



## Our mental health and wellbeing is something we all need to explore and look after

Each year the Mental Health Foundation promotes Mental Health Awareness Week (23–29 September) to bring this topic to the fore. It aims to help raise awareness and conversations across the community and also to share resources people can access if they need support.

Mental health is not just about one week of the year though. It's a huge part of our overall wellbeing and requires daily attention and care to manage and maintain.

During the past year more people than ever before received mental health support from our health system, with one in five Cantabrians accessing mental health support. This means nearly every household in Canterbury has or knows someone who has lived experience of mental health or wellbeing problems.

We know there is an increasing demand for wellbeing support and specialist mental health services across the world, but Cantabrians have more reasons than many to seek help and support. Having lived through the 2010/11 earthquakes, many in our community have been re-traumatised by the mosque attacks and we know it will take time before we see the full effects of the impact this has had. The government has acknowledged there will be long-term impacts and has committed additional funding for Canterbury mental health services in the wake of the events of 15 March.

All Right? and Mana Ake – Stronger for tomorrow are Canterbury initiatives that promote wellbeing and positive mental health. Mana Ake has supported more than 1709 children individually and 1596 in groups since the first kaimahi began in schools in April 2018.

Focusing on the mental health of our community includes that of our staff. We are all part of the broader Canterbury community and have similar needs, as well as the additional responsibility of caring for others in our professional roles.

This year's Mental Health

Awareness Week theme is 'Exploring your way to wellbeing – Whāia te ara hauora, Whitoria.' It's a reminder that mental health is not static and that it can change over time depending on what's happening in our lives and how we respond to challenges. It also encourages us all to look at what supports our mental wellbeing so we are better able to manage the ups and downs of life, at work and beyond.

The Māori model of health – Te Whare Tapa Whā – is one approach recommended by the Mental Health Foundation to help you identify where your wellbeing is strong and where you may need extra support. Te Whare Tapa Whā describes health as a whareniui or meeting house with



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four walls. These walls represent taha wairua or spiritual wellbeing, taha hinengaro or mental and emotional wellbeing, taha tinana or physical wellbeing and taha whānau or family and social wellbeing. Connection with the whenua/land forms the foundation. When all four walls and the foundation are strong, we feel strong, too.



Thank you to everyone who shared your 'way to wellbeing' as part of Mental Health Awareness Week. To read a selection of submissions, check out page 8.

I acknowledge that many of you are working in facilities that are no longer fit-for-purpose and this can affect your wellbeing at work. There are also the daily challenges of caring for patients and checking in with colleagues, as well as looking after your own wellbeing.

There are various ways you can access support if you need it:

- › Speak with your team leader, manager or clinical leader – they can provide you with access to other support, and guidance
- › Call our Employee Assistance Programme (EAP) on 0800 327 669 [please select option 2] anytime – they provide free counselling for people and their families (just mention Canterbury DHB)
- › Contact Workplace Support on 0800 443 445 to arrange face-to-face support while at work
- › Contact 1737 – you can call or text this free confidential helpline anytime to access trained counsellors
- › Consult your GP – they help with mental as well as physical health.

The coming few months will be a challenging time for many people across the organisation, which is to be expected during times of significant change as many people are involved with the planning for, then the moving in to the new Christchurch Hospital Hagley building. There will be mixed emotions and increased pressure and I urge everyone involved in the move in particular to keep an eye on each other, check in with your own wellbeing regularly and to reach out if and when you need support.

You are Canterbury DHB's greatest asset, something I am continually reminded of when I read the compliments from patients and their whānau in the weekly Bouquets.

## Invaluable support for mental health and wellbeing workshops

I'd like to take this opportunity to thank and recognise the team at Hagley College for their support for the mental health and wellbeing workshops we have been running in the aftermath of the mosque terror attacks. We really appreciate them providing a venue and all the help and time that the team (Jenni, Thi, Graeme, Neil, Sarah, Regan and co) have given to this. It really did make an invaluable contribution to the success of the initiative. Your efforts and collaboration are greatly appreciated by us and our community.

Kia pai tō koutou rā  
Have a nice day

**Mary Gordon**  
**Acting Chief Executive**  
**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](mailto: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

### **Christine and Rachel, Community North West Team, Older Persons Health**

You have both shown kindness and empathy towards us. Keep up the great work, thanks again.

### **Ward 25, Christchurch Hospital**

I would like to thank the doctors and nurses in Ward 25. They are amazing people. Their empathy, caring, and confident way and manner, make you feel like someone cares about you when you are struggling to come to terms with your pain, dignity and surroundings. Even the lady who delivers the food shows understanding. The young nurses delivered care way beyond their years. Lovely, lovely people.

