



The ongoing focus on making it better

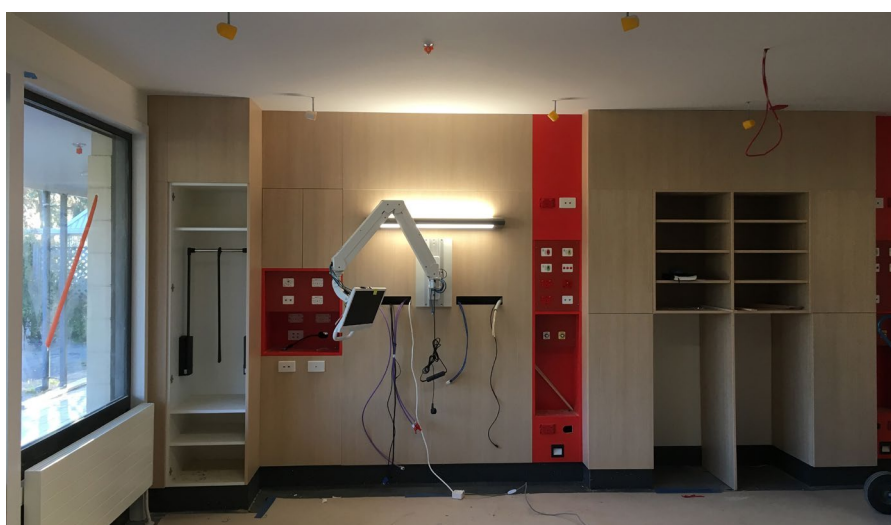
Without a doubt the highlight of the past two weeks has been the time I've spent with General Manager Christchurch Hospital Pauline Clark and her team on the Christchurch campus and General Manager Dan Coward and his team at Burwood Hospital.

I was delighted to have time to talk with and listen to so many staff and hear what they're most proud of, what their challenges are and talk through future plans.

This winter has seen the early arrival of influenza with up to 60 beds per day being required for people with the flu. This has meant that occupancy at Christchurch Hospital has been well beyond its capacity over the past six weeks, which has required an absolute focus on patient flow. I have been so impressed with the active way patient flow is being monitored and managed to ensure timely care, and a safe discharge to the community. The importance of assertive rounding has reinforced the importance of the need for the whole system to be working for the whole system to work.

Many of our staff have also succumbed to winter ailments, so with fewer staff than usual and more patients there have been some challenging times to ensure that appropriate staff levels have been in place.

Visiting Ward 23, I was again struck with the complexity of the patients that are being cared for and the impacts of physical constraints of our facilities, with general medical patients scattered across 12 wards. The attention to handwashing and preventing cross-infection was very much in evidence, with curtains being the main physical barrier in some areas. Again, thank you for the



A patient bed space at Burwood Hospital's new Spinal Unit

extraordinary lengths so many of you continue to go to, to ensure excellent care.

In spite of all the challenges, the care and compassion that patients receive day in and day out was very visible.

Theatres are very focused on the logistics associated with the move to the new Christchurch Hospital Hagley building. While the new theatres and theatre capacity are much anticipated, running theatres across multiple locations on the Christchurch Hospital campus is extraordinarily complex. I was again so impressed by the level of detailed planning that underpins the lead up to what will be one of the biggest ever hospital moves to be undertaken in New Zealand.

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Over at Burwood Hospital, it was also a chance to see the work being undertaken in the Spinal Unit. Bringing a new design to rooms, incorporating the technology of overhead entertainment screens, storage for clothing and personal items designed for our patients who are in wheelchairs alongside line of sight to nursing stations for patients who rely on ventilation. This environment is the only inpatient setting outside of an Intensive Care Unit environment where these patients are cared for. We provide a national service for patients with spinal injuries who, over time, are being weaned off ventilators. This requires experienced staff with expertise in this area. The staff are excited about the impending move in September back to the unit and the enhancements to the environment for the patients and national service they provide.

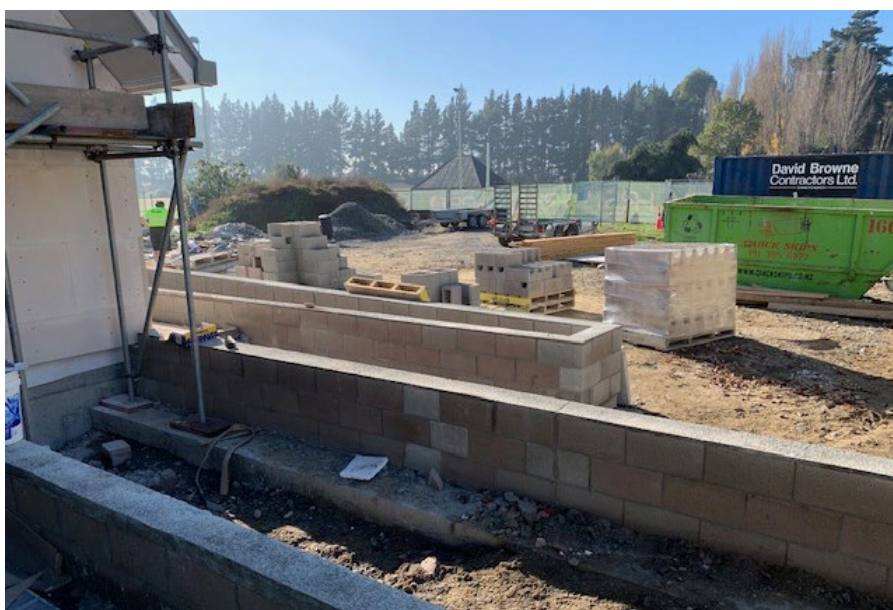
Again, across so many services at Burwood Hospital – including Adult Rehabilitation, Allied Health Services, Burwood Day clinic, Older Persons Health Inpatient Services and Older Persons Mental Health Services – ongoing continuous improvement was so very evident. The impact of purpose-designed facilities and environments that support the delivery of patient-centred care was talked about with pride by so many of the staff – it does make a difference. The emphasis on pressure injury management with the roll-out of PURPOSE-T (a skin risk assessment tool developed by the University of Leeds) is seeing ongoing improvements and replaces the Braden Scale assessment tool currently used at Burwood Hospital.

