If you can't fit a Peter between you, you're too close. There will be some tape measures coming your way this week, which will be easier than having an actual Peter with you all the time



Peter's arm-span is also two metres, and that's quite a distance, as Communications team members Jess Stewart and Dee McCarthy can attest

Thinking metres? Think in Peters!



#2metrePeter



Only a fool breaks the 2 metre rule | Keep your distance – at least two metres. If in doubt, lay this out – it's exactly one Peter (or two metres).

Your '2 metre Peter' measuring tapes will be distributed later this week

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Students help clean up new Intensive Care in Christchurch Hospital Hagley

Early preparation to make Christchurch Hospital Hagley's Intensive Care area available for the COVID-19 pandemic response is underway, with the Student Volunteer Army (SVA) helping out with a first clean of the space to be used.

Cleaning supervisor Katie Moore said the students were dusting, wiping down surfaces, vacuuming and mopping floors, cleaning windows and wiping down walls for the first clean, known as a detergent clean. This clean is to get rid of the dust after the builders have been through, and is completed twice, 24 hours apart.

The third, disinfectant clean, is carried out by our own cleaners and will be completed ahead of any COVID-19 patients being moved to the area.

Around ten students were on board on Monday 30 March to carry out the initial detergent clean, including Samuel McClay, a second-year engineering student at the University of Canterbury (UC) and Francesca Ferguson, a third-year nursing student from the Ara Institute of Canterbury.

Both volunteered their time while classes are on hold during the lockdown. Francesca was on placement when the lockdown was enforced and so was recalled, and wanted to fill her time meaningfully while not studying – and it allowed her to get a look inside her possible future workplace.

"This kind of reminds me of Burwood – it's really nice," she said.

Neither thought they'd be mopping floors during the lockdown, but were happy to go where the SVA asked them to.

Fellow volunteers Laura Kissell and Tim Mitchell are also studying at UC. Laura is a first-year Business Economics and Information Systems student and Tim is a second-year Computer Sciences student. Both are new to the SVA and didn't expect to be cleaning a hospital, but were very impressed with the new space – and said it was "super clean."



Francesca Ferguson and Samuel McClay, SVA volunteers, helped with the first of three cleans of Intensive Care at Christchurch Hospital Hagley in case of early occupation for COVID-19 patients



Tim Mitchell made good use of his vacuuming skills during his stint volunteering for the SVA, helping with the first of three cleans of Intensive Care at Christchurch Hospital Hagley last week

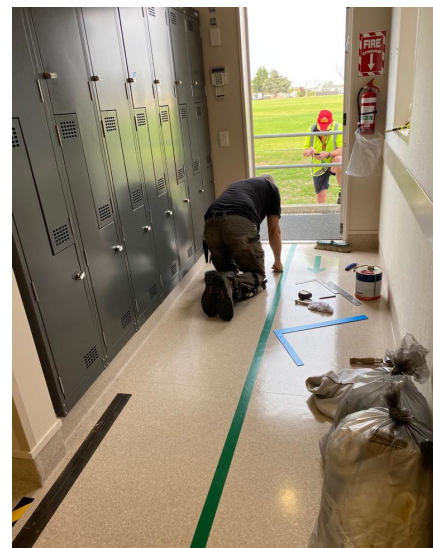
Community Based Assessment Centres up and running throughout Canterbury

There are a number of Community Based Assessment Centres (CBAC) now up and running throughout Canterbury. The newest two make use of re-purposed oral health facilities. One at the Community dental clinic rooms at Haeata Community Campus in Aranui, and the other uses one of our mobile oral health vans which has been moved from Cheviot to Kaikōura Health (Te Hā o Te Ora) to be used as a CBAC there.

All CBACs are seeing people who have either been referred by their own general practice team or by Healthline. They are not drop-in clinics. You need to have a referral and appointment to be seen.



Pictured right: Some of the CBAC modifications underway to the oral health unit above



Who should be tested?

Anyone who is unwell with symptoms of COVID-19, which include:

- › a cough
- › a high temperature (at least 38°C)
- › shortness of breath
- › sore throat
- › sneezing and runny nose
- › temporary loss of smell.

These symptoms do not necessarily mean you have COVID-19. The symptoms are like other illnesses that are much more common, such as cold and flu. Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

We don't yet know how long symptoms take to show after a person has been infected, but current World Health Organization assessments suggest that it is two to 10 days.

If you have these symptoms please telephone Healthline (for free) on [0800 358 5453](tel:08003585453) or your own doctor immediately. They will be able to do a phone assessment and advise on whether you should be tested. They will also tell you where to go to be tested and you will be given an appointment time.

