



Canterbury clinicians win global award by achieving better healthcare performance through unity and avant-garde thinking

In 2020, Canterbury DHB was the global winner of the UNIVANTS of Healthcare Excellence 2020 Asia Pacific area award for a project called 'Reducing Patient Risk and Enhancing Care through the Development and Implementation of a new chest pain pathway expedited by and for the COVID-19 era'.

With the awards ceremony postponed due to COVID-19, our team were delighted to finally celebrate their win last Thursday night. The award recognises teams who collaborate across disciplines to transform healthcare delivery, and ultimately patient lives, and this project topped entries from over 140 countries to win the supreme award.

The project leaders were: Canterbury DHB Emergency Medicine Specialist Dr Martin Than, Emergency Department (ED) Specialist Dr Jacques Loubser, Associate Professor of the University of Otago John Pickering, Clinical Biochemist Chris Florkowski, and Cardiologist Dr Sally Aldous.

For Canterbury, this project has achieved some simply stunning results including freeing up beds in the Emergency Department, reducing admissions, and saving duplication of care, all while being more patient-centric.

The immediate impact of the new pathway was striking. For example:

- › An almost over 65 percent increase in patients having heart attack ruled out using a single blood test result (troponin), rather than two tests.
- › A decrease of 24 percent in the number of patients admitted to hospital ultimately found not to have had a heart attack
- › A 45 percent and 35 percent increase in patients discharged within 2 hours and 3 hours respectively
- › A reduction in median ED length of stay of 30 minutes
- › This translates to approximately 5,000 fewer ED hours and a saving of \$500,000 annually

I am constantly in awe of our clinicians leading in world-class best practice here in Canterbury. It is amazing to see their work being recognised globally and seeing measurably better outcomes for patients put in place internationally because of the research we do here. Congratulations to all of you again on winning this prestigious award and getting the recognition you deserve for the life-changing work you do.

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Comments from the judges included:

"This is an excellent example of using evidence-based data to redesign a care pathway and demonstrate clinical and operational benefit. The processes undertaken were straightforward and could be replicated easily - the key is close collaborative working between lab, ED and cardiology teams as was demonstrated here. Well done!"

"Outstanding project with clear outcomes, including economic impact. The novel pathway and implementation lessons sparked by necessity demonstrate applicability for scale and spread of the innovations in other jurisdictions."

"The project is a solid example of positive case study of the usage of clinical data and an interdisciplinary approach to achieve maximization of resources, efficiency and good outcome for the patients."

"Excellent project utilising laboratory intelligence as key input to support new pathway development."

"This team's proactivity and ability to implement a new patient care pathway during COVID-19 with such immediate physician adoption is not only impressive, but commendable."



At the award celebration event held in Canterbury last week are some members of the award-winning team: L-R Drs Martin Than, John Pickering, and Chris Florkowski. *Project members not pictured are Drs Jacques Loubser and Sally Aldous.

Thanks to everyone involved in contingency planning for yesterday's PSA strike

While acknowledging and respecting our staff's right to take industrial action, I would like to thank everyone who was involved in the detailed contingency plans that were put in place to ensure our community could still access urgent care along with Life Preserving Services (LPS).

Our Allied Health workforce plays a critical part in delivering care to people in hospitals and communities and

we all agree on the need to address the pay equity issues for allied health professions that have a predominantly female workforce.

We acknowledge bargaining has been protracted and both PSA members and DHBs have been waiting for some time – the sooner we can settle these pay talks, the sooner we can focus on the pay equity claim.

Transfer of Senior Responsible Officer (SRO) responsibilities as Helen Skinner, Chief Medical Officer, prepares to leave Canterbury DHB at the end of May

With Helen Skinner leaving the DHB at the end of this month and her role as SRO for COVID-19 incorporating COVID-19 Vaccination, Canterbury Hauora Coordination Hub, Managed Isolation and Quarantine Facilities & Border (MIQF&B) and Readiness (including input into Regional Resilience), responsibilities have been transferred to other members of the Executive Management Team.

The following changes are effective immediately:

- › SRO for Vaccinations and MIQF&B – Norma Campbell
- › SRO for the Canterbury Hauora Coordination Hub – Tracey Maisey
- › SRO for Winter Planning which now incorporates COVID-19 as part of Regional Resilience – Becky Hickmott.

Blessing of Oromairaki maternity unit, community dental and rooms for outpatient services

Check out the photos on [page 10](#) of the brand-new Toka Hāpai Selwyn Health Hub. What a marvellous facility and an uplifting event, which has blessed the facilities ahead of the first areas being used at the end of this month.

Minister cuts ribbon at new ICU Pod in Waipapa

While the Minister of Health was in town today, he took the opportunity to cut the ribbon to mark the opening of the new 12 bed Intensive Care Unit (ICU) pod in Waipapa.

The new 12 bed ICU pod was constructed in a vacant space adjacent to the current ICU.

It has a negative pressure environment and state-of-the-art equipment that will enable staff to provide best practice treatment based on lessons learned internationally.

Having additional space with specially designed modified airflow allows safe care for people with infectious diseases, including COVID-19. It will make a big difference to reducing the risk of transmission for any airborne disease as well as enabling additional ICU services to be provided to our community.

The project was led by our Facilities and Infrastructure team and the main contractor was Leighs Construction. It was completed in half the time of a conventional fit out project due to collaboration and accelerated approvals. Once again, well done to everyone involved.



Minister of Health, Hon Andrew Little cuts the ribbon to open the new 12 bed ICU pod while ICU Clinical Director Seton Henderson looks on



The new 12 bed ICU pod in Waipapa

Pink shirt day this Friday 20 May 2022

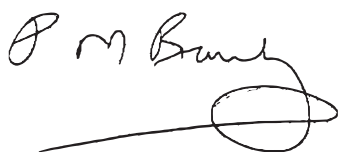
It's Pink Shirt Day this Friday 20 May and while some of you will be 'pinking up' your workspace or wearing pink, workplace bullying is a serious matter and I want to talk about the work we have underway as part of Tāngata Ora to address workplace bullying and make it easier to Speak Up, Stand Together and Stop Bullying.

We have a 'Pink It Up' photo competition for the whole TransAlpine kaimahi (workforce) to get involved in, so if you have time 'pink up' your desk or workspace and or take a team photo and be in with a chance to win some fabulous Pink Prizes!

