



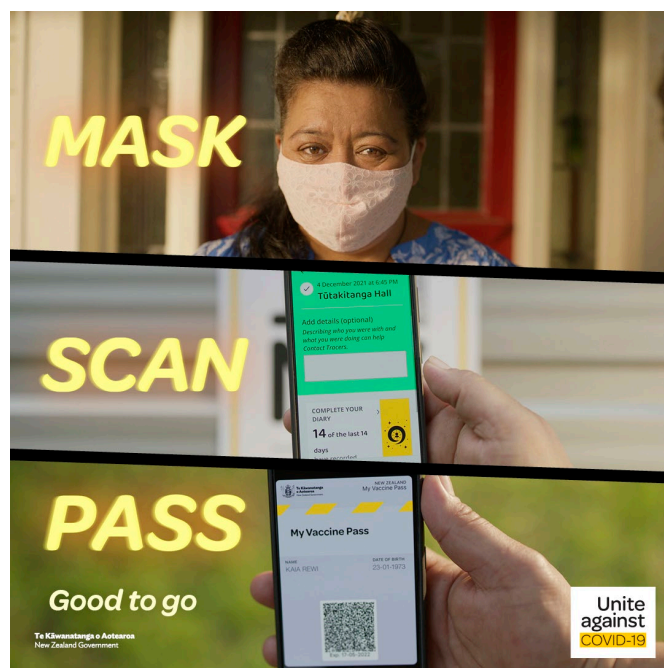
Haere rā 2021 – a year of uncertainty, vaccinations, masks, alert levels, boundaries and traffic lights

Despite a rollercoaster 12 months, the people who make up the Canterbury Health System have buckled up for the ride and gone above and beyond to meet urgent needs and demands to ensure communities in Canterbury and the Chatham Islands receive the treatment, care and support they need.

Thank-you for your continued commitment and professionalism during this most challenging year. A year I hope we all will look back on and reflect that it was a tough 12 months, but we learnt to be nimble, to adapt; to juggle BAU and live with the ever-changing face of COVID-19 which impacts so many of our teams at work, and all of our lives at home.

Wherever you work in our health system, your mahi is valued and appreciated.

Throughout the last lockdown teams managed to keep providing large volumes of elective surgery and procedures and most outpatient clinics kept running, many via Zoom. We've been working in different ways, using technology to support patient care and remote working. We've survived some intensely busy periods with RSV creating capacity issues in both primary care and our hospital systems. We continued to work collaboratively, new systems were developed and evolved to support equitable prioritisation of our precious health resources.



In this issue

- > Regulars – Kōrero ai... pg 6
- > New primary birthing unit confirmed for Christchurch... pg 7
- > Māori and Pasifika rangatahi recruitment campaign... pg 8
- > Cortex enabling easier sharing of information in Maternity... pg 9
- > Updated COVID-19 summary available in Cortex... pg 10
- > Locked and loaded for Christmas with shared care plans... pg 10-11
- > Choir singers provide festive atmosphere... pg 12
- > Varied career spanned more than four decades... pg 13
- > "Amazing" donation from staff... pg 14
- > Singing in the holiday season together... pg 15
- > It's beginning to look a lot like... pg 16-19
- > Ashburton volunteers recognised... pg 20
- > International Migrants Day... pg 21
- > Ashburton volunteer co-ordinator retires... pg 21
- > Transforming care for people with chronic obstructive pulmonary disease (COPD)... pg 22-23
- > A 2021 wrap-up from the Canterbury DHB Youth Advisory Council... pg 24
- > Become a Dementia Friend on HealthLearn... pg 25
- > One minute with... Julia Goode, Senior Media Advisor... pg 26
- > Notices – Pānui... pg 27-32

Vaccination rates

A quick update on Canterbury vaccination data as at 11.59pm 19 December 2021:

Canterbury's vaccination rollout, by the numbers:	
First doses - 471,026	Second doses -453,873
First doses - 98%	Second doses - 94%
Eligible Population 482,890	

- › Pacific peoples: 96 percent first dose, 90 percent fully vaccinated, a wonderful milestone we reached yesterday
- › Māori : 91 percent first dose, 83 percent fully vaccinated

Overall, we're doing incredibly well, with our current focus on increasing Māori rates and boosters for those who were fully vaccinated six or more months ago. Next year will be all about offering vaccinations to 5 to 11-year olds and planning is well underway with a start date to be confirmed but is likely to be early in 2022 before schools go back.

Omicron arrived in Canterbury last Thursday, thankfully, in a person in managed isolation. At the time of writing there are now 22 cases of the Omicron variant in NZ and all have been in overseas travellers tested in MIQ facilities. I am hopeful that we don't get to learn too many more letters in the Greek alphabet anytime soon, and that we don't see cases of the fast-spreading Omicron in our communities in the near future.

Having said that, we are prepared. Last week we went live with a [Care in the Community](#) webpage of resources for the public and providers. There's a significant focus on that work at present to ensure we are ship-shape and ready to manage increased volumes of people with COVID-19 in their own homes. [This media release](#) has more information. Our facilities are also ready. We have a refurbished ward for caring for people who need hospital level care for COVID-19, additional intensive care bed spaces under construction, and new processes in the Emergency Department to separate people who may have COVID-19 from those in for all the other ailments.

A quick re-cap of some of the memorable moments of 2021:

January

- › The World Health Organization declared 2021 as International Year of health and care workers.
- › Dr Andrew Brant was Acting CEO and I took over the reins on 15 February.
- › Construction started on new facilities for Specialist Mental Health Services at Hillmorton.

- › Heat health advice was issued as the mercury hit 36 degrees Celsius in Canterbury.
- › A community case of COVID-19 was reported

February

- › The 10-year anniversary of the Canterbury series of earthquakes was marked.
- › After 10 years the 'temporary' green plastic water tanks were finally removed from the front of Christchurch Hospital allowing much-needed space for more bike parks
- › The two millionth note was recorded on Cortex, the mobile clinical communication app.
- › Canterbury was at Alert Level 2.
- › Vaccinations start for border workers.



The Canterbury Earthquake Memorial (photo courtesy of www.ccc.govt.nz)

March

- › The two-year anniversary of the Mosque attacks.
- › Te Ara Whakapiri - care in the last days of life, national programme, was rolled out across Canterbury DHB
- › Oxford Hospital celebrated its 101st anniversary.
- › Second dose vaccinations for Border workers started.
- › More than 10,000 people were seen in Christchurch Hospital during March – the largest number ever recorded.

April

- › Launch of the Canterbury roll-out of the Bowel Screening Programme.
- › Announcement on the change from DHBs to two new national entities: Health NZ and the Māori Health Authority.
- › The Ronald McDonald House South Island Family Rooms were opened within the paediatric ward in Waipapa.
- › 19 April – first day of quarantine-free travel with Australia.

May

- › Burwood Hospital recognised by Alzheimers NZ for working to be Dementia friendly.
- › Two additional endoscopy procedure rooms opened at Christchurch Hospital.
- › COVID-19 vaccination rollout to Aged Residential Care facilities.

June

- › Canterbury DHB's Accelerating our Future programme realises savings of \$28 million June 2020- June 2021
- › Christchurch Women's Hospital inundated with thousands of woollen baby beanies after the call went out and the community got knitting.
- › Being cyber-safe was a high priority after another DHB was severely impacted by a cyber-attack.
- › Vaccination milestones reached: 100,000 doses given, and the first Chatham Islands residents were vaccinated.