Community Based Assessment Centres are now operating at:

- › Central Christchurch – close to Christchurch Hospital, open 7 days 9am - 9pm
- › Ashburton Hospital – open Monday to Saturday 11am - 4pm
- › Rangiora – Open 7 days 9am - 5pm
- › Halswell – Open 7 days 9am - 5pm
- › Riccarton – Open 7 days 9am - 6pm
- › Aranui – Open, hours tbc
- › Amberley – Open, tbc
- › Kaikōura Health (Te Hā o Te Ora) – in a mobile dental van from this week. Open 7 days 9am - 5pm

It's important to remember these are not drop-in centres. You won't be seen unless you have a referral from a general practice or Healthline. They will provide an appointment time and advise on the most appropriate clinic for you to visit.

Getting Through Together – Whāia E Tātou Te Pae Tawhiti

As we head into our second full week of rāhui/lockdown I'd like to give a huge thank you to all our people for keeping our health system running on all cylinders.

It is an incredibly trying time for all of us, as we look to balance work, family and living in lockdown. If you're feeling a bit all over the place or a tad on edge sometimes please rest assured you're not alone. We're all in this together.

Last week All Right? and the Mental Health Foundation kicked off a new national campaign designed to help New Zealanders look after their mental health and wellbeing during the COVID-19 pandemic. Getting Through Together – Whāia E Tātou Te Pae Tawhiti, focuses on providing people with the tools they need to be able to manage their

worries, look after their mental health and connect with loved ones, despite operating from their own bubbles.

There's a big focus on promoting connection and kindness, with messages including 'aroha from afar', 'isolation not isolated' and 'distance not distant'. The [website has some great information](#) on ways we can look after ourselves and each other, and has some specific wellbeing tips for both managers and staff working through the pandemic.

All Right? sits within our Community and Public Health team and I'm delighted that the knowledge and expertise All Right? has developed supporting the wellbeing of Cantabrians post-quake has been recognised at a national level – nice work team!



Staff member who was classified as a probable COVID-19 case

You may be aware that over the weekend news broke that we have had a staff member classified as a probable case of COVID-19. I want to remind all staff that despite what you might hear or think, the facts are that a staff member came to work not knowing that they were infected with COVID-19 and they were totally unaware of the fact that a close contact would later be named as a confirmed case. I am aware of some chatter about this case and I want to call a halt to it. It's not okay. I expect kindness and understanding. It could be any of us in this situation and I expect everyone

to be professional. I am sure that we will have other staff affected as COVID-19 spreads, and just as we work hard to protect the privacy of our patients, I implore you to remember our values and show care and respect for our staff member.

Be kind



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](#).



Bouquets

Ward 25, Christchurch Hospital

I would like to pass on a huge thanks to the staff of Ward 25 and in particular Dr Greg Frazer (Respiratory Physician and Clinical Director). Recently my uncle was admitted to the ward after being diagnosed with terminal cancer. My family and I were unaware of his illness and the news of the cancer came as a complete shock to us all. I had to obtain a special authority to travel from Australia to New Zealand from New Zealand Immigration as my passport had expired, and due to the impending increased restrictions being placed on people entering New Zealand (compulsory two-week self isolation for people arriving from overseas) I had only one day to obtain my special authority to travel. I had been advised by Immigration New Zealand that I would need a letter from my uncle's treating physician in order to obtain the authority to travel. I was able to speak with Dr Frazer and to explain my situation, and Dr Frazer provided me with the letter I required in time to obtain my authority to travel. In these uncertain times I am very grateful for Dr Frazer's compassion and empathy

and his assistance to me that enabled me to enter the country to see my uncle before the compulsory self isolation period. My uncle was like a father figure to me growing up so I was desperate to see him. The Ward 25 staff are a credit to your hospital and I thank them for their kindness, compassion and great care in looking after my uncle and in their interactions with our family. The time I got to spend with my uncle and to make new memories and to offer him and my extended family support and care was invaluable. I will be forever grateful that I had this opportunity. I hope this message gets shared with the doctors and nurses on Ward 25 as well as widely throughout Canterbury DHB.

Nancy McShane and Hillmorton Staff

On behalf of the Addington Supportive Accommodation residents I would sincerely like to thank you for your gift of canned food and other items before Christmas. I think of your generosity as care packages of food are made up for the clients leaving here to move onto accommodation in the community. This is what the canned food has been kept for, to support

those moving out into the community with a gift of aroha and manaakitanga as they begin their new life. Thank you, you have made a positive difference in the lives of our men and I'd like you to know how much this is appreciated by both the men and the staff supporting their transition.

