



Rangiora Health Hub opening

A great time was had by all who attended the official opening of the Rangiora Health Hub on Tuesday. There was a great turn out – clearly indicating the massive support and commitment from both the community, government and the health system to see this project to completion.

It's hard to believe the old Rangiora Hospital has been there for 90 years and here's hoping the new Health Hub will be around for just as long – if not longer. There is no question, it's a fabulous purpose-built facility, which will meet the needs of the next generation of North Cantabrians.

It comes after almost five years of community consultation, planning and construction and already the \$7 million facility is making a big difference in the community after opening for business a few weeks' prior to the official opening.

As of 23 November, there had been 17 births in the new unit and 159 for the year-to-date. This is a big increase on previous years where there were 90-100 births annually.

It was a pleasure to have Health Minister Dr Jonathan Coleman officially open the facility accompanied by Waimakariri MP Matt Doocey, whose wife gave birth to their second child in the new facility only a week before.

The Rangiora Health Hub provides high quality maternity services along with beds for people who need time for recuperation or ongoing monitoring in North Canterbury, which is really needed now more than ever with North Canterbury's population growing substantially post-quakes.



Suzanne Salton, midwifery manager and Dr Jonathan Coleman.

With more people moving into the area and increasing birth rates, we needed to respond by ensuring the needs of the population continue to be met now and in the future.

While the initial focus is on maternity care, there are also 'flexi beds' which are used for people with a variety of needs – be it a few days recuperating after surgery or recovering after an illness. Meals on wheels are also provided for the local community.



Health Minister Dr Jonathan Coleman (centre) officially opened the facility accompanied by Waimakariri MP Matt Doocey (right). They are pictured here with Megan White and her daughter.

It's planned to eventually expand the Rangiora Health Hub to include a wider range of outpatient and specialist services. There will be a two year interim phase before we can transfer part of the Hagley Outpatients building to adjoin the new Health Hub.

This facility will remain a pivotal part of ensuring the communities' health and wellbeing.

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Special thanks to Suzanne Salton midwifery manager and Brendon Groufsky from our site redevelopment team who, along with a cast of hundreds, ensured this project was delivered on time and on budget.



Murray Cleverley, CDHB Chair (left) and Dr Jonathan Coleman serving up rice pudding for Meals on Wheels.



Suzanne Salton and Brendon Groufsky showing Dr Jonathan Coleman one of the bedrooms.



Wellbeing

As we enter the silly season, the to-do list gets longer, and the days seem to get shorter, this is just a reminder to look after yourself – remember to breathe, take a break and pace yourself on the countdown to Christmas. While many look forward to Christmas festivities and time out for a well-deserved break, spare a thought for those who will be on their own, or under a lot of stress with the thought of being inundated by relatives and friends – whatever is happening for

you, remember to be kind to yourself and others.

It's been a stressful enough year and I'm sure, like me, most of you can't believe Christmas is less than a month away.

The past 12 months have just flown by and so much has happened in the health system, it's no wonder many of us often feel like our heads are spinning. It's important to allow yourself time to relax and reflect and not get too wound up with the Christmas rush.

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We need a healthy and well workforce to ensure we can continue to provide the high standard of care Canterbury is known for worldwide.

Remember to take advantage of the Staff Wellbeing programme. I particularly recommend the [‘Be Present this Christmas’](#) Presentation by Dr Caroline Bell, from our Anxiety Disorders Service and Ciaran Fox, from All Right? and the Mental Health Foundation between 12pm-1pm on Wednesday

16 December in the Parent Education Room at Christchurch Hospital.

Remember Canterbury DHB also offers free and confidential counselling available to all staff – for work or personal issues. Click [here](#) for more information.

You can also check out more information on all wellbeing initiatives, visit the [Staff Wellbeing Programme intranet page](#)

Park & Ride at Deans Ave tomorrow

While you're online, you might like to check out the info about the changes happening to the [Park & Ride service](#).

From tomorrow, Tuesday 1 December, it will move to the old Saleyards site on Deans Ave. Please note nothing has changed for staff car parking.

The Saleyards site will have 300 dedicated carparks for visitors and

patients, including 18 mobility parks.

The shuttle will run from 7am to 8.30pm and parking will be \$5 per day up until midnight seven days a week.

Over time, the developer of the old Saleyards on Deans Ave plans to open an additional 500 public carparks. Staff will be able to park on this site once the additional car parks are up and running, but unless you have a mobility problem, we prefer if you can refrain from using the shuttle and keep it free for patient and visitor use only.