### **West Sector Crisis Resolution (CR), Specialist Mental Health Service**

I want to share my gratitude and appreciation for the work the West Sector CR team has done with me in helping me through a difficult period. I have felt supported, heard, and been provided the right combination of caring presence, as well as recognition of my autonomy and ability to make choices and take steps myself. Thank you particularly to Dr Katherine Shaw and Mike from the West Sector CR team, as well as the social worker and nurse who attended meetings with him, and offered me outstanding support and empathy.

Janine was another I had a check in with who was thoroughly lovely. It is lovely to come away with such faith in the work you do, and to know what an important resource it is for our city.

### **Acute Admitting Unit (AAU), Ashburton Hospital**

Considering it was a Sunday afternoon and the AAU was heaving, the timeframe was amazing. Dr Alanah Lin was outstanding, absolutely outstanding. She was patient, and very kind and very considerate with her questioning... Nurse was outstanding also... The unit itself is beautiful and very clean. Very grateful and very impressed.

### **Radiology Department, Burwood Hospital**

I've been here numerous times over the last couple of years. I have always been treated respectfully and courteously.

### **Bryony Simcock, Gynaecology Ward, Christchurch Women's Hospital**

We would like to thank Bryony Simcock for the excellent care and service she provided for (patient name) who arrived in a very poor state and in urgent need of surgery. Bryony rescheduled her already busy surgery list to ensure (patient name) had the urgent surgery she desperately needed. We couldn't believe the

difference the surgery made – even within 24 hours. We can't thank Bryony enough for the interest and expertise she provided and had she not acted when she did we may have had a different outcome. Bryony's personal, honest, discussions and assurances were really appreciated. Christchurch Women's and indeed the New Zealand health system is so fortunate to have a lady of her calibre. Please ensure our thanks are passed onto her. We are so very grateful.

### **Simon Addison, Canterbury Health Laboratories**

I want to say a huge thank you to one of your staff who did a blood test for our son last week. His name is Simon Addison. His bedside manner was exceptional and he made the whole process easy. This was our son's first blood test and because of Simon I don't think we will ever have an issue with him lining up for another one, should the need arise. We are very grateful and wanted to say thanks.

### **Tessa, Lincoln Maternity Hospital**

Thank you to Hospital Aide Tessa for her rawe (excellent) use of te reo. We felt well supported and respected. There was quick response and good care for baby and I. Fast response to the bell, fast follow-through with pain management and support. I felt heard and respected.

**Radiology, Burwood Hospital**

Wonderful caring staff, couldn't be better.

**Emergency Department, Christchurch Hospital**

I was treated in emergency this morning for heart issues. So grateful for excellent and fast service by everyone. Thank you so much for taking great care of me. Every single staff member did an awesome job. Well done to you all

**Christchurch Hospital**

Ryan the nurse on the front desk was awesome, best nurse ever. Kiri in the Emergency Department Ben in Ear, Nose and Throat and Dr Hayleigh Miller were also awesome, same with the nurses on Ward 11 who looked after me. Thanks team.

**Amanda, Ward 11, Christchurch Hospital**

Thank you so much Amanda for nursing my mother. I appreciate it.

**Ward 15, Christchurch Hospital**

All the nurses are awesome, so helpful.

**Ward 19, Christchurch Hospital**

I love to come here in the morning and see happy faces which brings a good atmosphere and makes you feel better. My partner has been here 14 days, which has been hard for both of us. Thank you for making it easier and more joyful. Appreciated.

**Eye Outpatients, Christchurch Hospital**

Great to have a, "can I help," person. Marvellous knowledge of the bus access, very helpful to know how to get here next time and how to leave today. All staff helpful. Makes a big difference to my stress levels. Thank you.

**Marlene, Reception, Christchurch Hospital**

I had an easier visit with the help of Marlene, which creates good vibes.

**Christchurch Outpatients**

Love your automated check in, so quick and easy. I met with Julia for a check. She was absolutely fantastic, gave great information, explanation, very thorough and so friendly. What a tremendous service.

**Bone Shop, Christchurch Hospital**

The kids' toys and fish tank make waiting here so much easier. Thank you.

**Gastroenterology Investigation Unit, Christchurch Hospital**

Whole experience really great. Nurses professional, attentive, and not brusque. The procedure great and Jan good. Comfortable bed under me with warm blankets on top and a friendly, professional team. Chairs to relax in and lunch after, great.

**Ellie, Ward 28, Christchurch Hospital**

Thank you Ellie for respecting my auntie.