Enid Bancroft receives her first COVID-19 vaccination at Park Lane Retirement Village

July

- › A new X-Ray machine was installed on the Chatham Islands.



Healthcare Assistants Sue Lanauze and Debbie Whittaker-Prenderville unpacking the new X-ray on the Chatham Islands

- › Attendance records were broken across the health system with all Urgent Care clinics seeing unprecedented numbers of acutely unwell people. This also impacted our Emergency Department and paediatric service with RSV making an unwelcome appearance.
- › Christchurch Hyperbaric Unit accredited for advanced training in Diving and Hyperbaric Medicine by Australian and New Zealand College of Anaesthetists.
- › Devastating floods caused severe damage in Buller on the West Coast.
- › By the end of July more than 150,000 vaccinations were done in Canterbury.
- › Over past three months teams vaccinated more than 6300 aged residential care residents and staff in 90 rest homes.

August

- › 23,067 people hosted in MIQ in Christchurch since March 2020
- › 40+ years age bracket band opens for vaccinations.
- › 24 August – move to Alert Level 3 – no new community cases

September

- › Canterbury DHB embraced Te Wiki o te Reo Māori Language Week, and a lot of fun was had. A new Prism site, Kia kaha te Reo Māori was set up to inspire and support staff on their te reo journey.
- › The Day of Surgery Admission (DOSA) ward moved to Parkside at Christchurch Hospital.
- › The 1000th kidney transplant was carried out at Christchurch Hospital (there are usually 30 to 40 each year).
- › From 1 September all eligible ages able to book vaccinations.
- › 400,000 COVID-19 vaccination doses given

October

- › Super Saturday was held on 16 October – Canterbury DHB went all out to make it a fun day for locals to get protected. The result was we topped the pops, with an incredible 17,000 doses of Pfizer vaccine delivered in one day – more than any other DHB.



Cantabrians lined up to be vaccinated on Super Saturday

November

- › End of Life Choice Act implemented.
- › Maia Health Foundation launch 'Shine a Light' campaign to raise funds for a new mental health outpatient facility for children and young people in Canterbury.
- › All time high result for hand hygiene – 86 percent which means all 'five moments' were achieved 86 percent of the time.
- › Cuddle Hearts initiative launched in NICU at Christchurch Hospital.
- › Canterbury DHB Annual Plan signed off – for the first time in four years!

December

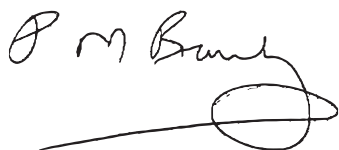
- › Second anniversary of the Whakaari/White Island eruption
- › 100 years of the school dental service celebrated
- › Canterbury Health Laboratories and their partners design and produce a robotic machine to de-cap lab sample tubes
- › 15 December, boundaries open in the North Island allowing more nation-wide travel.
- › 94 percent of Cantabrians are fully vaccinated – a remarkable achievement.
- › More than 470,000 people have had one dose and 453,873 people are now fully vaccinated!

Season's greetings

I sincerely hope you all manage to take a decent break at some point over the next month or two to recharge, rest and reconnect with friends and whānau and do things that make you happy.

To those working through, or on-call – just in case we need to stand up an Emergency Coordination Centre or Emergency Operations Centre, thank you for being on deck. When you are able to get a break, enjoy the downtime and I hope you can totally switch off.

Kia pai tō koutou rā



Peter Bramley, CEO
Canterbury District Health Board

Take care, and remember to mask-up, scan in and show your pass whenever you need to.

On behalf of the Executive Leadership Team and our patients and those we support in a range of settings and ways, thanks again for everything you do.

Despite the challenges and uncertainties of 2021, you've done an amazing job supporting safe and quality care for our communities.

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

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](#).

STOP PRESS – New Health Chief Executives announced

Earlier this afternoon it was announced that Fepulea'i Margie Apa, currently Chief Executive of Counties Manukau District Health Board, has been appointed Chief Executive of interim Health New Zealand.

Riana Manuel, currently Chief Executive of Hauraki Primary Health Organisation and iwi-based not-for-profit Te Korowai Hauora o Hauraki, has been appointed as Chief Executive of the interim Māori Health Authority.

Both Chief Executives will commence in their roles in the first quarter of 2022.

Both organisations are due to come into being from 1 July 2022 replacing the current DHB system.

For more information visit www.futureofhealth.govt.nz.

Season's Greetings from the Board

On behalf of the Board I thank you for everything you've done this year to support and improve the health and wellbeing of people in Canterbury and on the Chatham Islands.

It's been another demanding year with COVID-19 presenting us with some complex challenges.

We have done so well as a community in terms of our vaccination rates. I am particularly pleased to see that the work put in to improve our rates for Māori and Pacific people have paid dividends, with both groups also achieving great results that will protect some of our most vulnerable communities. Now we're on to boosters for many, and vaccinations for 5 to 11-year olds are due to take place early next year.

One thing we can always count on in health is change, and next year the health system reforms are due to take effect from 1 July. The Chief Executives of the new Māori Health Authority and Health NZ were announced today and I'm sure we will all learn more over the coming months as these new organisations start to take shape. As more information becomes available we'll share whatever we know when we know it.

Restructures can be distracting, but with so much going on across the system, including with COVID-19, I know many of you will take this next lot of reforms in your stride and keep doing what you've always done: focus on the patient or person you're supporting and do your very best for them. The Board is always interested in staff wellbeing as we are well aware of the many pressures you are under – I encourage you to seek help and support if you're feeling the effects of a demanding year.

The way our primary care and community services teams along with hospitals and health centres have adapted to providing care at various alert levels has been admirable. You've coped with record-breaking numbers of very unwell patients, particularly when we had an RSV outbreak in the middle of the year, and despite this, business as usual work continued to get done. I know so many of you have repeatedly gone above and beyond this year – your efforts are noted and very much appreciated.

As business owners, general practices and pharmacies have had a lot to contend with, with all the changes COVID-19 has necessitated. You have played such an important role in supporting your patients to stay well, and access care in safe ways during these trying times. Thank you too for the incredible way you've worked to help Cantabrians achieve fantastic vaccination rates.

For those who are able to get away on holiday please try to switch off and enjoy some quality time with friends and whānau. For those working through the holiday break or on call, sincere thanks for your ongoing dedication and professionalism.

We are all grateful for your efforts.

Take care and I wish you all the best for a relaxing break.

Sir John Hansen

Chair – Canterbury DHB



Bouquets

Ward C1, Burwood Hospital

- » The care you gave me was fantastic and I am grateful. Food was excellent and in line with the care and respect I received.
- » Thank you for your care, support and love. Appreciate all you have done. Thank you for your care of Mum, you have been amazing.
- » To all nurses and staff. Your compassion, optimism and kindness did not go unnoticed. The family appreciate you.
- » To all Ward C1 staff. A big thank you for all of your help and always being so nice to me.

Ward DG, Burwood Hospital

Every single staff member on Ward DG was fantastic – kind and caring. I cannot compliment them enough – the nurses, doctors, occupational therapists, physios, cleaners, and WellFood staff.