There's a webinar interview with Jennifer Shields from Queer Youth Group Qtopia, Sarah Eynon from QCanterbury and Akira Le Fevre from the Mana Taurite team on what Pink Shirt Day means to them and how we can stand up to bullying. You can view the [video here](#).

As a DHB, we are taking the results of Tāngata Ora seriously, and we're turning feedback into tangible actions.

Kia pai tō koutou rā



Peter Bramley, CEO
Canterbury District Health Board

Across our organisation, our leaders have pulled together 'action plans' aimed at combating the areas our people have told us we need to fix – and where culture (and more specifically bullying and harassment) feature highly in the results, the leaders will enable and drive things such as '[Active Bystander](#)' training to encourage our people to speak up, and have a [Code of Conduct](#) discussion so that teams can discuss what great behaviour looks like in their area.

We are committed to maintaining a bullying, harassment and discrimination free work place and health service. You can find our '[Bullying, Harassment and Discrimination Free Workplace](#)' & '[Diversity and Inclusion](#)' policy on PRISM. Our Mana Taurite (Equity, Diversity and Inclusion Team) have also started work on a 'Rainbow Diversity' workshop that will address the importance of diversity and empowering our kaimahi (staff) with the skills and tools to address bullying and creating an inclusive work place.

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](#).

Be aware of burnout – learn how it develops and how to prevent it

New interactive learning content specifically about burnout is now available for all DHB staff to access. Once you've completed the module, you'll understand burnout and know what to look out for in yourself or others you work with, and how to cope.

It is part of the HELM Wellbeing category; you can find it here: <https://www.healthlearn.ac.nz/course/view.php?id=1340> This module features real experiences of burnout and a video interview with Suzi McAlpine, author of *Beyond Burnout* which is based on research in Aotearoa New Zealand.

Everyone can benefit from understanding how burnout develops and how to prevent it. We encourage all our kaimahi [staff] to complete this learning. Managers and clinical leads will benefit from learning more about burnout so they can support their team members.

You can also access our wellbeing support list on [here on max](#).



Ministry of Health announces changes to the COVID-19 Public Health Response (Vaccinations) Order

Last Friday the Ministry of Health announced two amendments to the Public Health Response (Vaccinations) Order 2021.

The amendments are:

- › Expanding the list of COVID-19 booster vaccines under Schedule 4.
- › Introducing a new exemption process for mandated workers who test positive for COVID-19 to be exempt from being vaccinated or receiving their booster dose for a period of 100 days after the date they receive evidence of their positive test.

You can read all the details [here](#) noting that the changes came into effect at 11:59pm on Sunday 15 May.

A note of thanks from Alison Davies, wife of the late Gordon Davies

Dear friends and work colleagues of Gordon,

I would like to thank you all sincerely for the messages you sent to us after Gordon passed away. They brought back lots of memories of his time spent at Canterbury DHB as the CEO and how highly regarded he was by you. He loved his work in the health service and always felt that it was the place he was meant to be.

He had probably about 7 years of retirement before he was diagnosed with dementia and then another 7 years before succumbing to that disease. Even though he couldn't communicate with me and I'm sure he never knew who I was when I visited him, I think he always knew I was someone special in his life and that was also the same with our son. He never lost that sense of politeness he had - when he was moved to a D6 dementia care unit and he couldn't communicate verbally or hardly walk, he held out his hand to greet the new staff who would be looking after him. He was taken into the lounge where he was given a cuppa and a muffin and he loved the attention!

Precious memories and I thank you again for your messages.

Sincerely Alison Davies



Bouquets

Melissa, Medical Assessment Unit (MAU), Christchurch Hospital

A massive five-star rating for Nurse Melissa Woodridge. She went above her role and wowed my father because she was so amazingly friendly, loving and caring. We need more nurses like her. English is Dad's second language, but Melissa helped break down the language barrier with her loving approach.

Jo, Gastroenterology

Thank you to the lovely nurse Jo who looked after my mother so attentively for her procedure recently. Jo was so friendly, kind, and professional.

Jenny, ED, Christchurch Hospital

I would like to compliment Jenny the transit nurse who sat with me and kept me calm during a very traumatic time. Thank you for helping me through it.

Emergency Department (ED), ward and Gastroenterology Outpatients

I wanted to pass along my heartfelt thanks to the staff at the Christchurch Hospital and the Gastroenterology Outpatients for their courteous, professional and caring attention while I was in hospital and having outpatient follow-ups. Specifically, in Outpatients: Dr Adam Willington, Nurse Judith McLaughlin and Administrator Subhra Bhatta. In the hospital, Dr Avinesh Shankar and the nursing team. I have never been in hospital before, and while I was very anxious and not in a particularly great circumstance, all of my interactions with health care staff in New Zealand have been world class. I can only imagine how difficult and stressful their day to day interactions are with a range of circumstances and people, and I admire the composure, professionalism and care they give to their patients.

Ward B3, Christchurch Hospital

To the nurses on Ward B3 who cared for me after a traumatic accident – thank you – especially Sarah who was on nightshift.

Administration/Logistics Support Team, Canterbury Hauora Coordination Hub

Thank you for the use of the pulse oximeter and thermometer that was sent to our home address to monitor our health while in self-isolation with COVID 19.

Cardiology Day Unit, Christchurch Hospital

Very satisfied with my care. Staff were informative and kind, and as a patient I felt empowered in my decisions. The Cardiology team facilitates a happy culture which makes the patient's journey far more bearable.

Big Shout Out

To: Communications team

I just wanted to say what an amazing job the Communications team have done in supporting all our roles in the Emergency Operations Centre and ensuring staff have the information they need. We have come a long way in such a short space of time that it is hard to remember at times what we have achieved! I have been meaning to reach out for a while to say a big thank you to the Comms team.

From: Emergency Operations Centre Managers, Christchurch Campus, Shona MacMillan and Roisin McGarr

#carestartshere

ED, Christchurch Hospital

When my husband was admitted to ED he could not have had better care from the minute he arrived. From the ambulance, to the nurses to the doctors, there is nothing in his (and my) treatment that I could fault. Both the nurse and the doctor were lovely and could not have been more helpful. As my husband has only recently been diagnosed with his condition and as it is all quite new to us, I am having difficulty understanding how I can help him. Thank you very much Dr Yawane Jansz for your clear kind explanation of what was happening and how I can help.

