



David Meates

ceo update

Canterbury
District Health Board
Te Poari Hauora o Waitaha

Friday 21 March 2014—Tracksuit-Inc Challenge—Sugar Crash

Canterbury and West Coast DHBs recently signed up for Tracksuit-Inc which is a web-based initiative available to staff and their families to encourage healthy life-style choices. It's designed to provide motivation, education and support to help enhance your overall health and wellbeing. Staff wellbeing is a priority for both Canterbury and WCDHBs, and as I've said before, to be able to look after others you need to look after yourself.

Unlike many of our other wellbeing initiatives, with Tracksuit-Inc your family is welcome to join you on the various challenges and I encourage you to log on and sign up for the first challenge, the Sugar Crash Challenge. It kicks off on 31 March and registrations are now open.

Learn more about the hidden sugar in food you eat. Monitor and manage your sugar intake over 10 days – are you up for it?

While largely self-driven, you will have access to a range of tools to help you on the way along with the latest research, health events and discounts on health-related products.

Sugar has been in the [news](#) lately following recent draft guidelines released by the World Health Organization (WHO) suggesting a major rethink in terms of how much sugar we should be consuming and the increasing evidence base that sugar (not fat) is a key contributor to obesity, diabetes and a raft of other health problems.

Ready to get started?

Log on to the website www.tracksuitinc.co.nz then enter our company code **dhbstaffwellbeing** and you can register for the challenge. There's more information available on the [Staff Wellbeing Programme pages on the intranet](#) and to read the [Sugar Crash guide click here](#).

Don't miss out on the first tracksuit-inc® challenge

Sugar crash
Challenge

Starts 31 March
REGISTER NOW!

Be in to win a tablet, iPod and more!

Go to the CDHB staff wellbeing intranet or www.tracksuitinc.co.nz and enter code: **dhbstaffwellbeing**

Did you know Thursday was International Happiness Day?

It was great to see the All Righties spreading the love in Christchurch on Thursday this week – International Happiness Day.

Check out the action [here](#).

It was also heartening to read that [more Cantabrians are happy in their work than their counterparts in Auckland or Wellington](#)

Protect yourself, your patients and your family

FLU HQ

Get Vaccinated

To stay protected, you need a flu vaccination every year

FREE for Staff... **get in early**

Go to the staff intranet for more information

Canterbury District Health Board

Get protected sooner

It's full steam ahead for staff flu immunisations. Check the schedule later in this newsletter. Don't wait till the bugs start doing the rounds.

Surgeons shave for a cure

Canterbury's Orthopaedic surgeons literally had a close shave this week.

Canterbury DHB's Orthopaedic Department lined up on Wednesday to shave their heads in support of their colleague James Taylor who has a form of blood cancer and is undergoing treatment.

Kris Dalzell says the team first got together as a way to help James' 14 year old daughter Alice fundraise for Shave Week, for Leukaemia & Blood Cancer New Zealand but then decided to all get their locks shaved off as a gesture to James to show they are behind him in his battle against cancer.

"We just wanted to show James that he's not in it alone."

About 25 Orthopaedic consultants and registrars from Canterbury stepped forward along with Canterbury DHB chief executive David Meates.

Kris says other colleagues from around New Zealand have also shown their support by donating to Alice's fundraising efforts, which are now topping almost \$20,000.

Dan Coward, General Manager Older Persons Health Orthopaedics and Rehabilitation, was quick to give a hand pruning hair off surgeons' heads.

"It was a first for me; undertaking a buzz cut on an orthopaedic surgeon. One could say, making a 'shaving' in health," Dan says.

"It was great seeing the department come together for such an important and symbolic event."

Shave for a Week runs until Sunday.

Take care and have a great week
David



Dan Coward, making a 'shaving' in health.



CCU then Ward 14, Christchurch Hospital

I am a person who can be quite critical when I feel errors have been made. I found the care and the staff associated with my recent inpatient stay, without exception, to be good - not just OK, good, often exceptional. Consultant (Matt Daly), Registrar (Mohammed Ashar), Doctor (Shi Pang) and all the other Doctors, nurses, ward staff, porters, cleaners, meal suppliers, paper sellers, and many others whom I "bumped into". I have always been interested in 'esprit de corps' and if this is at work you have got it right. I realise there are management staff "behind the scenes" and I haven't forgotten them.

Outpatients Department, Christchurch Hospital

My mum attends for Glaucoma monitoring. She has received excellent care; particularly when she had to stay and have treatment to reduce too high pressures. I have found from receptionists through all staff to be kind, informative, efficient and helpful when I attend for retinopathy screening.

I attended as a caregiver with someone not able to speak for themselves. Staff went out of their way to see this person who gets unsettled very easily, did not have to wait long. The respect and kindness the doctor gave this person was impressive.

Ward 20, Christchurch Hospital

Great service, really impressed. Thanks.