**Social Worker Eugene, Acute Assessment Unit, Ward 26 and Ward 14, Christchurch Hospital**

I wanted to pass on some feedback re my recent experience when my mother was an acute admission to the hospital... She was in the acute assessment area first then on Ward 26 and then into Ward 14... Right throughout her stay she received excellent care and I could not fault her treatment... She even commented how great the meals were. However one staff member stood out. This was the social worker who coordinated all the items for discharge and respite care - his name was Eugene. He was so helpful, engaging with Mum and efficient (from my perspective) which made the discharge and transfer into respite care so much easier. His attention to detail including having an orderly arranged to bring Mum down by wheelchair for me to collect from the drop off/pick up zone made my life so much easier. The care Mum received in hospital was fantastic and a credit to all those involved.

## Big Shout Out

**Guy, Food Services, Christchurch Hospital**

I'm a nurse on one of the wards and I want to give some feedback on Guy who works for Food Services. He goes above and beyond for the patients and is such a liked and valuable member of the care team. He takes the time to talk to patients, he remembers them and their food preferences personally, and he goes out of his way to find something for everyone. Even when patient needs change at the last minute, he always seems to rustle something up. He notices when patients are not eating and takes a genuine interest, he discusses things with the nursing team (for example recently he felt a patient wasn't able to eat a particular diet very well and made a point of finding the patient's nurse to discuss this - resulting in their diet being changed and the patient enjoying their meals much more). He's respectful to everyone, knows people's names. When the ward receives cards or emails from patients thanking the team, it is not unusual for him to be mentioned by name. Guy is someone who really cares and is he is absolutely fantastic at his job. Canterbury DHB is lucky to have him.

#carestartshere

# Facilities Fast Facts

## Christchurch Hospital Hagley



**CDHB STAFF ARE  
INVITED TO AN  
OPEN DAY  
AT CHRISTCHURCH HOSPITAL  
HAGLEY**

Friday 4 October either 10am-12pm or 2-4pm



**Take the opportunity to look around the new Hagley building. Meet some of the people who have been involved in the behind-the-scenes work to make the facility a reality.**

Entry to the building is through the new Emergency Department entrance from the drop off area to the left of Christchurch Women's Hospital (look for the entry flags).

This is a sneak peek of the building and the route takes you through the Emergency Department, Emergency Radiology, Children's High Care areas, A3 and the foyer.

There will be staff and volunteers to answer any questions but you will be required to follow the route.

Please wear soft-soled and closed-toes shoes.

For more information on the Open Days, the route, and all migration updates, please see the Let's Get Ready To Move intranet page.



# Let's get ready to move

## Christchurch Hospital Hagley

Update No: 22

### Blessing for Christchurch Hospital Hagley

Christchurch Hospital Hagley will be officially blessed on Wednesday 2 October by a team from Māori Health, our hospital chaplains and associated church ministers, led by Canterbury DHB Kaumatua, the Reverend Maurice Gray.

Expected to last around two hours, the Blessing group will be divided into 10 different groups that have each been designated an area to bless.

This is a special occasion, not only for its spiritual significance, but also because it marks the start of a series of events, including the staff and public open days, leading up to the building's official opening.

A large group of people, including the city's heads of churches, Canterbury DHB chaplains, members of local iwi and Canterbury DHB staff, will be helping with the blessing.

During the ceremony, the groups will go to various floors of the building where the blessing and prayers will be said, followed by a sprinkling of blessed water. The ceremony will close with waiata/hymns and kai.

If there is a particular area that you would like to go to, please check the [intranet](#) for the different areas and routes for each of the groups. You are welcome to join any group, but please note, there will not be an opportunity to leave the group.

If you would like to attend the blessing, please RSVP to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)

Please note the requirement to wear soft-soled, closed-toe shoes.

#### Have you completed the orientation yet?

Remember to sign up for [healthLearn](#) and start your orientation for Christchurch Hospital Hagley.

### How is your Five S-ing going?

This week we look at the next step in the Five-S programme – Standardise. We all love being individuals and having our own way of doing things, but at work to save time and keep our patients safe we have a responsibility to do things consistently and correctly. [In this video](#), Director of Service Improvement Brian Dolan explains the easy way to do this.

**Standardise**

Standardise creates a system of tasks and procedures that will ensure that the principles of 5S are performed on a daily basis.

Original Japanese word : Seiketsu

清掃

The slide features a row of 12 cards at the bottom, each with an illustration and text, representing the 5S principles: Seiri (Sort), Seiton (Set in order), Seiketsu (Shine), Shitsuke (Sustain), and Soko (Safety).

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

# On Behalf of the Committee

## The Alcohol Strategy Working Group

*This week we introduce Anna Stevenson, Chair of the Alcohol Strategy Working Group.*

Alcohol is a public health issue because of the harm it can cause to individuals, whānau and communities.

This is not just because of the potential for intoxication and the risk of acute injuries and motor vehicle accidents, but also the potential for addiction, the worsening of mental health conditions and long-term chronic disease, foetal alcohol spectrum disorder, family violence, crime and other social harms. In New Zealand, alcohol is estimated to contribute to 800 deaths a year, of which nearly half are injuries, almost one third are from cancer, and more than a quarter are from other alcohol-related diseases.

