



COVID-19 figures remain steady

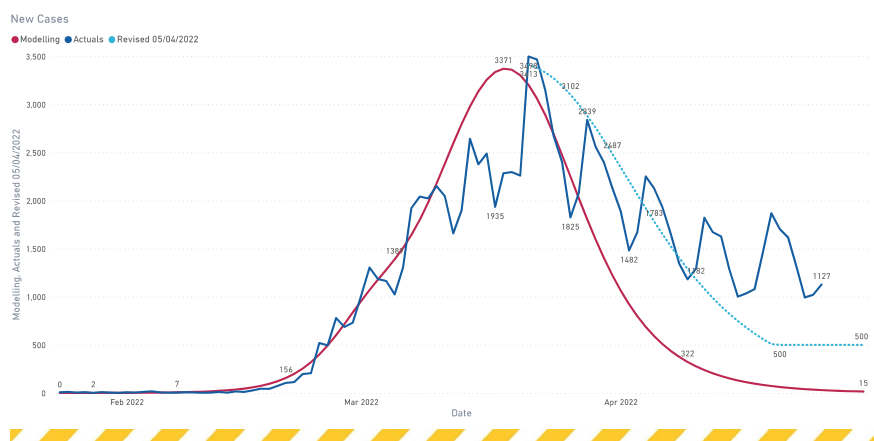
We could see another spike in case numbers this week after a second consecutive long weekend.

Our COVID-19 cases have mostly stabilised here in Canterbury, but we anticipate and are ready for, ongoing peaks and troughs. We're all adjusting to living with COVID-19 and will surely see the effects of more long weekends, school returning/school holidays, an increase in overseas visitors, as well as major events and festivals in the coming months.

Canterbury
District Health Board
Te Poari Hauora o Waitaha

COVID Actuals vs Modelling as at 25/04/2022

Decision
Support



Boosters

About a quarter of the eligible population is still not boosted in New Zealand. That third booster dose is a significant addition to our defences against Omicron, so it is crucial that as many people as possible have that protection. If someone you know, someone you care about, is hesitant or apathetic about getting their booster, please encourage them to speak to a health professional. If they have contracted and recovered from COVID-19, they may be under the misapprehension that they are now immune, and the booster is unnecessary. This is not the case. The booster (administered three months after recovery from COVID-19) helps prevent re-infection and severe symptoms and has even been shown to reduce the risk of long COVID.

THE BIG
BOOST

I'm backing the fight
against Omicron.
Get your booster now.
[BookMyVaccine.nz](https://bookmyvaccine.nz)

Of course, rangatahi aged 16 and 17 are now also eligible for boosters, six months after completing their primary course.

In this issue

- › Regulars – Kōrero ai... pg 3-4
- › Living our Values: Hanel Blom... pg 5
- › Emergency Department Administration team "unsung heroes"... pg 6
- › Pandemic heroes... pg 7

- › Earth Day 2022... pg 8
- › One minute with... Maryanne Sievers, Administration Manager, Emergency Department (ED), Christchurch Hospital... pg 9
- › Notices – Pānui... pg 10-14

Acknowledging our pandemic heroes

Our wellbeing team recently ran a promotion to give away some donated prizes to staff who had gone above and beyond in our response to the Omicron outbreak. Expecting mostly brief responses, they were overwhelmed with detailed nominations and descriptions of people their workmates deem worthy to call a 'pandemic hero'.

I know this is just the tip of the iceberg, but we wanted to share some of these nominations and acknowledge our colleagues for their extraordinary efforts. You can see the

first instalment of the pandemic heroes' nominations on [page 7](#).

There will be many more people who have stepped up during this crisis who will remain anonymous and while we thank you all, it is wonderful to be able to recognise at least some of you.

Administrative Professionals Day

Wednesday 27 April is Administrative Professionals Day, and a great opportunity to recognise the administration support staff working across Canterbury DHB and with our health partners. Thank you for all you do to help keep the wheels of Canterbury DHB and the Canterbury Health System at large, turning. You are all critical members of the team that help make healthcare delivery possible.

Please see the article on [page 6](#) and read this week's 'One minute with' ED Administration Manager Maryanne Siever to get a small taste of the impact these administrative professionals have on our day-to-day operations.