Ward B3, Christchurch Hospital

I would like to take this time to write this letter to say thank you all for your support and for taking a very good care of me. I apologise in advance that I can't remember everyone's names, but I am honestly amazed and grateful for your teamwork at the hospital. It was overwhelming to stay at the hospital for the first time in my life, especially when I didn't expect this happen, but you made my stay so comfortable. Thank you to Dr McKenzie who looked after me during my two days stay at the hospital. On the morning of my surgery I was very relieved to see you standing beside the other doctors who came to explain the whole procedure. Seeing your familiar face made me feel relieved. Thank you to Sonographer Siobhan for carefully performing my ultrasound. Thank you to the CT scan team. Your explanation of the scan beforehand and during the scan was very clear on what to expect and because of that, I didn't freak out! Thank you to the anaesthetic team and surgeons, one of your anaesthetic staff was so good at cheering me up and made me feel a lot better. Thank you for the successful surgery. To all the nurses who took care of me after the surgery, thank you. I respect you all so highly. I cannot thank you all enough.

MAU, Christchurch Hospital

Superb assistance from Dr Alex Gibson, Kelsey, Linu and Kate. Thank you.

Ward 14 and Dialysis Unit, Christchurch Hospital

I am writing this to say a big thank you to the team of amazing doctors and nurses who looked after [patient name] in Ward 14 and the Dialysis Unit – and the home dialysis nurses too. He will be seeing you all for a long time with ongoing dialysis, but this is just a big thank you.

Bike stands, Christchurch Hospital

Love the bike stands in front of the hospital!

Cardiology Day Unit, Christchurch Hospital

Thank you for the excellent care I received today. The staff were all outstanding in their kind, efficient manners and treatment. The premises were very clean, and the food was nutritious and tasty. Thank you all.

Ward 25, Christchurch Hospital

On behalf of me and my family I would like to thank all the Christchurch Hospital staff – doctors, nurses, orderlies – for the great service I have received while being sick. Thank you very much from the bottom of my heart. God bless you all. Ka Arohanui.

ED, Christchurch Hospital

My mother was admitted to ED. During her time there we had the pleasure of having Emma as her nurse, Oliver as her doctor and Sebastian as her social worker. All were excellent to deal with and very helpful, a credit to the hospital. Emma, in particular, was always attentive, sensitive and very diligent in her tasks even while the normal busy situation for an ED was ongoing. I am thankful my mother had such a professional and caring nurse supporting her and I thoroughly commend her. Thank you very much.

Christchurch Outpatients

It all happened like clockwork. No unnecessary hold-ups and what a tranquil atmosphere.

Big Shout Out

To: Maternity Quality and Safety Programme/ Samantha Burke

We are writing to thank and commend you on the work you are leading at Canterbury DHB to improve outcomes for mothers and babies. We are all too aware of the challenges we have and continue to face with both COVID-19 and the health and disability reforms. We would also like to acknowledge the additional initiatives being undertaken locally within Canterbury DHB. Specifically, your work on the priorities and action plan 2020/2021 for local projects including: the Canterbury DHB Maternity Strategy, National Maternity Monitoring Group and Perinatal and Maternal Mortality Review Committee recommendations, review of local data and clinical outcomes, and the alignment of Canterbury DHB action and work plans.

From: National Maternity Monitoring Group

#carestartshere

Living our values: Mandi Bates and the COVID-19 Vaccination Logistics team

The collection and distribution of collateral to vaccination clinics, general practices and pharmacies across Christchurch and immediate areas, including Kaikōura and Ashburton, have kept the COVID-19 Vaccination Logistics Team busy during New Zealand's COVID-19 response.

Collateral is all printed material, resources and signage that supports vaccination clinics to answer questions or deliver vaccinations.

"You have to be physically fit!", says Logistics Administrator Mandi Bates.

However, it's the culture of the group she works with that has had her so inspired.

"This is the most enjoyable job I have ever had. Working in the COVID-19 programme has been so uplifting as everyone is so positive and supportive. It's been all about the word 'yes.' Yes, what do you need? Yes, we can do that.

"In other words, let's just make it a yes! Let's find a way, because it's been all about the end product – helping people get vaccinated. I'm very grateful for the opportunity to be involved."

Mandi started out as an administrator at Orchard Rd undertaking administration tasks and later supporting the COVID-19 Immunisation Register (CIR) experts.

She then worked at the drive-through vaccination clinic at the Christchurch Arena as an administrator at the start of the paediatric vaccination programme. At the beginning of this year, Mandy was brought into the Canterbury Hauora Coordination Hub in Bealey Ave to help with the logistics of collateral supporting COVID-19 vaccination.

"It was a massive task with new collateral continuing to arrive from the Communications team in the Hub. We had to tidy all the supplies up, and then get it out to clinics, she says."

This involved collating and packing orders, delivering direct to the clinic or arranging to have them couriered.

"Then, later on, the team had to pick items up from closed clinics, collect collateral from sites that were no longer vaccinating. Lifting, moving, and storing."

It has been a learning experience and Mandi says she has loved it.

"Working with people, isn't that what Health is all about? Getting it done with a little fun."



Logistics Administrator Mandi Bates

- › Since late January 2022 the Logistics Team have worked on organising delivery of collateral to 79 events located between North Canterbury all the way to Ashburton.
- › The team have delivered and picked up collateral from over 85 different clinics.
- › *67,917 items of collateral have been distributed since January
- › *207,495 items have been ordered since the 25 January

Tū Tangata Tū Rangatira - growing Māori leaders programme

The Mana Taurite Tima (Equity, Diversity and Inclusion Team) are pleased to announce Tū Tangata Tū Rangatira, our transalpine Growing Māori Leaders Programme.

Promotion for this started on May 12, inviting kaimahi Māori among our workforce to consider the challenge of developing their leadership skills and potential by engaging with this innovative programme.

Tū Tangata Tū Rangatira is a nine-month programme of kaupapa Māori activities including marae visits, learning meetings, and individualised learning modules. The leadership of the DHBs support this tangible expression of our commitment to the Tiriti o Waitangi partnership, since it represents a significant opportunity to ensure that our kaimahi Māori feel valued and their potential to grow into future leadership is recognised.

Tū Tangata Tū Rangatira has a strong team supporting it, including our Kaumātua Ruru Harepeka Nako Hona, the Mana Taurite Tima (Rebecca Murchie, Akira Le Fevre, and Lead Facilitators for the programme, Lee Tuki and Lloyd Carpenter), Executive Director Māori and Pacific Health Hector Matthews, Te Tumu Whakahaere, and the enthusiastic encouragement of our CEOs and Head of People and Capability.