The afternoon staff carpark with around 250 spaces at the Metro Sports Site (old brewery site) will remain open until May next year. We appreciate parking around the hospital is at a premium for staff but want to remind staff that the Staff Carpark Building has parking and is open to afternoon staff

from 3.45pm. It's also worth considering whether an alternative transport option could be suitable.

We encourage staff to use alternative transport options, where they can, such as public transport, cycling, and carpooling where possible.

Staff safety is always paramount – so if you are walking to and from your vehicle – particularly afterhours in the dark – please ensure you walk in a group or organise for a security staff member to escort you. However, please allow some time for this to be organised – at peak times when night shift finishes around 11pm, there can sometimes be a 15 minute wait, so book in your security escort early.

Stay safe and well everyone.

Have a great week,

David Meates



David Meates
CEO Canterbury District Health Board



Do you use the afternoon car park?

Please read this important information:

The Afternoon Car Park has also been known historically as The Brewery Car Park and is regularly confused with the Metro Car Park.

As a consequence the CDHB Parking Office has received numerous enquires about the continuing availability of the afternoon car park following the announcement that the Park & Ride Shuttle will move to Deans Avenue on 1 December.

We would like to reassure those staff with access to the Afternoon Car Park that this staff parking area is not closing; in fact we expect to retain full use of this car park for afternoon staff until at least 2018.

If you have any queries about any CDHB parking please direct them in the first instance to carparking@cdhb.health.nz

Bouquets

Urology, Christchurch Women's Hospital

Excellent care – much appreciated. Very kind and gentle from reception through to discharge.

Christchurch Hospital

Dr Amy Irons attended my daughter today. She was so good on attending and explaining plan etc. I appreciate how she communicated and provided what my daughter needed. Thank you.

Day Centre, Christchurch Hospital

Wonderful work ladies. A pleasure to come here.

Eye Clinic, Christchurch Hospital

I would very much like to compliment the team at the Eye Clinic. I have just started to have eye injections and the team at the Eye Clinic has made this an easy procedure for me to have. As I also suffer from mental health concerns the respect I've been getting has been great. It's great that we still have a great health system and the care I have received has in some ways made me a little less unhappy with the CDHB's care. Thanks to Dr Asacroft, Eye

Consultant, for my treatment.

Ward 11, Christchurch Hospital

I have been amazed today at the kindness and helpfulness of the staff at the hospital, from the volunteers outside helping people in and out of taxis/ cars to staff in the corridors. There is an atmosphere of friendliness and welcoming. You guys do our city proud – thank you.

Ward 20, Christchurch Hospital

Very good stay, thank you for fixing me up. Thanks to Plastics staff, all chirpie and happy.

Intensive Care Unit (ICU), Ward 10, Cardiac Care Unit (CCU), Christchurch Hospital

First class from the time I entered the Emergency Department to a week later home with new heart pumping. Forever grateful and impressed. What fantastic staff.

Ward 24, Christchurch Hospital

I have a history of very bad circulation throughout my body and have had a few visits to Hospital. On Thursday afternoon I was admitted to Ward 24 for treatment and consultation. The courtesy extended to me has

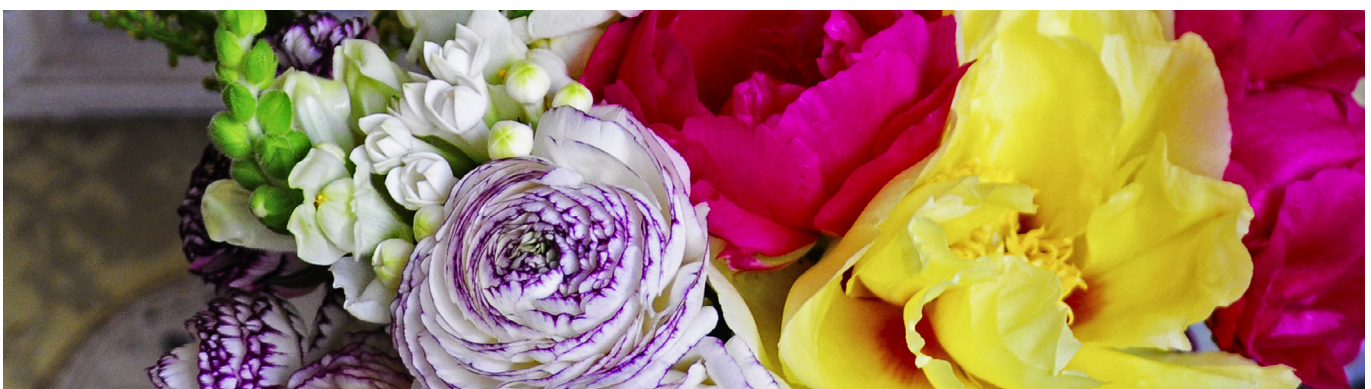
been wonderful. The care and consideration and skills exhibited have been much appreciated and I am sure have contributed to my recovery. I have experienced a genuine effort by the staff.