Ward 20, Christchurch Hospital

It's been tough moments I've been through in here, as I'm by myself. I had a massive finger infection but the team made me feel really secure. Doctors, nurses, physiotherapists... all really prepared to give the patients everything they've got. Wasn't pleasant as hospitals are really not supposed to be, but thanks for everything. I appreciate it from the bottom of my heart.

Ward 20, Christchurch Hospital

The staff have been absolutely awesome, friendly and very professional. I have never liked hospitals and I'm very grateful for all they have done for me and my family. Thank you all very much.

Stroke Ward, Christchurch Hospital

Nurse Jenna who admitted my Grandma was so lovely and had such a nice nature. She was great with me and the rest of our family and seemed very pro-active, knowledgeable and exhibited excellent communication skills with us.

CCU and Ward 14

My whole experience was excellent from admission through assessment to treatment and operation.

Christchurch Hospital including Ward 27 and outpatients

Thank you Dr Birk and your team and all the staff in all areas for your expertise and help. Have a great year (hopefully I won't be back).

Urology Department

Just a note to thank you for your care and attention while I was hospitalised. I did appreciate it all – I pray that your duties will always be reasonable with its demands and you will always have the satisfaction of a job well done. Thank you again.

Christchurch Hospital, Children's Ward, Radiology, Orthopaedic teams

Our daughter was admitted to the hospital for an MRI scan. We would like to say a huge thank you to the hospital doctors and nurses who have followed up on her scans. The knowledge and experiences are so much valued and very humbling and we are so grateful to have such prompt and interested doctors to take such observation at following up her care with so much interest. The phone call from the doctor on the Friday night after leaving hospital was very much appreciated and we felt real care in our well being and hers. We are also very confident in Mr Beadel's care and would like to thank Mr Parkinson also. We cannot thank you all enough. When we also arrived home from the hospital the appointment to see the specialist the following week was in the mail box. Now that's amazing.

Burwood

A new timelapse video is now available for you to watch: it shows the view from the boiler house roof across the area where the new Back of House is being built. The video compresses around six months of work into just 30 seconds. View it [here](#).



A reassuringly large amount of steel has been going into the foundations of the Back of House building (photo from 20 March, which shows roughly a third of the building's footprint).

Please take care when turning left from Mairehau Road into Gate 3 at Burwood. It is a tight turn at the moment – the contractor is working on the kerbing for the new roading layout.

Christchurch

User groups are now meeting every week to discuss site preparation issues ahead of work beginning on the Acute Services Building. If you have any queries, please email itsallhappening@cdhb.health.nz and one of the team will respond.

The staff amenities user group is also progressing with weekly meetings, to determine what is on each floor and the likely detail of those spaces. Consultation with other user groups is a key part of this.

At this week's Clinical Leaders Group, the team is aiming for preliminary design sign-off for Sterile Services, Peri-Operative and Child Health. The Emergency Dept is giving an update on their progress.

Wards have completed a brief of the Clinical Support space for incorporation into the design.

The Recurring Rooms sub-group is meeting with the BECA engineers to review the heating, lighting and ventilation services required in each of the recurring room types.

Radiology staff have visited the Design Lab to look at MRI Control Rooms. The Sterile Services group has been working through Value Management implications.

Site Redevelopment Unit Newsletter 18 March 2014

The Site Redevelopment Unit is responsible for the major building construction and redevelopment work across the CDHB including all earthquake repairs. Their work also includes relocating staff and services from buildings which have been affected by the Christchurch and Burwood Hospital redevelopment projects or the need to demolish earthquake damaged buildings.

Read an overview of what is happening [the latest newsletter](#).

Child Haematology Oncology Centre to be open for Christmas

Christchurch Hospital's new temporary Child Haematology Oncology Centre (CHOC) is on track to open before Christmas.

The temporary facility will remain in place until a permanent Child Haematology Oncology Centre is built, as part of the Christchurch Hospital redevelopment of acute services. The temporary centre will be designed to accommodate other clinical services in the future.

David Meates, Canterbury DHB chief executive, says the centre is a key component of Canterbury DHB's delivery of world class child cancer treatment and it's great to see progress on the \$5 million temporary facility finally getting underway.

"The existing Child Haematology Oncology Centre was set up 12 years ago but as demand has increased, partly as a consequence of the closure of the inpatient service in Wellington, it has become increasingly difficult to meet the needs of the children and their families in the current facility," he says.

Mr Meates says the temporary centre has been a key project for a number of years but has been subject to significant disruption and delays as a result of the Canterbury earthquakes.

"It's great to see this much needed and much awaited temporary facility on the road to completion and open before this Christmas."

The new Child Haematology Oncology Centre will be located in the former Physiotherapy Department on the lower ground floor of the Clinical Services Block at Christchurch Hospital.

It will have 11 patient beds – up from the existing eight, a family room incorporating kitchen, lounge and dining facilities and a dedicated playroom, an outpatient area, two treatment rooms, an isolation room and an assessment room, Mr Meates says.

Corbel Construction have been contracted to build the new temporary facility. They will also be carrying out earthquake repairs and strengthening work as they go.