"We are wanting to āwhina and manaaki our kaimahi to become our future rangatira. If you have the commitment and drive to develop yourself and your mahi, this hōtaka is for you!" says Hector.



From left, Executive Director Māori and Pacific Health Hector Matthews, Pou Whirinaki Ruru Harepeka Nako Hona, Interim Chief People Officer Jo Domigan, Head of Equity, Diversity and Inclusion Rebecca Murchie, Workforce Development Partner Lloyd Carpenter and Mana Taurite Intern Brooke Kaminski

Open to any kaimahi Māori of the Canterbury and West Coast DHBs, Tū Tangata Tū Rangatira is a learning pathway to develop leadership skills, engage with Mana Whenua, and grow personal knowledge of Te Ao Māori in an engaging, inclusive, positive way.

There are no minimum requirements of language or cultural knowledge and awareness required to enrol; all we need is a willingness to commit, to learn, and to develop.

Numbers are limited, and applications close on June 15, so we encourage you to consider this programme or telling a colleague about it. Please find out more by clicking here [Tū Tangata Tū Rangatira Hōtaka - HELM \(helmleaders.org\)](https://helmleaders.org)

Blessing of Toka Hāpai (Selwyn Health Hub) facilities

Last Tuesday, Canterbury DHB and Selwyn District Council celebrated the blessing of the DHB facilities within the new Toka Hāpai (Selwyn Health Hub).

This event was the culmination of a great deal of work and effort by the Selwyn District Council and Canterbury DHB. The project was proposed more than five years ago, with the lease agreement approved by the DHB Board in 2019 and construction beginning in 2020.

The karakia whakatau where (karakia to settle the house) blessed the DHB's Oromairaki Maternity Unit, along with our Community Dental Service, Child Adolescent and Family (CAF) Mental Health Service (South) and Public Health Nursing spaces.

Led by representatives of Ngāi Te Ruahikihiki ki Taumutu, Puamiria Parata-Goodall and Corban Te Aika, the purpose of the karakia whakatau where is to acknowledge those who have worked to create, build and 'dress' the facilities. Puamiria describes it as a beautiful and meaningful process that clears the pathway for those who will work, visit and give birth in Toka Hāpai and calls on the ancestors to bless all that takes place within its walls.

After the blessing, guests were free to enjoy some kai and take a closer look around what will be a great asset to community health in the Selwyn District.

The Oromairaki Maternity Unit opens on 31 May followed by CAF and the Public Health Nursing spaces in early June. Community Dental will move into the new facilities during the July school holidays.

In 2021 Te Taumutu Rūnanga gifted Canterbury DHB with the name 'Oromairaki' for the Maternity Unit. Meaning 'resonating sounds of heaven', Oromairaki celebrates the call of Hine-te-iwaiwa, the sighs of motherhood and the cries of new life. Oro means to resound, echo and resonate. It is a sound, a rumble and a note in music. Mairaki is a contraction of mai i te raki, or 'from the heavens'.

According to Te Taumutu Rūnanga, the name represents "the sounds of wonder, of welcome, of pain and of sorrow; they are the sounds of the heavens. Sounds which carry the resonance of joy and sadness. Sounds announcing life and death. They are earthly sounds, they are the sounds of the heavens receiving and echoing. They are sounds of ritual and blessing."



Corban Te Aika from Ngāi Te Ruahikihiki ki Taumutu leads the blessing



From left, Executive Director of Midwifery and Maternity Norma Campbell, speaks on behalf of Canterbury DHB with Corban Te Aika and Puamiria Parata-Goodall from Ngāi Te Ruahikihiki ki Taumutu



Guests gather in the reception area

Myth busting the flu

We live in a world of information overload, and nowhere is this more apparent than in the health space. COVID-19, vaccines, boosters and masks are probably the most talked about, hotly debated and incorrectly represented topics of the past two years.

As we approach winter and the prospect of the first genuine flu season since 2019, similar misinformation and disinformation, along with apathy and fatigue, are influencing our response.

It's important to address some of the myths around influenza that might prevent people from adequately protecting themselves.

MYTH: A bad cold or stomach bug is basically the flu.

Although some symptoms are shared, a cold or stomach bug that lasts a few days is not the flu. The flu (influenza) is a highly infectious virus that attacks the throat, nose and lungs. Symptoms generally include fever, chills, muscle aches, cough, congestion, runny nose, headaches and fatigue and can last for up to weeks.

The flu is debilitating and potentially fatal. The very young, elderly, pregnant, immune-compromised or those with chronic disease are at most risk of serious illness.

MYTH: We haven't had flu for two years in New Zealand, we're all good.

While it is true that a combination of closing our borders in 2020 and 2021, lockdowns and basic COVID-19 health initiatives such as masking, distancing and good hand hygiene have kept the flu at bay for two years, this is not the case in 2022.

Our borders are open now to more than 60 visa waiver countries and from 31 July, we open to the world. Influenza is already in New Zealand, and it will spread quickly.

"After two years of closed borders and the absence of any flu our natural immunity is likely to be low. It is likely that we will experience a severe influenza season this winter and will see significant sickness and substantial hospitalisation.

Flu vaccination has been shown to protect ourselves, and also the more vulnerable people around us such as elderly whānau and patients. My advice is to get vaccinated." Infectious Diseases Specialist Alan Pithie



MYTH: I'm vaccinated and boosted against COVID-19. I also wear a mask and take precautions, so I am protected from the flu.

No, you're not! Wearing a mask and following the basic public health recommendations do help to prevent the spread of influenza, but the COVID-19 vaccination and booster will not protect you from the flu. These viruses are different, and you need the flu vaccination to be immunised against the variants of influenza circulating in 2022.

MYTH: The flu has less of an impact on the health system than COVID-19.

Not true. In the colder months, with an influx of overseas visitors, flu has the potential to seriously impact our staff and result in widespread absences. This means under-resourced departments, staff shortages, disruptions to non-urgent and elective surgeries, not to mention the increase in people attending the Emergency Department.

Combine this with endemic COVID-19 and we risk widespread 'flurona' – people being infected with both flu and COVID-19.

MYTH: I can't be vaccinated against the flu because I recently got my COVID-19 booster or had COVID-19.

You can safely get your flu vaccine at the same time as your COVID-19 vaccine/booster. There is no need to wait between shots.

If you have contracted COVID-19, you can get your flu vaccination once you have recovered, or as advised by your health provider.

