



New Health and Safety legislation asks us to make sure we look out for ourselves and one another

This time last week a new Health and Safety at Work Act (HSWA) came into force, and since that time there has been much, sometimes confusing, discussion in the media about what it does and doesn't mean. So, I thought I'd take the opportunity to be clear about how it affects us as a health system.

Firstly it's important to stress that although the new legislation applies to us in health just as much as anyone else, the need for change has been driven by wanting to improve safety records in industries like mining and forestry especially. Our responsibility for having clear, safe procedures, lifting and handling safely, reducing slips and trips, and using the correct PPE correctly hasn't changed. These things are as important as ever.

The new legislation is part of a package of measures aimed at reducing the number of serious work-related injuries and deaths in New Zealand by at least 25 percent by 2020. The new legislation emphasises that everyone in the workplace is collectively responsible for their own health and safety, and that of their colleagues. It is also much clearer about what people in governance and senior management roles need to know and do – ignorance is no defence.

The key thing that the legislation change emphasises for me is that health and safety isn't just about preventing and reducing the consequences of physical accidents, it's also about wellness. Our people are under unprecedented stress at work and at home, and a stressed or overworked person can all too easily make poor decisions that might put themselves or someone else at risk.

If that's you, I'd encourage you to put in place some strategies to help you de-stress. Above all, talk to the people around you – it'll help. Looking out for one another is also vital, and so I ask that you look out for those tell-tale signs that a friend or colleague is stressed, and as long as it feels right, ask if they want to talk or if there's anything else you can do.

These tell-tale signs can include, for example, any change to their normal behaviour – more withdrawn or irritable than usual, unable to concentrate, frequently late or taking more time off than usual, even a change in their appearance.

Over the past few years most of us have become very familiar with the five ways to wellbeing – simple actions you can incorporate into your life which have been shown to help boost your wellbeing. The five ways to wellbeing, which form the backbone of the All Right? campaign, are:

Connect... With the people around you.

Be active... Exercising can make you feel good!

Take notice... Be curious.

Keep learning... Try something new, or rediscover an old interest.

Give ... Do something nice for a friend, or a stranger.

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These actions are the wellbeing equivalent of the '5+ a day' (the fruit and vegetable) rule.

To find out more about looking after your own wellbeing check out the [All Right? website](#). There's also lots of other helpful wellbeing information and activities on our [Staff Wellbeing Programme intranet page](#).

If you think your colleague or friend needs more than you can offer, or if everyday strategies to alleviate stress aren't enough by themselves, perhaps remind them that their general practice team should be their next point of call and can refer them to more specialist help if they need it. If they aren't comfortable doing that, we offer free counselling through our [EAP \(Employee Assistance Programme\) services](#).

Four key takeaways from the new legislation:

- 1 The Canterbury and West Coast DHBs have Health and Safety policies in place. Under these policies procedures will vary according to where you work, and what your role is. It's your responsibility to know how the policies and procedures apply to you and to follow them.
- 2 If safety or personal protective equipment is required for your role or the task you are undertaking, make sure you use it correctly at all times.
- 3 If you see something wrong or see a potential risk or hazard, report it to your Line Manager.
- 4 Report any accidents or injuries on [Safety1st](#) within 24 hours of them occurring.

By knowing and following the established procedures, you keep yourself, your colleagues, and your patients safe.

If you would like more information on the Health and Safety at Work Act, visit the [Work Safe New Zealand website](#).



“Have you cleaned your hands? You may be asked!”

It's no secret that our hand hygiene compliance rates could be better. The latest results ([Hand Hygiene New Zealand National Audit March 2016](#)) show Canterbury DHB with an overall compliance rate of 78 percent. The National threshold is 80 percent.

When you think about the consequences there really is no excuse for bad hand hygiene. We care for people who are particularly vulnerable. It is part of our duty of care to protect them from easily preventable infection.

So, in order to really push the hand hygiene message we are undertaking a campaign “It's ok to ask me” during the month of May.

Kicking off on World Health Organization Hand Hygiene Day Thursday 5 May, the campaign will empower and encourage patients in our care to ask their carer to make sure their hands are clean. This is how the campaign will work:

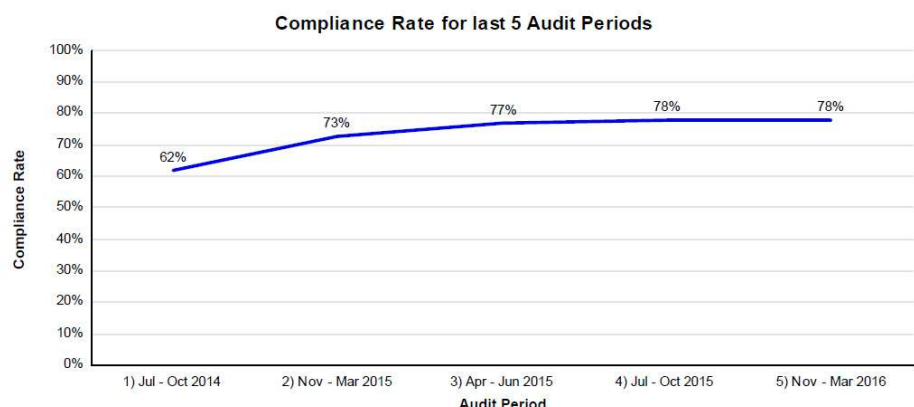
Clinical staff will be supported to do the right thing via information sent to line managers, information and videos on the intranet and reminders via this update and daily emails.