Acute Medical Assessment Unit (AMAU), Christchurch Hospital

I cannot speak highly enough for the treatment I have received here. Communication and person to person concern and help are so good, by everyone concerned. The cleanliness of the hospital is to be commended having experienced a very great difference in England years ago. Best wishes to everyone, 10 out of 10.

Head and Neck Surgeon, Ward 11, Oncology, Christchurch Hospital

Many thanks to Rob Allison and his team for their expertise to bring me through 13 hours of surgery. My family and I are very grateful for the urgency given by all of you. I am now fully recovered, after a "grilling" six weeks of radiation, and I have an abundance of help if I require it. Thank you again Rob Allison and your team.



Donation of dresses “next best thing to a fairytale”

A school girl who knows what it is like to be in hospital has spent hours making fairy dresses for Christchurch Hospital Children’s Activity Room.

Eliza McDonald and her mother Rachel, visited the Activity Room last week to donate the six carefully made, colourful satin dresses.

Team Leader Hospital Play Specialist service Allie Bower, says it is lovely to receive such a heartfelt donation.

“Eliza has clearly worked very hard to achieve her goal. She has covered all the bases producing a durable and washable dress that meets our criteria within our service.”

The tamariki in the Activity Room and children’s wards will enjoy using their imagination and dressing up in these princess dresses.

Eliza says after spending time on and off in various wings of Christchurch Hospital over the last couple of years, she understands what it is like to want to be someone else, even for just a few minutes.

“The only thing that is mildly amusing in hospital are the beds that move up and down, and they grow stale pretty quickly.

Eliza’s year 8 Personal Project is entirely centred on the children.

“When you dress up, you step into another world. You can become a princess, a fairy, a pirate, and everything else just flies away.

During the process of crafting these small dresses, she had learned valuable lessons such as how grateful we should all be for our clothes.

“They are really hard to make.”



Above: From left, Eliza McDonald, Activity Room intern, Emily Rodgers, and Hospital Play Specialist Service Team Leader, Allie Bower.



Above: Fairy dresses hanging up in the Children’s Activity Room

“I feel for the little ones who are stuck in a hospital ward feeling sad, bored and worried, no wait, that’s maths!”

That is why I chose to create costumes for ill children, she says.

I also learned attributes like consistency, determination, commitment, creativity, and tolerance, as well as the fundamental aspects of sewing, “including how to sew!” She had also learned how to iron “without burning anything”, and how to clear tangles of left-over threads and fabric blocking the vacuum-cleaner.

“I have tried my hardest to give a few little girls in hospital the next best thing to a fairytale. I want them to have fun and, most importantly, be happy,” Eliza says.

Bloomin' lovely at TPMH

This year's TPMH Rose Show was held last Tuesday and as usual, attracted a wonderful variety of roses. Here are the winners:

Miniature / Patio

- » 1st: "Rosa My Sister" – Jaclyn McMath
- » 2nd: "Magic Carousel" – Angela Heard
- » 3rd: "Pink Patio" – Liz Coulter
- » Highly Commended: (no name) – Sue Gillan



Above: 1st Miniature / Patio, Rosa my sister

Floribunda

- 1st: "Raspberry Ice" – Angela Heard
- 2nd: (no name) – Sue Gillan
- 3rd: "Iceberg" – Pauline Bell
- Highly Commended: "Royden" – Jill Wreford



Above: Floribunda selection.

Hybrid Tea

- 1st: "Loving Memory": - Napat Sirihongthong
- 2nd: "Special Occasion": - Angela Heard
- 3rd: "My Lady" – Andrew Henderson
- Highly Commended: "Integrity" – Liz Coulter

Climbers

- 1st: "Lady Barbara" – Liz Coulter
- 2nd: "Swan Lake" - Diane Moore
- 3rd: "Iceberg" – Di Chappell
- Highly Commended: (no name) – Stuart Merrall



Above: 2nd Climbers, Swan Lake.

English Roses / David Austin

- 1st: (no name) – Sue Gillan
- 2nd: "Mary Rose" – Robyn Kennedy
- 3rd: "My Mum" – Sally Richardson
- Highly Commended: (no name) – Sue Gillan

Below: Best in show and winner of cup was a Hybrid Tea rose "Loving Memory grown by Napat Sirihongthong.