Please refer to [Prism](#) to find out when and where you can obtain your free DHB staff flu vaccination.

Make sure you take your completed [consent form](#) with you.

Māori nurse-led rōpu

Ngā Toka o Te Aratika is a Māori nurse led rōpu that is a collective of Māori and non-Māori who are committed to the development of growing our Māori nursing workforce.

This includes supporting Māori nurses, developing leadership pathways for Māori, and ensuring Māori contribute towards decision making at all levels within the Specialist Mental Health Service (SMHS).

Ngā Toka o Te Aratika provides guidance and support to SMHS leadership teams, to develop culturally safe environments for tangata whai ora, their whānau and staff, says Acting Nurse Consultant – South/East Adult Community, Cassandra Staps.

“As Māori nurses we walk in two worlds and have two knowledge base and value systems which work in a manner that adds strength to the other.”

Ngā Toka o Te Aratika recognises the unique strengths and skills that Māori nurses bring to their practice and are committed to investing in further development and growth of these specialised nurses.

It is widely recognised that a capable and competent Māori health workforce is central to improving health outcomes for Māori. By investing in our Māori nurses, SMHS contribute to equitable health outcomes for Māori tangata whai ora and their whānau who enter our services, she says.



From left, Nurse Educator Aroha de Bie, Kaihaumanu Ivy Churchill, Former Nurse Educator Mereraina Porima, Acting Nurse Consultant Cassandra Staps, Former Director of Nursing Specialist Mental Health Services Joan Taylor, Registered Nurse Josie Butler and Nurse Consultant Workforce Development Tony Farrow



Rōpu members, left, Registered Nurse/Case Manager Awhina Tapiata and Associate Clinical Nurse Manager Frances Pooley

Burwood Hospital decommissions use of nitrous oxide

On Monday 16 May, Burwood Hospital decommissioned the supply of reticulated (piped) nitrous oxide (N_2O).

Nitrous oxide is primarily used for pain relief in labour and during paediatric anaesthesia, neither of which occur at Burwood. N_2O is a very potent greenhouse gas, its Global Warming Potential over 100 years is 298 times that of carbon dioxide. Removing reticulated N_2O eliminates an unnecessary product and also reduces Canterbury DHB's impact on the environment.

Medical gases are Canterbury DHB's third biggest source of CO_2 equivalent emissions after energy (coal and electricity) and staff flights.

Anaesthetist and Director of Surgical Services at Burwood, Richard Seigne says “This is a great example how three different groups of staff can join forces to create a win for all. Support came from the Burwood Management team, anaesthetists and the Maintenance Department - who also did the hard work of shifting the 102kg cylinders.”

Removing reticulated N_2O from Burwood represents both a financial and an environmental win for Canterbury DHB and our community.



The Burwood Hospital nitrous oxide tanks decommissioned on Monday

Supply facility making the most of additional space

Canterbury DHB's Supply department is enjoying the additional capacity of its modern distribution centre near Christchurch Airport.

The nearly 7000 square metre site has a 3000 square metre warehouse that opened in May 2021 in the Airport's Dakota Park Industrial Estate.

Supply Chain Manager Renee Montgomery says the Supply department had outgrown its previous site at Blenheim Road and an opportunity arose to take advantage of this facility, offering fit for purpose areas for all teams – Purchasing, Procurement, Clinical Product Coordinators, Data Customer Service and the Warehouse and Inventory team.

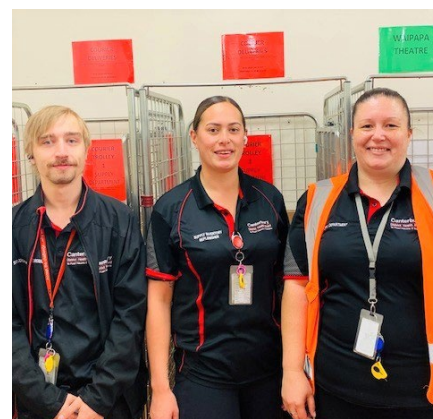
The facility is located in close proximity to the new Canterbury Linen Services facility allowing an opportunity to share transportation including transportation to Burwood Hospital, the West Coast, Rangiora and Kaikoura, as well as continuing the existing transport sharing to Ashburton.

"It has onsite parking with an electronic gate, the amenities we need, and a number of meeting rooms. It has over 2500 bulk pallet spaces and extra room for growth."

The warehouse is used to store both general and specialty items for Canterbury and West Coast DHB campuses. The main benefit of the facility is increased space.

"For example, our pallet storage has gone up by 70 percent. This allows us to provide a better service to all our customers, and its central location is ideal for deliveries."

Supply are an integral part of the Health industry and this has been shown during the current pandemic, offering support to the Ministry of Health, the community and all DHB facilities. Onsite supply teams at most of Canterbury DHB campuses ensure direct service and support, coordinating the replenishment and delivery service on campus, Renee says.



Onsite service delivery team, Christchurch/Waipapa campus, from left, Jordan Neale, Aroha Eriksen and Jax Edmonds



Storeperson Daniel Saul in the Inwards Goods area



From left, Executive Director Māori and Pacific Health Hector Matthews and Supply Coordinator/Supervisor Chanel Matthews in the Supply Department's warehouse



Pink Shirt Day – let's go pink!

On Friday 20 May, we're turning our workplace māwhero/ pink to show our commitment to creating an environment that is safe, welcoming and inclusive for all staff.

Every year, one in 10 workers in Aotearoa experience bullying in the workplace, says Kaitohu Hauora/Health Promoter (Wellbeing Team) Kini Piper.

"Many studies show people who are bullied are more likely to experience mental health issues, such as depression, anxiety and suicidal thoughts. Together, we can turn this around by ensuring our workplaces celebrate diversity and are places where everyone can feel safe, valued and respected."

About Pink Shirt Day

Pink Shirt Day is a national bullying prevention campaign run by the Mental Health Foundation of New Zealand. Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying at their school when a new student was bullied for wearing pink.

You can learn more about the origins of the day [here](#).

About workplace bullying

Workplace bullying is repeated, and unreasonable behaviour directed towards people at work that can lead to physical or psychological harm.

Studies show people who are bullied are likely to be part of a minority or marginalised community. That's why it's so important to celebrate diversity and embrace our differences – we aren't all the same and that's a great thing!

Doing nothing when we witness bullying isn't an option as it only gives power to the behaviour and allows it to continue. You can learn how to start being an Active Bystander by completing our [learning module here](#).