"This certainly is not an easy project. Just getting to the point of starting work has been a mammoth task – staff have had to work incredibly hard to find a suitable location in the first instance after the quake disrupted our original plans," he says.

"We're grateful to the Physiotherapy Department and its patients for making a sacrifice to accommodate this temporary centre."

Mr Meates says the project could not have gone ahead without the ongoing community support and staff efforts.

"We're also extremely grateful to Ronald McDonald House South Island, the Child Cancer Foundation and CanTeen who are making a contribution to the family room and adolescent room."

Right: Choc Demolition Progress.



Calling all CDHB analysts – this one's for you

If you have an analyst component to your role we're keen to hear from you and would be grateful if you could complete a short [survey](#).

CDHB is currently embarking on a journey to enable departments to start using real-time comprehensive information toolsets to inform decisions on how we can improve core patient centric services and processes across the whole system. For the short to medium term five key themes have been identified that will help deliver on our vision "Canterbury people are well and healthy in their own homes and community by providing the right care and support, to the right person". These are:

1. Frail Older Person Pathway
2. Enhanced Recovery After Surgery (ERAS)
3. Elective Surgery Performance (100 days/ESPIs)
4. Faster Cancer Track (Less than four weeks referral to specialist)
5. Theatre Utilisation/Capacity

Pivotal to the success of these five themes are the people to work alongside departments and services to provide the information they are so hungry for. It is therefore an imperative that we understand who you are, your skills and experience.

The purpose of this survey is to capture information on those doing analysis across the health system, what you are doing and who with.

Please return this survey to Soledad.Labbe-hubbard@cdhb.health.nz by 28 March 2014.

If you have any questions regarding this survey please don't hesitate to contact Sole on extn. 62127.

Help us identify what we do well and where we can improve

Our Canterbury Health System is among the world's best, and one of our strengths is that we are always looking for ways to do things better. You'll have a view on how things are working and we need to hear from you.

We are using the general *Health Excellence** survey to gain insight into how things currently work in Canterbury. This simple survey will enable us to gauge how we are doing in comparison to other health systems and track progress over time.

We recognise that the survey asks questions at a strategic level, and that parts of it may resonate with some people more than others. It is about elements that support organisations to be great and covers leadership, strategy, customer/patient focus, data use, workforce, our operational processes, and how we measure results for the organisation.

It should take no more than 15 minutes to complete and your input will help identify what we do well and where we can improve. Your personal perspective is valuable to us, even an n/a response or a partially completed survey tells us something.

Please see the link below to the online survey.
<https://www.surveymonkey.com/s/PBRSFK6>

The Executive Management Team will use the survey results in their workshop on the *Health Excellence* criteria in June this year.

* *Health Excellence* is an internationally recognised framework for driving high performing, person-centred health care.

Facilities, way finding, mental health and health targets high on the agenda for Clinical Board

At its second meeting for the year the Canterbury DHB Clinical Board had a number of key issues to address including facilities redevelopment and earthquake repairs.

Diana Gunn, acting Canterbury DHB Clinical Board chair, says the Clinical Board is committed to ensuring clinical staff are engaged in the redevelopments at Burwood and Christchurch Hospitals as well as with the ongoing earthquake repairs. There has been a lot of staff time contributed thus far, and staff have enjoyed the engagement even though it has added to their workloads.

“At this latest meeting we were given an extensive update on how things are progressing and the challenges ahead as we work around decanting different staff to accommodate either redevelopment or repair work. The complexity of it is huge as there are extensive earthquake repairs happening on most sites.

Another project which aligns with the work that’s happening across the facilities is Way Finding.

“New signage is on hold to allow the facilities teams time to work with the contractors who are creating Way Finding systems that help make navigating the journey around the hospitals easier and more user friendly. The Clinical Board is pleased there has been involvement from the Family Advisory Committee and there will be Consumer Council involvement in the future.”

The Clinical Board was also given an update on the continuing pressure facing Canterbury Health System’s Mental Health services – with more than a 45 percent increase in new contacts so far this year.

“This is a key area of concern for the Clinical Board and it’s important to keep this issue high on our radar.”

Diana says the Clinical Board was impressed to see the Canterbury Health System is on track for all its secondary care Health Targets for the third quarter of 2013/2014 and that gains have been made in the primary health targets for smoking and cardiovascular disease.

The Clinical Board is an independent group from across the Canterbury Health System that provides a clinical perspective to the Canterbury DHB Chief Executive.

The board has overall responsibility for clinical governance across our system, which means raising the standard of care for our patients and the community.

It keeps track of the systems we have to make sure we are doing a good job as well as advising of any problems.

A number of key health topics of focus for this year are:

- Sustainability
- Workforce
- Health Excellence and clinical and consumer engagement
- eHealth Environment – report on activities, developments in electronic information systems.

Annual influenza immunisation is strongly recommended for all healthcare workers to help protect yourself, your patients and your family. You need a flu vaccination each year and its best to get in early as it takes a couple of weeks for immunity to develop and you need it before the flu season hits. Also, remember it's free for all staff.