Ward FG, Burwood Hospital

I truly thank all staff, especially my amazing surgeon, and the nurses on day and night shifts, who totally looked after me. You are all the best of carers, gentle, listening to many queries, always patiently attending to us all, even the unappreciative patients. I wish you all the best of holiday breaks at the end of the year.

Linda Cheng, Genetic Health Services NZ, based in Christchurch Outpatients

I saw Dr Cheng regarding my having been asked if I would take part in a genetic study because of my ongoing cardiac problems. I had many questions about the study and Dr Cheng completely put me at ease and answered every query in such a nice way that I left feeling I knew all I needed to about the study and quite happy to take part. Dr Cheng is new to New Zealand from the USA and she will definitely be an asset to our medical system.

Birthing Suite, Rangiora Hospital

You have all gone above and beyond to make our stay here amazing. All the midwives have been so helpful and great! Keep up the good work you're all amazing!

Christchurch Women's Hospital

All the staff provided excellent care, particularly Lesley. Lesley was exceptionally kind and caring during a difficult time for my partner and me.

Lincoln Maternity Unit

Thank you so much for the kind and thoughtful care you have provided over the past couple of nights. We have really enjoyed our stay here and feel that it has set us up so well for our transition back home. An extra special 'thank you' to our night-time angel, Shirley, for giving our daughter some 'grandma cuddles' while my partner and I got some much-needed sleep! Care like this makes all the difference.

Big Shout Out

**To: Obstetrics and Gynaecology Consultant
Jane Fielder and Administration Team Leader
Karen Brewster**

A shout out for moving the patient's appointment to video call enabling the patient to remain in their home location and avoid travel. Great speedy lateral thinking, keeping the patient in the centre of their focus. Ka pai team.

**From: Project Facilitator – TeleHealth Product
Owner, Support and Training Team, Nicole
Redfern**

#carestartshere

New primary birthing unit confirmed for Christchurch

A new central city primary birthing unit for Christchurch has been approved by the Canterbury DHB Board and Minister of Health.

Primary birthing units provide a safe place where healthy pregnant people with no complications can give birth, then stay for a day or two afterwards, supported by family and whānau.

The new unit, which will have four birthing rooms, 20 post-natal rooms, a whānau room, an education room and six assessment rooms, will be located at 68 St Asaph Street by the Christchurch Hospital Campus.

"This is great news for our community as a central city birthing unit is something we have wanted for a long time," says Executive Director Midwifery and Maternity Services Canterbury and West Coast DHBs, Norma Campbell.

"Māmā who birth in a primary unit, supported by a lead maternity carer (LMC), are more likely to have a normal birth. The units provide a more calming space than a tertiary hospital and the risks of complications are greatly reduced.

"The added bonus of this new facility is that it's less than five minutes by car to Christchurch Women's Hospital if a transfer is required.

"For Māori, local midwife-led care in a setting where whānau support is easily accommodated is a cultural expectation, so this new unit also presents an opportunity to improve the equity of our maternity care," she says.

Māori Midwives ki Tahu have been involved in the planning of the central city primary unit and are excited to see plans come to fruition.

"To see the plans approved to go ahead is a great milestone. Māori midwives invited onto the working group shows Canterbury DHB's commitment and ensures the voice of Māori is present and heard to ensure this new unit meets the needs of our ever-growing and diverse Māori population", says Co-Tumuaki of Māori Midwives ki Tahu Jay Waretini-Beaumont.

It is anticipated that the new unit will open in early 2023 and that 1000-2400 people will birth there each year.

Noordanus Architects have been engaged to complete the design of the unit, along with a project group to consider the concept plans.



"The project group includes Canterbury DHB maternity staff and lead maternity carers (LMCs), including Māori midwives, along with Manawhenua Ki Waitaha representatives to ensure we have a culturally appropriate facility and service delivered in a Kaupapa Māori framework," says Norma.

"It's incredibly important that we have a more equitable service delivery that better meets the needs of our diverse population," says Manawhenua Ki Waitaha Chair Michelle Turrall.

"The design of the unit will reflect tikanga values, to preserve the tapu of childbirth and to keep everyone safe."

The unit will be staffed by midwives employed by Canterbury DHB alongside LMCs who work in the community to support pregnant people throughout their pregnancy, birth and postnatal care.

The building has been leased by Canterbury DHB and will undergo extensive re-design and fit-out to transform it into a welcoming, modern, fit-for-purpose facility for māmā. It has ample parking as well as space to host LMC and obstetrics clinics.

More information about our birthing options in Canterbury can be found [here](#).

Māori and Pasifika rangatahi recruitment campaign

The Mana Taurite (Equity) tīma (team) is only four months old and have been heartened by the warm welcome received by their fellow kaimahi.

"When brought onboard, one of our missions was to increase the employment of Māori and Pasifika, says Workforce Development Partner Equity and Diversity Akira Le Fevre.

"Never one to say no to a challenge, Mana Taurite Lead Rebecca Murchie dreamt up a recruitment campaign to make this a reality. For many Māori and Pasifika rangatahi (youth) Canterbury DHB simply isn't seen as an employer of choice, so we wanted to change that narrative."

A call-out was made to the Recruitment tīma and hiring managers to see if they were also up to the challenge to set aside some of their vacant entry level roles specifically for our Māori and Pasifika communities.

"These entry-level roles all have the potential to be career paths so that our rangatahi can aspire to progress through the DHB - be future leaders and help change the face of our health care system," he says.

It was encouraging to see so many keen to support this kaupapa. The campaign was first launched on the West Coast/Tai Poutini on 16 November with an information day and rōpū (group) interview.

"This included hands-on information from kaimahi about the roles being offered, mana-enhancing and strength-based group activities and of course kai!

"We now have six new Māori kaimahi starting with the West Coast DHB in the coming weeks. The same model was then repeated in Canterbury/Waitaha on 3 December where we saw five initial roles grow to a whopping 26 entry-level jobs, these included health care assistants, dental assistants, Sterile Service technicians, orderlies, ward clerk and allied health assistant, just to name a few."

There were over 50 rangatahi who registered to attend the event at the Aranui Wainoni Community Centre.

"The tīma are currently working through the final stage of the recruitment process and are looking at offering positions to over 20 rangatahi - how fantastic!"



Mana Taurite Lead Rebecca Murchie running some mana-enhancing activities with rangatahi



Ruru Hona welcomes rangatahi to the Assessment Day

The rōpū will be inducted on the 17 January 2022 and will be supported throughout their journey with Canterbury DHB. This is a new approach to connect and engage with our Māori and Pasifika communities - led by Mana Taurite, Akira says.

Feedback from those who attended the assessment days included:

"Good manaaki"

"Opened my eyes to career opportunities"

"Great day, informative, good kai!"

"Loved being able to approach each department and talk about their opportunities"

Mana Taurite welcome you to be part of this amazing journey in changing the lives of our Māori and Pasifika and the communities we serve. If this sounds like something you would like to investigate and potentially use to assist your recruitment needs, please reach out to Rebecca Murchie (she/her) Kaiārahi Matua – Tupu whānake me Mana Taurite on email: Rebecca.Murchie@cdhb.health.nz

Cortex enabling easier sharing of information in Maternity

Staff looking after patients in Maternity now have easier access to information on the person in their care after Cortex was rolled out in the department.