Another initiative has seen all of the Older Persons Health wards developing action plans as a result of undertaking a “Rethinking Rehab” approach. There are three work streams that were identified at the last workshop:

- › The Orientation and Resource Work Stream Leader is led by the Clinical Director for Older Persons Health. This will see a review of current resources and information provided to inpatients and their whānau. Development of this information will better support the inpatient journey and each patient’s transition back to the community – including falls information, community support groups and medication management.
- › The Goal Setting Work Stream further focuses on developing the concept of patient-centred goals supported by the Interdisciplinary team but driven by the patient.
- › The use of Volunteers to Support Rehab Activity within the ward environment, building on our programme to date. This includes assisting over lunchtime and with early afternoon activities, and also developing the current music groups to provide wider coverage and participation.



Another patient bed space at Burwood Hospital's new Spinal Unit



A ramp into the new Spinal Unit nears completion

Canterbury DHB named as a finalist in the EMS [Enviro-Mark Solutions] Excellence in Climate Action Award

I am incredibly proud of the work carried out by our people. Many years of work by Community and Public Health clinician Dr Anna Stevenson led to us becoming involved with CEMARS and set the whole process in motion. Another key person in this process is Tim Emson our Energy Manager and his team whose work has contributed to us being a fully CEMARS-certified organisation. CEMARS stands for Certified Emissions Measurement And Reduction Scheme. The aim of the scheme is to properly and thoroughly calculate and then manage an organisation's carbon footprint.

It's only when you start measuring you can see the impact of your activities. That process started back in 2014, and once we had the baseline measurements we were on a steady path to reduce them. Since 2014, we've reduced our emissions by 20 percent, making us one of the country's top 20 reducers.

Investing for the future pays dividends – our modern biomass boiler plant at Burwood Hospital has been revolutionary, and we intend to switch to biomass instead of coal at our new Christchurch Hospital boilers which has the potential to prevent almost 20,000 tonnes of CO2 being released into the atmosphere every year. As an organisation committed to the public good, we are proud to be leading the move to more sustainable options when investing in new plant, equipment and supplies.

The Enviro-Mark Solutions Awards recognise the top carbon reducers from the past year and organisations who have shown exceptional leadership in environmental management. Canterbury DHB is a finalist for the Excellence in Climate Action (large organisation) award. The awards ceremony will take place in Auckland early in August. Whether we win an award or not, it's fantastic to be recognised as a finalist, but what's most important is that we are on this journey and committed to reducing the impact of our actions on our planet.

I'm thrilled that we have a committed group of staff from a range of services who come together to share ideas and introduce environmentally-friendly changes to the way we work. If you have sustainability ideas you'd like to share, talk to your manager in the first instance. You can also email the chair of the group, Public Health Physician Anna Stevenson at Community and Public Health. There's also a staff interest group, Sustainable Health 4 Canterbury co-chaired by Oncologist Iain Ward and Anna Stevenson. If you'd like to receive updates from the group, please email tracy.abbot@cdhb.health.nz.

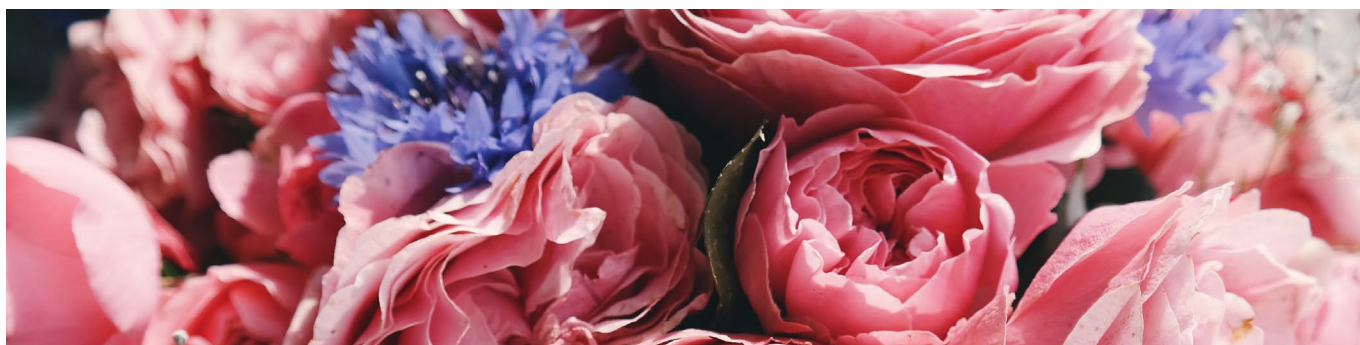
Haere ora, haere pai
Go with wellness, go with care



David Meates
CEO Canterbury District Health Board

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

Ellesmere Hospital

My dearest friend is in Ellesmere Hospital under palliative care. What an amazing place. The staff are absolutely incredible and Manager Linda Lenjtz is second to none. The care given is so totally underrated. A huge thank you to this wonderful hospital.

Pauline, Level 3, Christchurch Outpatients

What an absolute delight to be served by your receptionist Pauline. She always greets me with a smile and a kind word. Willing to help – even getting me a cup of tea when I had a long wait. She brings a smile to my face each time I see her.

Birthing Unit, Christchurch Women's Hospital

I want to say a huge thank you to all the incredibly professional and supportive staff from the Birthing Unit at Christchurch Women's Hospital. The care we received during our admission was second to none, and we felt so safe and supported for the duration of our admission despite the obvious staffing shortages. Words really cannot describe how grateful we are for the staff during this difficult and trying experience of childbirth and the complications that arose. Special thanks to Midwives Louise, Rochelle, Charlotte and Kylie. And to Dr Ben and Anaesthetist Rory. You guys are awesome – never stop doing what you're doing. We couldn't have done it without you.