Naku te rourou nau te rourou ka ora ai te iwi (With your basket and my basket the people will live)

Ngā mihi nui Judi Smitheram, Caseworker, Poulson Street Supportive Accommodation.

Big Shout Out

A big shout out to all the Canterbury Health Laboratories staff processing all the COVID-19 swabs. They are doing an amazing job.

From Emma Burke, Staff Nurse, Gastroenterology Unit

#carestartshere

Ward 11, Christchurch Hospital

My stay on Ward 11 was great as usual... The nurse that was on was brilliant so no complaints, also no complaints on the great food. All the staff were fantastic.

Urology, Christchurch Hospital

I am very grateful for the excellent care I have received at all levels of my procedure; from detection, options, scheduling, pre-admission and admission, surgery, pain relief, post-op care and recovery. I had a very kind and easy nurse called Claudine. She made me feel very much at ease as she got me ready to go. Nurses and other personnel whose names I wrote down who were very good include

Tina, Bella, Becky, Alannah, Katey and May. I don't know their surnames. The Urology surgeons, Peter D and Frank K, were always honest, open, clear and considerate. I found them both very helpful and easy to deal with. I can only assume that the expertise on the table was first class because I think my recovery has been as good as it could possibly have been. The Urology team has been excellent with pre and post op information, bookings and so on, and help with catheters and continence. This is a very good example of New Zealand's public health system working in a first class way, which is one reason that I am proud to be a New Zealander.

Ward 27, Christchurch Hospital

I would appreciate if you would pass my thanks onto the staff who looked after me during my recent time in hospital. Ward 27 staff were excellent. I found them to be dedicated in all aspects of my care.

Cardiology Ward, Christchurch Hospital

A big thank you to the nurses and doctors in the cardiology ward.

Ward 20, Christchurch Hospital

The nurses on Ward 20 did an incredible and caring job looking after me and made my stay there for a week a lot less scary. A special shout out to Jess who helped me through the night when I was in intense pain, with empathy, professionalism and wisdom.

Big Shout Out

To Canterbury DHB Supply Department

Behind the scenes for most of us, our colleagues in Procurement, Supply and the Warehouse are working tirelessly to ensure we not only have the equipment, consumables and stores we need now but to secure supply chains for future demands in a very volatile global market. Although there has been a particular focus on securing on-going supplies of PPE, this also applies to many other consumables due to the massive shuffling of global supply chains taking place

in the wake of COVID-19 shutdowns.

Many other agencies and healthcare providers in the region have also turned to Canterbury DHB for assistance as their own supply chains are interrupted, and these organisations are being supported as well. All of you are doing a fantastic job in a very challenging environment and we appreciate your dedication and hard work. Thanks!

From the Canterbury DHB Infection Prevention & Control Service

#carestartshere

LOTS ON YOUR PLATE?



For ideas on looking after yourself even when life's busy, visit: allright.org.nz/work



Interactive digital security awareness course now on healthLearn

Digital security is something that we might not always think about, but it plays an integral role in maintaining our reputation, obligation to privacy and the trust of the public.

To support all users of our information systems ISG has developed a HealthLearn digital security awareness course. Our aim is to provide managers and all other users with a basic awareness of good security practices when using information technology. The outcome is to improve DHB-wide security knowledge, so that staff are following best practice and keeping all data safe and secure.

Now that we have many staff working remotely, it is a good time to complete this course so you're familiar with our policies. The course takes around 30 minutes to complete but can be paused so you can jump into and out of it when you're able.

To keep things interesting, the course has interactive elements such as flip cards, drag and drop questions, and real-life examples of what digital security best practice looks like – as well as what it looks like when it doesn't go so well!

This course has two parts: first, you will complete a module that introduces our policies for using DHB information and communications technology (ICT) equipment, software and data. Then you will be prompted to complete our Digital Security Declaration.

In terms of topics, the course covers creating strong passwords and protecting data; how to securely send data outside the DHB; how to steer clear of malware, social engineering and phishing; what counts as appropriate use of social media; and working remotely.