The public will be informed about the campaign (and encouraged to ask) via the patient information leaflet – “What you can expect”, a media release, badges worn by clinical staff, information on our website including an online video featuring clinical staff and the Clown Doctors and fliers placed on hospital patient food trays.

The campaign will run during May. You can read more specific details later in this update. I'm counting on you to get behind this campaign, show ourselves, the rest of New Zealand and most importantly the people we care for, that we take hand hygiene seriously. I look forward to reviewing the next audit results in June.

Right: Quality Reporting - National Hand Hygiene Audit CDHB Summary March 2016.

David Meates
CEO Canterbury District Health Board





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Care
Planning
www.advancecareplanning.org.nz

GET THEM
TALKING...

Conversations that Count Day

It's not too early to start thinking about your end-of-life care and treatment choices for the future.

This month marks the third national Conversations that Count Day, designed to encourage people to talk with their family, loved ones and health care team about what's important to them.

Held on 16 April, the campaign is coordinated by the National Advance Care Planning Co-operative for the South Island, and supported by the South Island Alliance's Health of Older People's group (HOPSLA).

Val Fletcher, geriatrician and chair of HOPSLA, says while it's beneficial for us all to plan for our future health care, having a conversation that counts is especially important for older people or those living with chronic health conditions. "It gives us the opportunity to talk about who we are, our values and beliefs, and our choices for future treatment. The next step is having an Advance Care Plan, written and lodged with the health services to guide health staff, family and caregivers, if we are unable to speak for ourselves."

Advance care planning is something that all of us should start thinking about, she says. "Conversations that Count Day reminds us all how important it is to plan ahead, and for people to communicate their choices about what they would want for end of life care."

Conversations are encouraged between patients and their families; and between clinicians and patients, about what matters to an individual, how they like to live their life and how that might impact their care and treatment choices in the future, particularly as they approach the end of their life.

Please take time this month to have a conversation that counts with a family member or friend. You can find Conversations that Count Day on www.conversationscount.org.nz or on Facebook at: <https://www.facebook.com/Conversationscount>

Minister's 7 April visit to some of our services



The Hon Jonathan Coleman, Minister of Health met with mental health leaders from throughout our health system – both DHB & NGO staff had a chance to talk about their experiences with continual increases in demand for their services.



The Minister of Health dropped into Ward 2B at The Princess Margaret Hospital to check out the 'old' facilities before he visits the new wards at Burwood Hospital.

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The Minister of Health was interested in Canterbury's Hospital HealthPathways which are now in use throughout all of our hospitals, providing best practice guidance for clinicians. Dr Mike Ardagh demonstrated how the system works.



The Minister takes a close look at the screen in Christchurch Hospital's emergency department waiting room which gives the public a clear view, in real time, of how many people are being treated at any time in the department, and how serious their condition is.



The Minister visited The Princess Margaret Hospital to hear about the extensive planning underway to ensure a smooth transition of older persons and rehabilitation services from TPMH to Burwood in mid-June. He's pictured here with Dan Coward, General Manager of Older Persons, Orthopaedics and Rehabilitation.



Emergency Department specialist Dr Dave Richards shows the Minister of Health, Dr Jonathan Coleman, the ED Queue Screen. The screen lists all patients in the department, their age, triage code, presenting complaint, the doctor and nurse responsible for the patient's care, the time they have been in the department divided into hours since arrival (colour-coded), speciality team, and the Ministry performance target – a six hour length of stay.



Canterbury DHB's General Manager of Mental Health Services, Toni Gutschlag, introduces the Minister of Health to a meeting of leaders from throughout the Canterbury Mental Health System.



The Minister addressed a group of mental health leaders, following a presentation by Clinical Director, Dr Steve Duffy on the new adult model of care for specialist mental health services.

Facilities Fast Facts

Fast Facts – Burwood



The latest photo of the hospital's main reception area / atrium shows that it will be a light, airy and welcoming space. The main entrance doors are on the left of the photo.

The Minister of Health, Dr Jonathan Coleman, paid another visit to Christchurch on Thursday 7 April. As part of the visit, he called in to The Princess Margaret Hospital to visit a ward and to find out about the migration planning. The photo to the right shows the Minister in the TPMH café, being briefed by Dan Coward, GM of Older Persons' Health.

Staff orientation to the new facilities continues throughout April and May.

Part of the orientation is an online module in healthLearn. There's more about this module on the [Burwood migration intranet pages](#). It's particularly important for clinical staff to have completed this module before they attend their orientation on site.

Another part of the orientation is the staff orientation handbook, also available on the [intranet](#).



Fast Facts Christchurch

In the coming week, the first of two large tower cranes will begin to be installed on the Acute Services building site. They will be delivered to the site in sections and will be assembled using a third mobile crane. One of the towers will be 75 m tall, the other 85 m tall.