Our health system also absorbs significant costs due to alcohol-related harm: in 2011 the wider cost of alcohol-related harm to the Canterbury Health System was estimated at \$62.8 million.

The Alcohol Strategy Working Group was formed to support the implementation of the [Canterbury Health System Alcohol-related Harm Reduction Strategy](#).

Launched earlier this year, the strategy is the realisation of Canterbury DHB's commitment to developing an alcohol harm reduction strategy and addressing the population level outcome of 'reduced harm from alcohol' within the Canterbury Health System.

"A health system that addresses alcohol-related harm means working together to raise awareness of the impact of alcohol use. It also means supporting people to make better informed choices about drinking, promoting healthy environments, better coordinating services and improving how harm is measured," Anna says.

A large part of the committee's work is establishing links with other work streams/service level alliances or services that already have activities underway to reduce alcohol-related harm within their own work-plans. Through assisting with visibility and coordination, this helps ensure minimal work duplication, resulting in maximum achievement from everyone's hard work.



From left, Health and Safety Manager People and Capability Marilyn McLeod; Service Development Manager Planning and Funding Jonathan Amos; Population Health Specialist (Chair) Anna Stevenson; Health in All Policies Advisor Community and Public Health Chantal Lauzon; and Community and Public Health Administrator Tracy Abbot  
Absent: Executive Director Māori and Pacific Health Hector Matthews; Head of Wellbeing, Health & Safety, People and Capability Tania Beynon; Emergency Medicine Physician Scott Pearson; Mental Health Advocacy and Peer Support (MHAPS) and Canterbury Clinical Network Mental Health Workstream representative Julie Whitla; University of Canterbury College of Business and Law Associate Dean Ekant Veer; ACC Senior Injury Prevention Specialist Jennifer Harris; Community & Public Health Health in All Policies Advisor and Facilitator Alcohol Strategy Working Group Bronwyn Larsen

"By taking a whole-of-system approach, you get an interesting overview into how many parts of the health system are affected by alcohol and the many activities already occurring to reduce alcohol-related harm.

"The role of the committee is largely to join these dots to try to achieve better outcomes and it is great to be able to interact with so many different people," Anna says.

If you have any questions, email Facilitator of the Alcohol Strategy Working Group, [Chantal Lauzon](#).

# Mental Health Awareness Week 2019

Thank you to all who shared your stories for Mental Health Awareness Week. While each person focused on one area of their wellbeing, you will see many of the stories show how all the areas of wellbeing are interconnected. Just like the whareniui or meeting house of the Māori model of health – Te Whare Tapa Whā – all four walls and the foundation need to be strong in order for us to feel strong, too.



Enjoy this selection of ways people from across the organisation explore or look after their wellbeing.

Now is also a good time to remind yourself of the Workplace Wellbeing resources available on the [intranet](#).

You may also like to visit the [Mental Health Awareness Week website](#) for a range of resources and activities that you can access to continue to explore your wellbeing this week, including a [wellbeing photo challenge](#), a [mindful colouring exercise](#), and a [wellbeing plan](#) you can complete.

## Taha tinana/physical wellbeing

The team in the Acute Admitting Unit were feeling very overwhelmed, tired and needing something to boost their wellbeing, due to increased pressure of work requirements.

Registered Nurse Donna Muir suggested we have a boot camp exercise programme and asked a local personal trainer to be involved.

I am attending myself and find the two sessions per week are a great way to destress from work, and keep my mind and body active. I feel more positive in my everyday life, and have had feedback from some of my staff attending that they feel the same way.

I am so pleased that Donna suggested this and made the initial arrangements, and Karly who assisted when Donna went on leave, and that some of my staff are attending. I look forward to the next eight-week challenge being advertised as will certainly continue with this.

Thank you for the opportunity to tell our story.