If you have any questions after watching this module, you can send a question through max. and we'll get back to you.

How we're celebrating Pink Shirt Day at Canterbury DHB

If you can, wear something pink on Friday 20 May. Even if it's just a pair of socks!

There is a 'Pink It Up competition' which all staff can enter. Send in photos of your pink desks/office/teams to akira.lefevre@cdhb.health.nz to be in to win a fabulous Pink Shirt Day Prize.

How about also holding a Pink Shirt Day morning tea as a way to raise money for the Mental Health Foundation?

Here are some other ways to get involved:

- › Register for [Pink Shirt Day updates here](#)
- › Order a Pink Shirt Day 2022 [Event Pack here](#). The Workplace packs are free and filled with posters, stickers, photo props and more. The packs have everything you need to turn your workplace māwhero/pink on the big day.
- › Free downloadable resources are available on the website and they include Zoom backgrounds, e-signatures, posters, bunting, cupcake toppers and more!
- › Learn about the five [Upstander Actions](#)
- › Buy the official Pink Shirt Day t-shirt in-store or online from Cotton On from late April

For more information go to the [Pink Shirt Day website here](#).

Send us your photos of you and your team wearing pink to communications@cdhb.health.nz.

Generous refurbishment of Spinal Unit outdoor area

The Burwood Spinal Unit has had the benefit of a revamp to the outdoor area next to the dining room thanks to the generosity of Southbuild Ltd and Mitre 10 Ferrymead.

It came about after a former patient, Margaret Tahere, asked the builder responsible for her home modifications if he had any spare wood to fix a barbecue table at the Burwood Spinal Unit.

On further investigation and seeing that the whole area needed some attention, Lee and Paul Southorn from Southbuild Ltd decided this would be a great project to get involved in and teamed up with Andrew Miles at Mitre 10 Ferrymead, who agreed to support the revamp through their community Helping Hands programme.

After some initial meetings with the team from the New Zealand Spinal Trust (NZST) and Burwood Spinal Unit, a plan was made to spruce up the area with a sun shade, new picnic tables and planter boxes.

This was all achieved in a day by the Southbuild and Mitre 10 staff coming onsite and working tirelessly to pull it all together, says Service Manager Liz Oliver.

"The area was definitely in need of some TLC and the service is thrilled with the result. Patients are now able to enjoy this outdoor area with lovely plants and tables surrounding it.

"The sunshade will be very welcome as the area is well utilised by patients and their whānau. The NZST supports a monthly barbecue for patients and whānau (when COVID-19 allows) and look forward to getting back in to using the area.

"Thanks to both Southbuild Ltd and Mitre 10 Ferrymead for their generous support in donating time and materials and also to the Tahere Family for raising the idea and providing refreshments for the team on the day," Liz says.



The bbq area before the revamp



The finished bbq area



From left, Brett Ladbrook of the New Zealand Spinal Trust and a team from Mitre 10 doing the revamp



The new tables and planter boxes

World Smokefree May - Ensure you and your communities have your say to get the legislation across the line



It's World Smokefree May and for smokers it can be a time to reflect on the place smoking has in their lives and whether it serves them, or they serve it.

For those who decide to 'give it the flick' the cessation team have the skills and resources to help them walk their road to freedom from addiction. For local Smokefree information and support, go to <https://www.tehawaitaha.nz/>

In the world of legislation, it is time for bold moves to create environments where quitting is easier and starting is more difficult. Smokefree Aotearoa 2025 Action Plan - Auahi Kore Aotearoa Mahere Rautaki 2025 is a vehicle for the changes needed to make this happen.

Amendments are being introduced in June in the following areas:

Reduction of availability of tobacco: There are currently over 6000 retailers selling tobacco across the motu, with the majority of these retailers in low-income communities. Those trying to quit are faced with this highly addictive product at every turn. Therefore, changing the law to reduce the number of authorised retailers across Aotearoa to 500 and to no longer be concentrated in our most deprived neighbourhoods will be game changing.

Smokefree generation: While helping people quit is vitally important, our greatest gains are made by ensuring our next generations never start using tobacco. This year sees the introduction of an amendment Bill to prohibit the sale, delivery and supply of smoked tobacco products to persons born after a certain date, in effect, creating a Smokefree generation.

Reduction of nicotine levels to below addictive levels: Nicotine is the primary addictive component of smoked tobacco and the products available for purchase in New Zealand contain high levels of nicotine. Because of this, many people who smoke are unable to choose to stop smoking. The amendment Bill will look to allow only

very low nicotine levels in smoked tobacco products for manufacture, importation, distribution, and sale and introduce product assurance systems to support compliance with these requirements.

Restriction of product design measures that maintain or enhance the appeal of tobacco: The standardised packaging (better known as plain packaging) of tobacco was the beginning of reducing tobacco's appeal. Continuing from this is the focus on alternate approaches that have been used by tobacco companies to maximise product appeal. An amendment bill will restrict product design measures aimed at maintaining or enhancing the appeal and addictiveness of smoked tobacco products.

What can you do? To reduce the ongoing harm and loss of life that smoking causes to communities and whānau, we need to get the proposed amendments to the existing legislation across the line. The amendments are on track to be introduced in the House late June. Submissions to the Select Committee will then be open for a four to six-week period around July-September, and this is where you and yours come in.

Encourage submissions from individuals, whānau, organisations and communities.

While the Health Sector, tangata whenua and local councils are instrumental in countering tobacco industry rhetoric, the voice of the community is key - stories around how tobacco has impacted whānau are already being collected and we want more!

If you are keen to have a voice/support your communities to have a voice, and would like support around how to do this, contact smokefree@cdhb.health.nz and someone will be in touch. There will be a very small window of time when the submission process calls for submissions – don't wait until then to prepare your information.

Overfilling of linen bags

High quality safe healthcare depends not only on the work our people undertake with patients, but also on the work performed to clean, maintain and supply our facilities across Canterbury DHB.

Among such non-patient care tasks are those involving dirty linen collection. Staff doing these tasks face unique challenges and may be exposed to infectious and toxic substances, and significant musculoskeletal risks from work that is repetitive, strenuous and requires awkward postures and frequent bending.

In 2021 the OPH&R (Older Persons Health and Rehabilitation) Safe Handling Link Group chaired by Injury Prevention, reported the overfilling and increasing weights of linen bags as concerning to staff, particularly those responsible for linen management on the wards and back of house. This was described as a historical issue not only from a moving and handling perspective but also from the perspective of Infection, Prevention and Control (IPC).