The first load of steel beams has arrived in Lyttelton and moves to the laydown yard next week. Offshore, the second load of steel leaves Thailand next week, landing in Lyttelton early next month. The construction team is busy with shop drawings for the precast panels and metalwork.

On the concrete slab, base isolator "sandwiches" are still being made, with steel plates (the bread) and the base isolators (the filling). The photos on the next page show the steel plates, each of which weighs nearly a tonne, and a complete "sandwich" wrapped in protective plastic.

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Design news

With a few exceptions, the design for the Acute Services building has now passed through the final sign off. The design phases – preliminary design, developed design and detailed design – have relied upon close collaboration between CDHB staff, wider user groups and the project team, and the project has kept everyone very busy over the past three years.

A sincere thank you to all who have given their time and resources to contribute to the design process.



Canterbury Grand Round

Friday, 15 April 2016 – 12.15pm to 1.15pm with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker: Laureate Professor Ingrid Scheffer, Paediatric Neurologist and Epileptologist at the University of Melbourne, Australia

“Demonic possession or misunderstood disorder?”

Epilepsy was originally thought to be due to demonic possession – just 25 years ago doctors still laughed at the idea that epilepsy had a genetic basis. Meticulous clinical research coupled with genetic studies has found that genes underpin many of the severe and also the milder forms of the disease. This has led to improved diagnosis, better recognition

of associated disorders and the development of targeted therapies.

Chair: Professor Peter Joyce

Video Conference set up in:

- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome.

Talks will be available within two weeks on the [intranet](#)

Next Grand Round is on Friday 22 April 2016.

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



Bouquets

Gastro Investigative Unit/ Day Surgery, Christchurch Hospital

Absolutely fabulous staff, prompt, friendly, kind and professional and informative. No unnecessary waiting. So impressed yet again with your marvellous staff.

Ward 11, Christchurch Hospital

I want to thank the staff of Ward 11 for the amazing care I received during my stay following a bilateral mastectomy. I know I was meant to have gone to Ward 20 but by a quirk of fate I ended up in Ward 11, which I found to be quiet and welcoming and each and every one of the staff were lovely and provided excellent care at all times. They went the extra mile to make me feel comfortable during my stay. I can't say enough except I really did not want to come home and would have happily stayed another couple of days. At any other hospital stay I have had I couldn't wait to get out of there - but not this time. Well done Ward 11.

Emergency Department, Christchurch Hospital

Hi there, please say thank you to the staff of A&E.... I was taken in by ambulance as a precaution after chest pains at work.... The ambulance staff were lovely and comforted me, and the doctors and staff who I spoke to while I was in there were lovely too. I was scared and upset and they were all brilliant, thorough and made me feel safe and ok.

Urology Department, Christchurch Hospital

Mr Peter Davidson, Anne Murray, Rose Webber and the wider Urology Team

On behalf of the family...I'd like to extend the family's appreciation of the care you provided our father over the past 39 years. Our father died in Ward 14... following a short acute illness. [He] entered the Urology Service in 1977 and had been under the care of the service ever since. I think that he has at some stage over the years been known to every consultant, various Charge Nurses, many nurses and support staff on Ward 11, then Ward 14 and then Urology. You have all provided him with expert care and assistance with navigating his way through the health system. [He] had great faith in Christchurch Hospital and the public health system. He considered the public system the 'centre of excellent'. His advanced directive stated his wish to die at Christchurch Hospital and we were very fortunate and privileged to be able to spend the last day with him as he comfortably and peacefully passed away on the ward....Carry on with your fine work. With much appreciation and respect.

Registration team, Canterbury Health Laboratories

I wish to compliment the staff member who dealt with our phone request for old results...They arrived on the fax within minutes. This may seem just usual service for your no-doubt fine facility, and our local lab is usually that fast. However, I can assure you it is most definitely not a universal experience when trying to track down old results from certain lab providers in other centres....The fact that I was sufficiently surprised to write this letter of thanks

speaks volumes. I was so surprised that I had to double check with the nurse and reception staff that there had not been some mistake somewhere (there has not). Many thanks. I now have extra time to spend on [the patient's] ongoing care, and writing this letter.

Emergency Department, Christchurch Hospital

I wish to inform you of the superb care and treatment that I received in the Emergency Department (ED) at Christchurch Hospital.

I am a staff member and while at work I experienced several fleeting but frightening episodes of dizziness, culminating in a prolonged spell of vertigo which was accompanied by bouts of vomiting. Consequently I was admitted to ED, feeling thoroughly unwell and very alarmed about what may be causing my affliction.

However, the doctors and nurses, under the leadership of Dr Mark Gilbert, instantly responded to my condition in a professional, calm and reassuring manner, displayed empathy and kept me informed about what they were doing at every stage of the proceedings. Accordingly, my anxiety was immediately reduced and I knew that I was in good hands.

Throughout the next few hours I sensed that the medical and nursing staff who were caring for me were always alert to changes in my condition even though they were extremely busy with other patients too. This detail reflects their efficient organisation, effective team work, ability to work under pressure, and

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excellent therapeutic communication skills.