Event organiser, Jill Wreford, says "Thank you to everyone who has again supported the TPMH Rose Show this year and congratulations to those who were placed. Having such a variety of beautiful roses on display always brings so much pleasure to staff and patients. We have had the services of a top judge this year – Alan Simson – who was very impressed with the standard of entries."

New logo for Burwood Volunteers

The transition from The Princess Margaret Hospital to the newly developed Burwood Hospital is being planned for by many groups within CDHB.

One of the groups this affects is our volunteers. The need for volunteers at Burwood is going to increase significantly and plans are in place to meet this need. Details will be shared in the CEO Update from early next year.

One thing we can share at this stage is the new logo for the Burwood volunteers.

This will appear on a variety of items from shop staff aprons to gardener's caps. Check updates next year for more news.



Electronic Fibroscan reports make a welcome return

Initially Fibroscan reports were viewable in Health Connect South (HCS). However some time ago a product upgrade to the Fibroscan machine meant the reports could no longer be networked and displayed in HCS. So for a considerable period of time Fibroscans were not available in HCS.

Fibroscans offer a means to non-invasively assess the degree of liver fibrosis and cirrhosis in patients with chronic liver disease.

The temporary loss of Fibroscans from HCS has since been resolved and reports are again available for viewing as part of Gastroenterology and Infectious Diseases processes. Some backdated reports will also be made available in incremental steps as they are processed, but be patient as there is a backlog to work through.

Stella Ward, Executive Lead Health Innovation says clinicians will welcome having electronic access to an important dataset restored.

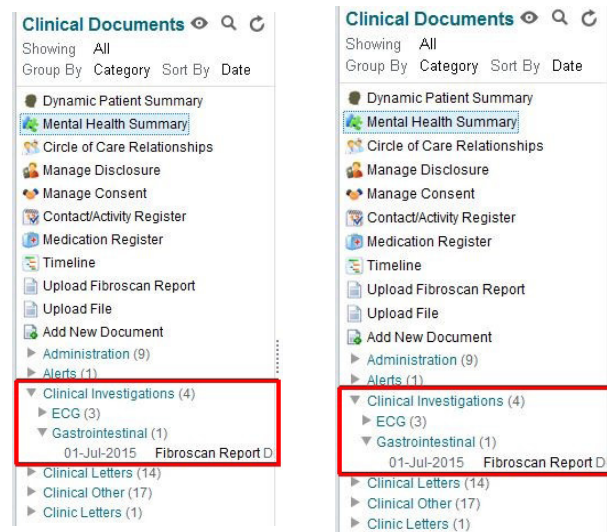
"This represents one of our latest Paperlite achievements, courtesy of our strategic partners Orion Health working with our own ISG."

Users can access these reports in the Health Connect South CDV document tree:

- » If viewing by category they will be displayed under Clinical Investigations, Gastrointestinal
- » If viewing by service they will appear under Gastroenterology
- » If you hover your mouse over the Fibroscan document listed in the cdv tree, a document summary will display.

Clinical Document View (CDV)

CDV sorted by date - The uploaded document will now appear in the cdv tree in HCS under Clinical Investigations, Gastrointestinal.



CDV sorted by service - The uploaded document will now appear under Gastroenterology as shown in the screenshot below.



Canterbury Grand Round

Friday, 4 December 2015 – 12.15- to 1.15pm, with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker one : Janet Anderson-Bidois, Chief Legal Adviser, Human Rights Commission

"A Right to Die?"

The Commission participated in the legal proceedings commenced by Lecretia Seales earlier this year in which Lecretia asked the court to permit her GP to help her end her life. Janet has a long standing interest in end of life decision making. She has previously worked as a senior medico-legal adviser in the DHB sector and completed a master's thesis on voluntary euthanasia. She will discuss the legal and human rights issues arising from Lecretia's case from both a professional and personal perspective.

Chair: Richard Seigne, Anaesthetist

Video Conference set up in:

- » Burwood Meeting Room
- » Meeting Room, Level 1 TPMH
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome

Talks (with speaker approval) will be available in two weeks on [the intranet](#).

Next Clinical Meeting – Friday 11 December 2015

(Rolleston Lecture Theatre)

Convenor: Dr RL Spearing.

ruth.spearing@cdhb.health.nz

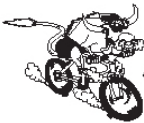
Our Canterbury staff have been asked to speak again at next year's conference and have already been asked for several visits following the success of the talks. On behalf of the Heart Failure Steering Group we would like to thank the speakers for doing such an excellent job of representing both the Canterbury Health System and New Zealand at this conference.