The screenshot shows the 'Remote working' module in the HealthLearn digital security awareness course. On the left is a table of contents with the following items: 'About this module', 'Digital security at the DHB', 'Passwords', 'Protecting data', 'Sending data outside your DHB', 'Malware, social engineering and phishing', 'Social media', 'Remote working' (highlighted), 'Digital security for managers', 'Everyone needs to do their bit', and 'Wrap-up'. The main content area is titled 'Remote working' and includes a video player with the text 'Remote working has many benefits but it also introduces additional digital security risks.' Below the video is a section titled 'What do we mean?' with the text 'Remote working happens in two ways at the DHB.' At the bottom are two icons: 'Non-DHB devices' (a smartphone) and 'Non-DHB locations' (a house).

The start of the 'working remotely' module

There is an additional section all managers will need to complete.

You need to complete the Digital Security course every year to make sure you are up to date with our requirements. You will receive a notification when your refresher is due.

Upon completing the course, you can request a non-expiring password (on standard user accounts). The key to retaining this is to re-do the course every 12 months, otherwise you'll go back to an expiring password.

To complete the course, login to HealthLearn and follow [this link](#).

For the official COVID19 word, go to [covid19.govt.nz](https://www.covid19.govt.nz)

COVID-19 has made its way into every continent except Antarctica.

To date, 209 countries, territories or areas have laboratory-confirmed cases, totalling over 1.1 million people worldwide.

The world has been turned upside down for billions of people. Numerous countries are in total lockdown and in different stages of the dealing with the pandemic.

Terms like 'case definition', 'contact tracing', 'flattening the curve', 'social distancing', 'self-isolation' and 'staying in your bubble' have become part of many people's daily vocabulary.

It is often during times of upheaval and uncertainty that the rumours start, conspiracies circulate, and messaging becomes confused. Having a reputable organisation act as a 'single source of truth' with the latest information is important, in order to keep everyone informed and on the same page.

This is why Ministry of Health has put together a website aimed at the general public: Unite Against COVID-19, at www.covid19.govt.nz.

As well as providing the latest national updates, the website has a lot of practical information on what to do (and not do) during this

**Unite
against
COVID-19**

unprecedented time in world history. There's a lot to read and look at, so below are some of the key things to take note of – some of these you will already be familiar with, but there are also some other less talked-about (but also important) things to take note of too.

Stay at home, except for working in essential services, or when accessing them

- › This is the most effective thing we can all do to help stop the spread.
- › Only drive to and from work or an essential service. Don't go for joy-rides across town – stay within your postcode.
- › As long as you're not unwell, you can leave your house to go for a walk, or exercise and enjoy nature locally on your own or with those in your bubble. If, however, it's busy out there, go home and go out later.
- › Mass gatherings for funerals and tangi is not permitted while we're at Alert Level 4. Only people from the same bubble as the deceased person can go to the funeral home and cemetery with the deceased, and only if these are in the same region. This will be an extremely difficult time for bereaved family and friends unable to attend, so offer your support if you become aware that someone is in this situation.

Shop and work safely

- › Keep a two-metre distance from those outside your bubble. COVID-19 spreads by droplets (like a cough or sneeze), so keep your distance.
- › If you're healthy and aged under 70, go to the supermarket instead of shopping online. This will leave delivery slots free for the people who need them most.
- › When you make a purchase, use a contactless payment method, not cash.
- › Take out produce when you get home, and rinse first in soapy water, then in clean water to remove any soap residue.
- › If you're working, clean your workspace or desk area regularly. Avoid sharing work areas and work equipment. [Follow this link for more advice for essential workers.](#)

Practice good hygiene

- › [Frequently wash your hands, do so for at least 20 seconds, and dry them thoroughly.](#) Soap kills viruses by breaking down the layer of fat and protein that protects the genetic material inside it. If you don't have access to soap and water, use hand sanitiser that is at least 60 percent alcohol.
- › Avoid touching your face with unclean hands, especially your eyes, mouth, nose and ears. This is harder than it might sound – studies show that the average person

touches their face between 3.6 and 23 times per hour, so get into the habit of becoming conscious of when you're doing it.

- › COVID-19 can survive on hard surfaces for days, so be extra vigilant when cleaning – clean and disinfect frequently-touched surfaces and objects, such as doorknobs.
- › If you need to cough or sneeze, do so into the crook of your elbow.

Be kind to others – and yourself

- › Check-in on other people who might need help. Supporting others benefits both you and the person receiving your support.
- › Drop off things to people who are sick and make sure they are okay.
- › Stay in touch with your usual support networks over the phone, online or via video-based apps. We're all in this together.
- › To help maintain a sense of normality, try sticking to a routine with regular bedtimes, mealtimes and exercise.