Subsequently, the diagnosis was that of Benign Paroxysmal Positional Vertigo (BPPV) and during the evening, after the violent symptoms had settled, Dr Rachelle Love from Ear Nose and Throat successfully carried out a series of head manoeuvres which resolved the issue that caused my condition, that of crystals dislodging from the inner ear and migrating into fluid filled canals where they are not supposed to be.

As a result of this experience I hold the ED doctors and nurses (and the aforementioned Dr Rachelle Love) in the highest esteem and am full of admiration for their clinical skills and professionalism. Moreover, everyone who cared for me demonstrated excellent therapeutic communication skills, a quality that is always essential to the wellbeing of patients and particularly so in my case whereby I was completely bewildered and debilitated by a horrific “spinning environment” and therefore very distressed about what might be wrong with me.

Thanks to the efforts and abilities of the doctors and nurses I am now back at work and fully functional.

Vascular Clinic, Ward 10, Christchurch Hospital

Just a short note to say thanks for all the wonderful care and attention I received in February with the Tim Beresford Vascular Clinic and their assistants and all the great staff in Ward 10, my most grateful thanks to all in my brief stay in hospital. We cannot do without all you wonderful people.

Gastroenterology, Christchurch Hospital

Excellent service, even the samys [sandwiches] tasted good.

Intensive care Unit (ICU) and Ward 10, Christchurch Hospital

All nurses and doctors provide excellent service. We have found them amazing. We were given lots of information and well looked after. Really helped with my mother's recovery after a heart operation. Thank you.

Park and Ride Shuttle, Christchurch Hospital

We appreciate the shuttle so we do not have to stress over finding a car park. Thank you.

Observation, Christchurch Hospital

Most grateful and appreciative of the wonderful care I received for my hyperglycaemia.

Heart Unit, Christchurch Hospital

We've been in hospital in two states in Australia and South Africa but we never had such tremendous treatment with absolutely outstanding personnel from the specialists, nurses, reception to the orderlies. Fantastic and efficient treatment. Thank you so much.

Medical Day Unit, Christchurch Hospital

Please give the nurses a pay rise! They are exceptional, exceedingly busy and function as total pros.

Oncology Day Ward, Christchurch Hospital

Dr Ane Veu is wonderful, professional, kind, caring, gracious, well mannered doctor. It was a joy to meet her.

Ward 17 (General Surgery), Christchurch Hospital

The staff on this ward deserve high praise both in their care and attention to us all and handling a noisy patient. They have made my stay here both comfortable and enjoyable during my recovery. Both day and evening staff are very caring.

Oncology Day Ward, Christchurch Hospital

Nurse Fleur was wonderful, professional, kind, gracious, a joy to have and she knows how to find a vein and successfully put the needle in.

Commuter Travel survey results under analysis

Thanks for the amazing response to the Christchurch Campus Zero Hero Commuting Survey!

We're thrilled that 2297 of you responded and told us what you think about commuting to the Campus.

Congratulations to Anaesthetic Technician Renee Ellis who previously didn't own a bike. She does now as she is the winner of the \$900 bike from John Bull Cycles. Well done Renee! I'll soon be in touch with 50 of you who won the other prizes.

You've done your bit – we need to do ours – we are going to analyse the massive amount of data and come up with some solutions to make things easier to get to work where we can.

You'll have to be a little patient as there's lots to do and co-ordinate but here's a little starter.

We now know that 21% of people who responded to the survey are cyclists and that 468 people in this group are interested in Canterbury DHB deals from bike shops. You also told us you want to feel safer and to be able to handle riding at night and rough weather. So have a look at the lights and very visible jackets offer from John Bull Cycles, 7 Mandeville St, Tower Junction. This is only for DHB staff with your ID and saves you \$89 off the retail price. [More information here.](#)

Now daylight saving is over its darkening up out there – Be Safe Be Seen !! A study in Denmark found that those travelling with permanent bike running lights are 19 percent less likely to have an incident.

Please feel free to contact me, or visit the [Zero Heroes site](#) to have a look at the Bus Journey planner or City Safe Cycle Path Map.

Thanks again! James Young, Environmental Sustainability Adviser, Canterbury District Health Board

Burwood Hospital staff win Dragon Boating medals

Burwood Hospital staff have achieved success in the recent South Island and National Dragon Boating Championships held over two weekends in March.

Burwood nurse, Jo Russell and Burwood Occupational Therapist Pip Boleyn are members of the 'Abreast of Life' dragon boating team made up of 26 breast cancer survivors. At the national championships they won two gold medals for the 2km and 500m races and a bronze for the 200m, in the breast cancer division.

The weekend before, at the South Island Championships the team won two gold and a silver medal.

Last week Pip and Jo along with the rest of their team, travelled to Adelaide to compete in the breast cancer division of the World Championships club crew dragon boating championships in Adelaide. They won silver for the 200m sprint and bronze medals for the 2km and 500m races.

"We are both fortunate to have the opportunity to be part of such an awe inspiring group of ladies. We range in age from 46- 73, so age is no barrier," Jo says.

Also achieving success in dragon boating are Orderly, Jennie Board and Physiotherapy Assistant Cathy Butler.