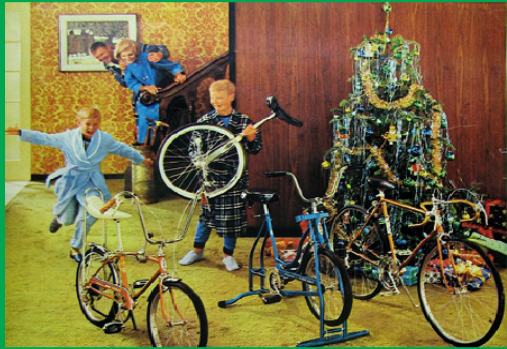
CHOOSE SOMETHING
FOR YOU

Something for You has got a couple of great deals for you - available for a short time only. Check out Something for You on the [intranet](#) for all the details.

Christmas has come early at Noel Leeming – get your Christmas goodies at Noel Leeming from Monday 30 November – Sunday 6 December, and get Cost +7.5%. Not only do you get a great deal – but you will also be donating 2.5% to the Child, Adolescent and Family Mental Health Service.

John Bull Cycles are celebrating their 100th birthday – join in the celebrations on Thursday 3rd December 5:30-8:30pm only, and get 50% off all bikes and accessories (some exclusions apply).

 **John Bull Cycles**
est 1814



It's our **100th** birthday and we would like invite CDHB staff to come and celebrate it with us on the 3rd of December 5:30 - 8:30pm. Finance and Lay-by options available on the night

3 hours of institutionalised madness
50% ALL BIKES
and ACCESSORIES
(Some exclusions apply)

Staff ID is a must

7c Mandeville Street, Riccarton, Phone: 03 3772058

Christmas

comes early

your **#1** for Xmas magic

Canterbury DHB

Monday 30th November - Sunday 6th December 2015

Canterbury

District Health Board

Tē Pōari Hauora o Waitaha

**get
cost
+7.5%
storewide**

Excludes^
IT Accessories, PC Software,
AV Accessories, &
PC Consumables

2.5%
**of total sales will
go towards**
**Child, Adolescent
& Family Mental
Health Service**

**get
unbeatable
deals on**
IT accessories
PC Software,
AV Accessories, &
PC Consumables

Hurry in store and make the most of this offer

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**Print this flyer or present it on your smartphone
or device in store**

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commercial**

noel leeming



12 Days of CDHB 'Something for you'

It's nearly Christmas! 'Something for You' loves this time of year. Follow the videos of staff singing to let you know about the fantastic offers available just for you. Keep an eye on the internal email each day – there are some awesome deals and some enthusiastic singing. Check out the [Something for You page](#) on the intranet for more details.

Michael McEvedy retiring from the Consumer Council

Michael McEvedy joined the Canterbury DHB Consumer Council in February 2010 to represent Primary Health Care.

He became Chairman in April 2013.

Michael has been involved with the Canterbury Initiative Governance Group, the Canterbury Clinical Network and the Alliance Leadership Team.

During his tenure as Chair, Michael was instrumental in ensuring an effective process of recruitment and succession planning. As a number of longstanding members completed their term of office, he created a Consumer Council "Core Group" to manage the increasing demand and expectations for consumer input into the health system.

He has overseen the establishment of several key strategic priorities to guide the activities of the Council.

The Council's achievements during Michael's tenure are many but include the following highlights:

Working with the quality managers to improve the complaints process, improve patient information and encouraging process improvements to better measure the patient experiences and reporting systems.

Ensuring a consumer view on aspects of the Christchurch Hospital rebuild programme.

Working with Canterbury DHB secondary services to improve the management of appointment times recognising the needs of rural and the elderly inpatients and especially as out-patients.

Involvement in the development of the Patient Portal programme.

Representation on both the CDHB's Clinical Board and on the Transitional Leadership Board.

Working closely with our Primary Health Organisations and maintaining close contact with Child Youth and Family on common issues and many kindred groups in the community.

Council input into the Canterbury DHB Quality accounts - this year highlighting input on the Disability Strategic Action Plan.

Championing the development of eSCRV / Health One and ensuring consumer input during its development and rollout.



Michael McEvedy, front row, fourth from left with the Consumer Council

Bake Sale

Friday, 4 December
Christchurch Hospital Foyer, Ground Floor

10am to 12pm



Please
Support

Canterbury
District Health Board
Youth Advisory Council

All proceeds go to the
Youth Advisory Council for
Welcome Books in the wards

Thank you!

Come early to avoid missing out...
There will be a range of home made
delights both savoury and sweet!

Christmas Card orders

Here's the printed Corporate Christmas Card on offer this year – please place your order via communications@cdhb.health.nz.