- › Do things you enjoy to keep your spirits up. Keep busy. The brain also thrives on novelty, so try new things too: try an online yoga or exercise class, some DIY work that's within your capability, follow a new recipe, or learn some phrases in another language.
- › Practice gratitude. Think about all the things you do have, and the good things in your life. Being thankful will change your whole way of being in the world and make the rest of the lockdown easier.
- › Remember, this too will pass.



Be kind

New Zealand Government

Unite
against
COVID-19

Covid19.govt.nz

Everything you need
to know in one place

Unite
against
COVID-19

New Zealand Government

Chatham Islands COVID-19 health protocols

The Chatham Islands may be 800km from New Zealand and have just 700 residents, but careful measures have been put in place to ensure COVID-19 stays out of the small community.

Several protocols were created in advance to prevent COVID 19 getting to Chathams, says Transition Programme Manager Win McDonald. All airline and airport crew on the Chatham Islands observe strict hand washing before and after handling cargo so that there is minimal handling of goods.

"Also crews don't mix with loading staff in New Zealand and no one is at work if they have any signs of being unwell.

"With huge support from Air Chathams staff we were screening passengers coming onto the Chatham Islands from early March. We also instigated a 14-day lockdown for all passengers on incoming flights from Monday 23 March, before it was part of the national lockdown. We were very aware of secondary school boarders returning to the island."

Shops and other distribution agencies have been advised about washing hands before and after handling all packages, and products being delivered to vulnerable people are left at the gate so there is no physical contact.

"All the volunteer delivery people have been told about handwashing and the community have been made aware of the need to wash their hands before and after handling all products," she says.

Chatham Islands Health Centre Manager Sally Lanauze says there is personal protective equipment on the Chathams and all staff are trained in its use.

"We have two emergency houses set up if needed, to isolate suspected or confirmed cases of COVID-19."

The flu vaccination has already been given to the vulnerable and elderly in the community and all health staff have been vaccinated.

"Three weeks before lockdown we sent information to schools on hand washing techniques and how to talk to children about COVID-19. One week before lockdown



Chatham Islands Health Centre Manager Sally Lanauze

I visited commercial businesses to ensure they had preventative wipe down and information for customers, including social distancing," she says.

In fighting the virus, isolation is the biggest difficulty. There is intermittent, very limited internet, only 14 telephone lines, and no cell phone coverage on the Chathams.

"So this is a big limitation. Keeping people informed and engaged is critical as is ensuring supplies are available when needed, including prescriptions, petrol, diesel and food."

There are benefits to the Chathams isolation too, Sally says.

"Having a smaller team, working closely together who know the people and the community is an advantage. It also means we are well placed to ensure the welfare of all on the Islands. A huge shout out to the welfare team.

"Having one person doing multiple tasks is difficult so we are all working and pulling together to support each other. We all take responsibility for the Chatham Islands whānau and mokopuna."

Medical Physics and Bioengineering support COVID-19 response

The Medical Physics and Bioengineering Department is busy meeting the needs of our staff by quickly making 50 mobile personal protection equipment (PPE) Stands.

These were designed by our team a few years ago during the Burwood Redevelopment, says Team Leader Bioengineering Chris Morison.

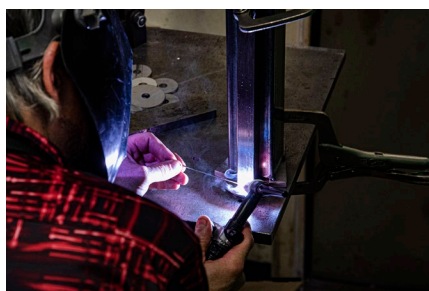
"As our Christchurch Hospital wards started preparing for COVID-19 patients we got enquiries from a couple of wards to make more. We knew that other wards would be interested so we got the word out to all the other wards via Acting Director of Nursing Lynne Johnson, resulting in 50 orders across 17 wards.

"It's a huge job for the small team who have been working flat out in their workshop to get these assembled, even roping in the electronics technicians and physicists to get their hands dirty at times," he says.

"Our suppliers have also been amazing, and I would like to acknowledge their support in making their staff available to send items to us during the level 4 lock down, including: Prometal, Arcore Engineering, Caford, Mainland Fasteners, Stainless Products and Anzor."

Chris says by Thursday last week they had a production line set up in their workshop. The first deliveries to the wards took place in the last few days.

"I'm really proud of how my team have come together to get these made in record time, it's a great example of the efforts some of the back-room support staff are making to support staff who have direct contact with patients during this crisis."