Cortex is an app for iPhones and iPads designed to improve the quality of patient care and the efficiency of hospital care teams. It digitises patient notes and makes them instantly available to all staff in a patient's care team.

Since early 2018, a multidisciplinary team at Canterbury DHB has been working to digitise the care coordination components of inpatient records. This includes clinical notes, tasks, orders and clinical communication using Sense Medical's Cortex platform.

The go-live of Maternity is the final step in the project.

As a real-time point of care platform, Cortex enables the clinical care team to collaborate and communicate, ensuring the patient journey is visible to the entire care team. The application was developed in collaboration with Canterbury District Health Board through a Via Innovations initiative, which was set up to support emerging health technology solutions.

Canterbury DHB Midwifery Educator Tina Hewitt says the Cortex forms are now in use for all māmā and pepi in Christchurch Women's Hospital Maternity – for their admissions, clinical summaries, risk screening and pathways.

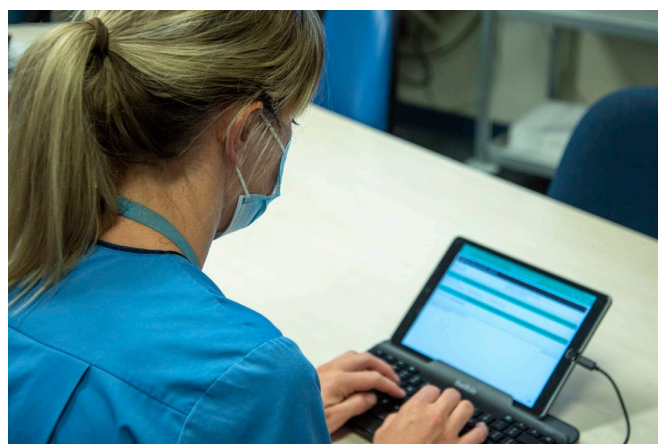
"For the past four months Midwife Team Leader Sonya Kemp and Obstetric Senior Medical Officer Anne Coolen have been creating these forms in Cortex and testing them out with our clinical team."

Cortex is making it easier to share information between maternity team members.

"With electronic documentation instead of written notes, we can all access important clinical information via iPads or through desktop computers on Health Connect South," she says.

Maternity care is complex as it incorporates so many health professionals including hospital-employed midwives, community midwives (lead maternity carers (LMCs)), obstetric doctors, neonatal nurses and doctors, anaesthetic doctors, operating theatre nurses and the wider allied health team.

"We have been working on a Cortex system that incorporates everyone's needs. Another factor that makes maternity care 'special' and a little tricky at times is having



A midwife using the Cortex application

the mother and the baby (or babies) requiring separate documentation at birth and postnatally, but with some data being shared between both.

"We have got there with some pretty cool functionality and it will only get better."

There are a few areas where the maternity system remains on paper notes, for example interprofessional documentation for the duration of labour, and for maternity and neonatal observations on early warning score charts.

"The team are working with our LMC midwife colleagues in the community, providing resources and education sessions to assist with the transition from paper documentation to Cortex electronic forms.

"There have been some bugs to fix, as expected with any new electronic system, but the maternity team have embraced the Cortex rollout with enthusiasm and positivity", Tina says.

Several electronic systems operate in health, with staff moving between MedChart, Floview, Trendcare, Health Connect South and now Cortex.

"We have huge admiration for the way these systems have been embraced by the Maternity team, especially during a period of COVID-19 pandemic and strike action.

We are hoping to roll Cortex out to the community maternity units in early 2022 and continue to see how we can increase use of Cortex in the Birthing Suite."

Updated COVID-19 summary available in Cortex

Management of patients with suspected or proven COVID-19 in hospital is based on allocation to red or green streams. Streaming can be done and documented using the COVID-19 Summary in Cortex.

An accurate assessment at admission is important as other parts of the hospital use this information to help plan care.

Substantial improvements have recently been made to the summary, which include

- › Links to the COVID-19 Hospital HealthPathways
- › The ability to screen caregivers for adult or paediatric patients

- › The ability to screen a second caregiver
- › A section for reassessing COVID-19 status that may include de-escalation
- › The removal of the medical management section

A COVID-19 Summary should be completed for every patient admitted to hospital, and kept up to date during their stay. As it is a Care Plan, it should be ended when they are discharged.

If you find any errors, or have any suggestions about how to improve the COVID-19 Summary, [contact John Garrett](#).

Locked and loaded for Christmas with shared care plans



Kidney transplant recipient Don Saxon is grateful that he can look forward to time with his whānau and a spot of camping this Christmas, comforted by the knowledge he has a health plan at the ready if needed.

Don's transplant means he's immunocompromised and susceptible to infections, which can be very dangerous if they aren't treated quickly.

"Infections can swiftly become dangerous for me, and I need to be given antibiotics quickly. I can't afford to lose valuable time by having to repeat my story to health staff – I have only hours and not days," says Don.

That's why Don's practice team at Travis Medical Centre suggested he create an Acute Plan to outline how he presents and agreed treatments. Don and his wife refer to



Don Saxon with his wife Janine enjoying Nelson's waterfront on one of their caravan holidays

it as their 'action plan' as it helps clinicians involved in his care respond quickly when he needs acute care.

"It allows medical teams to see information at a glance about my condition, treatment plan, medications, allergies, resuscitation wishes and my next of kin and GP contact details. As I experience different health issues, we learn from it and tweak the details of the plan," said Don.

"Before we had the plan, I used to have to wait in the Emergency Department waiting room often vomiting and in a lot of pain, but now I'm fast tracked through. It opens the team's eyes to what the situation is for me, and they act on the plan quickly."

The [Acute Plan](#) provides information that supports clinicians to make decisions around the need for admission, investigation, and appropriate setting for acute care. It aims to support safe and effective management of patient's complex health conditions and who are at moderate to high risk of requiring acute services.

It's one in a suite of shared care plans, which also includes a Personalised Care Plan (PCP) and the Advance Care Plan.

Travis Medical Centre Practice Nurse Nicky Scott says the plans are valuable to both patients and staff.

"These plans sit well with the work we do in practice around prevention and managing of complex patients. It helps stop the repeat story telling from the patient's point of view and gives a good holistic snapshot of what's happening and what and who is important to them," she says.

Shared Care Programme Lead and Product Manager Rebecca Muir says feedback from urgent care clinicians is that they find Acute Plans useful for complex patients they are often not familiar with, particularly over Christmas or other times when general practice hours are reduced.

For Don and his whānau, the plan provides reassurance.

"I was sceptical about having my information out there, but its only visible to those caring for me and they need to know, so I'm pleased I swallowed my pride and got a plan."

"With this plan I'm locked and loaded. It gives me and my wife solace that we don't have to answer hundreds of questions, especially when I'm often too sick to answer."

"I recommend people have copies of their plan printed and available on their phones, – I take mine with me in the caravan in the first aid kit and to Australia. It's like my bible or fire extinguisher that we have on us all the time."

At this time of year, when patients are seeking care from places they might not usually present to, it's helpful for both clinicians and patients if current information and agreed treatments are documented and easy to access. The plans can be viewed by clinicians anywhere in the South Island.

With COVID-19 possibly in the community. It's more important than ever that those most at risk of exacerbation from it, have an Acute Plan. This will help to manage resources and reduce pressure across the system and ensure those most vulnerable are cared for.