Although this is one official day of recognition, we truly appreciate what you do all year round.



Flu vaccination

I was happy to receive my free DHB staff flu vaccination this week, deftly and painlessly delivered by Occupational Health Nurse Maries Villa. We know that flu is going to be in our community this winter, so it is really important that we get vaccinated now. Vaccination is the best way to reduce the spread of influenza and minimise the symptoms in people who do contract it.

It's about keeping yourself safe as well as your friends, whānau, work colleagues and the patients/consumers who rely on us for care.

Please take the opportunity to get your vaccination. It's free for DHB employees and there are vaccinators and clinics available across all campuses. You can find the clinics, a list of vaccinators and the consent form [on Prism](#).



Occupational Health Nurse Maries Villa vaccinating CEO Peter Bramley against influenza

Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

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](#).



Bouquets

Wayfinder Volunteer, Christchurch Hospital

My two-month old daughter had an appointment in the Radiology department in the Waipapa building. I was quite nervous heading in as I didn't know how it would be inside with the current COVID-19 situation, I had no idea where to go and I also desperately needed a bathroom. As soon as I walked in the door I was greeted with a big smile (even with a mask on you could tell she had a lovely welcoming smile) by a Wayfinder volunteer. The lady not only made me feel welcome and comfortable, but she actually walked me to the bathrooms and showed me where I needed to go for my daughter's appointment. It was such a great experience considering I was so anxious about it. I never got her name unfortunately.

Ward B1, Burwood Hospital

I want to tell you how much we were impressed with the care Dad received while on ward B1 at Burwood Hospital. The positive atmosphere on the ward, along with the caring approach to getting him better was inspiring. Thank you all so very much.

Nurses, Surgical Assessment and Review Area and Ward B3, Christchurch Hospital

The night nurses who were on duty that night, Genevieve and Gladys, were amazing, and the nurses Iris and Karen the next day and Maree who was the night shift nurse. I wanted to say a special thanks to these amazing ladies. And especially Karen, who went above and beyond for her patients. Thank you. Honestly, she was probably one of the best nurses I have ever come across and she made all the difference staying at the hospital. Thank you once again!

Lincoln Maternity Hospital

Absolutely love the care we receive at Lincoln Maternity Hospital. The midwives and other staff are very caring and the facilities (while dated) are perfect.

Valentina, Ward A8, Christchurch Hospital

I love the activities that Hospital Aide Valentina gave to my dad to make his stay enjoyable. Thank you.

Ward 11, Christchurch Hospital

I just spent five days in Ward 11 and I can't speak highly enough of the wonderful staff who looked after me. The nurses were all so lovely and empathetic and just genuinely awesome people. Please let them know that they do an outstanding job, especially George and Callum.

ED, Christchurch Hospital

This is a message to the truly great staff in ED. I was admitted in the middle of the night with respiratory distress. I was seen promptly by a very personable nurse who hooked me up to various monitoring machines. He had a very calming disposition and I thank him for that. All staff were very courteous and professional. I cannot praise them highly enough. I wish to congratulate and thank all involved in my care. I'd like to mention two doctors in particular – Alexander Berry-Noronha and Hannah Melville. Thank you.

Jemma, Aranui Community Dental

Jemma has seen my son twice and she has been absolutely amazing, she's so kind and gentle and is going to be an awesome dentist. Jemma is simply amazing. Thank you, Jemma, for giving the best care that any parent could ask for.

Tom, ED, Christchurch Hospital

I write to particularly compliment Dr Tom Williams in ED. Tom was the most caring and kind, yet straightforward and clear, doctor I conversed with while looking after Dad in the final two years of his life. Tom took his time to explain that Dad had a few short weeks to live. His thoughtful words and demeanour were so appreciated. It would be great if you could pass on my thanks to him and wish him well in his medical career and whatever he chooses to do going forward.

Big Shout Out

To: Community Dental Team

How lucky were we to get to have the wonderful people from the Community Dental Team redeployed to work with us here at Burwood Hospital. They quickly found a place where each of their skill-sets fit and were all kind, caring, empathetic and compassionate to patients. They were quick learners and keen to give their best and I was so delighted to have had their help and support. Thank you, to each and every one of you.