March clinics

Christchurch campus

Venue	Date	Time
Christchurch Women's	Monday 31 March	09:00-11:00
Eye Clinic	Wednesday 26 March	12:30-13:30
Emergency Department	Tuesday 25 March	14:00-15:00
Canterbury Health Labs	Monday 24 March	10:30-12:30
Great Escape Café	Thursday 27 March	08:30-12md
Bone Shop	Monday 24 March	09:00-10:00
Diabetes Centre	Tuesday 25 March	11:30-12:30
Oral Health	Monday 24 March	13:30-14:30

Hillmorton Hospital

Venue	Date	Time
Clinical Services Unit	Monday 24 March	14:00-15:20

Burwood Hospital

Venue	Date	Time
Orthopaedic Rehabilitation Unit (ORU) - room will be sign posted	Friday 28 March	13:00-16:00
	Monday 31 March	08:00-10:30
		13:00-16:00

The Princess Margaret Hospital

Venue	Date	Time
Outpatients	Friday 28 March	13:30 -15:00
TPMH Café	Monday 31 March	21:30-22:30
Vaccinators will walkabout	Monday 31 March	22:00-01:00am

Ashburton and rural hospitals

Venue	Date	Time
Ashburton Hospital (chapel)	Monday 24 March	13:30-14:30

[For full list of clinics click here.](#)



Canterbury Hospitals' Friday Clinical Meeting (Grand Round)

28 March 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: Rolleston Lecture Theatre

Dr Erik Monasterio, Senior Clinical Lecturer- University of Otago, Consultant in Forensic Psychiatry

Topic: "The Trans Pacific Partnership Agreement and Pharmaceutical industry behaviour - Cause for concern?"

Trans Pacific Partnership Agreement (TPPA) is a regional trade agreement involving 12 countries, including New Zealand, which has the potential to significantly alter the domestic environment for health policy-making. One key concern is the future of PHARMAC, on which affordable access to medicines for New Zealanders hinges. The TPPA negotiations have been kept strictly confidential, so awareness of its implications is limited to leaked documents. This presentation, based on a recent publication in the NZ Med Journal examines trends in pharmaceutical industry conduct and strategy over the past 15–20 years and argues that if the TPPA (based on the US proposals) is successfully prosecuted, it will contribute to adverse health outcomes by increasing costs and reducing access to affordable medicines for New Zealanders.

John Maasch

Topic: "The problem with bed rest."

In the past year the Brain Injury Rehabilitation Service has had an increasing number of referrals for patients who have become deconditioned during their period of illness in the acute services. This presentation looks at the untoward effects and costs associated with prolonged bedrest and possible remedies to prevent these. Results of a trial in an Australian rehabilitation service utilising Inreach teams will be presented as well.

Chair: Martin Searle, Nephrologist

Venue: Rolleston Lecture Theatre

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

For more information contact: Rosalie.porter@cdhb.health.nz

Ballooning Issues – Allied Health, Scientific and Technical Conference – 2014 – Two weeks to go!



This is a reminder – only two weeks to go before the Allied Health Scientific & Technical Ballooning Issues Conference 2014 taking place in Hamilton on 31 March 2014 and 1 April 2014, with pre-conference workshops on 30 March 2014. See here for the all the details - www.ballooningissues2014.co.nz

Please pass this onto your colleagues so they don't miss out on this great opportunity to hear from Ian D'Young on advanced care planning, Professor Ron Paterson on patient safety and presentations on illuminating the allied health contribution to the patient journey and innovation in technical and scientific dialysis specialty qualification: partnership approach, to name just two.

We look forward to seeing you there.

Stella Ward
National DAH Group Chair



Corporate orientation no longer means a whole day of dull PowerPoints.

It has been replaced by senior leaders inspiring new recruits with Canterbury's Health System Vision and a snappy online info session.

We have completely revisited the programme and are looking to inspire, engage and help people understand our vision for the health system and their part in it, says Learning and Development Advisor, Chris Dalglish.

The first stage of the revamp involved getting rid of the old corporate orientation consisting of PowerPoints for the whole day, replacing it with a health system orientation and an essential information online orientation.

"Health system orientation is a new orientation fronted by our senior leaders that presents our health system journey, a snapshot of current events and then allows the participants to engage together around key activities to discuss how they integrate this vision into their work and environment," Chris says.

In this setting new recruits start to interact with others across the health system and share their perspectives and learn from each other. The essential information online orientation contains all the key information around shared services such as payroll, security, wellbeing as well as fire training and some health and safety training.

The online system gets people up to speed with the services that are available to everyone and answers key questions around the purpose and use of these services. These modules can be done anywhere anytime making it more flexible for new recruits to complete and revisit if need be and completion can also be tracked by managers.

These initial changes to orientation are a start of a new set of initiatives designed to improve how new recruits journey through our system in their first three months and has been named "Matatupu – Preparing you for the road ahead".