Maternity, Christchurch Women's Hospital

I had a baby by caesarean section and want to pass on some feedback for some of the midwives we had during our stay. Darryl Brookes was absolutely fabulous. His sense of humour and helpful explanations just made the whole process so much easier. Working with him was a student midwife named Annaliese who was also lovely. She was reassuring and so helpful. On the wards in the days following my caesarean section we had three lovely midwives. One was called either Alice or Elise, Sheree Corbett and Peyton. All three were friendly, great at communicating and so helpful. They really made us feel comfortable and safe during our stay. People are always quick to give negative feedback so I hope this positive feedback can be passed on.

Emergency Department (ED) and Coronary Care, Christchurch Hospital

I was recently admitted to Christchurch Hospital, requiring urgent heart surgery and a stay in the Coronary Care Ward. I have not been in the hospital system for many years, and I feel I must make comment. Every person I dealt with face-to-face – consultants, ED doctors and nurses, the surgeon, the theatre nurses, the ward doctors, the nursing staff on the ward, the technical people (e.g. the Sonographer) and the support staff

(e.g. the ladies who delivered the meals) – were absolutely delightful. However, it was the ward nurses particularly who stood out for me. I was blown away by these people. The level of care was outstanding. They showed a high degree of professionalism, knowledge and skill, without sacrificing, in any way, their friendliness, their sense of humour, their respect for the patients, and their deep concern for the welfare of the patients. The people within the system are, I would suggest, probably among the best in the world. They have my deepest respect, and my sincere thanks for the wonderful care I was given. I would be grateful if these comments could be passed on to the Board, and to the Senior Management Team of the Christchurch Hospital.

Emergency Department (ED), Acute Medical Assessment Unit (AMAU), and Ward 27, Christchurch Hospital

I was admitted to Christchurch Hospital in July. I was efficiently processed through the Emergency Department then on to AMAU and had my final night in Ward 27. I would like to compliment all the staff who attended to my health needs in a friendly, caring and efficient manner, despite the extremely busy period of admissions. The orderlies, cleaning and meal dispensing staff, and nurses and doctors were excellent. Your system of processing and treating sick patients is excellent in my opinion. There are two staff

I especially would like you to thank Michael in AMAU – he is such a nice chap and showed genuine empathy for patients and was very efficient in administering drugs and making patients feel secure and safe. Always had a smile, and showed such energy and dedication you had to get well. He should be valued as an employee. The second staff member I would like you to thank is Wilma Banez, a student nurse on Ward 27. Wilma is a very dedicated nurse and has natural nursing talents. She has a strong work ethic and lovely attitude to patients, including a lovely smile and perfect manners. I have no doubt that on graduation she will become an excellent nurse. Please thank her on my behalf. Lastly, many thanks to all the staff who work in Room 9 on Ward 27. The care and love they displayed to the patients was a joy to behold. Well done – they should be very proud of their efforts. As for me, I am very pleased to be at home and making a good recovery, thanks to your skilled staff.

Surgical Progressive Care Unit (SPCU), Christchurch Hospital

During my stay in SPCU, the patient next to me became unwell and started throwing equipment around. The staff who dealt with this incident were calm, rational and very professional. The staff checked on my welfare and shifted me promptly after the patient became unwell. I was unable to get out of bed. I felt safe during the incident due to their care and concern and would like to say thank you very much.

Ward 15, Christchurch Hospital

I just wanted to say a massive thank you to the Ward 15 staff who looked after me so well during my stay. The staff are amazing and work incredibly well as a team. Even when things looked not so great, the staff were compassionate and kind. To all the staff of Ward 15, thank you for your support.

Day Surgery Unit, Christchurch Hospital

Thank you for looking after me. The team made the surgery effortless and kept me informed. Thanks to Claire who looked after me.

Orthopaedic Trauma Unit (OTU), Intensive Care Unit (ICU) and Emergency Department, Christchurch Hospital

Amazing staff. Nurses, orderlies, everyone has been so helpful, kind and supportive – especially Sven and Steph in OTU, Miriam and Olivia in ICU and Dr Phil Brown. Thank you all.

Wards 14, 27 and 28 and Acute Medical Assessment Unit, Christchurch Hospital

I cannot thank Christchurch Hospital enough for the wonderful care of my late husband during the month of May. From doctors, diagnostic technicians, nurses, carers, palliative care, social welfare and kitchen and cleaning personnel. Dedication to detailed expertise in his care. Words cannot express enough thanks for the remarkable respect my children and I were shown during his stay and kept well informed of his condition at all times. The meals were exceptional. Special thanks must go to Neville Patrick and his team. We are so lucky to be living in Christchurch and served by a great hospital.

Eye Outpatients, Christchurch Hospital

On 12 June my nurse Jean was very supportive in my moments of anxiety pre-eye surgery. The medical team rostered for my surgery 100 percent supported me, for which I was most grateful. They reassured me in every area. I feel very lucky to have had my eye surgery through the public system. Thanks to you, Jean, for everything you presented to me before and after surgery. Without your team I would still not be able to have my vision. Again, I appreciate the Eye Clinic medical team for all your care.

Ward 14, Christchurch Hospital

Your staff are the best. Thanks for all the hard work for my mum.