From: Allied Health Assistant, Speech Language Therapy and Physiotherapy Departments, Burwood Hospital Fiona McCormick

#carestartshere

Updated guide to self-isolation



You will need to self-isolate from others if you:

are positive for COVID-19

live with a positive case

You must isolate at home or in suitable alternative accommodation. If you test positive for COVID-19, a health professional will help you decide if managed isolation is suitable for you.

Isolate for 7 days

Isolate for 7 days

No further tests required unless directed to

Tests on Day 3 and Day 7

Financial support may be available - check our website to find out what you may be eligible for: [Covid19.govt.nz/financial-support/](https://www.covid19.govt.nz/financial-support/)

This information is accurate as at 15 March 2022. However, it may be updated if phases of the Omicron response change. For the most up to date information, please visit our website at www.covid19.govt.nz

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19



Life at Orange



Take your mask wherever you go. Face masks are still required for many indoor settings



Face masks are not required but are strongly encouraged at schools



Face masks must be worn on school buses and public transport by children 12 and over



There are no indoor or outdoor capacity limits



If you have cold or flu symptoms, stay home and take a RAT



You must isolate for at least 7 days if you, or someone you live with gets COVID-19

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

Living our Values: Hanel Blom

Oral Health Therapist Hanel Blom was only weeks into her job when she was called upon to redeploy to other roles to help with the Omicron response.

The new graduate started work on 10 January this year in the Community Dental Service, based at Hillmorton Community Clinic, but for the last two months has been helping out with rapid antigen test (RAT) distribution at drive-through sites in Rangiora, Rolleston and Wigram and assisting orderlies at Christchurch Hospital.

She started back at her usual job after Easter.

Hanel says it's been an amazing learning experience which has given her a wider knowledge and understanding of the community she serves in Christchurch.

"As a new grad you walk out of school having a lot of theoretical knowledge but it's another thing to be working with the community and applying that knowledge in such a varied way. It was simply a great opportunity to gain an insight into their needs.

"That's what I enjoyed about redeployment – you get to learn – and personally I enjoy learning. I think it's important to understand other services and it will add value to what I do."

When she began helping out the orderlies at Christchurch Hospital she wasn't fully aware of what their role involved.

"I soon realised what a huge responsibility they have and that the hospital really couldn't run without them. It was a huge privilege to walk around the hospital and get to understand more about how it runs and where different departments are. That was really interesting and just eye opening.

She now has a wider understanding of how Canterbury DHB's services operate which will be particularly useful when referring patients from the Community Dental Service to the Dental Department at Christchurch Hospital, Hanel says.

Service Manager Julie Denton says Hanel, was one of many Community Dental staff who have been able to make a significant contribution to support their community and the rapidly changing needs of the health system.

"The feedback has been amazing, from both the staff's experience of the wider health system and the areas where they worked. They whole heartedly embraced our core values and as Hanel says it has been a privilege."



Oral Health Therapist Hanel Blom



Emergency Department Administration team “unsung heroes”

Administrative Professionals Day, 27 April, is an internationally recognised event which has been celebrated since starting in the United States in 1952.

The day focuses on giving office administrators special recognition, highlighting their important role.

Emergency Department (ED) Service Manager David Brandts-Giesen explains the role of the ED Administration team:

“The ED Admin team is a large team of frontline administrators who work alongside clinicians to support the best care of patients in our busy ED. We care for over 100,000 patients per year so customer service and supporting the clinical teams are central to this role.”

Administrators operate on a 24/7 roster and as the day draws on, their workload increases. They work hard on all shifts – especially afternoons, evenings and nights, he says.

“Data management is something that this team is especially proud of – data entry and management are crucial as the administrators enter information into the South Island Patient Information Care System and ‘ED at a Glance’ systems. This data then accompanies the patient throughout their episode of care.”

Data collected by the team is used by the Ministry of Health and informs a variety of reporting and planning purposes within the department and the Canterbury Health System.

“The Administration team always works very closely with Nursing, Medical teams and Allied Health. Their can-do attitude is essential for efficient processing of patient enquiries, attending to visitors and ensuring that patients and visitors are well supported in the department.