The second stage of these initiatives involves reorganising processes and systems so that new recruits can complete online learning before they even start at CDHB; moving divisional orientation to an online environment so it can be done anywhere at anytime and creating better manager and buddy checklists for induction of new recruits.

The last stage will see a new orientation tailored to and rolled out to the WCDHB.

Many benefits of the new scheme include:

- The online study allows the new recruit to learn about the organisation at their own pace and speed at home or work, instead of sitting through presentations on a remote site.
- The health system face to face session brings them on board with the vision. GM and EMT present at the new face to face orientation adds weight to this message
- Recruits receive information and messages that will help them know more about services they need to be more effective.
- The recruit receives a more streamlined, concise orientation that is stimulating and engaging.
- Employees understand the vision from day one and receive key messages that assist them in moving toward that direction and encouraging the collaborative culture that supports it.

Continues on the following page...



Orientation at the Canterbury District Health Board

Left: A group of six new recruits discuss how the key messages of the health system vision relate to their daily work.

Find
Courses

Learning
Calendar

New
Courses!

Create a
healthLearn
Account

Explore learning at the CDHB



The Canterbury health system Quality Improvement and Innovation Awards are back!

Entrant Materials for 2014 are now available, please visit the Awards page at [Quality and Patient Safety](#). We are accepting Expressions of Interest from project teams until Friday 25 April.

The contribution of experienced Mentors and Assessors is essential to the success of the Awards programme. We are now recruiting Mentors for the April-July period.

Important points about the Mentor role:

- Each Mentor is paired with a project team to provide guidance and assistance while they prepare the written submission
- The time commitment varies from project to project, however you may spend up to two hours a week working with your project team
- Mentors must first gain approval from their line manager
- All mentors must attend a training workshop. The entry process, including the written submission will be covered in detail. Workshops will be held at the following times:

Tuesday 15 April 2-4pm

5th Floor Boardroom, TPMH

Thursday 17 April 10-12am

5th Floor Boardroom, TPMH

Do not hesitate to get in touch with me amanda.mehrtens@cdhb.health.nz if you have questions or would like more information about the Mentor role. If you are interested in being a Mentor, please let me know the workshop time you prefer to attend. We will begin the process of recruiting Assessors in June.

See also the posters at the end of this update.

Allied Health workforce set to upskill

A new on the job training scheme for Allied Health workers was launched in Canterbury this week.

Twenty One Canterbury DHB Allied Health Assistants are set to begin the new 15-month course, giving them the opportunity to gain a National Certificate in Health Assistance – Rehabilitation Assistance Strand.

This opportunity has been made possible thanks to the Regional Allied Health Assistant Development Project – an initiative of the South Island Regional Training Hub Allied Health Work stream. The goal was to develop a framework for the implementation of Allied Health Assistant (AHA) Training and Development into the five regional South Island DHBs using the Careerforce NZQA Level 3 National Certificate in Health, Disability, and Aged Support (Health Assistants).

Stella Ward, Canterbury and West Coast DHB Executive Director of Allied Health, says the qualifications will formally recognise the skills the assistants already have, as well as develop new skills and broaden their knowledge.

“The idea is that in the future allied health assistants will be more equipped to support all Allied Health services. Allied Health Assistants currently work under a supervising health professional and once qualified will have a broader understanding of what different Allied Health professionals do,” Stella says.

“Instead of sending several people to follow up a patient, we will be able to send just one person. It’s about giving them skills to work across Allied Health services as we work towards flexibility in our future workforce.”

The certificate programme is being run through Careerforce and has strands in Dietitian Assistance, Dental Assistance, Healthcare Assistance and Rehabilitation Assistance. Training for AHAs using the Dental and/or Rehabilitation Assistance strands is now underway in each of the South Island District Health Boards co-ordinated by Catherine Coups from the South Island Regional Training Hub (SIRTH).

“Changes to the current AHA workforce can, through provision of appropriate training and support, and development of more generic skills and roles, ensure the infrastructure is in place to support Allied Health Professionals (AHPs) to maximise their effectiveness; and support provision of Allied Health services to patients and their families/whānau in hospital, community and home, in better, sooner, more convenient ways.

“It can also mean we can provide services closer to people’s home as this project will support the development of an AHA workforce with more generic /flexible skills which can be better integrated across hospital, community and home.

“The Allied Health Assistants (AHAs) workforce is critical to meeting changes in the future health workforce needs. With training and support from AHPs, AHAs have the potential to increase capacity for service provision by enabling the limited AHP resource to concentrate on complex assessment and intervention, for example the most appropriate people doing the right task.”



Minister of Health Volunteer Awards now open

Nominations are now open for the 2014 Minister of Health Volunteer Awards - celebrating the service of New Zealand's health volunteers.

"These awards recognise the dedicated volunteers who are a valued part of New Zealand's public health service.

The first Minister of Health Volunteer Awards held last year drew more than 90 nominations, and I hope to see even more this year," says Health Minister Tony Ryall.