The electronic card suitable for emailing is currently being created. We'll keep you updated via the CEO Update and global emails.



CHOOSE a career with us...

Programme Manager for Cancer Programme

An exciting opportunity has arisen for an interested individual to join the team driving the Cancer Programme across the Canterbury Health System. Faster Cancer Treatment is one of Canterbury's Five Key Themes and the aim of this programme is to ensure patients are seen and treated quickly.

Three initiatives are supported by the Ministry of Health in Gynaecology, Head and Neck and Melanoma and the focus of this role will be to ensure that we deliver against our objectives for these programmes. Reporting to Planning and Funding the role will involve very close liaison with clinical and administration teams, Planning and Funding, decision support and the Southern Cancer Network. The position is a two year secondment working 20 hours per week.

This is a great opportunity to work with the senior leadership team on multiple complex projects. You will have drive and enthusiasm, be experienced at delivering service improvement programmes and have some experience and skills in project management. You'll also have experience in working with data and be able to communicate effectively across multiple teams.

If you'd like more information please contact Carol Limber, Programme Lead on 021569427.

Trendcare Coordinator

Great things are happening on the West Coast and we want you to be part of it.

Focused on workforce planning and workload management, Trendcare is a system designed to ensure high quality patient outcomes are achieved. Dynamic data for clinicians and managers will ensure best practice throughout the hospital and in future, across the West Coast DHB.

As the Trendcare Coordinator, you'll work with nursing staff across the West Coast District Health Board to coordinate the implementation and utilisation of the Trendcare System. Your exceptional interpersonal skills will see you lead and support the staff through this exciting change and promote and enhance the Trendcare System.

Your ability to look at the bigger picture, engage people and provide sound leadership in addition to having good clinical knowledge will see you thrive in this new role.

Support will be on hand as you'll work closely with other Trendcare Coordinators and attend national coordinator meetings.

To lead this project, we need a Registered Nurse with experience in project management, data analysis, an interest in technology and the ability to promote change positively and fruitfully. Post graduate qualifications or being on the post graduate pathway is a requirement of this role.

Apply online today, or for further information please contact Julie Lucas, Nurse Manager- Clinical Services, Grey Hospital, Phone: (03) 769 7400 ext 2690 or email: julie.lucas@westcoastdhb.health.nz or Steph Keene, Recruitment Specialist Ph 03 337 7961 or email stephanie.keene@westcoastdhb.health.nz

Explore this exciting opportunity today - a senior leadership role in an idyllic setting

As a Senior Nurse with alcohol and drug experience, leading the Alcohol and Other Drug Service (AOD) as the Regional Coordinator for the West Coast, is the perfect way to take the next step in your career.

Extensive alcohol and other drug experience, preferably in a secondary or rural setting is essential for this role as you'll provide clinical guidance and oversight to staff to ensure high quality care is provided. Your interpersonal skills will see you provide inspirational leadership to an experienced and cohesive team, ensuring they are well supported and have the opportunity to grow in this challenging environment.

The key goal of this position is to improve integration of care for clients, therefore facilitating integration between primary and specialist services and innovative quality improvement skills are imperative.

To keep your finger on the pulse, you will maintain a small clinical workload in addition to your managerial duties, therefore exceptional organisational skills are required.

Key responsibilities include:

- » Promote and facilitate integration between mental health and addiction services across the West Coast.
- » Work in partnership with the Mental Health Managers to address the co existing needs of the clients.
- » Planning and coordinating the delivery of quality alcohol and other drug services.
- » Provide leadership and advanced clinical expertise to the AOD Service.
- » Develop and maintain systems that focus on providing enhanced access to early assessment and ongoing treatment for clients in the primary sector.

If this sounds like the challenge you've been waiting for, then apply online or for more information, please contact Steph Keene, Recruitment Specialist Nursing, phone 03 337 7961 or email stephanie.keene@westcoastdhb.health.nz

One minute with... Mandy Arnett, Ward Clerk

What does your job involve?

Being a ward clerk in Child Health, my role is to welcome children and their whānau/family onto Ward 21. As the first person children meet, I check that their contact details are current and correct and then show them to their bed space. Throughout a patient's journey I look after the inpatient notes and make sure they have any follow up appointments on discharge, arrange return travel to other DHBs when required, as well as other clerical/reception duties.

We have a DVD system in the ward where the patients can choose from over 50 titles. This keeps me very busy some days and sometimes seems to be the most important job of all in a child's opinion!

Why did you choose to work in this field?