Jennie and Cathy, who both work at Burwood Hospital, are members of the Mixed Open Division dragon boating team, Tu Meke.

At the South Island Championships they took out gold in all three race lengths: 200m, 500m and 2km.

At the National Championships they won silver in the 500m and 2km and bronze in the 200m. Previously paddling with other teams both Jennie and Cathy are delighted to be part of such a successful team. Cathy describes winning her first ever medals as a totally amazing experience and Jennie admits to a tear or two after winning gold.

"I love sport, I love movement and I love water. Any day paddling is a good day," Jenny says.

Cathy agrees.

"It's like fishing, you can never have a bad day," she says.

Both Cathy and Jennie love being out on the water and part of such an amazing team. In the off season they both plan to be involved in Waka Ama in preparation for the 2016/2017 season.



Above: Cathy with her medals



Above: Fourth from left, Pip Boleyn, onboard the 'Abreast of life' dragon boating team.



Above: Abreast of life team on the podium.



Above: Cathy and Jenny on the dragon boat with Cathy's husband Shaun at the helm.

You're never too old to get the flu vaccination

The flu vaccination has been part of Humphrey Heward's life for many, many years.

In his younger days Humphrey was an Industrial Medical Attendant for NAC (now Air New Zealand) and one of his annual tasks was to vaccinate his work colleagues against influenza. He of course was also vaccinated to protect himself and his family against the nasty virus. He retired at age 61 but the now 95 year old Kaiapoi resident continued to get the vaccination annually as a preventative measure.

"I get my flu shot at my general practice here in Kaiapoi. It is something I do every year," says Humphrey.

The vaccination is free for many, including people aged 65 years and older. For more information visit www.fightflu.co.nz



Above: Humphrey Heward.



Above: National influenza vaccination campaign launch at the Porirua Union Health Centre with Health Minister Jonathan Coleman and local patients. Photo by Mark Coote. Left to right: Vaccinator Malelega Tuuilalo Tapu, Han Thui, Faye Maene, Hon Jonathan Coleman, Vidhya Prithivirajan and vaccinator Lilita Manuaiaia Pelefoti-Gibson.

Staff influenza vaccination clinics have begun

Influenza can be anywhere - get immunised

It's time to protect yourself, your whānau, your patients and your community from influenza (flu).

[View the clinic times here.](#)

Right: Canterbury DHB Media Advisor, Amy Milne receiving her vaccination.

Flu immunisation campaign launched

Health Minister Jonathan Coleman launched the annual influenza immunisation campaign at a community diabetes clinic in Porirua, Wellington last Wednesday.

"More than one million New Zealanders get immunised against influenza each year," says Dr Coleman.

"By being immunised, we not only protect ourselves, but we help to ensure we don't pass on influenza to our families, friends and colleagues.

[Read the full media release.](#)



Gordon Davies steps down from diabetes group

Former Canterbury DHB Chief Executive, Gordon Davies, is recognised as a man of huge integrity with a dry sense of humour and a scholarly intellect who has been known for sending emails containing Latin proverbs.



Above: Gordon Davies

At the same time he's acknowledged as a 'man of the people' able to talk to anyone and some will recall that in his younger days he was a champion at rubber band flinging competitions.

Gordon has made an enormous contribution to health in Canterbury and nationally, working in the sector for over 40 years.

This month he is stepping down from one of his last health roles after a lifetime devoted to improving the way New Zealanders

receive health care. He has resigned as Chair of Canterbury Clinical Network's Integrated Diabetes Service Development Group (IDSDG).

Although he is likely to carry on with some volunteer work, including for the Cotter Medical History Trust, it marks the end of an era in which Gordon has spent his working life in hospital management.

Manager Diabetes Christchurch, Lynne Taylor, says Gordon has been a strong, supportive and encouraging advocate for the Diabetes Christchurch Society and the Canterbury Diabetes Consumer Group.

"His expertise and sound advice have helped guide our society and consumer group to be a stronger voice. He has supported our ideas that have led to new diabetes services and diabetes staff resources to be initiated throughout the Canterbury region."

We thank Gordon sincerely for his loyal and empathetic support over many years," she says.

Operations & Programme Manager, Planning and Funding, Kit Hoebe, says he had the pleasure of working alongside Gordon from the beginning when the integrated diabetes service was established.

"Gordon was able to raise the profile of our local activity. He has been a strong supporter of the mantra "one system, one budget" that has guided the IDSDG to move to more integrated care, joining up services around the needs of the diabetes population."

"Over the period Gordon has been chair, various initiatives have been realised such as the community diabetes nurse specialist and dietitian roles, the Diabetes High Risk Foot Scheme, community retinal screening by optometrists and the Diabetes Care Improvement Package (DCIP). These support flexibility for primary care to look after their enrolled diabetes population.

"I would personally like to thank Gordon for his input and leadership and wish him all the best for retirement," Kit says.

Gordon was educated at Christchurch Boys' High School and Canterbury, Otago and Massey universities where he gained qualifications in management, accountancy and health management. He holds many fellowships in these areas and trained as a New Zealand and Australian surveyor for the accreditation of health standards.