Physicist Technician Johann Bader welding the stands. Johann is also Project Manager and Designer of the stand-making



Mechanical Technician Jesse Reynolds



Surgical Instrument Technician Daryn Elley



Team Leader Bioengineering Chris Morison working on the final assembly

Intensive Care Unit Registered Nurse Julie Burgess says the stands make life easier as they are a single point for PPE.

"They help keep it all tidy and orderly and are easy to see when it needs restocking which helps to reduce waste."

Being mobile means they are easy to take to where they are needed to ensure staff have access to the PPE they need, she says.



The finished product – the PPE stands

Creative corner

An idea by Pharmacist Janelle Kennedy for staff to share their creative abilities in the *CEO Update* to give readers moments of joy during our new COVID-19 world has been taken up by some very talented people this week.

Outpatient Co-ordinator General Surgery Ali Beare is a photographer in her spare time.

"I've been doing this since I was 14 years old and love nothing more than getting out and about taking photos of our lovely country and its nature," she says.

Ali has shared three of her photos of New Zealand nature.

Physiotherapist/Lymphoedema Therapist at Burwood Hospital Ann O'Callaghan says the quilt pictured was one she put the finishing touches on last weekend.

"The photos show two sides of the same quilt. It is made of the left over blocks from a bigger quilt that I made for my daughter which stayed at home when she went to Otago Uni this year. It was always going to be made and sent to her so she could have a bit of home with her.

"She has decided to stay in her residential hall while the lockdown is on so I am especially happy to have finished it for her."

The periodic table on the back of the quilt is "a bit of a joke" to help her daughter study, she says.

Ann has been making quilts for more than 20 years, and loves giving them to people. She enjoys the support of the community of women that are in the groups that she belongs to.

Senior Scientist, Core Haematology at Canterbury Health Laboratories

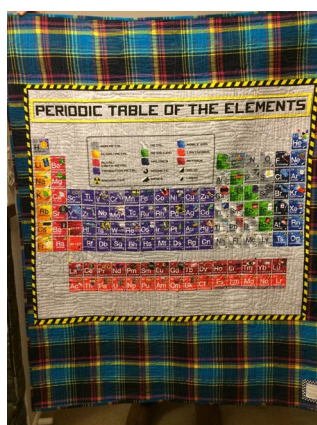
Lesley Newton has been painting at Art Metro for about 12 years.

She says it has taught her a lot about different techniques and reintroduced the enjoyment of painting for her again with a great group of people.

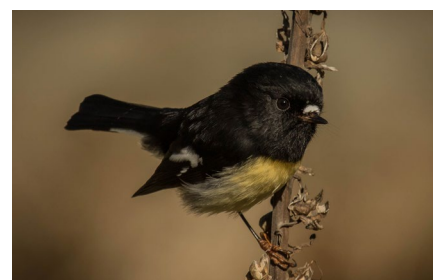
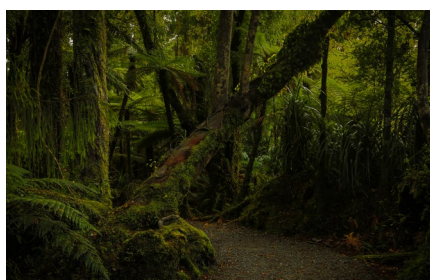
"I did paint a little as a teenager. The oil paintings I am sharing are called 'Just Marbles' and 'Autumn Leaves'."



Paintings titled 'Just Marbles' and 'Autumn Leaves', by Senior Scientist, Core Haematology at Canterbury Health Laboratories Lesley Newton



A quilt made by Physiotherapist/Lymphoedema Therapist at Burwood Hospital Ann O'Callaghan



Photos by Outpatient Co-ordinator General Surgery Ali Beare: Fungi, Spencer Park, Christchurch; Kahikatea Swamp forest walk Ship Creek, West Coast, near Haast; and a male tomtit

Emergency Operations Centres now operational

All of our local Emergency Operations Centres (EOCs) are now operational.

Please use the EOC controller's email address as the first point of contact for all COVID-19 matters.

Staff involved in the COVID-19 response have a large volume of work and are unable to respond to personal emails. Central EOC email addresses ensure all emails are read and allow each EOC to log jobs, allocate tasks, and respond effectively.