Marg Anderson  
Charge Nurse Manager  
Acute Admitting Unit  
Ashburton Hospital





**Whenua/connection to the land and roots**

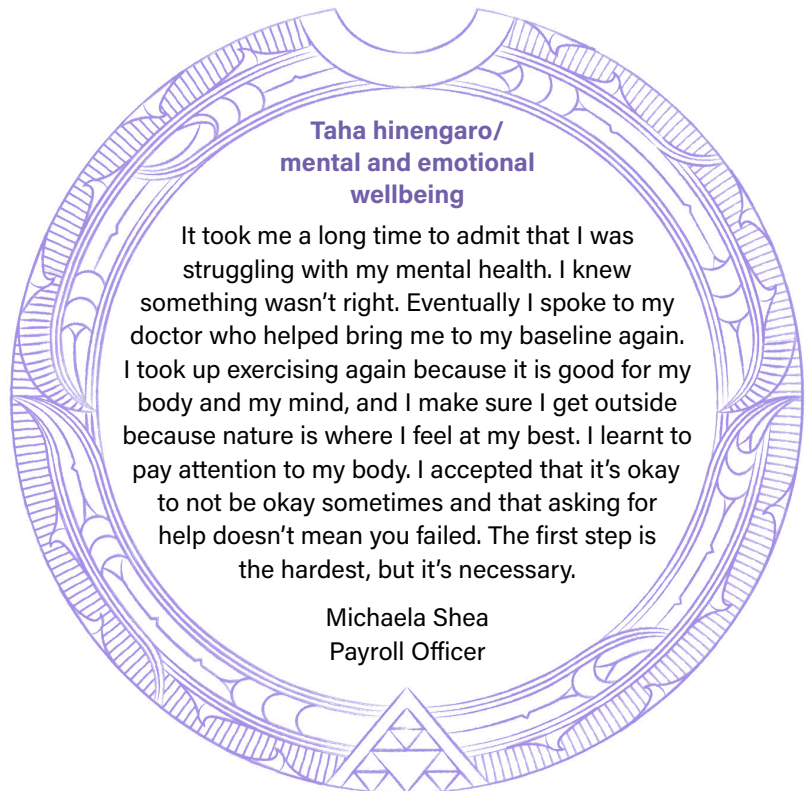
My health and wellbeing is very important to me. In Whāia te ara hauora, Whitiara/exploring my way of wellbeing, I most identify with whenua – my connection to the land and my roots.

I source great comfort and healing from my garden, both sitting and enjoying it as well as growing food to sustain myself and my whānau’s wellbeing. I find great safety in our home and spending time with my partner and my whānau. In looking after my foundations and my connection to the land this helps to keep me strong in my life and feel revived and refreshed.

It also reminds me of my taha wairua and my connection to the people in my life who are no longer with us and the influence their lives have had on my own wellbeing. In my connection to my garden and to the land this helps to keep me grounded and focus on what is important in life – don’t sweat the small stuff, and remember whānau and my connections to people are what is important and real for me.

Tēnā rawa atu koutou

Stephanie Cook  
Nurse Educator – Nursing Entry to Practice Programme



**Taha hinengaro/  
mental and emotional  
wellbeing**

It took me a long time to admit that I was struggling with my mental health. I knew something wasn’t right. Eventually I spoke to my doctor who helped bring me to my baseline again. I took up exercising again because it is good for my body and my mind, and I make sure I get outside because nature is where I feel at my best. I learnt to pay attention to my body. I accepted that it’s okay to not be okay sometimes and that asking for help doesn’t mean you failed. The first step is the hardest, but it’s necessary.

Michaela Shea  
Payroll Officer

**Te Whare Tapa Wha**

A few years ago after some fairly major life events, I struggled with being healthy – physically, emotionally and spiritually. I came across a course that focuses on nourishment – not just in the healthy food sense, but also what other factors need to be fulfilled in my life to reach my health goals, such as social networks, career, physical activity and spirituality etc.

Health is not one or even two dimensional, you can eat all the kale in the world and run 15km a day, but may very well not be healthy in the full sense of the word.

This course created awareness for me in so many areas of my life – from there I could heal. I loved this holistic and no ‘one size fits all’ approach to feeling good so much that I have now started working with women to reach their health goals, create a harmonious lifestyle and in the process help manage their weight and energy levels. I love it when people understand that we hold the power to heal!

Kathryn Clark  
Assistant ACC Contracts Manager – Planning and Funding



**Whenua: connection to the land and roots**

When I think of my own wellbeing I often visualise the battery gauge on my phone. I am a natural introvert which means communicating with new people and in groups necessarily spends a lot of energy... and somehow I have ended up in a job where most of my day is spent talking to people. So now, more than ever, I am seeing the need to focus on what recharges my batteries.

When I look at Te Whare Tapa Whā, whenua resonates strongly with me as something that brings me energy. I grew up in the Rocky Mountains, tramping, skiing, mountain biking and generally spending as much time in nature as possible. Whenever I am feeling low, anxious or drained, a whīkoi up a maunga is what I need to recharge.

The joy that being connected to the land and mountains brings me came through so strong to my partner that he proposed when we were skiing one day at Mount Olympus. He said, "I have never seen you so happy as after a day on the mountain. I knew that was the right place to make it official!" So, whenever I need to boost my mental wellbeing, you'll find me focused on whenua.

Tyler Brummer  
Programme Manager – Care Starts Here



**Taha  
whānau/family and  
social wellbeing**

Recently I was lucky enough to attend the Christchurch Primary Schools Cultural Festival to support my son. I was super proud of my tama Jesse and felt blessed to be part of a kura/school community that supports inclusion and belonging and celebrates people from different cultures and with different abilities.