Gordon began his career with the North Canterbury Hospital Board accounting division as a junior clerk in the pay office. He says the senior staff there went out of their way to get him appointed creating an additional clerical job on the staff establishment for him (not an easy task in those days).

"They then ensured I was cycled through every department in the administration office and got to see much of the work that occurred in the Board's facilities."

This was a valuable learning experience that helped him understand the business and get a comprehensive view of the Board's activities and services.

"The modelling that those managers provided helped me to adopt a style, which I hope I was able to convey to staff who reported to me in later years."



Portrait of Gordon painted by cartoonist Murray Webb and parting farewell wishes framed and presented to him when he stepped down as CEO of CDHB.

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Above: Gordon Davies.

Gordon worked in the accounting, investigation, payroll and statistic departments for the Canterbury and Otago Hospital Boards. He was appointed Chief Executive of the Waikato Hospital Board in 1982. Gordon became Deputy Director, Division of Hospitals, Department of Health from 1985. During this time he was appointed by the Gibbs Committee to manage and input to the Hospital and Related Services Taskforce that produced the report "Unshackling the Hospitals".

The Government became a National Government shortly after and set up the group that would produce the Green & White Paper which was synonymous with the health reforms. Gordon was a member of that group.

In 1990 Gordon became the Manager of Corporate Services for the Canterbury Area Health Board and in 1993 was appointed General Manager of IHC Southern Region. This was followed by his role with the Ministry of Health where he was Deputy Director General, DHB Funding and Performance.

Gordon became CEO of CDHB in November 2005 where he became highly regarded for his dedication, approachability and for fostering a co-operative spirit between administration, medical and other treatment staff.

During his tenure as CEO Gordon always said he shared responsibility for the outcomes of all the patients in the system regardless of whether he was personally involved in their care.

He retired from the role in November 2008. Since then he has had some interim work in a managerial role at the National Radiation Laboratory prior to its transfer from Ministry of Health to ESR.

In his farewell speech as CEO of CDHB Gordon said much of his life had been sustained by his faith, "anything good you see in me relates to the calling I feel I had to respond to."

Orderly certificate presented

Orderly Assessor, Craig Stewart, an NZQA Assessor for Orderlies, presenting Orderly Holly Herewini with her New Zealand Health and Wellbeing Level 3 certificate.

Holly became the 31st orderly to pass this qualification, and there are 34 presently sitting it.

Holly worked hard to achieve this result with tutoring from Craig and from Christine McDonald of the Professional Development Unit.



Above: Craig Stewart presenting Holly Herewini with her New Zealand Health and Wellbeing Level 3 certificate.

It's Ok to ask me... to clean my hands

Canterbury DHB has special plans to highlight World Health Organization Hand Hygiene Day on Thursday 5 May. That's when the "It's Ok to ask me..." campaign begins, and it will run for the remainder of May.

Staff will be provided with badges (see right) and shown appropriate ways (via watching a video) to respond to being asked by a patient or visitor to clean their hands. Patients and visitors will be told about the campaign, its importance and be encouraged to ask their carers via a patient information leaflet, information on their patient food tray, stand up cards on hospital café tables and access to an online video.

We're very excited that the Clown Doctors have agreed to be part of the video, acting alongside some of our hand hygiene champions, injecting a little humour into a very serious topic.

Specific details on the campaign will come out next week so keep an eye out for emails and next week's CEO Update.



Masterclass in Human Factors

Thursday 5 May, 2016

1pm – 4.30pm at the Design Lab

Around 80% of patient safety incidents have links with human factors, many of these involve communication and other non-technical clinical skills such as situational awareness, teamwork, and clinical decision making. This masterclass will provide an introduction to human factors and application in incident investigation.

The masterclass will cover:

- » The history of human factors and human error theory.
- » Human Error in an organisational system.
- » Drill down on case studies from aviation and other industries.
- » Workshop exercise using a Human Factors analysis tool.

The course is suitable for staff involved in the investigation of adverse events, and in designing safer systems.

This will be presented by Bruce Willoughby.

Bruce has been involved with aviation since 1970, and has been an active Glider Pilot for over 30 years. He is also an experienced Programme Director and Business Manager, with over 30 years of experience in the Oil, Chemical and Mining Industries. He has lived and worked internationally in the USA, Europe, New Zealand and Japan. He graduated with a B.Eng (Mech/Elec - Distinction) from RMIT in Melbourne in 1976.

Bruce is a founding Director of BirdRock Aviation, and in November 2011 he participated in the re-design of the Airline Incident Investigation Course which was adapted as a Safety Incident Investigation course for Air Traffic Controllers, Mining, Medicine and Road Transport operations. The human factors content was expanded to include Team Resource Management which was delivered to Wagners Mining (construction products and transport services) in Queensland and Christchurch hospital in New Zealand.

Bruce is currently working with Asciano as an IT Programme Director, and he continues to conduct human factors training and safety investigation training sharing his extensive operational safety management experience.

To register contact Heather.Manson@cdhb.health.nz

There is no charge for CDHB/WDHB employees, places are limited.

Technology changes noted over long career

The role of technology in health care has risen dramatically since Bernhard Parawa started work at Christchurch Hospital as an electrician in August 1977.