Oncology Day Ward, Christchurch Hospital

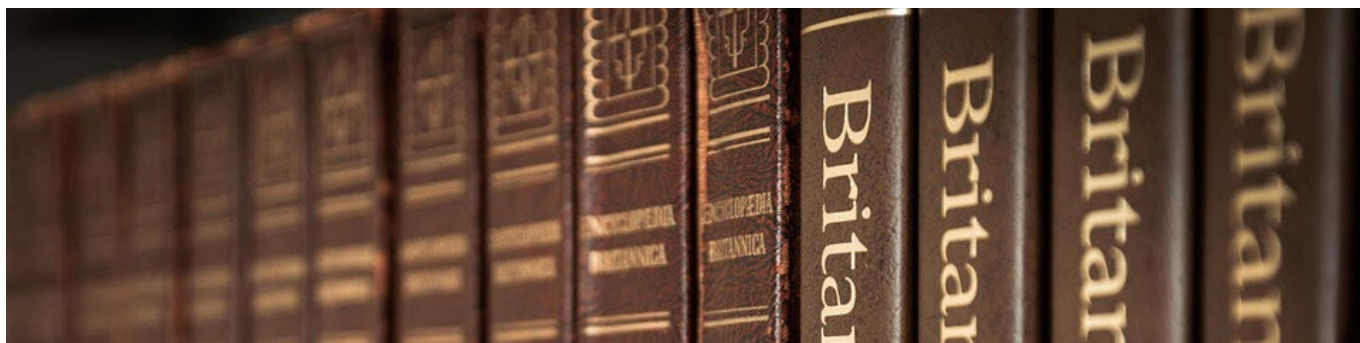
Fabulous care in the Oncology Day Ward. Cindy, our nurse, was proactive, noticing irregularities with a PICC (peripherally inserted central catheter), and the care when getting it removed by Cindy was superb. Bronwyn was thoughtful and listened to our concerns. She implemented steps to make the next stage more bearable.

Radiology, Burwood Hospital

Lovely Radiology staff. Considerate and caring.

Ward 19, Orthopaedic Trauma Unit, Christchurch Hospital

My family and I would like to express our heartfelt thanks for the treatment and care my son received during his stay at Christchurch Hospital. We are especially grateful to the following staff for all you have done for us: Dr Tee (who called us in Hong Kong as first contact), Dr Sharma, Dr Cockfield, Dr Sharr, Dr Eason, Dr Nick Lash, Dr Adam Simpson, Dr Philip Brown, and Dr Ann Jun. Intensive Care Unit nurses Grace and Jodie, Ward 19 Charge Nurse Manager Karen Wilson and Nurses Kim, Ethan, Fiona, Julie, Sven and Dave, also Social Worker Marilyn Gibb and many other hospital staff. I am so impressed by your dedication and care to the patients. Wishing you all the best.



The Library

Browse some of the interesting health-related articles doing the rounds.

"[New sensor could shake up earthquake response efforts](#)" – A new optical sensor may reduce the time it takes to declare a building affected by an earthquake to be safe to reoccupy. This potentially offers a huge advantage for important critical buildings such as hospitals to be operational again faster. From *Science Daily*, published online: 11 July 2019.

"[Lessons learned from health policy changes aimed at reducing inequities](#)" – A study looking into policy changes reveals Māori are still facing barriers to accessing the right health care. From *Health Central NZ*, published online: 18 June 2019.

"[Let's talk about the notion of cure](#)" – A patient reflects on the importance of language when it comes to a health condition or diagnosis and the need to provide a balance between offering hope and managing expectations. From *British Medical Journal*, published online: 5 June 2019.

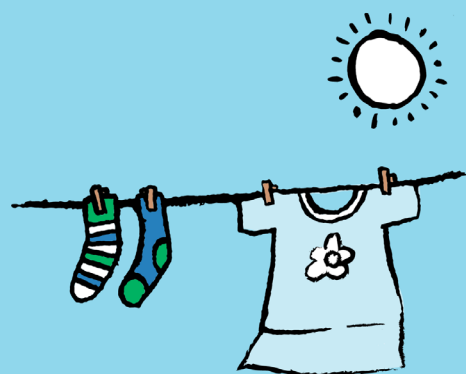
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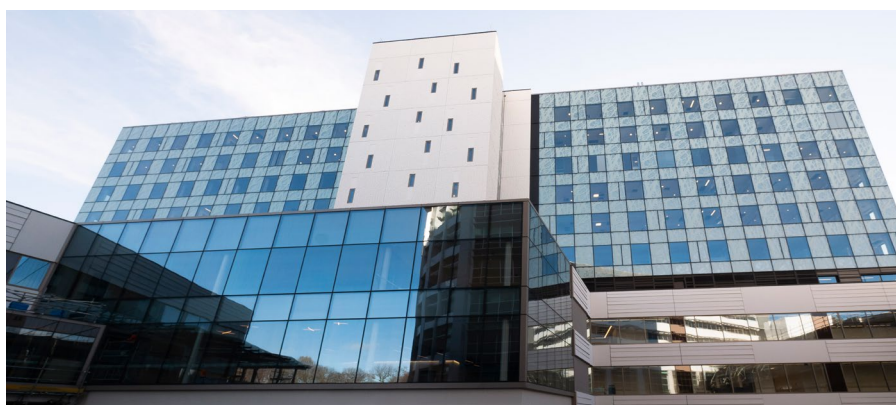
all
right?

IT'S
ALL RIGHT
TO KEEP
TICKING
ALONG.



Facilities Fast Facts

Christchurch Hospital Hagley/Acute Services building



The protective covering has been removed from the front of the windows of Christchurch Hospital Hagley, providing a glimpse into the foyer of the new building.

The image top left shows some of the 1300 glass panels that make up the curtain walls.

It's quite a different sight compared to the image bottom left taken from virtually the same vantage spot four years ago in July 2015, when the concrete pours for the foundation were underway.



Diabetes building demolition

While it's moving quickly, there is still about a week to go before the crane will have made its way through the Diabetes building. Staff in Canterbury Health Laboratories will still experience some noise and vibration while the building comes down.





Let's get ready to move

Christchurch Hospital Hagley

Update No:12

Train-the-trainer kicks off for orientation and training

Last week the Christchurch Hospital Hagley Operational Transition team met the group of trainers who will be responsible for coordinating the orientation programme for the building within their areas.