“When it comes to service planning and development they are represented by either ED Administration Manager Maryanne Siever, or another member of the Administration team in planning for Omicron and making changes to processes,” David says.

Nurse Manager Anne Esson says the Administration team have a ‘can-do’ approach and Maryanne’s enabling leadership has developed a team who are warm, welcoming, quietly efficient and proactive.

ED Clinical Director Mark Gilbert says the ED Administration team are vital to its smooth running.

“They are the unsung heroes of our department – allowing the rest of the team to concentrate on doing what they do best.”



The ED Administration team, with from left, Nurse Manager Anne Esson and Service Manager David Brandts-Giesen



*See [page 9](#) for ED Administration Manager Maryanne Siever’s ‘One minute with’

Pandemic heroes

Throughout the Omicron response, our people have stepped up in many ways, going above and beyond to help out. Here is some of the feedback we have received about just some of our 'pandemic heroes'. Look out for more next week.

Daniel Hartwell - Anaesthetist

- › For well over a month he has made himself available to be contacted 24/7 to answer any questions regarding COVID-19 protocols in operating theatres.
- › He worked tirelessly on the many editions of COVID-19 protocols and processes – a true unsung hero.

Carmen McNaught - Community Mental Health Nurse, Youth Specialty Service

- › Carmen has been instrumental to us surviving the pandemic. She's stepped up to be ACM and then Acting Manager throughout this time. In these roles she has really looked out for her staff, really cared about us and kept business running as smoothly as possible.
- › Carmen went above and beyond during the Omicron pandemic to keep the morale buzzing at CAF North. She stepped up into a new role quickly and seamlessly and maintained a vibrant and confident workforce.

Helen Thorne - Clinical Manager, Child Development Service

- › She has pretty much been on call every day since the Omicron outbreak and has gone above and beyond to ensure that the team are supported over this time.
- › She has worked tirelessly during the whole pandemic to keep our staff updated, supported and our service running, including being on call during weekends.



Rebecca Carrington - Clinical Nurse Specialist, Christchurch Opioid Recovery Service

- › During these uncertain times Rebecca has worked tirelessly to ensure we are able to have services provided to our clients who have needed to isolate and have their medication delivered. She has attended many meetings, written up documents and policies to ensure not only are our clients being provided their medication, but that staff and friends or family of clients who are acting as agents, are dispensing the medication safely.

McKensie Bestenbreur- Anaesthetic Technician Team Leader

- › McKensie has put countless hours and effort into organising COVID-19 protocol and policies for the anaesthetic technicians. She is often faced with updating these at short notice as situations change constantly and as we work across a total of 55 anaesthetising locations, this is no easy feat.

Earth Day 2022

Friday 22 April was Earth Day, an annual global event to recognise and raise awareness of the environmental movement and how we can all contribute to a healthier planet.

The theme of this year's Earth Day was 'invest in our planet'. Investing in the long-term goal of net-zero greenhouse gas emissions by 2050 to try to keep the global temperature rise below 1.5°C.

As individuals there are a lot of things we can do to contribute, and not just on Earth Day. [Check out 52 actions and tips](#) to make a difference all year round.

To learn more about Earth Day and events and activities you can join, check out the [website here](#).

- › Invest in sustainable energy sources
- › Invest in clean energy jobs
- › Invest in ethical and sustainable businesses
- › Invest in the future
- › Invest in our planet

Skip plastic, buy glass or paper products



Use environmentally friendly cleaning products



Practice sustainable fashion



Take the first step towards ending plastic pollution



One minute with... Maryanne Sievers, Administration Manager, Emergency Department (ED), Christchurch Hospital

What does your job involve?

Managing the ED Administration team comprising 36 staff who are responsible for ensuring all patient visits are created and updated correctly in both the South Island Patient Information Care System (SIPICS) and ED at a Glance (EDaaG), that patient flow is facilitated efficiently, patient enquiries are processed, and visitors attended to. SIPICS and EDaaG are both patient management systems. SIPICS is hospital-wide and EDaaG is the ED dashboard of all patients in ED and expected patient arrivals (referred from GP etc). It tracks the patient's journey in ED, the doctor, nurse, time seen, specialty referral, events (CT scans etc) to diagnosis, admission or discharge.