Location	Email address
Ashburton EOC	eocashburton@cdhb.health.nz
Christchurch Campus EOC	CHCHEOCManager@cdhb.health.nz
Labs EOC	CHL.EOC@cdhb.health.nz
Community and Public Health EOC	CPHOPS@cdhb.health.nz
Information Services Group (ISG) EOC	lsgcovid19@cdhb.health.nz
Kaikōura EOC	Kaikouraeoc@cdhb.health.nz
Specialist Mental Health Services (SMHS) EOC	EOCMentalhealth@cdhb.health.nz
Older Persons Health and Rehabilitation (OPH&R) EOC	EOCBHOPH&R@cdhb.health.nz
Primary Care EOC	eoc@cprg.org.nz
West Coast EOC	EOCManager.wcdhbeoc@wcdhb.health.nz

Additional contact details for individuals in each EOC can be found in the 'EOC Contacts' section lower down on the right-hand side of the [COVID-19 PRISM page](#).

Latest COVID-19 information

Check out PRISM for the most up-to-date information about novel coronavirus COVID-19, including the latest news, resources and advice.



Hospital HealthPathways

Introducing the HealthPathways COVID-19 Response Package

Thank you for your support and use of HealthPathways over the past few weeks. We are working hard to make HealthPathways your primary portal for COVID-19 information in the health system.

With almost 19,000 page views since the launch of the [COVID-19](#) section across community and hospital sites and daily ongoing development and updates, here's a useful guide to the HealthPathways COVID-19 response pages and resources.

What's in the HealthPathways COVID-19 suite

For an overview of the COVID-19 suite of pages, select [COVID-19](#) on the HealthPathways menu or use search and type [COVID-19](#).

You'll find a useful video explaining how the pages work, as well as a table outlining what you'll find on each page. At the bottom of the [COVID-19](#) landing page you'll find links to each of the COVID-19 pages. Take a few minutes to explore these pages if you haven't already.

Where to go to know what's changed

With COVID-19 related updates and changes happening daily, it's important to have the latest information. There are a few places you'll find it:

1. The [COVID-19 Recent Changes](#) page provides a quick summary of what's recently changed on each of the pages in the COVID-19 suite.
2. To get a comprehensive list of services impacted in Canterbury by COVID-19, see the lower half of [COVID-19 Impact on Local Services](#) page.
3. To see all other changes on HealthPathways, check out [Daily Updates](#) (these are grouped by month).

How to get HealthPathways on your mobile device

Now would be a great time to get HealthPathways on your mobile device. You can find the instructions [here](#) for Android and iOS. On your device browser enter canterbury.hospitalhealthpathways.org and then follow the instructions for adding HealthPathways to your home screen.

If you are password challenged you can use:

Username: mobile Password: access

How to send feedback on the COVID-19 information

If you have important feedback or suggestions for the HealthPathways team remember you can click on the Send Feedback button on the bottom right of all pages.

One minute with...

Peter Dooley, Magnetic Resonance Imaging (MRI) Team Leader

What does your job involve?

My role involves leading the MRI team who are a hardworking and passionate group. At the end of last year we were the only MRI department in the country meeting all ministry patient wait times.

Why did you choose to work in this field?

My first qualification was a degree in Medical Imaging to become a medical imaging technologist aka radiographer, however for the first three months of the course I thought I was training to be a radiation therapist, so that was a nice surprise. I have spent many years working in most areas in Radiology and enjoyed the challenge of qualifying to work in MRI.

What do you like about it?

MRI is one of the fastest growing diagnostic tests. I enjoy being involved in conversations as to how MRI can be used to benefit our patients. Lots of people are worried about having an MRI and we understand that the procedure and potential results can create anxiety. I am passionate about making sure our patients, young and old have a positive experience in MRI.

What are the challenging bits?

MRI is a very challenging qualification to gain, these days a lot of professions are getting easier with technology, but MRI is getting more technical. We are working with a big magnet and it comes with risks, so we are carefully weighing up the risk of scanning people with things like pacemakers

and metal bits and bobs from surgery and stuff. Canterbury DHB was one of the first sites to regularly scan people who have pacemakers.

Who inspires you?

My Dad inspires me, in his 70s he works full-time and still makes time to work as a Roman Catholic Chaplain at Christchurch Hospital one morning every week. He chats to everyone with genuine interest and compassion.

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

These values are integral to working with people in health. As a health professional, it is vital that you are caring and respectful, not only for patients but with our colleagues. We all drive each other and support each other to be the best we can be and provide quality service and outcomes to the people of Canterbury.

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

I have webbed toes.

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

I'm sure at this point in time we would all say – New Zealand.

What do you do on a typical Sunday?

Sundays usually involve the kid's swimming lessons, sushi lunch, walking the neighbour's dog and then a roast dinner. Some dads are proud of their BBQ skills, but I'm proud of my Sunday roast.