This was the first of the train-the-trainer meetings ahead of the roll-out of the orientation programme.

There will be tours of the new building as part of the orientation. Each tour will take approximately four hours and will include learning about fire and emergency procedures, evacuation chairs, building access, linen storage, medication rooms, and clean and dirty utility rooms.

A large portion of time has been allocated for training on the use of hoists and Lamson tubes as these are different from what staff are used to. Each tour will also feature an opportunity to practice a clinical emergency that will test wayfinding, use of the annunciator (the screens and light



system that alerts nurses to someone needing assistance in their area), locations of the clinical emergency buttons and access to the arrest trolley.

You will need to have completed the online healthLearn orientation modules before you can tour the facility. The module is expected to be online in early August.

From the heart

At the centre of each tower on each level is a space known as the 'heart space'. This is an area designed as a social hub with tables and chairs and comfortable seating where patients and family members can sit away from the wards. There are beverage bays in each area equipped with ice makers, fridges and hot water.



The 'heart space' in Ward A3 (currently Ward 15 – General Surgery)

Making it lean

Much of the design of Christchurch Hospital Hagley is underpinned by the guiding concept of lean thinking principles. The linear multi-bed ward is one example of what this looks like to help create improved patient spaces using these principles.

But what is lean thinking? In this [video](#), Director of Service Improvement Brian Dolan explains how lean thinking works in a health environment, and some of the significant outcomes that result from working with lean principles.



Stay in touch – you can do this through the [Facebook page](#) or email us at letsgetreadytomove@cdhb.health.nz

On Behalf of the Committee

The Consumer Council

This week we introduce Dr Zhiyan Basharati, Chair of the Consumer Council.

The Consumer Council makes sure consumers are heard and have a strong voice in planning, designing and delivering services in the Canterbury Health System.

The council's slogan is 'nothing about us, without us,' meaning that health care should always be planned with consumer involvement, right from the beginning.

The Consumer Council was formed in 2008 following a series of workshops with consumers, advocacy and lobby groups. Through this process, the concept and key functions of a consumer council evolved. The council has continued to meet monthly and meets with Canterbury DHB CEO David Meates on a regular basis, making the role of the Consumer Council a pivotal and influential one for consumers.

As well as engaging with the community, the council identifies and advises on strategic issues, such as health policy, and establishing the priorities and direction for our services; reviews and advises on reports relating to health care, and their outcomes, from the consumer perspective; and links with special interest and other groups to work on issues and problems.

There are 16 nominated members whose particular areas of interest include Māori health; Pasifika health; mental health; people with long-term conditions; people with physical, intellectual and sensory disabilities; older people; youth; men; women; rural communities; refugee and migrant communities; people with visual and hearing impairments; and people with alcohol and other drug addictions.

Zhiyan joined the Consumer Council more than two years ago, and has been Chair since the start of this year. She has a passion for migrant and refugee health advocacy, and is from a refugee background herself – something that has enabled her to better connect with these communities.

"As we become a more multicultural society, it's important that we include representation from minority groups. We work hard to connect with these communities and understand their mind-set so we can engage with them in the best, most effective way possible," Zhiyan says.



Members (and the topic area they advocate for):
Back row from left, Julie Shepherd (women's health), Toe Smith (Pasifika), Pauline Mohi (primary health organisations)
Front row, from left, Julie Whitla (alcohol and drug harm prevention), Gary Endacott (physical disability), Zhiyan Basharati (refugees and migrants, and Consumer Council Chair), Miles Jackson (older person's health, and Deputy Consumer Council Chair), Joanne Gumbrell (rural health), Darryn Williamson (mental health), Henare Edwards (Māori health). Absent: Sue Le Mesurier (disability) and Tom Scott (disability)

Members of the Consumer Council have diverse backgrounds, knowledge and skills, but are all on the same page when it comes to consumers being able to access the best possible care from the Canterbury Health System. Some make significant travel commitments to get to the meetings because they see the importance of them.

Members are selected not as representatives of specific organisations or communities of interest, but because collectively they have a broad range of understanding and experience of how it feels to be a consumer, and what consumers need.

"It really is a privilege to be Chair of the Consumer Council and to be working with a group of engaged, caring people, all working hard to do what we say we will do, and creating positive change for the consumers we represent," Zhiyan says.

If you have any questions about the Consumer Council, email consumer.council@cdhb.health.nz. Minutes from previous Consumer Council meetings [are available here](#).

Looking after yourself

Compassion fatigue: Caring for the carers

Canterbury has had more than its fair share of challenges over recent years, including earthquakes, fires and terrorism.

It's been a lot for the community and especially Canterbury DHB staff to deal with, so it seems timely to talk about caring for the carers.

Compassion is defined as empathy or deep awareness of another's suffering, coupled with a desire to alleviate it. Fatigue is a result of prolonged physical or mental activity, often synonymous with tiredness or weariness.

Applying self-care strategies on a day-to-day basis can help avoid compassion fatigue. Some ways you can help avoid it include:

- › Ask for help, it's not a sign of weakness
- › Implement mindfulness into your day. Increased awareness of yourself and your emotions can help you to handle difficult scenarios more easily
- › Remember to take breaks
- › Maintain a healthy diet
- › Get regular exercise
- › Look after your wellbeing.

Have you been feeling a little less compassionate in your work? Some of the signs and symptoms can include physical and emotional exhaustion, irritability and bottling up emotions.

It is important to have a good understanding of compassion fatigue and recognise when you may be experiencing it more than usual, so you can ask for support, and offer it to your colleagues if they look like they're struggling.

Later this month, Tayyab Rashid will present on this in his talk, 'Compassion fatigue: Caring for the carers.' Tayyab is a clinical psychologist who has worked with people experiencing severe trauma, including 9/11 families, survivors of the 2004 tsunami and Syrian refugee families.