A job task analysis was carried out to evaluate the work performed during linen collection from an ergonomic perspective, while also taking into consideration the infection control implications of linen handling. Members of the OPH&R Safe Handling Link Group supported this by circulating a survey within their respective work areas.

Infection Prevention and Control have produced Linen and Laundry Guidelines for wards and departments "to ensure that linen and laundry is stored, handled and processed in a manner which minimises risk of transmission of infection".

These guidelines say:

- › "do not carry contaminated linen against clothing"
- › "bags should not be filled more than three quarters full"
- › "always ensure that full laundry bags are closed securely before putting down laundry chute or when awaiting soiled linen collection"
- › "soiled linen bags must not be dragged along floors to collection points"

A number of potential solutions have been considered and included; developing solutions to reduce the volume of the linen bags by modifying the existing trolleys or attaching a 'sling' to the frame of the trolleys. These options presented significant IPC considerations. Smaller linen trolleys also posed further moving and handling issues with staff adopting repetitive and awkward postures to transport the trolley to the disposal room.

Overfill is overkill

Please don't overfill the linen bags – if they are too full they are too heavy to lift.

This can result in you injuring yourself and others.



Canterbury
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Te Pori Hauora o Waitaha

As a result, Move Well Stay Well has released a new suite of posters and screen savers reminding all staff of their responsibility to not overfill the linen bags. Managers and Health and Safety Reps are encouraged to raise this issue across their respective areas.

Posters are being introduced on the wards and across service areas. Screensavers are featuring as a reminder also.

It is every everyone's responsibility not to overfill linen bags. If they are too full, they are too heavy to lift. This can result in you injuring yourself and those you work with.

If you require posters for your area of work, please contact Health.Safety@cdhb.health.nz

Vote to select a mural for Ōtautahi's child and youth mental health outpatient unit

The public vote for the Together Greater Mural Project is now open online.

A collaboration between Westpac NZ, youth artist programme The Creators' Room, and Māia Health Foundation, the Together Greater Mural Project has seen young artists submit sketches for a mural, to be located at the current outpatient facilities at The Princess Margaret Hospital in Cashmere.

Three finalists have been chosen and the public is now being asked to vote for their favourite design. The winning artist will be commissioned to turn their sketch into a reality. They'll also receive a \$2,500 prize from Westpac, five hours mentorship with an established mural artist, and ten hours of education and development to further support their artistic career development.

The three finalists are:

- › Oli Aikawa, (17), whose mural sketch is inspired by Sumner and Cave Rock on a summer's day;
- › Max Drummond, (20), whose submission showcases a New Zealand nature scene;
- › Ella Ward, (19), who has presented a colourful sketch titled The Pohutakawa Pathway.

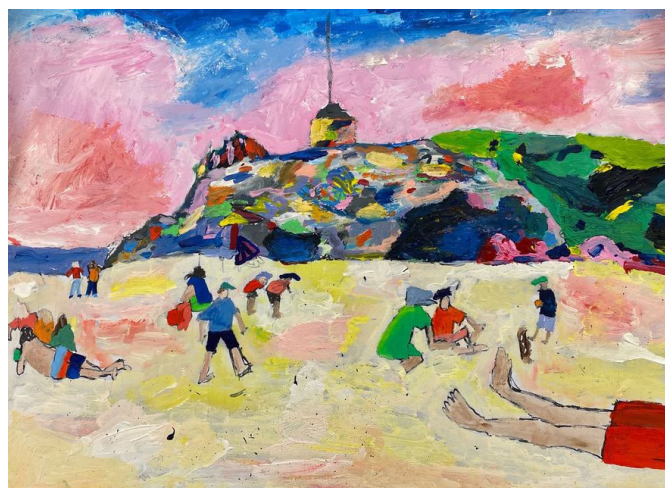
To learn more about the project, the artists involved and to vote, you can go to the [Māia Health Foundation Facebook page](#).



Artist Ella Ward's 'The Pōhutukawa Pathway'



Artist Max Drummond's mural of hope



Artist Oli Aikawa's mural of Sumner beach

One minute with... Teddy Wu,

Consultant Neurologist

What does your job involve?

I work as a Specialist Neurologist and my clinical role involves assessing patients with neurological symptoms in the outpatient clinic, hospital wards and in emergency situations such as acute stroke. I also help supervise and teach junior doctors throughout their training and participate in medical student teaching. I dabble in a bit (my wife would say a lot...) of research on the side when time allows.

Why did you choose to work in this field?

When I was a junior doctor I witnessed an acute stroke patient being treated with a clot busting medication (thrombolysis) which resulted in rapid recovery of limb paralysis. I thought that was quite amazing and it inspired me to embark on the Neurological pathway (sorry Nephrology!). More than a decade later, I still get a buzz each time I see a stroke patient walk out of the hospital within days of being admitted with a major stroke.

What do you like about it?

Our patients keep us on our toes! There is something different every day in neurological practice. The ongoing advances in research to treat neurological conditions that were once thought untreatable.

What are the challenging bits?

The main challenges for me are the changing set-up of health care systems and working in a resource limited setting. Maintaining continuity in patient care is becoming more difficult and dealing with the challenges of not being able to see all patients referred to us from primary care with neurological symptoms.

Who inspires you and why?

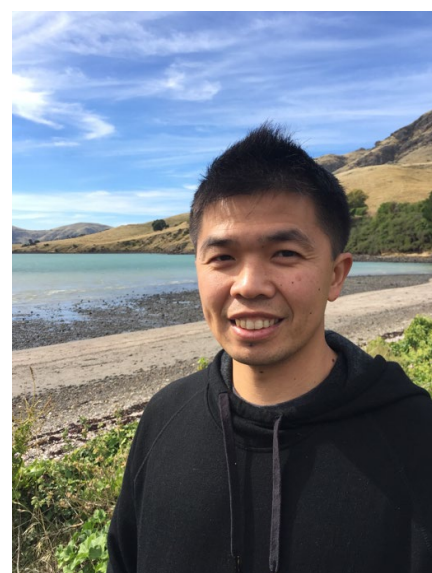
I am inspired by many research mentors throughout my career. The most influential mentors are from the time I spent in Melbourne on my Ph.D fellowship. They have shown me that with passion and drive, clinical research can lead to treatments to improve patient outcomes and improve accessibility to life changing therapies.