I emigrated from the United Kingdom 11 years ago and used to work for the National Health Service in the North of England, so when I came to New Zealand I wanted to work in the health service once again. I have always wanted to work in a job where it involved helping others, but I could never handle the 'yucky' stuff so being a nurse was never an option. My first job in New Zealand was as a Teacher Aide, while my girls were younger it fitted well around school terms and holidays. Then along came this opportunity and eight years later, I'm still here.

What do you like about it?

I can honestly say that this is the best job I have ever had. No two days are the same and I work with a great team of people. I think because I'm a big kid at heart I fit in rather well. I like the fact that I meet lots of different people every day from all walks of life, and some kids are real characters. People often think it's a sad place to work, being with poorly children but it's quite the opposite most of the time. We have lots of fun, and the Clown Doctors come to visit twice a week, so we often have somebody uni-cycling or playing Old McDonald on the ukulele. That's just a normal day at work for us here.

What are the challenging bits?

The job can be quite challenging because we do get very sick children staying with us, and it's hard to see them in pain or struggling with an illness. Some days are more challenging than others. When it's busy and the phone is ringing constantly and people are asking for things it can get quite demanding. But this can also be a good thing, as it keeps us out of mischief.

Who do you admire in a professional capacity and why?

Professionally I admire each and every member of the team, from the cleaner and hospital aide to the play therapists, nurses and doctors and of course my charge nurse manager. Each person (and they are too many to mention them all), has an integral part to play in the patient's journey and they are all dedicated to their jobs and to making the experience a little less unpleasant for the kids. There are some real unsung heroes working for Canterbury DHB and my fellow ward clerks deserve a special mention too.

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

These values are the core values I try to base my work ethics around. Caring for and respecting others costs nothing and taking responsibility for our actions and what those actions mean to others is also a great rule to live by, not only professionally but personally too.



Mandy Arnett

The last book I read was....

The Little Paris Bookshop, by Nina George. A great book to get lost in on a rainy day.

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

I would be strolling through Paris on a warm sunny day, making my way to The Tuileries Gardens where I would sit and have coffee with my husband Guy and watch the world go by.

My ultimate Sunday would involve....

A big sleep in, then a nice leisurely walk along the beach with my Schnauzer "Bobby Dazzler" followed by lunch somewhere snazzy with my family. My oldest daughter lives in Wellington so I don't get to see her as much as I would like to and my youngest who is 18 is busy working and studying, so it would be nice to have some time with them both. Then home to watch an old movie or read a book. And somebody else to tidy the house and do the washing!

One food I really dislike is.....

I really don't like liver, I think because my Mum used to cook it like shoe leather it's put me off for a lifetime. I can't even stand the smell.

My favourite music is.....

I can listen to anything except heavy metal. I love most kinds of music from pop to classical and house or dance. My grandfather used to play and listen to jazz, Glenn Miller, Nina Simone, Billie Holiday, Dizzie Gillespie and I was surrounded by it as a child. Music often equates to memories for me, so it's always quite comforting to listen to. I don't think I could pick an all-out favourite type of music. I guess you could say I have an eclectic taste.

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

Naomi.Gilling@cdhb.health.nz

Staff Wellbeing Programme Presentation – Be present this Christmas

Be Present this Christmas

An opportunity to learn about the importance of taking care of ourselves – particularly during the holiday season.

Presenters: Dr Caroline Bell consultant psychiatrist at the Anxiety Disorders Service with a particular interest in managing stress AND Ciaran Fox mental health promotion strategist for the All Right? campaign and delivery specialist for the Mental Health Foundation.

[Click here](#) for more information and [click here](#) to register.

NEW MoH Eating and Activity Guidelines for NZ Adults

To view the full guidelines [click here](#) – to view the summary of guidelines [click here](#) – and for more information [click here](#) to visit the MoH website.

Be Active, Take Notice

Over 20 yoga, Zumba, Pilates and Mindfulness sessions running each week across main CDHB sites. [Click here](#) for more information.

Free counselling available to all staff

Free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more information.

For more information on all wellbeing initiatives visit the [Staff Wellbeing Programme intranet page](#).

Andy Hearn

Staff Wellbeing Coordinator

Canterbury and West Coast DHB

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Department of Psychological Medicine, University of Otago, Christchurch & Specialist Mental Health Service, Canterbury DHB Tuesday Clinical Meeting

Tuesday 1 December 2015, 12:30 pm – 1:30 pm

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

Title: Notification of hospital deaths to the coroner-the coroner's perspective

Abstract: Over a typical weekend there are anywhere between 50 and 75 deaths reported to the National Duty Coroner. Many of these are hospital deaths. Notification of these deaths arrives in the office of the National Duty Coroner by way of a written HROD form (Hospital record of death and notification to the coroner). The coroner then telephones the doctor with a view to finding out more information, before taking or declining jurisdiction of the death.