Why did you choose to work in this field?

I came to Canterbury DHB after 30 years in the air navigation industry where safety, professionalism and teamwork are paramount. I saw the health sector as having the same underpinning principles in that what you do and how you do it matters.

What do you like about it?

The dynamics and variability of the ED environment – every day is different. The best thing about it though is working with great people, in a team and being able to add value by ensuring that administratively, the patient and visitor experience is facilitated empathetically and efficiently.

What are the challenging bits?

Employing the right people with the right attributes for a busy, noisy and demanding ED environment. Also, ensuring staff expectations are aligned to requirements, communicating changes, and last, but not least, staffing the roster.

Who inspires you and why?

Angela Merkel former Chancellor of Germany, at one time the most powerful woman in the world, for her leadership over 16 years of Germany, de facto leader of the European Union and her compassion in the refugee crisis. Today I also add Ukraine's President Zelensky for his unwavering spirit, leadership and protection of his country.

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

These are integral to everything we do in ED and I am extremely proud of my team for demonstrating these



values on a daily basis especially in a demanding and often stressful environment.

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

My love of Wanaka and farm life.

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

Right where I am. I became a grandmother for the first time on 15 April and I am taking great delight in getting acquainted with my granddaughter. I have a passion for travel, and when I can, I like to spend time in Croatia visiting my son and plan to walk the Camino de Santiago in the near future.

What do you do on a typical Sunday?

Sundays are relaxed and chilled, they usually consist of brunch with the Sunday Times, a good cup of coffee, a walk or bike ride followed by dinner with family and friends.

What's your favourite food?

Yoham Ottolenghi lamb with aubergine and ginger – although anything by Ottolenghi is great.

And your favourite music?

A little bit of country by Taylor Swift, Shania Twain and pop/rock such as songs by Elton John.

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.



BurgerFuel - Hereford Street, Papanui Road

Receive free spud fries with BurgerFuel Aioli when you purchase any large gourmet burger - show your Canterbury DHB ID instore to redeem.



Castros Tapas and Bar - 100 Oxford Terrace, Riverside Market, Christchurch

Get 20 percent off food only, and special deals on large gatherings or events (enquire within). Ensure tables are [booked online](#) or by phone and mention Canterbury DHB at time of booking. Show your Canterbury DHB ID to redeem.



Gelato and Tea -96 Oxford Terrace, Riverside Market, Christchurch Central

Get 20 percent off your food order - show your Canterbury DHB ID to redeem.

SUSHI SOLDIER

寿司
兵士

Sushi Soldier - 255 St Asaph Street, Little High Eatery, Christchurch Central

Get 20 percent off your food order - show your Canterbury DHB ID to redeem.



Top in town - 91 Riccarton Road, Riccarton

Get 10 percent off all the menu (includes buffet) and 15 percent off all group bookings, of four or more people. Show your Canterbury DHB ID card to redeem.



Bugers and Beers - 32 Oxford Terrace, Eats on Oxford, Christchurch Central

Get 10 percent off lunch deal combos or receive free half-portion fries with the purchase of a dinner-sized burger. Show your Canterbury DHB ID to redeem.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff.

Visit the [Something for you page](#) to get the discount codes.

TIPS FOR SLEEPING WELL
GET REGULAR EXERCISE EACH DAY.



HealthTech Capability Programme

The HealthTech Capability Programme (<https://www.cmdt.org.nz/healthtech-capability-programme>) has developed an online network for clinicians interested in health innovations, medical devices and digital health. This forum aims to connect like-minded clinicians across New Zealand and promote collaboration while also providing a central point of connect to industry and research.

As a clinician, you have the opportunity to provide clinical input to research currently underway, suggest your ideas that you would like to see developed or explain painpoints that need a solution. There is additionally a 'clinician only' group for any discussions you would like to stay within the clinical setting.

This is also an opportunity to stay up to date with events, workshops, funding dates and exciting innovations that are underway.