For more information about the plans visit the [Shared Care Planning page](#) on the CCN website.

There is also a webinar now available for clinicians that can be viewed [here](#) and the handout [here](#). Primary care clinicians who participate in the Pegasus Education programme can access [here](#).



Make sure your vaccine pass is event ready

Get yours at MyCovidRecord.nz

Choir singers provide festive atmosphere

The beautiful tones of The Choristers of Christchurch Cathedral rang out in at Christchurch Hospital last week, delighting patients, visitors and staff.

People stopped to sit and take photos of the choir as they sang inside the hospital's main entrance and at Waipapa.

The choristers, who are pupils of Cathedral Grammar School, sang a mixture of traditional carols.

"It doesn't feel like Christmas until I hear them sing, it's a moving experience", says Ecumenical Chaplain Christchurch Women's Hospital Alexa Evenden.

"This is the fourth year we have invited the boys from the choristers of the Christchurch Cathedral to sing. This year we also had the girls coming, so there were about 30 singers in all."

Staff, patients and visitors are always very excited to hear the singing, which is just beautiful, she says.



Varied career spanned more than four decades

Heather Manson has been a key figure in our world-leading Design Lab, and prior to her eight years as Design Lab Facilitator, held roles in several areas in health.

She retired last week after a dedicated 47 years of service to the Canterbury Health System.

Heather began her nursing training in Christchurch in 1974. She went on to take up roles as staff nurse, charge nurse and duty manager at Christchurch Hospital.

"Following this I became one of the first patient care managers (a forerunner to nursing directors)," Heather says.

Heather worked as a nurse until 1996 before moving into the Quality team, then into Projects.

"For the last 18 years I have worked for Richard Hamilton in a number of roles, mainly within the Business Development Unit. I've been very lucky to have been able to move around the organisation, working in a variety of roles using my experience gained in each and taking my knowledge from one area to another," she says.

"Heather has been our team rock for close to two decades" Richard says.

"Every team has key people that shape the culture of the team and enable others to flourish. Heather is this to our team. Her passion, experience and personal network within the Canterbury Health System has enabled everyone to focus on 'Making it Better' for the people of Canterbury.

"Forty-seven years for one organisation is a big life commitment. We are very grateful that she chose to work with us for all this time."

Heather channelled her years of nursing leadership to run a tight and efficient service at the Design Lab in Print Place, which hosted 12,000 visits a year. Prior to the COVID-19 pandemic it was a destination visited by health system thinkers and influencers from around the world, who came to study the people of the Canterbury Health System.

"Anyone who has ever used the facility will have had Heather assisting them through the experience from concept to reality in a very unassuming behind the scenes manner."



Heather Manson

Those who attended Xcelr8, Particp8 or Collabor8 have Heather to thank for the enabling of a good experience from booking to completion. Richard says.

Heather says the highlight of her career was "all the wonderful people I have worked with over the years.

"The people are what I will miss."

In her retirement Heather plans to spend more time with her husband and grandchildren, do some travelling and take up patchwork and quilting, among other hobbies and projects.

Don't lose your focus over a forgotten password

Self-service password reset is here

Canterbury
District Health Board
Te Pahi Hauora o Waitaha



To reset your password
visit aka.ms/sspr

Haven't registered yet?
Visit aka.ms/ssprsetup
or scan the QR code



More information can be
found on the PRISM homepage
under My Work Tools

“Amazing” donation from staff

People supported by the Delta Community Support Trust will be receiving gifts and food parcels this Christmas thanks to the generosity of Christchurch Hospital staff.

A committee formed at Christchurch Outpatients collected gifts and food parcels for the Delta organisation which cares for vulnerable people in the community.

“We heard about this organisation through the Citizens Advice Bureau as we wanted to support a charity this year that was not as well-known,” says Medical Secretary Vascular Medical /Surgical Noelene Mudgway.

This year’s committee consisted of team members from the Vascular, Diabetes, Endocrinology, Dialysis and front-facing reception staff, level 1 Outpatients (OPD) Building, Christchurch Hospital .

“We would like to thank all the staff of the OPD building for their generosity in providing all the awesome gifts and food parcels we collected over the past four weeks.

“While we as a committee have been the organisers behind the collection it is the joint generosity, support and effort of all our staff, throughout the OPD building who have contributed.

“We have enjoyed spreading some joy and to be a part of such a worthy organisation this year.”

Delta Community Support Trust Community Development Services Manager Karen Terris says they are very grateful for the generous donation.

“A huge thank you! They are amazing gifts, members of our community will really love getting such special gifts leading up to Christmas. Thank you again, it really is amazing what you have done.”




Some of the gifts donated by Outpatients staff



Members of the Delta Community Support Trust collecting the donation

**Orange settings
are currently in place**







Vaccine pass
required

Find out more at [Covid19.govt.nz](https://covid19.govt.nz)

To Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

Life at Orange

-  Make sure you have your My Vaccine Pass ready to be checked - most places will have restrictions in place
-  Everyone can work and go to school
-  Take your face covering wherever you go – these are mandatory in most public spaces and encouraged everywhere else
-  Keep scanning QR codes and record keeping everywhere you go
-  Keep physically distanced where possible
-  If you have cold or flu symptoms isolate immediately and call Healthline for advice about a test

Te Kāwanatanga o Aotearoa
New Zealand Government

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against
COVID-19

Singing in the holiday season together

Staff from all over the Christchurch campus gathered outside the Nurses' Memorial Chapel last week for the annual staff Christmas carol service.

There were seven readings from the Bible telling the story of Jesus' birth. Each reader was a staff member or a chaplain, and one was a person whose wife was a patient in hospital.

The songs were traditional Christmas carols and chaplain Moe Lasei played the music and led the singing.



Post-a-notes taking a break over Christmas

Our Post a Note elves will be taking a break over Christmas. Wednesday 23 December is the last day for this year that Post-a-notes will be processed. Usual transmission will begin again Monday 10 January 2022.

It's beginning to look a lot like...



Burwood Christmas lunch



The children and staff in the Child and Adolescent Family Unit (CAF) at The Princess Margaret Hospital (TPMH) have been very busy this festive season. The unit is having a best decorated door competition. The young people have also got right into decorating the ward in a 'Polar Express' (movie) theme.





Christmas at Chateau on the Park (MIQF)



Christmas cheer on the job! Christchurch Mobile Team 2 spreading some Christmas cheer while looking for those in need of a vaccination!!



People & Capability Team Christmas function

We had the most wonderful end of year celebration on Thursday 9 December hosted by Miss Cinnamon. Things have certainly 'spiced up' in the fun department since our new Equity Team came on board! We celebrated all the amazing mahi the People & Capability Team have done in 2021 with Mary's end of year wrap-up, songs, a talent show, a quiz or three, an awards ceremony and shared kai. #alcoholfreefun

The photos show the decorations that were on our tables, Miss Cinnamon and the P&C Leadership Team delivering their rendition of Jingle Bells (from left - Frances Carter, Mary Johnston, Amy Kay, Roxanne Banks, Dianne Dinsmore, Chris Jury, Zoe Brangwin, Jo Domigan), and then Miss Cinnamon with Kini Piper.