Last year the Christchurch Hospital Volunteers received the Outstanding Achievement award in the Health Care Provider Service category of the awards. The award was accepted by volunteers Judy Bunting and Ruth Surgenor.

"Last year's awards recipients ranged in age from 14 to 85. Their inspiring stories highlighted the commitment, dedication and hard work undertaken by many volunteers to improve the quality of lives of New Zealanders.

"From running a hospital shop, to creating te reo Māori resources on injury prevention, to supporting young people diagnosed with arthritis – these are the people who make a real difference to our health services every day," says Mr Ryall.

Last year's Youth Health Volunteer Award recipient was Matthew Wadham. Matthew said he was surprised by his award, given in recognition of his work supporting children with arthritis at an annual Arthritis NZ camp.

"After being diagnosed with arthritis himself at age 10, Matthew saw his role as helping young people by inspiring them with his story. He said he felt as if he was just giving to the kids what he would want if he was in their position," says Mr Ryall.

"If you know an individual or group of people like Matthew, who make a difference by giving their time to help others, I encourage you to nominate them," says Mr Ryall.

Nominations for this year's awards open today and close 17 April 2014. Winners will be presented during National Volunteer Week from 15-21 June 2014.

This year also sees the inclusion of a new category for long service and an overall Health Volunteer of the Year award.

More information on the awards can be found at: www.volunteerawards.health.govt.nz

*From left:
Volunteer, Ruth
Surgenor:
Christchurch
Hospital
Volunteer Co-
ordinator, Jan
Danrell, the Hon.
Jo Goodhew and
volunteer Judy
Bunting at last
year's award
presentation.*



Tracksuit-inc – Sugar Crash health challenge

Registrations are now open for the **Sugar Crash** health challenge which starts on March 31. Learn more about the hidden sugar in food you eat. Monitor and manage your sugar intake over 10 days. To register go to www.tracksuitinc.co.nz and enter the CDHB code ‘dhbstaffwellbeing’, or visit the Staff Wellbeing Programme intranet page for more information.

[Staff Wellbeing Programme intranet page!](#)

Managing your money and retirement planning

Another round of these popular seminars starts next week at Burwood, Christchurch, Hillmorton and The Princess Margaret hospitals and Community and Public Health.

Project Manager, Planning and Funding, Alison Young, attended a seminar and says she found it worthwhile.

“Planning for my retirement was something I kept thinking I must do, but never quite got around to it. Setting some time aside and going to the seminar was really useful.”

Being part of a group meant that people asked questions that she hadn’t thought about. It prompted her to look at her will to check that it covered power of attorney for her health as well as her assets.

“The facilitator talked about how to calculate how much money we would need for retirement and some options for investing our money with retirement in mind.”

We were given the opportunity to have a personal appointment to review our current situation and develop a plan for the future to ensure we were financial preparing for the retirement we hoped for, Alison says.

A full schedule of times/dates is available on the Staff Wellbeing Programme intranet page. Note – a minimum number of registrations is required for these sessions to run.

[Staff Wellbeing Programme intranet page](#)

Check out this page for information on yoga, Zumba, Pilates, mindfulness, 30 minute walk ‘n workout groups, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

There’s also a link to the Something for You employee benefits page containing a large number of discounted products and services available to CDHB staff.



What does your job involve?

The unit has different types of admissions, they can be medical, or arranged short stay stabilisations, or adolescent admissions to an individual intensive programme aimed at working towards recovery.

My job involves working with people with eating disorders for any one of these types of admissions. It can be providing medical monitoring; re-feeding of our patients in consultation with a dietitian and consultant; working alongside the patient on goals of admission; creating treatment plans with them and their families; working psychologically around motivation and anxiety homework from their therapist; supporting therapy that other multi disciplinary members deliver; or psychoeducation for them and their families.

We work as Case Managers for our inpatients so co-ordinate care and advocate for our patients, we assess risk, provide support, encouragement and hold hope. Basically delivering an holistic nursing approach.

Why did you choose to work in this field?

Originally this was a field that I had not had much experience with and I found it to be a complex, severe illness which I found extremely interesting.

What do you love about it?

Firstly the people with the illness are intelligent, interesting people, then there is the ongoing desire by our team to improve and deliver quality of care, treatment to the people in our service and their families.

What are the challenging bits?

The severity of the illness, holding hope, but recognising that people are not always in a place where they are ready to accept treatment.

Who do you most admire in a professional capacity at work and why?

My Clinical Nurse Manager, Jacqueline Donaldson, who has the ability to hold our inpatient service together. We are two services in one unit - Mothers and Babies and Eating Disorders. She has an ability to hold an overview of all the patients, their wellbeing and the wellbeing of the staff. She is a great resource, clinically excellent, has a great sense of humour and a big heart.

The last book I read was...

Bonkers, by Jennifer Saunders.

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

Atrani on the Amalfi coast of Italy.

My ultimate Sunday would involve...

Walking my dog with family/friends. Buying plants and gardening, sitting in the sun reading, drinking wine with friends/family.