The amazing performances of our tamariki of Ōtautahi filled my wellbeing bucket, and my heart with joy and hope, through their kapa haka, waiata and hari (dance), celebrating the many different cultures in our community.

Tania Beynon  
Head of Wellbeing Health  
and Safety

# Ashburton leadership team practise emergency plan

The Ashburton Hospital leadership team recently took part in Exercise Urupare, planned and delivered by Jane Lodge of the Service Continuity team.

This was a table top exercise intended to provide the team with an opportunity to work through activating their Emergency Operations Centre (EOC), using standard operating procedures (SOPs), assigning roles and working collaboratively to manage an unexpected event.

'Urupare' means respond or react and the scenario presented to the team started with notification of an explosion in the stores area of the hospital, injuring some staff and eventually requiring the evacuation of the day hospital at the direction of the Fire Service who were also participating in the exercise.

Treatment of the injured required some changes to how the teams in the Acute Assessment Unit operated and was compounded by presentation of more patients (and three dogs) throughout the two-and-a-half hour exercise.

Staff from St John and Fire and Emergency New Zealand (FENZ) were in the room and others from the Ashburton District Council and Police available by phone as required to provide advice and support.

The exercise provided a great opportunity for the team to consider how they worked together, interacted with the local response teams and with Canterbury DHB's Emergency Coordination Centre.

Stephen Butler from FENZ says he was impressed with the team's work and he would be more than happy to have each of them working in his Regional Coordination Centre!



Members of the Ashburton Fire Brigade



Rear, from left, Manager Ashburton Health Services Bernice Marra, Fire and Emergency New Zealand Assistant Area Commander Stephen Butler, St John Ashburton Station Manager Heather Keele and Canterbury DHB Security Services Manager Richard Boyce. Front, Ashburton and Rural Maintenance Manager Dan Wilson

## Increase in use of nicotine replacement therapy at Hillmorton

More mental health consumers are taking up nicotine replacement therapy (NRT).

Statistics show that in the last three months NRT use has increased Canterbury DHB-wide by 35 percent compared with the same quarter in 2018.

The increase is predominantly due to greater use at Hillmorton Campus, says the Chairperson for the Specialist Mental Health Service (SMHS) Smokefree Champion Group, Social Worker Anne Macleod.

"We are using larger and increasing amounts of NRT year-on-year at Hillmorton."

Smoking is a major healthcare issue, she says. Mental health consumers have a higher prevalence of smoking than the general population, although the rate is slowly reducing following the wider societal trend.

"The SMHS has a new Smokefree Champion Group made up of health professionals who work in all areas of the SMHS whose role is to promote and educate consumers, tangata whaiora and colleagues about Canterbury DHB's Smokefree policy"

They act as a resource person to actively promote conversation and education on how to achieve reduced harm and smoking cessation, using NRT and other interventions.

"There are huge challenges for people who are consumers of mental health services to make changes when they may have smoked for a long time."

Sometimes health professionals feel uncomfortable broaching the subject of smoking, or if they do, wondering if conversations will take more time than they have available.

"We as health professionals need to address the smoking issue as it has a huge impact on health, especially for mental health consumers and tangata whaiora."

The time during a hospital stay, or as an outpatient, offers a great opportunity for people to reflect on their health, try out NRT products and start to see if quitting is a real possibility, Anne says.

## Good fortune brings furry friend to Oncology patients

Each Tuesday morning patients and staff at the Oncology Outpatient department in Christchurch Hospital are treated to a visit from Canine Friends, a volunteer organisation that provides pet therapy to rest homes, hospital wards or hospices.

The visits are thanks to Registered Nurse Jen Sutherland (pictured) who made contact with Canine Friend.

Volunteer Jan Fortune and her trusty companion Briar, an Airedale Terrier, come in and spend time in the waiting room, meeting patients and providing them with some comfort and distraction.

Medical Oncology Clinical Nurse Specialist Bronwyn Perry says Canine Friends have only been coming for about a month, but it's made a noticeable change to the department.

"Briar has been well-received by patients and staff and everyone now looks forward to her and Jan's weekly visits."



Volunteer Jan Fortune and her dog Briar brighten up Tuesday mornings for patients and staff alike

# Canterbury Road Trauma Awards – nominate your deserving colleagues

Nominations are soon closing for the Canterbury Road Trauma Awards.

Canterbury DHB staff qualify to apply for the Award for Public Service. This award recognises outstanding industry professionals, including individuals, teams or organisations deserving of special recognition for their outstanding public service by their contribution or commitment to a duty of care for those affected by road trauma.

Nominations can be for long-term dedication and achievement, or a single outstanding accomplishment or contribution above and beyond expectations.