(Left) Santa and tree on the ground floor of Christchurch Outpatients. The two items were donated by the Christchurch Hospital volunteers when the building first opened





Radiology tea tray



Ward B5 held their weekend Christmas celebration recently. The group were able to celebrate outside of work (above) and those in the team holding the fort at work that night celebrated with pizzas (below).



Santa is feeling a bit poorly, but hopefully some rehab on ward B1 will have him back in the sleigh ASAP!



Left: Orderly Ray Patel practicing goodwill, delivering sweets and chocolates to staff he knows. Ray is known for his kindness to others, giving little things to people all year round. Recent spinal surgery didn't stop Ray delivering chocolates to Gastroenterology staff and others, dragging his Santa box behind him on a trolley.

Seasons Greetings from ISG Team –
no Grinches here!



Ashburton volunteers recognised

Friends of Ashburton Hospital and Tūārangi Home and Elizabeth Street Day Centre volunteers were runners up in the 2021 Minister of Health Volunteer Awards, in the category, Health care provider service team volunteers.

The two bands of volunteers number around 50 people in total. They help support the thousands of people admitted to Ashburton Hospital, as well as around 3000 day patients, the many thousands more attending outpatient clinics and more than 130 mothers who give birth each year.

These volunteers, known as 'friends', provide as much support to inpatients as they can, from making cups of tea to maintaining a library trolley, taking patients to chapel services, knitting for the birthing unit, assisting diversional therapists, organising musical events and decorating the Christmas tree. They've been doing this for 45 years.

At the Elizabeth Street Day Centre, the volunteers engage in activities, provide entertainment and baking and organise day trips so that members, who would otherwise be confined to their homes, can have time out of their normal daily routines.

Congratulations on this well-deserved recognition.



Elizabeth Street Day Centre volunteer Judy Swaney making scones for the Elizabeth Street Day Centre members' morning tea.



Co-ordinator of the Friends of Ashburton Hospital Dorothea Webb (left) presents Charge Midwifery Manager Julie Dockrill with woollen hats, singlets and blankets knitted by the volunteer group.



International Migrants Day

Saturday 18 December was International Migrants Day.

Today, more people than ever live in a country other than the one in which they were born. While many individuals migrate out of choice, many others migrate out of necessity. In 2019, the number of migrants globally reached an estimated 272 million, 51 million more than in 2010.

The theme of this year's International Migrants Day was 'harnessing the potential of human mobility' and how the global social and economic landscape can be shaped through effectively addressing the challenges and opportunities presented by global mobility and migration.

New Zealand is home to a diverse migrant community. People from all over the world have chosen to build new lives and careers or seek sanctuary here. They bring knowledge and experience, and many are part of our DHB whānau. New Zealanders are active migrants too with around one million Kiwis living abroad.

The COVID-19 pandemic has had a marked impact on migration with border closures and restrictions worldwide. Environmental disruptions and disasters resulting from climate change are expected to continue to affect migration and force more people from their homes.



Ashburton volunteer co-ordinator retires

Dorothea Webb has been the Co-ordinator of the Friends of Ashburton Hospital and Tuarangi for the past nine years.

She announced her retirement from that role during the recent annual Christmas morning tea at which we recognise and thank the group for their service to Ashburton Hospital throughout the year. Dorothea joined the Friends in 2012 and assumed its leadership in 2013.

As the Co-ordinator of this group, Dorothea has been instrumental in strengthening partnerships between the community and hospital. She set up a programme for her members of monthly meetings with varied and interesting speakers and was involved in establishing a weekly roster with the local Ministers Association to ensure weekly services were able to be held in the hospital chapel.

As a mark of Dorothea's leadership, during her tenure the Friends won a regional commendation in the health and wellbeing category of the 2013 Trustpower community

awards and were regional winners in the same category in 2014 and 2016. In 2021 the group was again recognised for their outstanding contribution to the Ashburton district community by being runner-up in the Minister of Health's Volunteer Awards in the Health Care Provider Service Team Volunteer category.

Over the past few years under Dorothea's stewardship, the volunteer group has gained sponsorship from the Advance Ashburton Community Foundation which has provided funds for large amounts of knitting wool. The knitters in the group have turned the wool into hundreds of beanies, singlets and blankets for babies born in our Primary Birthing Unit.

On behalf of our hospital, our staff, and our patients, we would like to thank Dorothea for her unwavering support over the past nine years. We truly appreciate her service and wish her health and happiness in her retirement.



Transforming care for people with chronic obstructive pulmonary disease (COPD)

An initiative to transform the way people with chronic obstructive pulmonary disease (COPD) are supported in the community is underway across Canterbury.

COPD is chronic inflammatory lung disease that causes obstructed airflow from the lungs, leading to breathing difficulty, coughing, mucus production and wheezing. COPD affects hundreds of thousands of New Zealanders and is the fourth leading cause of death in New Zealand.*

In Canterbury approximately 800 patients a year are admitted to hospital with COPD as a primary diagnosis.

The new initiative, called the Day 2 Project, sees people who have been admitted to hospital with COPD given a full assessment which considers the physical, emotional, social and environmental factors linked to their condition. This helps those involved in their care make connections with appropriate services and resources on their discharge from hospital.

Hospital stays for people with COPD can last as little as three days, so this assessment will be carried out from the second day to fit around clinical activity.

Respiratory and Palliative Care Physician and chair of the project Rachel Wiseman says patients with COPD will often arrive at the emergency department because they're experiencing an exacerbation of their breathing issues.

"This hospital stay can be really stressful, and that increased anxiety impacts the person's ability to stay calm and manage their breathing. So, while the new model is focused on an intervention at the hospital level, what we really want is to build supports around people in their own communities. This is not only the best solution for the person, but also best for the system."



From left (in the room): Respiratory and Palliative Care Physician and Chair of the project Rachel Wiseman, Day 2 Project Lead and Manager of the Canterbury Clinical Network Community Respiratory Team Heather Brunton, consumer living with emphysema Bernie Tamihana-Tukere, Whānau Whanake, Cate Grace, consumer living with a double lung transplant Andy Wells and Senior Medical Officer and Community Respiratory Physician Mike Epton

On the screen from left: Canterbury Clinical Network Media and Communications Manager Elly Edwards, Integrated Services Administration Support Catherine Harrison (taking the photo) and Better Breathing volunteer and consumer with emphysema Mac Renata

The 12-month project, which started in June 2021, is led by a steering group of which half of the members are consumers with lived experience of COPD, working alongside clinicians to develop the new model. The project uses the partnership in design approach, putting people and whānau at the centre of the design of ā tātou (our own) health system and services.

Tania Wood joined the steering group to share her experience and improve the lives of others. She cared for her brother Wayne Thomas Wood, who died of COPD in 2020, at the age of 44.

"I've lived the pain of this debilitating disease and watched it destroy my brother. I was his voice, his best friend,

his carer, his nurse and sometimes his doctor, his taxi, his cleaner, his cook, his agent and his advocate. My understanding of this disease is intense, but it's knowledge which can help me bring about change," said Tania.

The steering group will work with organisations outside of health that can influence the social factors that impact lung health, such as housing and access to nutritious foods and physical activity opportunities. The goal is to reduce the overall admission of people with COPD into hospital by 20 per cent, and readmissions from 20 percent to 12 percent.