The Electronics Technician retired last Friday after a 38 year career.

Bernhard joined Clinical Engineering when it was in the early stages of development and there was a much smaller range of medical devices being used in patient treatment and diagnosis. In those early years he was involved in the laboratory area before moving into the Perioperative environment.

It was basic in those days, with not nearly as much electronic equipment as we have now, Bernhard says.

"Today there is so much more technology from ventilators to cardiac bypass machines."

The challenge was always to get the medical equipment fixed and tested as soon as possible.

"With the help of other experienced technicians we're able to keep up with Operating Theatre and Post Anaesthesia Care Unit demands."

"Southern Cross and St George's hospitals were also on our list of work," he says.

The increase in technology meant Bernhard had to develop the ability to support a diverse range of items. Training was essential and ISO Accreditation and Electrical Standard demands had to be met.

Manager Clinical Technologies, Clinical Engineering and Sterile Services, Tony Blackler, says in addition to his role in the perioperative discipline Bernhard had contributed to ensuring the wider support activities in Clinical Engineering are managed effectively with his willing contribution to our Quality Management group.

"We will miss the significant knowledge that Bernhard has applied to assist with effective service delivery and assist with patient care and we wish him an enjoyable retirement and many happy hours tramping," Tony says.

It's been brilliant, says Bernhard.

"There was always something new and different happening and the staff were wonderful to work with."

Bernhard goes tramping every second weekend and he plans to continue this in his retirement as well as spend time with family, gardening and doing some volunteer work for the Summit Road Society.



Above: Bernhard Parawa.

PDRP New Assessor Training

We are holding a PDRP New Assessor Training session on Tuesday 17 and Wednesday 18 May, 2016. This is a two day course which is facilitated by the Open Polytechnic and will be held at TPMH. We are now calling for nominations for new assessors for PDRP.

New assessors need to be nominated by their peers and supported by their Line Managers. For information on becoming a new assessor and supporting forms to complete, please refer to our PDRP [Intranet site](#)

We look forward to receiving nominations from interested parties.



Orderly retires after three decades

Burwood Orderly Keith Warwick has hung up his uniform for the last time after more than 33 years in the job.

During that time he has survived cancer, had heart surgery and enjoyed a rapport with staff and patients.

Keith was born and raised in the south east of England. His first marriage to a Kiwi brought him to New Zealand but he didn't settle here immediately, travelling back and forth between here and the UK as well as to Australia and several other countries where he lived and worked.

In 1983 he settled permanently in New Zealand and the former builder took up the job of medical orderly at Burwood's Spinal Unit, initially as a temporary role due to a downturn in the building industry. He enjoyed it so much he never left.

"It was such a good place to work. I liked all the staff, the doctors, consultants, nurses, OTs, physios, management, everybody was good."

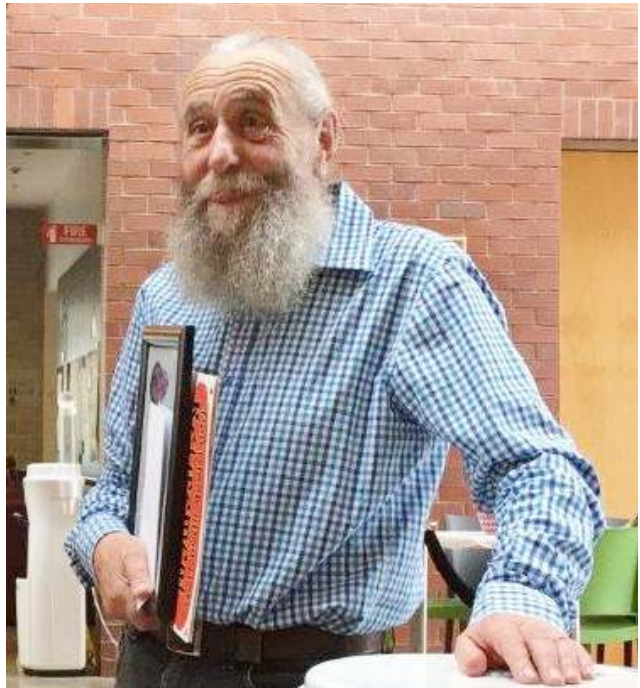
He says the staff environment at Burwood Hospital is unique as it's like a big family. When he was ill fellow orderlies visited him at home, invited him to their house for dinner and took him to appointments.

Patients in the spinal unit ranged from farmers and fishermen, to 'bikies'. He met some interesting people and got on well with them all. He remembers many years ago the daughters of one patient brought in some crayfish for staff.

"I got a call to say please come and get them, no-one else wants them and they are crawling all over his bed. They were alive! And they were huge!"

In his retirement Keith is looking forward to relaxing.

"I will never leave New Zealand, it's the best country in the world."



Above: Keith Warwick.