Examples include:

- › demonstrating commitment of dedication to care of others in their role
- › implementation of change in a positive manner and striving to ensure its success
- › addressing an identified need, enhancing outcomes, or improving a product, service, process or system that as a direct result will benefit those in the Canterbury Region
- › demonstrated commitment to enhancing or assisting in further development of the product, service, process or system that as a direct result will benefit those in the Canterbury Region.



Canterbury Road Trauma Award recipients will be announced at the fourth annual Road Accident Remembrance Day, held in North Hagley Park on Saturday 9 November. The awards will be nationalised in 2020 and it would be a wonderful opportunity for you to recognise your deserving colleagues for this notable award.

Award recipients have significant benefits including prominent media coverage. For more information regarding the awards or to submit your nomination, please visit [www.roadtrafficaccidenttrust.org.nz](http://www.roadtrafficaccidenttrust.org.nz).

Nominations close on Monday 30 September 2019.

## Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.



# One minute with... Leslie Anderson, Forensic Pathologist

## What does your job involve?

Forensic pathologists are doctors who, with the assistance of mortuary technicians, perform autopsies to determine how and why someone died. We work with police and coroners to help investigate, explain and document unexpected or unnatural deaths (accidents, suicides and homicides).

## Why did you choose to work in this field?

When I was younger, I used to watch murder mysteries with my parents and was fascinated by how a body could be examined to figure out what happened. I decided I wanted to be a "medical detective" too.

## What do you like about it?

I am the last doctor to see a person, so it's up to me to figure out what happened and speak for them. In doing so, I can provide closure for families, assist in solving crimes, and I can even help save lives by identifying threats to public health such as infections, new illicit drugs, or defective products. It's an amazing job.

## What are the challenging bits?

We see some of the most horrific things that can happen to people, which can take a psychological toll. Self-care is extremely important in this line of work.

## Who inspires you?

Emergency first responders. I admire the police, fire fighters, ambulance officers, and others who calmly and



efficiently care for people during a disaster.

## 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?

Even though my focus is on a deceased person, what I do impacts many living people – family, police, coroners, lawyers, the accused in a homicide – so I must always make sure my examinations are thorough, accurate, and respectful of cultural and religious beliefs.

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

My love for travel photography and scrapbooking.

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

On a cruise ship, heading to as many countries as possible!

## What do you do on a typical Sunday?

Since my husband, son and I just moved here from Canada, we've been taking every opportunity to explore the area and are enjoying Christchurch so far.

## What's your favourite food?

An American bacon and eggs breakfast with a cup of coffee.

## And your favourite music?

I love 1950s and 60s music, such as the Everly Brothers and the Beatles.

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

## Canterbury Grand Round

Friday 27 September 2019 – 12.15pm to 1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Rolleston Lecture Theatre.

**Speakers: Dr Rob Weinkove, Malaghan Institute, and David Downs, on Genetically Modified Organisms. "CAR-T cell therapy in New Zealand"**

David Downs, a patient with Lymphoma who travelled to Boston to have life-saving CAR-T cell therapy will share his experiences as a patient on the clinical trial, and how this breakthrough genetic immunotherapy saved his life.

Dr Weinkove will also share an update on the work the Malaghan Institute are doing in bringing CAR-T cell therapy to New Zealand, and probably will correct David on the numerous errors and exaggerations he makes!

Chair: Peter Ganly.

It is requested out of politeness to the speakers that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the staff [intranet](#) in approximately two weeks.

Video conference set up in:

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

Next Grand Round is on Friday 4 October 2019 at the Rolleston Lecture Theatre. Rolleston Lecture Theatre.

Convener: Dr R L Spearing [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)

## 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.

### Primaletix Group Fitness

Canterbury DHB staff and their immediate family can receive two weeks free of outdoor fitness training in addition to 10 percent off Spring memberships. The next 11-week programme runs from 5 October until 21 December. Find out more information on the Something For You homepage.

### To Be Personal Training

Canterbury DHB staff and their immediate family can receive 25 percent off the first four personal training sessions in October. Find out more information on the Something For You homepage.

### Specsavers

Receive 25 percent off Lens Options, plus your standard 25 percent off one pair from the \$149 range or above at Specsavers. Offer ends 5 October. See more information on the Something For You homepage.

### Accuro Health Insurance

As a Canterbury DHB employee you receive special rates on various plans through Accuro. See more information under the Finance and Legal section of Something For You.

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



# Have you checked out the latest updates on max. yet?

## You can now:

**Update your visa** – Renewing your visa can be a long process so once you've got it sorted, we've made letting us know easy. You can now update your visa details in this new service from the All Services menu on your max. homepage.