He has expertise in enhancing resilience and has recently won the Outstanding Practitioner Award from the International Positive Psychology Association (IPPA; 2017) and the Chancellor Award from the University of Toronto (2018).

The event is free and open to all Canterbury DHB people to attend.

Compassion fatigue: Caring for the carers

Presented by Clinical Psychologist Tayyab Rashid

Wednesday 24 July 1.00–2.00 pm

Room 302, 3rd Floor, Manawa Building, Christchurch Campus

Project assessing bedside blood test awarded research funds

Canterbury DHB has been awarded \$1.15 million by the Health Research Council (HRC) for a new quality improvement project assessing a fast bedside blood test that can show if a patient is having a heart attack.

HRC is the agency responsible for managing the Government's investment in health research. It allocates funding through an annual funding round for researcher initiated projects.

Of the 53 project grants awarded this year, only two were given to district health boards.

A wide stakeholder team, led by Christchurch Hospital Emergency Medical Specialist Martin Than, is conducting a three-year project, "iCare-FASTER improving care by FASTER risk-STratification in the EmeRgency Department". HRC has awarded it \$1,152,385.

New Zealand was the first country in the world to have access to and test the next generation of bedside blood tests for heart attacks, he says.

"Importantly, we showed that the test could safely exclude, in more than 50 percent of patients, the possibility that they were having a heart attack with just a single blood sample taken when they first arrive in the Emergency Department (ED)."

The test is quick, taking only about 15 minutes compared to one to two hours at a central laboratory. This means

it could markedly shorten the time needed to reassure patients they are not having a heart attack, enable more patients to be discharged early from hospital, and reduce ED overcrowding, he says.

"We will monitor the implementation of this new test in 10 diverse urban hospital settings throughout the country in order to assess how quickly and efficiently it works in practice."

Christchurch Hospital's ED published the initial study last year that indicates the new point-of-care blood test could rule out heart attacks within 15 minutes as accurately as a standard laboratory test.

The study, published in the [*Journal of the American Medical Association*](#) (JAMA Cardiology), was a collaborative effort by Canterbury DHB, the Christchurch Heart Institute (University of Otago), the Heart Foundation, Canterbury Medical Research Foundation and the Emergency Care Foundation.

Martin, who was a senior author on the study, said at the time that current point-of-care tests can lack the precision of this new method which is centred on a measurement of cardiac troponin – a protein in the blood. The results have exciting potential for not only EDs but also isolated healthcare providers – such as those in rural communities – worldwide.



Cantabrians urged to look after themselves as flu season hits region hard this year

Canterbury is continuing to experience a significant wave of influenza, with 611 influenza-related hospitalisations already this year.

Canterbury DHB is reminding people that there are some simple ways to stop the spread and look after themselves and their loved ones this flu season.

Canterbury Medical Officer of Health Ramon Pink says if you get the flu, the best way to help prevent spreading it is to stay home from school or work if you're sick.

"Proper coughing and sneezing etiquette is also key – cover your mouth and nose with a tissue or use your elbow if you're caught short, and wash your hands often with soap and water or use hand sanitiser.

"You should call your general practice team 24/7 for advice rather than visiting in person. After hours, follow the instructions to be put through to a nurse for free health advice," says Ramon.

Canterbury DHB has produced a '[Coping with the flu at home](#)' brochure, containing practical advice for people on caring for someone with the flu, including:

- › how to treat the symptoms at home
- › danger signs to look out for, especially in young children/babies
- › when to seek medical advice and where to go.

The '[Coping with the flu at home](#)' brochure is available online in the following languages: English, Māori, Hindi, Korean, Samoan, Simplified Chinese, Traditional Chinese and Tagalog.

Thanks to a great response from Cantabrians, flu vaccine supplies are now limited but they are still available from General Practice teams and some pharmacists for the following priority groups:

- › people over 65
- › pregnant women (any stage of pregnancy)
- › those with long-term health conditions such as heart disease, stroke, diabetes respiratory disease (including asthma that requires regular preventive therapy), kidney disease and most cancers
- › children aged four years and under who have been hospitalised for respiratory illness or have a history of significant respiratory illness.



Smokefree Pregnancy Incentive Programme motivating women to give smoking the flick

Te Hā – Waitaha recently received encouraging results from an independent evaluation of its Pregnancy Incentive Programme, which found a substantial increase in referral, enrolment and retention rates.

The Pregnancy Incentive Programme was designed in 2017 by a group of maternity, child health and smokefree experts to support pregnant women/hapū māmā who continued to smoke during pregnancy to become smokefree.

It consists of three incentive payments (\$50, \$80 and \$100) paid in Warehouse vouchers when the hapū māmā reaches specific milestones, and a mother and baby package (\$70) to celebrate a smokefree birth. A free Quickmist (nicotine mouth spray) is provided to each woman, and free Pēpi pods are also distributed in the third trimester, providing another opportunity for re-engagement.

“The qualitative information from the programme participants was very positive, with the women reporting high rates of satisfaction with the programme, and a belief that the incentives helped maintain their motivation,” says Canterbury DHB Smokefree Manager Vivien Daley. “Midwives feel that being able to offer the incentive programme makes it easier to address smoking with their clients, and that the client is more likely to consent to a referral to Te Hā – Waitaha Stop Smoking Canterbury.”



‘Pregnant and smoking’ rates have changed very little in the last 10 years, although smoking rates in the general population have consistently decreased over that time. Pregnancy is a strong motivator for many people to become smokefree but, for some women, the daily



challenges and complexities of their lives make it more difficult to address their addiction.

Māori and Pasifika are over-represented in the ‘pregnant and smoking’ group but the Pregnancy Incentive Programme shows that it can contribute to addressing these ethnic inequities, with higher rates of referral and uptake of Māori and Pasifika in the programme proportionally, when compared to the population of ‘pregnant and smoking’. Moreover, the proportion of Māori and Pasifika who remained in the programme and achieved the smokefree milestones and a smokefree birth increased as the women passed the smokefree milestones.