One food I really dislike is...

We are allowed a maximum of three dislikes here, just like our patients are permitted to have three only. In my case it is broad beans.

My favourite music is...

The Mamas and the Papas.

If you would like to take part in this column or would like to nominate someone please contact

Naomi.Gilling@cdhb.health.nz.



Above: Kim Vanderhaven



- 125359 – Occupational Therapist (Acute Home Visiting Service)
- 125063 – Project Manager – RL6 Implementation
- 125062 – Hospital Aides – Paediatrics
- 124357 – Windows 7 Rollout Technicians
- 125462 – Clinical Nurse Specialist - Continence

[Click here to see more opportunities on the careers website](#)

CDHB Consumer Council

The CDHB Consumer Council aims to ensure consumers have a strong voice in planning, designing and delivering services in the Canterbury health system.

At a recent meeting the council chose to concentrate on the following areas:

1. Commitment to aligning themselves with the CDHB Annual Plan and being pro-active when looking at priority areas for 2014.
2. Continue to actively support growing the consumer network.
3. On-going training is being investigated to ensure the effectiveness of consumer representatives.

If you are looking for consumer participation for your projects, working groups or work streams please contact Wayne.turp@cdhb.health.nz; Phone 364 4130 for assistance.

Hauora Māori Scholarships 2014

Applications for the Hauora Māori Scholarships are now open. The scholarships provide financial assistance to students who are undertaking or completing a course in health and disability studies that has been accredited by the New Zealand Qualifications Authority (NZQA). **Applications close 12:00 pm, 4 April 2014.**

The scholarships are open to any person who:

- is enrolled and attending a University, Polytechnic, Wānanga or private training establishment based in NZ
- has whakapapa and/or cultural links with te ao Māori or Māori communities
- can demonstrate a commitment to and/or competence in Māori health and well-being studies
- is studying a health related, NZQA accredited course.

Hauora Māori Scholarships are not available to Ministry of Health or DHB employees.

Applicants may apply:

- only once each year
- under only one category
- online between 12:00 pm, 28 February 2014 and 12:00 pm 4 April 2014.

To check if you're eligible and further information for applicants, please read the [guidelines for applicants](#)

Instructions and tips on preparing an application:

We have provided some [instructions and tips](#) on how to prepare an awesome application. **Please note: hard copy applications are not accepted.**

Scholarship categories:

Don't forget to read the descriptions of the 11 categories before starting your application. [View the scholarship categories](#)

Additional awards

The Excellence Awards, John McLeod Scholarships and Te Apa Māreikura Awards are awarded at the discretion of the Ministry of Health. Applicants cannot apply directly.

If you would like any more information or support on putting together your application phone **0800 686 223** and **press option two** to speak to a Customer Service Representative or email customerservice@moh.govt.nz

[To apply click here.](#)

New guidelines for the amalgamation of the regional PDRP programme



Mary Gordon, Executive Director of Nursing and Leanne Samuel, Executive Director, Nursing and Midwifery along with the Regional PDRP Advisory Committee are delighted to announce that Southern District Health Board (SDHB) is joining the rest of the South Island as part of the Regional PDRP Programme.

SDHB PDRP lead, Deb Ashworth, has been working closely with Canterbury District Health Board PDRP team to amalgamate the programmes as of 31 March 2014. This will bring consistency in programmes across the South Island.

As a result of the amalgamation we have combined the documentation of our programmes and wish to communicate to all staff that although the content is similar, the formatting has changed to encompass the best parts of both programmes. This incorporates a few changes to the PDRP Regional Guidelines.

On 31 March, the new guidelines will be available to you on line via the PDRP regional internet and DHB intranet sites. The external website link for all partnering organisations is:

<http://www.cdhb.health.nz/Hospitals-Services/Health-Professionals/pdrp/Pages/default.aspx>

For those of you in the process of using the current guidelines, we will accept the old documentation for the next six months, i.e. until 30 September 2014. The old documentation will then not be accepted past this date.

We look forward to working closely with our colleagues from Southern DHB and to having Deb as the single point of contact joining us on the PDRP Regional Advisory Committee and the Postgraduate Equivalency Committee.



Free lecture on the latest in free radical research

Every year a selection of our professors give lectures on latest research and developments in their fields. The final lecture for March is:

Wednesday 26 March, 6–7pm

Life and death under the microscope

Professor Mark Hampton, Centre for Free Radical Research

Venue: University of Otago, Christchurch, at 2 Riccarton Ave, on the Christchurch Hospital campus.

To see about other University of Otago, Christchurch, events see:

<http://www.otago.ac.nz/christchurch/news/communicationsoffice/otago063965.html>

Department of Psychological Medicine University of Otago, Christchurch and SMHS, CDHB Clinical Meeting

Tuesday 25 March 2014, 12:30 pm – 1:30 pm

“Cognitive Rehabilitation for Mood Disorders” - Presenter and chaired by: Professor Richard Porter

Venue: Beaven Lecture Theatre, 7th Floor, University of Otago, Christchurch School of Medicine Building

- These meetings are held on a weekly basis (except during school holidays).
- A light lunch will be served at the School of Medicine venue from 12 noon.
- Psychiatrists can claim CME for attending these meetings.