Day 2 Project Lead and Manager of the Canterbury Clinical Network Community Respiratory Team Heather Brunton says having a biopsychosocial assessment on Day 2 of a person's hospital stay will help create a holistic plan which focuses on more than the physical.

"We can then map connections and resources, use navigators and social connectors, engage the community, and individualise the approach. We want to expand beyond

health to embed people within their communities, focus on the social determinants, and use existing resources (health and beyond) to their maximum capacity.

The potential benefits are a massive change in the management of COPD, reduced hospital admissions, and a significant culture shift which can be transposed to other settings, she says.

Find out more about the Day 2 Project and watch videos of our people sharing their stories about living with [COPD here](#).

*Estimates suggest at least 200,000 (15 percent) of the adult population may be affected (Asthma and Respiratory Foundation NZ).



Heading away?

Check which colour setting to follow at your destination

A 2021 wrap-up from the Canterbury DHB Youth Advisory Council

"2021 has really flown by! The Canterbury DHB Youth Advisory Council (YAC) has had an incredibly successful year, filled with lots of highs and lows. We just wanted to say a massive thank you to everyone who has supported us in some way this year, whether it was through attending our events, hosting us to talk to your health professionals, sponsored us in gifts or money for projects, or simply sending small messages of encouragement.

We are certainly ready for a break, but we cannot wait to get back into advocating for our young people in the Canterbury Health System in the new year with lots of exciting projects, events, and opportunities in the works for 2022!" – Chelsea Skinner, Co-Chairperson YAC

Quick overview of 2021 for the Canterbury DHB Youth Advisory Council:

- › Produced 11 'hot tips' articles in newsletters to nurses around Canterbury
- › Had 80 meetings with people in our community
- › Held 11 professional development sessions with services like Oncology, Nurses across NZ, Medical Day Unit, Child Development Service, Heart Kids, University of Canterbury, and more

- › Held six events including some large sold-out educational evenings
- › Started our own podcast called YAC Yarns, got funding for our mentoring programme for young people transitioning from paediatric to adult services and started working with Canterbury DHB to get youth workers into the Emergency Department for 2022
- › Completed small surveys, consumer feedback projects, supported other organisations at events, held a gift drive, and many others along the way.

We are so proud of what our team of young volunteers have managed to pull off this year!

If you want to stay across what we are getting up to in 2022, you can find us through our Facebook: CDHB Youth Advisory Council, Instagram: @cdhbyac, Youtube: CDHB Youth Advisory Council or [sign up to our monthly newsletter](#).

We wish you all a safe and happy Christmas and New Year. We know this time of year can be difficult for some, especially for those separated from loved ones, so we want to remind you that you can free call/text 1737 at any time to speak to a trained professional if you need it.



Canterbury DHB YAC Co-Chair Chelsea Skinner with Christmas cards made by Impact Youth for our Christmas card making event



From left: Canterbury DHB YAC Treasurer Paige Sullivan, Co-Chair Chelsea Skinner, Secretary Jasmine Irving, YAC member Hannah Bernasconi and staff rep Nicola Scott at Missing Link Educational Evening



The whole Canterbury DHB YAC team, from back left: Kian, Nicki, Chelsea, Jasmine, Michaela, Jem, Isla, Paige, Ren, Lily. From left front row: Luke, Shishi, Abi, Hannah, Bex and Abi-Rose.

Become a Dementia Friend on HealthLearn



It is possible to live well with dementia and Christmas can be a great time to relive and bring back old memories.

However, Christmas can be hard for some of those with dementia as they may feel overwhelmed, especially because routines change, and families gather together.

As four out of five of us here in Aotearoa New Zealand know or have known someone living with dementia, now is a good time to refresh your knowledge or learn something new over Christmas and the summer period.

Alzheimers New Zealand Dementia friend programme is now on HealthLearn. Anyone can become a Dementia Friend. The aim of this short 30-minute online course is to raise awareness, increase understanding, grow inclusion and acceptance of people with dementia and reduce stigma and discrimination.

Simply log onto HealthLearn and complete the eLearning module. When you are done, your certificate will be emailed to you and if you email a copy of your certificate to: lara.hitchcock@cdhb.health.nz and she will mark this course as complete.

Do your part to make our health services and our society a friendly place where people living with dementia can exercise their right to feel valued and safe, and where they can contribute to and participate in their communities, and where they get the help and support they need.



Burwood Hospital staff and volunteers who became Dementia Friends

One minute with...

Julia Goode, Senior Media Advisor



What does your job involve?

Dealing with journalists, writing press releases, managing our social media pages and a few other things! I've only been in the job about a month. Every day is different, and you never quite know what you will walk into in the morning as journalists ask questions on any issue affecting a DHB.

Why did you choose to work in this field?

I fell into government comms as a graduate, but while I've made forays into the private sector, I always come back to government as it's meaningful work that really makes a difference to people's lives.

What do you like about it?

It's fast-paced and suits a curious person like me, you get to know a little bit about a lot (and sometimes a lot about a lot).

What are the challenging bits?

Some of the deadlines set by journalists when our staff also often have busy clinical workloads, I really appreciate everyone who takes the time to provide information for media responses.

Who inspires you and why?

I'm really inspired by the other working mums I see around me, juggling home life and work, and doing an amazing job of it.

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?

Manaakitanga, meaning to extend aroha (love and compassion) and care to others, is a tikanga principle that I try to weave into my life, so I feel very connected with the value we have of care and respect for others. I use all our Canterbury DHB values in my work as we need to be open and transparent in our work to promote trust in the health system.

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

I'm blind in one eye so I can't walk in a straight line!

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

The Sunshine Coast, we love the beaches and the hinterlands.

What do you do on a typical Sunday?

You'll find me out on the Port Hills tracks with my family in good weather or tucked up with a good book in the bad.

What's your favourite food?

Barbeques on the deck in the summer sunshine.

And your favourite music?

Anika Moa 'Songs for Bubbas' – kids' music that parents can enjoy!

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

Something For You

Something *for You* is the Canterbury DHB employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do.

Don't forget to check out the deals in the Something *For You* page if you are heading out on an adventure this summer.



Adrenaline Forest - 105 Heyders Road, Spencerville

10 percent off admission fees for Canterbury DHB employees and their children - show your Canterbury DHB ID to redeem.



Adventure South NZ

Get \$200 off any cycling tour listed on the [Adventure South NZ website](#) and free standard bike hire (valued at \$180). Quote Canterbury DHB when enquiring.



Archery Park Nelson - 194 Cable Bay Road, Nelson

10 percent off the Half Day Dragon Hunt Archery Experience, Visit the [Something for you page](#) to get the discount codes.



Cruise Milford - 1 Milford Sound, Milford Sound Highway

Get \$30 off cruise (discount is off the normal rate), email Bookings@Cruisemilfordnz.com to enquire and let them know you are Canterbury or West Coast DHB employee.



Inflite Charters

Get 30 percent off all purchases made on full price experiences with INFLITE NZ's bases. This includes Skydive Franz Josef, Mt. Cook Ski Planes and Helicopters, Skydive Mt Cook and Skydive Abel Tasman. Visit the [Something for you page](#) to get the discount codes.



Packrafting Queenstown - 142b Fernhill Road, Queenstown

30 percent off any of the guided adventures or courses- show your Canterbury DHB ID to redeem.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering 20 percent discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you page](#) to get the discount codes.