Te Hā – Waitaha intends to proceed with the Pregnancy Incentive Programme. The programme is a cost-effective way to reach right into the heart of families/whānau, provides a positive tool to support health professionals to refer to the stop smoking service, and helps to provide continuing motivation for hapū māmā in Canterbury who are unable to stop smoking without significant support.

A two-year evaluation is planned, to enable more complete data to be gathered for every participant, as the current one-year study was not able to accurately estimate the number of smokefree births.

Te Hā – Waitaha is keen to work with midwives and other health professionals to find ways to engage the other 50 percent of the hapū māmā in Canterbury who continue to smoke but have not been referred to the service.

For further information about the programme, please contact ABC Smokefree Coordinator Lorraine Young on lorraine.young@cdhb.health.nz or 021 723 208.

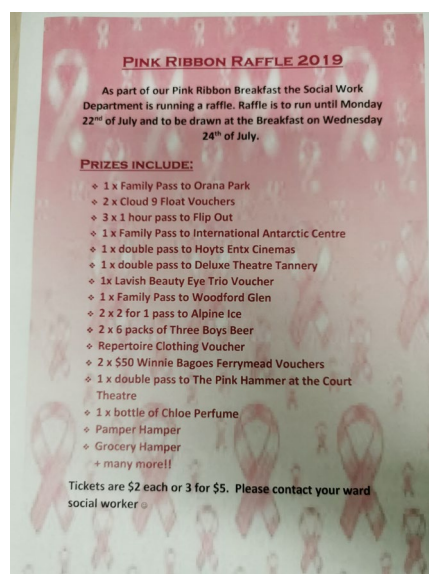
Pink Ribbon breakfast and raffle

It's that time of year again and the Social Work Department is having its annual Pink Ribbon Breakfast.

The pink ribbon is an international symbol of breast cancer awareness, and Pink Ribbon Breakfast is Breast Cancer Foundation NZ's biggest fundraising campaign. Last year, more than \$2.1 million was raised.

The money helps fund innovative research projects and supports patients and their families on their breast cancer journey.

The Social Work department is holding a Pink Ribbon Breakfast to raise funds for this special cause, says Registered Social Worker Christchurch and Women's Campus Fleur Pagan.



Pink Ribbon breakfast raffle prizes



Pink Ribbon breakfast set up

"We are also selling raffle tickets throughout the hospital and there are some great prizes. Look out for the raffles on your ward or contact your ward social worker."

Last year the Social Work department raised \$3500 and are hoping to top that this year. The raffle closes on 22 July and winners will be drawn at the breakfast two days later. Prizes include a family pass to Orana Park, a grocery hamper, clothing voucher and lots more.

Breast cancer affects one in nine women in New Zealand across their lifespan. On average, nine women in New Zealand today will hear the words "you have breast cancer". Eighty percent of women who are diagnosed with breast cancer will survive 10 or more years, however, more than 600 women in New Zealand die from it every year.

Have your say on legislation prohibiting smoking in cars

On 25 June, a bill that would prohibit smoking in cars with children inside passed unanimously on its first reading in Parliament.

The Smoke-free Environments (Prohibiting Smoking in Motor Vehicles Carrying Children) Amendment Bill would allow police to issue \$50 fines for those smoking in cars who have passengers under 18 years of age. The fines won't be enforced until 18 months after the bill is passed into law.

Submissions on the Smokefree cars legislation close on **8 August 2019**.

There are two exemptions to the smoking in cars ban:

1. People can smoke in a car where children are present if the vehicle is stationary and being used as a dwelling
2. If the person smoking the cigarette is a child (there is no legal age for smoking – there is only a legal age of 18 for buying cigarettes).

For more information and to make a submission, visit the [New Zealand Parliament website](https://www.parliament.nz/en/parliamentary/bills/2018-2019/smoke-free-environments-prohibiting-smoking-in-motor-vehicles-carrying-children-amendment-bill).

Smokefree Canterbury is preparing a submission in support of the Amendment Bill.

One minute with... Bek Parry, Nutrition Health Promoter

What does your job involve?

I am the Nutrition Health Promoter at Community and Public Health. My role is to support the development and provision of environments that allow for equitable access to healthy food choices.

Why did you choose to work in this field?

It is a second career for me. As a corporate escapee (from corporate banking during the global financial crisis) and an upbringing surrounded by home-grown and home-made everything, it was an easy decision to come back to my roots. I had a desire to work in a field that supported people to reconnect with where food comes from and that food can be a fabulous thing, not simply a chore or a stress point.

What do you like about it?

Almost all of it.

What are the challenging bits?

The knowledge that for all the will in the world, the capacity for change is reliant on decisions made above population level, like supportive funding, policy and environments.

Who inspires you?

Famous: Ellen DeGeneres – brave, strong and kind.

Locally: my sister – for the same qualities.

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?

They are integral to health promotion work. My role is not about me, my work is to support others to be able to make choices conducive to their own wellbeing. In order to do this, I need to respect their starting point and allow them to lead for change that is appropriate for them, not simply what I think is best.

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

Pictures of my food.

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

Annecy, an alpine town in south-eastern France.



Bek Parry at Avalanche Peak in Arthur's Pass

What do you do on a typical Sunday?

Walk the Bridle Path with friends, with a halfway coffee (and sometimes cake) stop in Lyttelton, or drive back from Hawea if we have been down there.

One food I really like is...

Anything Mexican, tapas, or Greek. Brunch, or... all food!

My favourite music is...

Situation dependent but I can't go past some old school rock like Guns N' Roses, but also partial to the likes of Lumineers or Mumford and Sons.