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?

We strive to provide the best care for our patients with respect and honesty, irrespective of background or personal / religious beliefs.

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

An old photo of me with shoulder length hair.... (try my twitter feed - @teddyhwu)



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

A fancy golf course in Hawaii.

What do you do on a typical Sunday?

A short run in the Port Hills, have some downtime with my family and think about our dream holiday!

What's your favourite food?

Anything spicy! I love a good curry!

And your favourite music?

I am a closet Asian pop fan.

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.

Below are some finance-related deals for you:



BNZ

BNZ banks are offering special rates and services to all Canterbury DHB employees - see [more information here](#).



MTF Finance

Carlton Corner - 2 Papanui Road, Merivale

All Canterbury DHB staff that loan with MTF Finance, Carlton Corner, will receive the option of \$250 petrol vouchers, \$250 off a new loan, or \$250 retail vouchers - quote Canterbury DHB when enquiring.



Lifetime - Financial Advisory group

Lifetime Group can help you with everything from mortgage/s, navigating through new mortgage requirements, Kiwisaver comparisons between providers, insurance, investment to budgeting and accounting. Book a free initial review and consultation with them now (usually \$250) by contacting Ollie on 027 327 5093 or ollie.sheremetov@lifetime.co.nz.

See [here for more information](#).



XE Money Transfer

Receive 40 percent off the standard margins and no fees when transferring money internationally, simply [click here](#) to sign up and the discount will be applied automatically - [see more information here](#).

People Pānui

Health system reform
news and updates for the
health workforce.

People Pānui newsletter

The latest news from the NZ Health and Disability System Review Transition Unit on the transition to Health NZ and the Maori Health Authority on 1 July is [available to read here](#).

It includes details about the Planned Care Taskforce, the new director appointed to the Procurement and Supply Chain Project and much more.



Stop the flu before it stops you

**Free staff flu vaccinations
available now**

Check PRISM for details

DO YOU NEED TO KNOW MORE ABOUT WORKING WITH ADOLESCENTS AND YOUNG ADULTS WITH CANCER?

There are exciting opportunities for study and learning in Youth Health at the University of Auckland

2022 SCHOLARSHIPS AVAILABLE!



Adolescents and young adults (12-24) with cancer present a unique set of challenges for health professionals. They have distinct physical, psychological and developmental needs that are significantly different from those of children or those of adults. Health professionals working with adolescents and young adults need special skills and understanding in order to maximise outcomes for this patient population.

The University of Auckland offers the opportunity for you to develop and advance your knowledge, skills and expertise in this area. Why not become a clinical care champion for adolescents and young adults with cancer within your service.

There are two main avenues for study: You can enrol for a Postgraduate certificate or Diploma in Health Sciences specialising in youth health. Courses offered at the School of Population Health in a flexible learning format. A full outline of the programme and courses can be found on the university website: www.fmhs.auckland.ac.nz/youthhealth

Or, if you are currently enrolled in a programme of specialist study, you can include the below papers as a 30 point combined course into your programme.

PAEDS 712 - Youth Clinical Skills - 15 Points

This course gives health professionals the core generic skills and knowledge essential for working with young people in any health care setting. The course develops and extends knowledge and skills in clinical interviewing, comprehensive assessment and effective intervention with adolescents and young adults.

PAEDS 721 - Clinical Care of Adolescents and Young Adults with cancer- 15 Points

This course gives health professionals the core generic skills and knowledge essential for working with young people in any health care setting. The course develops and extends knowledge and skills in clinical interviewing, comprehensive assessment and effective intervention with adolescents and young adults.

To help you on your way, Leukaemia & Blood Cancer New Zealand are generously offering for 2022 semester 2, 3x \$1,000 scholarships for health professionals working in the area of blood cancer



For more information on the course and scholarship application process click the following link:

<https://ayacancernetwork.org.nz/professional-development/>



Tō Tātou Ora Wellbeing Seminar Series 2022

The Psychology of Self-Preservation: Some Thoughts on Looking After Ourselves

Rachel Hodge
Consultant Clinical Psychologist, CDHB

Monday 23 May 2022
12.30pm - 1.30pm

Room 102A-B, Level 1, Manawa,
276 Antigua Street

There is no need to RSVP, but space is limited.



wellbeing♥

Canterbury
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Te Poari Hauora o Waitaha

Now available on Prism – Dementia and Delirium information on My Work Tools

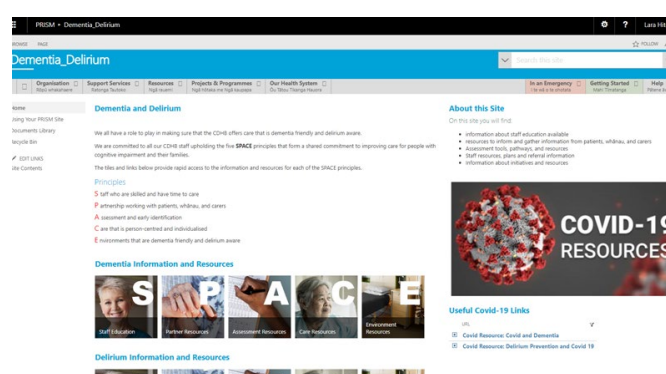
The number of people living with dementia is expected to more than double in the next 30 years.

We will all encounter people with dementia in our work areas and our personal lives, especially now as people with dementia are disproportionately impacted by COVID-19 and delirium is a common consequence in patients with COVID-19.

In our fast-paced working environment it is often difficult to find the information you need quickly, so there is now a “one stop shop” for all clinical tools and patient information about dementia and delirium on Prism under My Work Tools.



You can also pin it as one of your default work tools if frequently needed in your area. See <https://prism.cdhb.health.nz/howdoi/Pages/Homepage/Editing-My-Work-Tools.aspx>.



This site is a convenient way to get the most accurate, up-to-date, and complete information at the point of care on what you need on dementia and delirium.

Today, **83 Kiwis** will need
lifesaving blood or plasma.

Unseen emergencies happen every day.

DON'T WAIT TO SAVE A LIFE.

NEXT BLOOD DRIVE



Chch Hospital
Annex Room by the
Great Escape Cafe



Tuesday 15 June
10:00am – 3:00pm

Eat & drink plenty before you donate & bring your donor card or photo ID

0800 448 325
nzblood.co.nz

scan to
download
our app



NZBLOOD
Te Ratonga Toto O Aotearoa