# max.

**Manage your cases more easily** – Your cases have now been sorted to make managing them easier. From your homepage you now have one button called Open | Closed Cases which gives you two visible folders; Open | Closed cases and Cases I've Approved | Rejected. For managers, these distinctions will keep your personal cases separate from your team. Both folders are automatically sorted from newest to oldest with easy search capability.

**Better search for your team leave requests** – Your team leave requests are now much easier to manage. We've included the first day of leave, status, and opened date in the list of requests. This list is housed under My Team Details from your homepage. You can click on any request and you'll be taken to the full details where you can approve it.

If you need any help with these updates, or anything else max.-related you can contact the max.perts via Send a Question or max.chat. If you feel like you need more in depth max. training, the max.perts can come to you for a face-to-face training session through Request max. Training.

all right?

IT'S  
ALL RIGHT  
TO REACH  
OUT.



Five Ways  
to Wellbeing  
at Work



## Cross sector workshop for exercise professionals: Canterbury

# Putting the pieces together: working with body brain and mind

1000-1500 on September 28, 2019

**@ Manawa Campus, 276 Antigua St**

A collaboration between physiotherapists and exercise professionals, this 5 hour workshop is for movement specialists who want to positively impact mental health.

We're seizing the opportunity to host our Keynote speaker Dr Simon Rosenbaum, EP, AUS, who was a lead author on the July 2019 Lancet Psychiatry article - *A blueprint for protecting physical health in people with mental illness*

### Speakers:

#### Dr Simon Rosenbaum – Key note

Honorary Fellow, Black Dog Institute, Sydney AUS

Simon's research investigates the impact of physical activity on symptoms of mental disorders and the implementation of exercise as a component of standard care within mental health settings. Simon has worked with a variety of groups including veterans, emergency service workers and refugees, and has published over 150 peer-reviewed publications, including a recent text-book. Simon is an elected national director of Exercise and Sports Science Australia.



Simon Rosenbaum's topics will include

- Metabolic consequences of Mental Illness – exercise considerations and evidence
- Evidence regarding depression and anxiety
- Psychosis – examples of programmes
- Mindfulness and exercise
- Fitness tests

SMHS Physiotherapy staff will present

- Neurobiology of trauma and implications for treatment
- Case studies from clinical work

**To Register:** [https://pnz.org.nz/Event?Action=View&Event\\_id=2761](https://pnz.org.nz/Event?Action=View&Event_id=2761)

# CDHB Maternity Quality and Safety Programme Annual Report

**Rolleston Lecture  
Theatre  
5 November 2019  
10am – 12.30pm**

Time	Topic	Presenter
10.00am	Mihi Whakatau	Hector Matthews, Executive Director, Māori and Pacific Health Kathy Simmons Kaiawhina Whaea me ngā pēpi Māori Health Worker
10.15am	The CDHB Maternity Strategy	Norma Campbell – Director of Midwifery, CDHB and WCDHB
10.30am	CDHB Clinical Outcomes	Alison Eddy – Chief Executive, NZ College of Midwives
10.50am	NZ MOH Clinical Indicators 2017	Dr. Emma Jackson, Clinical Director, Obstetric and Gynaecology Department, CDHB
11.10am	Break and refreshments (Main Foyer)	
11.30 am	CDHB Neonatal outcomes 2017	Dr. Nicola Austin, Clinical Director, Neonatal Service, CDHB
11.50am	Consumer Update	Jen Coster, Chair, Women's Health Consumer Advisory Council
12.05am	Primary birthing	Julie Dockrill, Charge Midwife Manager, Ashburton Maternity Unit Suzanne Salton, Charge Midwife/Nurse Manager, Rangiora Health Hub, Bronwyn Torrance, Charge Midwife Manager, Lincoln Maternity Unit, Andrea Robinson, Charge Midwife, St. George's Hospital
12.20am	Maternity Assessment Unit	Louise McKinney, ACMM, Christchurch Women's Hospital
12.30pm	Close	

Millie  
Ara student

# HEALTH & WELLBEING CHAMPIONS

Applications to study the  
Bachelor of Nursing in 2020  
close 30 September.

**APPLY NOW**  
at [ara.ac.nz](http://ara.ac.nz)

**Ara**  
Institute of Canterbury  
Ara rau, taumata rau



# 40/25 ANNIVERSARY PARTY

Join us to celebrate the anniversaries of the  
Burwood Spinal Unit - 40 Years  
& NZ Spinal Trust - 25 Years

SATURDAY  
19<sup>TH</sup>  
OCTOBER  
2019

**Black Tie Event**  
7.30pm to Midnight  
Quality Hotel Elms  
456 Papanui Rd, Christchurch

Limited to 220 tickets  
Visit our website for more details  
[nzspinaltrust.org.nz](http://nzspinaltrust.org.nz)

Principal sponsor

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Te Taratihu Manaaki Tuanui

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District Health Board  
Te Pōari Hauora o Waitaha