The sessions will be broadcast to the following sites:

- For TPMH attendees the venue is the Child, Adolescent and Family Inpatient Unit, Ground Floor. Access is from the main reception at TPMH.
- For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital

The dial in address is: **Psych Med Grand Round.**

If you have difficulties dialling in please call **0800 835 363** to be connected.

ceo update

The poster features a collage of images: a red and white clock tower on the left, a large white seagull in flight on the right, and a blue spiral graphic in the upper right. The text is overlaid on these images.

**NZ
DNS**

9th National Dermatology Nurses Conference

save the dates

Thursday 28 and Friday 29 August 2014
Municipal Chambers, Dunedin Centre Dunedin
www.nzdermatologynurses.org
To register interest, email tracy.fenton@cdhb.health.nz

Nursing is not just an **art**
it has a **heart**

Nursing is not just a **science**
it has a **con**

skin
skin
skin
skin
skin



QUALITY IMPROVEMENT & INNOVATION AWARDS

2013 Supreme Award Winners



Reducing pneumonia in the stroke population

This project evaluated the effectiveness of introducing a standardised cough reflex test protocol, which combined with intensive nursing and therapist education, has changed clinical practice with acute stroke patient at Christchurch Hospital. The clear clinical management protocol has contributed to more than halving the pneumonia rate from 26 percent to 11 percent. With aspiration pneumonia adding \$9000 to an individual stroke patient's cost of admission and with more than 1000 strokes per year in the Canterbury DHB, this change in clinical practice has potentially saved \$1.4 million to the organisation. More importantly for the patient, this means there are fewer complications to a dysphagic stroke patient's care.

eSCRv

The 2011 Canterbury earthquakes motivated the Canterbury health system to work together to create a secure electronic, patient-centric view of data to provide a 'single-source' of up-to-date patient information, allowing timely safe and effective care of the patient through more informed decisions.

The goals of eSCRv are to:

- provide access (to patient data) for community care users and ultimately the patient
- collect patient data from primary and community care providers and
- make the data visible in a single patient record

Category Winners:

Improved Health & Equity for all Populations

Award Winner: eSCRv- Shared Care Record View

Runner-up: The Wellbeing Game

Improved Quality, Safety & Experience of Care

Award Winner: Classification and Communication of Caesarean Section

Runner-up: Canterbury Ski Fields Project

Best Value for Public Health System Resources

Award Winner: Shorter Turnaround Time for Urine Analysis in Microbiology

Joint Runner-up: Reducing Pneumonia in the Stroke Population

Joint Runner-up: Cardiac Catheter Laboratory Optimisation Project

Highly Commended:

- Script 4 Change,
- From High Tea to the Empowered Me,
- Collaborative Care Programme

Consumer Council Award: Collaborative Care Programme

Canterbury

District Health Board

Te Poari Hauora o Waitaha

For more information email amanda.mehrtens@cdhb.health.nz



QUALITY IMPROVEMENT & INNOVATION AWARDS

The Awards recognise, reward, and publicly acknowledge the excellent quality improvements and innovations taking place within the Canterbury health system.

Become a mentor, assessor or enter your project in 2014:

Expression of Interest form due	25 April
Mentor Workshops	15 or 17 April
Assessor Workshops	22 or 24 July
Written Submission due	25 July
Assessor Site Visits	8 - 19 September
Awards Ceremony	3 November

The awards are open to all DHB staff and providers whose services are funded by the DHB.

For more information visit the Awards page on
<http://cdhbintranet/corporate/CorporateQuality/SitePages/Home.aspx>
or email **amanda.mehrtens@cdhb.health.nz**

Canterbury

District Health Board
Te Pori Hauora o Waitaha



NZASH | New Zealand Association
for Simulation in Healthcare

Visit nzash.co.nz for details

NZASH Symposium and AGM

*Improving Safety and Quality in Healthcare through
Simulation*



Date: 20th -21st June 2014

Time: 0900hrs – 1600hrs

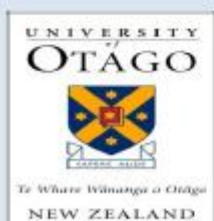
Location: University of Otago
Medical School, Christchurch
Hospital, Christchurch, NZ

Keynote speakers

Demian Szyld – Assistant Professor; Assoc Med Dir NY Simulation
Ctr Health Sciences, Departments of Emergency Medicine and
Simulation Center

Leone English - Dean - Faculty of Health Science & Community
Studies, Holmesglen Institute; Chair - Victorian Simulation Alliance

Two day Symposium (+ cocktail evening) Fee: **\$120.00**
(This will include annual membership fee for NZASH)



Laerdal
helping save lives

Canterbury
District Health Board
Te Pōari Hauora Ō Waitaha