To join, please click on the link that applies to you:

For clinicians <https://forum.hinz.org.nz/invites/cgjeW3vykn>

Everyone else interested in health technology <https://forum.hinz.org.nz/invites/zz2gRCrVFH>

CHIC newsletter

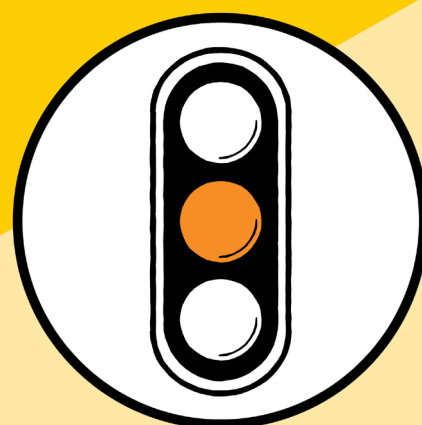
The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH), a division of Canterbury DHB. The newsletter aims to highlight new and revised free resources available from your local CHIC office, such as Ko Wai Ahau Who am I? and Immunise during pregnancy Te Reo Māori and much more.

You can read it on the C&PH [website here](#).

Currently at Traffic Light Setting ORANGE

Continuing community transmission of COVID-19 with ongoing risks to vulnerable communities and pressure on the health system.



PEACE TRAIN BIKE RIDE, 2022



PEACE TRAIN
WITH "WE ALL BELONG"
TEREINA RONGOMAU
KOTAHİ TATOU

Join us on the 2022 Peace Train Bike Ride to celebrate how our community came together after the March 15 tragedies to promote peace

An 'Interfaith Bicycle Ride' that builds secular bridges between various places of worship in and around the Christchurch City Centre and to acknowledge all forms of diversity in the city.

May 1, 1:30 PM
rain or shine

Location

Al Noor Mosque,
101 Deans ave

Sponsors



CANTERBURY MUSLIM
COMMUNITY TRUST



Noho ora pai ana i te koroheke
Living well with Dementia

Specialist Dementia Education Series 4 May 2022

Dementia and Communication

When talking with a person who has dementia it can be difficult to understand them, and to make yourself understood.

Katrina McGarr, a Speech Language Therapist working at the University of Canterbury, (and previously with Older Persons Mental Health Services) will explain how dementia can affect communication and discuss some practical strategies for making communication easier. There will be time for questions.

Please ensure you register

Ph 03 379 2590 or 0800 444 776 or email admin@dementiacanterbury.org.nz

Date: Wednesday 4 May 2022

Time: 2 – 3 pm

Venue: Via Zoom Link

Once you have registered the Zoom link will be emailed to you.

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



University of Otago, Christchurch



Simulation Instructor Workshop

- Date/Time:** Tuesday, 21 June to Thursday, 23 June 2022
 Start time: 8:30am-4:30pm
 Participants must be able to attend all days in full and ensure travel arrangements don't require late arrival or early departure.
- Venue:** University of Otago, Christchurch Simulation Centre, Level 1, 72 Oxford Tce, Christchurch
- Facilitators:** An interprofessional team including UOC Simulation Centre staff and invited guests.
- Open to:** Health Professionals with an interest in simulation-based education, all disciplines. While those with no prior experience in simulation will be able to manage the course it is designed for individuals already working in simulation.
- Cost:** \$1,800 + GST per person (catering included). 50% discount for University of Otago staff

Focus and format of the workshop: includes **active participation and practise** of all components of simulation-based education as well as presentations and discussions of both theory and practice.

- educational underpinnings of simulation-based education
- principles and practice of scenario writing
- best practice in SBE including focus on safety
- approaches to debriefing
- orientation to the human simulators SimMan3G Plus / SimJunior and the simulation environment
- developing and delivering/running a scenario
- participating in scenarios
- reviewing scenario development and delivery practice
- debriefing a scenario
- reviewing debriefing practice (debriefing the debrief)



MORE INFORMATION:

email: simcentre.uoc@otago.ac.nz

ONLINE REGISTRATION:

<https://www.otago.ac.nz/christchurch/services/simulationcentre/otago090914.html>

Numbers are limited to 20 participants. Places will be allocated on a 'first-in' basis and only confirmed once payment is received.