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

Canterbury Grand Round

Friday 19 July, 12.15 – 1.15pm with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre

Speaker 1: Norma Campbell, Midwifery
"Update on realigning the Canterbury Maternity System"

The Board signed off a draft strategy earlier this year but this work has not stopped us looking at how we currently provide services especially at Christchurch Women's. What has been happening and what are we uncovering after being in our facility since 2005? What does First 1000 Days mean and how does it look for women and their whānau?

Speaker 2: Dr Mona Schousboe Clinical Director and Dr Sarah Berger Nursing Director, Infection Prevention and Control
"HOLY CRAB! Next Generation Anti-microbial Resistance"

Increasing levels of antimicrobial resistance in bacterial isolates are prompting global concern. Therapeutic options

are exceedingly limited in carbapenem-resistant organisms. This presentation describes the recent emergence of Carbapenem Resistance *Acinetobacter baumannii* (CRAB) and advises on implications and infection control strategies for the Canterbury region.

Chair: Alistair Humphrey

It is requested out of politeness to the speaker(s) that people do not leave halfway through the Grand Rounds.

This talk will be uploaded to the staff [intranet](#) within approximately two weeks.

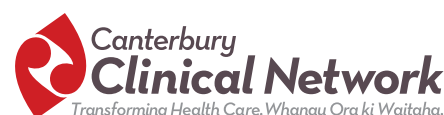
Video conference set up in:

- › Burwood Meeting Room 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge

Next Grand Round is on 26 July 2019 at the Rolleston Lecture Theatre.

Convener: Dr R L Spearing ruth.spearing@cdhb.health.nz

Canterbury Clinical Network update



Key messages from the Alliance Leadership Team (ALT) meeting held on Monday 17 June are available to read [here](#).

You can view previous key messages on the [resources page](#) of the Canterbury Clinical Network website, as well as dates of upcoming meetings via the [calendar](#).

e-CALD news

CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African backgrounds.

The latest edition includes:

- › Cervical screening communications for young Māori, Pacific and Asian women – key findings and implications report.
- › Pathways, Diversity and Inclusion Conference – Auckland, 19–20 November 2019.
- › Cross-Cultural Interest Group Seminar: "An introduction to Child Protection related legislations 2019"

Read the full newsletter [here](#).



Something For You

Something For You is Canterbury DHB's employee benefits programme.

The deals offered are from the Canterbury business community to say thank you for all that you do. You can access all your deals right [here](#). Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.

Les Mills

Interested in participating in a 21-day fitness challenge for free?

The challenge includes:

- › 21 days free access to Les Mills Christchurch (includes all classes)
- › 21 day nutritional guide
- › Wellness seminar
- › Optional body composition testing
- › One month free membership to the overall winner at the end of the challenge

It starts with an information session at Les Mills Christchurch on Thursday 18 July at 12pm. The challenge is open to all Canterbury DHB employees – all you need to do is [register here](#) before Saturday 20 July.



Ski Porters

Enjoy a mid-week ski with 50 percent off full day passes from Monday to Friday (excludes school holidays) – make sure you take your Canterbury DHB ID with you to redeem.

Ilam Toyota

Service your vehicle at Ilam Toyota and receive a free deluxe car wash, as well as a \$20 Warrant of Fitness if needed.

The Cosmetic Clinic

Treat yourself to 20 percent off all skin treatments and laser (does not include injectables and products).

Check out [Something For You on the intranet](#) for more information on these deals and more.

UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
Te Pōwhiri Hauora o Wairarapa





FREE EVENT



Canterbury
Medical Research
Foundation

2019 Athol Mann Memorial Lecture

with Prof Vicky Cameron

**The New Frontier:
Exploring Heart Disease Genomics
in New Zealand - A free public lecture
by the Canterbury Medical
Research Foundation**

Thursday, 25 July 2019
6:00 PM – 8:00 PM

Rutherford Lecture Theatre at The Arts Centre
Te Matatiki Toi Ora
2 Worcester Boulevard
The Clocktower Building

Register online at cmrf.org.nz/events
or contact Barbara Chapman on
barbara@cmrf.org.nz or call 03 353 1240

ENVIRONMENTAL SUSTAINABILITY IN OUR HEALTH SYSTEM

Canterbury
District Health Board
Te Poari Hauora ō Waitaha

PROGRAMME

Tuesday 30 July 2019, 11 am–1 pm



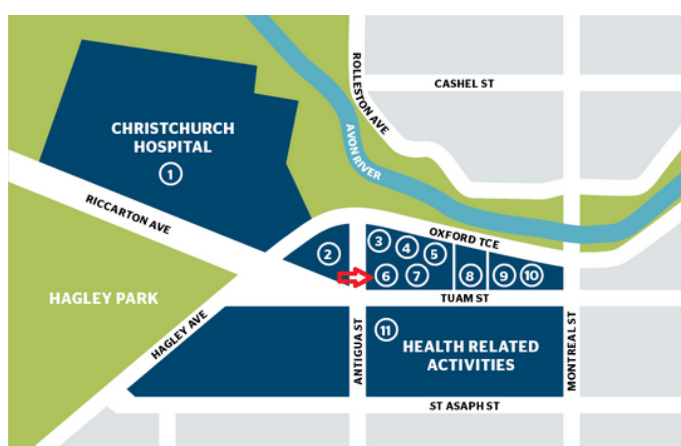
Discussion with the Hon Julie Anne Genter, Minister for Women | Associate Minister of Health | Associate Minister of Transport |

Minister Genter will discuss the Government priorities for sustainability, including transport, in the health sector.

Canterbury DHB will present two case studies on their efforts to reduce our environmental impact and how these have contributed to achieving a Gold Energy-Mark Certification from Enviro-Mark Solutions.

There will be an opportunity for questions and discussion.

LOCATION



MANAWA

276 Antigua St, corner of Antigua and Tuam Street (Building 6)

Entrance on Antigua St.
Room 102b is on the first floor.
Lift access past the reception lobby.

RSVP

Register online by Friday 26 July 2019

or contact Tracy Abbot (tracy.abbot [at] cdhb.health.nz)