This presentation is a discussion of this process from the coroner's perspective.

It is intended to be informative, interactive and of interest to junior doctors who fill in the forms and to the Consultants and Registrars of the recently deceased patient.

Presenter: Sue Johnson - Coroner

Special notes:

- » These meetings will be held on a weekly basis (except during school holidays).
- » A light lunch will be served at the School of Medicine venue, 7th Floor, 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 & 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.



BE PRESENT THIS CHRISTMAS

TAKING CARE OF YOUR BODY & MIND



The Staff Wellbeing Programme presents...

Dr Caroline Bell Is a consultant psychiatrist at the Anxiety Disorders Service with a particular interest in managing stress.

Ciaran Fox Is the mental health promotion strategist for the All Right? campaign. He is a programme design and delivery specialist for the Mental Health Foundation.

TOPIC

An opportunity to learn about the importance of taking care of ourselves – particularly during the holiday season. Caroline and Ciaran will talk for 20 minutes each followed by a further 20 minutes of general discussion.

| Location | Date | Time |
|--|-----------------------|-------------|
| CHCH Women's Hospital Lower Ground Floor Parent Education Room | Wednesday 16 December | 1200 – 1300 |

This presentation is restricted to 45 participants. Attendance is free of charge and registrations will be accepted on a first come, first served basis. Click [here](#) to register.

To find out more contact Andy Hearn andy.hearn@cdhb.health.nz or 027 218 4924

THE RELEVANCE OF INTELLECTUAL PROPERTY IN CLINICAL RESEARCH AND PRACTICE

MONDAY DECEMBER 7 2015
BEAVEN LECTURE THEATRE,
UNIVERSITY OF OTAGO,
CHRISTCHURCH
4.30PM – 6PM
REFRESHMENTS
AFTERWARDS

OVERVIEW

This free workshop is designed for people working within the regional health system, who have an interest in exploring the relevance of intellectual property in clinical research and practice. The workshop is open to all (i.e. both clinical and nonclinical CDHB staff and University staff are encouraged to attend). It will cover considerations related to IP capture for commercialisation leverage through to freedom to operate and potential infringement of third party IP rights – pitfalls and traps to look out for. Garth will draw on practical and theoretical examples derived through his experience in managing the IP portfolio for Otago Innovation Limited – the University of Otago's commercialisation entity.

ABOUT GARTH HENDRY

Garth is a patent attorney with 15 year experience in providing strategic IP advice in the commercialisation of life science technologies. He has particular expertise in protecting diagnostic, therapeutic and medical device technologies and has represented many national and international companies/organisations in achieving registration of IP rights fundamental to commercialisation activity. Garth holds a PhD in biochemistry/biophysics and thoroughly enjoys working with clinicians and researchers who develop new, cutting edge science.

For further information and to register for this workshop please email charlotte.robson@cdhb.health.nz



15th Intravenous Nursing NZ Conference

Welcomes all infusion enthusiasts on board

**the sky's the
limit**

for collaborative care in
infusion therapy

INFLIGHT ENTERTAINMENT

Key Note Speaker:

Lisa Dougherty >>

CLINICAL NURSE SPECIALIST/MANAGER,
IV SERVICES, THE ROYAL MARSDEN
HOSPITAL NHS TRUST, LONDON, UK

Sponsored by:

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Don't miss out on the IVNNZ inflight experience!

Location: Wigram Airbase Museum, Christchurch, New Zealand

Clinical Nurse Specialist Forum 17th March 2016

Conference 18th-19th March 2016



REGISTER ONLINE AT IVNNZ.CO.NZ TO SECURE YOUR SEAT!



Canterbury Collaborative Simulation Interest Group (CCSIG)

Date: 15th December

Time: 1.00pm – 4.00 pm

Venue: Bevan Lecture Theatre, 7th Floor, University of Otago School of Medicine, Christchurch Hospital

Registration fee: No charge

Draft Programme:

- *"HUMAN FACTORS IN MEDICAL DEVICE DESIGN: SIMULATION AS A TOOL." – Michael Sheedy, Bio Medical Engineer*
- *SIMULATION IN THE MILITARY – Sgt Garreth Pratt, Instructor, DHS(NZ)*
- *New Zealand Defence College, Burnham*
- *SIMULATING COMPLEX HUMAN BEHAVIOUR- AN AVIATION PERSPECTIVE' - Captain Ian Munro. Airline Training Manager | Mount Cook Airline*

TO REGISTER PLEASE CONTACT: [Professional Development Unit.](#)