Peter Dooley, also known as '2 Metre Peter' because of his height, is the new poster boy for the Canterbury DHB's physical distance campaign during the COVID-19 pandemic. Thinking metres? Think in Peters! Keep an eye out for the new tape measure guidance with Peter on them to help with your physical distance technique

What's your favourite food?

I do a perfect roast spud and I would never say no to hot chips.

And your favourite music?

With two young girls at home we listen to a lot of pop music and I may turn the music up when a Taylor Swift song comes on.

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

New guidelines created for CPR management during the COVID-19 pandemic

A working group from the Canterbury DHB Resuscitation Advisory Committee has created new guidelines for cardiopulmonary resuscitation (CPR) management during the COVID-19 pandemic.

The documents are based on the latest information from the New Zealand Resuscitation Council, and the UK Resuscitation Council and have been signed off by representatives from Canterbury DHB's Intensive Care Unit, Anaesthesia, Emergency and Infectious Diseases departments.

Key points to note are that staff safety is paramount, and appropriate resuscitation should not be unreasonably withheld or delayed.

The three one-page documents include [CDHB COVID-19 cardiac arrest guidelines](#), a [Basic Life Support \(BLS\) poster for COVID patients](#) and an [Advanced Life Support \(ALS\) flowchart for COVID-19 patients](#).

All documents are available on the [COVID-19 PRISM site](#).

COVID Positive / High Risk Patients CARDIAC ARREST Modifications

DANGER

Droplet precautions: mask, gloves, apron and eye protection

RESPONSE

SEND FOR HELP

Call 777 and request Clinical Emergency Team.
State COVID-19 patient

AIRWAY

Apply Hudson mask if not already in situ. Turn O₂ OFF.

BREATHING

Look for normal breathing or signs of life – DO NOT put your face close to the patient to listen or feel.

DEFIBRILLATION

Can be performed using droplet precautions before CPR commences.
If using manual mode up to 3 stacked shocks can be delivered.

CPR

Any staff NOT in full PPE must leave.
Perform 2-handed bag-mask ventilation (with filter). Ensure tight mask seal, O₂ 10L/minute. Commence chest compressions 30:2.

New website for Mana Ake now live

A new website designed to provide advice and support to whānau in Canterbury is now live.

The website was designed by the team behind Mana Ake – Stronger for Tomorrow, an initiative that provides mental health and wellbeing support for children in school years 1-8 across Canterbury.

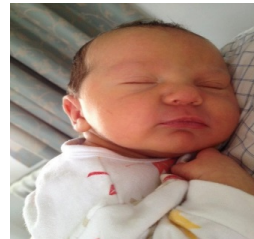
It features images of local children and provides a place for whānau to access a wealth of information and advice from a variety of sources, centred around supporting the whole family's wellbeing and mental health. The website acts as a hub to connect families to local organisations that support wellbeing and lets them know how to access support from Mana Ake kaimahi.

Mana Ake project Lead Clare Shepherd says, "With whānau having to cope with the COVID-19 response, easy access to credible information that is locally relevant and can support them through the lockdown period is a priority."

Visit manaake.health.nz.



RSV Immunisation in Pregnancy Study



Overview

- **RSV** is a **respiratory virus** that affects most children under 2 in New Zealand and around the world. It can cause upper respiratory tract infections (URTI), **bronchiolitis** and pneumonia, which can lead to hospitalisation and intensive care.
- This trial aims to test the safety and efficacy of an investigational RSV vaccine given to women during the third trimester of pregnancy, to potentially protect their babies from RSV infections during their first winter. The vaccine enables the woman's immune system to develop antibodies against RSV which are transferred through the placenta to her unborn baby.

Why is this trial important?

- RSV is a health issue in New Zealand and globally and this vaccine may protect both women and babies from developing RSV illness.
- This is a **Phase 2 clinical trial**, which means that the vaccine has undergone previous trials that have gathered safety and immunogenicity data.

Who qualifies?

Women who are:

- Healthy pregnant women aged 18 - 49 years
- Have an expected delivery date between **8th April to 14th August 2020**

How does the trial work?

- Participating women will be randomised into one of two groups:
 - the **treatment group**: receive the RSV vaccine
 - the **control group**: receive a **placebo**
- One intramuscular injection will be administered from 24 weeks to 36 weeks of pregnancy
- Blood will be collected from the mother and her baby during the trial
- Mother and baby will be monitored by the research team until the baby is 12 months of age.

For more information Call now please contact either:

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