CCDM
Care Capacity
Demand Management
Safe staffing, healthy workplaces

MONTHLY BULLETIN

December 2021

Variance Response Management is here

Variance Response Management (VRM) is the CCDM process used to address short term changes in acuity across the hospital in response to live data. This data includes TrendCare and the Variance Indicator Score (VIS). The response to variances is guided by the hospital's VRM escalation flipchart. VRM will begin to roll out in December, staff are encouraged to start using the system now.

Variance Indicator Score (VIS)

VIS is found on Microsoft Teams and is a series of questions that provide context to your TrendCare data. VIS will be completed at the beginning of the shift and is updated as things change. VIS takes into consideration factors such as staff mix, skill mix, TrendCare variance, clinical judgement and whether staff will get breaks, to give the ward an overall score. Microsoft Teams is available on desktops, iPads and phones.

Safe Staffing Escalation Flipchart

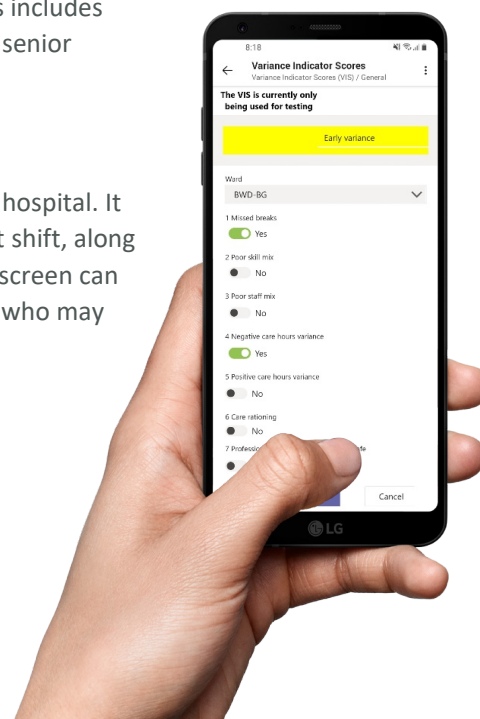
The score on the VIS App will match up with the Escalation Flipchart. The flipchart provides guidance on when staffing does not match demand. This includes actions for Shift Coordinators, CNMs, CMMs, DNMs and senior leadership to complete.

Capacity at a Glance (CaaG)

The CaaG dashboard provides an overview of the whole hospital. It shows the variance and VIS for each ward on the current shift, along with the predicted variance for the next shift. The CaaG screen can be used to guide staffing meetings as well as identifying who may have capacity to assist a ward in need of extra help.

Keep in mind

For VIS to be accurate, predictions need to be completed in a timely manner. This includes both the Inpatient Shift Data and Allocate Staff screens. This also helps guide staffing decisions for the next 24hrs to ensure that the right staff are in the right place at the right time.





Mid-Summer Seminar



Te Papa Hauora recently held its annual Mid-Summer Seminar. The theme was *sustainability innovations happening within our local healthcare sector*.

A range of interesting and compelling presentations were given by TPH partners and others in our health system on efforts being made to implement innovations that are environmentally and financial sustainable.

Please take some time out to enjoy the short presentations below.

[Sustainable health innovation initiatives](#)

Rod Fisher & Dr Vinni Pietras-Jensen - Canterbury Linen Services, Canterbury DHB

[Teaching sustainable healthcare in midwifery practice](#)

Dr Rea Daellenbach - Ara Institute of Canterbury

[Delivering Sustainable Healthcare to New Zealand](#)

Oliver Hunt - Medsalv

[Anaesthetic gases: a disproportionate emissions problem](#)

Ross Kennedy - University of Otago & CDHB

[Our carbon zero story](#)

Rachel Hillyer & Margaret Winter - Forte Health



Peter Townsend, Chair of the TPH Advisory Council, and presenters during Q&A section of the presentations.





Meri Kirihimete from Te Papa Hauora

Poem by Chair of Te Papa Hauora Advisory Council, Peter Townsend

Another year of frustration,
For our beleaguered nation,
Because now it is Delta,
That has run Helter Skelter,
A viral disease conflagration.

We are tired of living in bubbles,
And sick of these times of troubles,
Our health resources are strained,
Our communities drained,
As our resolve against COVID more than doubles.

So, it's a challenge for Te Papa Hauora,
Working with this viral plethora,
We've continued to perform,
Way beyond our set norm,
In serving our stakeholder fora.

With 2021 now nearly ending,
And our vaccination rates still up trending,
We look forward to green lights,
And fewer viral fights,
As we stem the delta offending.

Facing uncertain times ahead,
Into the Festive season we are led,
More determined than ever,
To bet COVID so clever,
And put the uncertainty to bed.

Meri Kirihimete me ngā mihi o te Tau Hou ki a koutou katoa /Merry Christmas and a Happy New Year to all from the team at Te Papa Hauora.

Please visit our [website](#) for more information and any upcoming events.

Canterbury
District Health Board
Te Poari Hauora o Waitaha



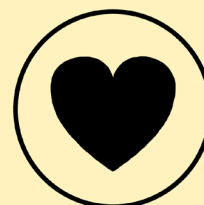


The Christmas edition of the Canterbury Clinical Network (CCN) newsletter is out now.

Read about an initiative to transform the way people with chronic obstructive pulmonary disease (COPD) are supported in the community; a recent hui which identified ideas to reset our health system's approach and much more [here](#).



Ways to look after your mental wellbeing:



- Stay connected
- Acknowledge your feelings
- Stick to routines where possible
- Check in on other people who might need help
- Limit your time online

Find resources and helplines that offer support, information and help at [Covid19.govt.nz/health-and-wellbeing/mental-wellbeing/](https://www.covid19.govt.nz/health-and-wellbeing/mental-wellbeing/)

Te Kāwanatanga o Aotearoa
New Zealand Government

**Mā tātau
katoa e
ārai atu te
COVID-19**



– 10 tips for a – STRESS-LESS KIRIHIMETE

KEEP IT REAL

List all the things that are most important to you about Christmas. Then feel free to ditch the traditions that don't make the list!

GO EASY ON THE GIFTS

Play 'secret santa' or opt for family rather than individual gifts this year! Keep gifts simple to make shopping easier & more affordable!

SOFTEN EXPECTATIONS

Expectation is the mother of disappointment. Christmas may be a little different this year. Choose acceptance over expectation.

TEAMWORK MAKES THE DREAMWORK

Get everyone involved to help pull off an awesome day.

AVOID THE 'C' WORD

Take a day off talking about Covid! Brush up on your jokes & exercise your laughing gear or get to know a family member better!

PLAN IN DOWN TIME

Reconnecting with whānau? Awesome!! Plan in some quiet days too to recharge your batteries so you can enjoy your social time even more!

A PERFECT DAY DOESN'T HAVE TO BE PERFECT

Plan to give yourself breathing space on the day & leading up to it. No one cares if the windows aren't clean!

GET OUT OF THE KITCHEN

Don't want to spend all day in the kitchen? Then don't! Plan a BBQ, pre-prepared meal or have a picnic on the beach instead!

DON'T OVERDO IT

Be true to you and say 'no' to things if it becomes too stressful.

AVOID THE BOXING DAY SALES

Shop online from your deck chair instead!