Nurses undertaking Ara (formerly called CPIT) courses in Semester 2, 2016

Applications for funding for nurses undertaking Ara courses in Semester 2, 2016 are now open. Please apply using the on-line application form:

[Ara Funding application form](#)

Applications close on Friday 29 April, 2016

Further information is available from Jenny Gardner on jenny.gardner@cdhb.health.nz

Registered Nurses undertaking Postgraduate nursing study in Semester 2, 2016

Applications are now open for HWNZ funded places in Semester 2, 2016. The link to the online application form is: [CDHB Online Application Form, Semester 2 2016 - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website: [Postgraduate Nursing Education](#)

Closing date is Friday 29 April 2016. Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or margaret.bidois@cdhb.health.nz or to Jenny Gardner, Nurse Coordinator, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz

University of Otago
Research Radar
Christchurch

Rheumatologist acknowledges clinical colleagues in award win

A Christchurch rheumatologist and researcher awarded one of Arthritis New Zealand's highest honours says her success would not be possible without the dedication of research participants, and clinical and research colleagues.



Above: Professor Lisa Stamp.

Professor Lisa Stamp from the University of Otago, Christchurch, received Arthritis NZ's Jubilee Celebration Research Award at its recent 50th anniversary celebrations.

The award recognised Professor Stamp as a New Zealand-based academic whose research has made an impact worldwide. She is one of the key gout researchers in New Zealand and internationally and her research into rheumatoid

arthritis has helped to improve the lives of patients living with the condition. Her work has influenced international guidelines and is cited in some of the most respected medical journals, as well as on Wikipedia.

Professor Stamp says she is grateful to Arthritis NZ for the recognition.

"It's a real honour to get the award, which I feel recognises the huge amount of work put in by so many people, not just myself. A group that deserves much praise are our dedicated research participants who take part in our clinical trials. Success is also due to the hard work of my clinical colleagues and research colleagues, and also collaborators."

Professor Stamp is currently the lead researcher on four Health Research Council (HRC) contracts, including a project on the safety and efficacy of high dose allopurinol in the management of gout and a feasibility study on the effects of tart cherry

concentrate on gout flares and serum urate. She is also a named researcher on several other HRC contracts, including a \$5 million programme investigating urate and gout genetic control, environmental and drug interactions.

DHB staff receive University teaching and research awards

Each year the Dean of the University of Otago, Christchurch, gives awards for undergraduate and postgraduate teaching; the award criteria includes teaching performance, substantial contribution to course development, improving learning for teaching, PhD supervision over the previous 3 years. The recipients for 2015 were:

- » Prof Doug Sellman (Psychological Medicine)
- » Assoc Prof Simon Adamson (Psychological Medicine)
- » Dr Wayne Morriss (Anaesthesia)
- » Ms Tania Huria (Maori/Indigenous Health Institute)
- » Prof Margreet Vissers (Pathology)
- » Dr Anja Werno (Pathology)
- » Dr David Smythe (Medicine)
- » Assoc Prof John Elliott (Medicine)
- » Dr James Blake (Medicine)
- » Dr Joanne Gullam (Obstetrics & Gynaecology)
- » Mr Jeremy Simcock (Surgery)
- » Dr Jen Desrosiers (Population Health)
- » Mr Scott Hallman (Dean's Department)
- » Ms Shirley Harris (Nursing)

Gold medals in teaching and research are also awarded for excellence. The Gold Medal in research was given to cardiologist and Christchurch Heart Institute researcher Professor Richard Troughton. Gold Medals in teaching were awarded to Drs Andrew Miller and Mike Hurrell.



working with

Canterbury
District Health Board
Te Poari Hauora o Waitaha

One minute with... **Paul Schoolderman, Team Leader, Health Protection, Communicable Disease, Community and Public Health**

What does your job involve?

I am Team Leader for a team of professionals (health protection officers, nurses and administration staff) providing the public health follow up to infectious diseases notified to Community and Public Health.

Why did you choose to work in this field?

It followed on logically from my early interest in biology and later zoology/physiology. After completing university I joined the Department of Health (as it was called then) and trained as a technician on the South Island Mass Miniature Radiography Unit (screening for tuberculosis). Then I went on to train in public health with the Department of Health in Wellington.

What do you like about it?

The pace and the technical nature of the work, but most of all the difference we make in protecting people from the spread of infectious diseases.

What are the challenging bits?

The urgent nature of the work and staff capacity/workload issues.

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

There are many I can think of but one stands out for me, Manager of the Communities Team, Kerry Marshall. She managed me for a short time when I was new to this role. I have really valued her advice, encouragement and manner.

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?

It encompasses all that I personally aspire to and reminds me that "it's all about people".

The last book I read was...

History of the Reformation in Scotland.

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

Anywhere by the sea since my wife has always wanted to be near the ocean.

My ultimate Sunday would involve...

DIY jobs – I just love pottering and doing engineering projects.

One food I really dislike is...

Feijoas, with a passion.

My favourite music is...

Anything by Antonio Vivaldi.



Above: Paul Schoolderman.

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

Naomi.Gilling@cdhb.health.nz

Get your APAC award posters sorted now

Organisers of the 5th APAC Forum being held in Sydney, Australia in September have reminded us that draft posters (in PDF format) need to be submitted by 30 June.

Our Medical Illustration team can help with graphic design and printing but need to estimate demand and therefore allow enough time to get these created. Thank you to those of you who have already told us of your intentions.

If you haven't let us know, and intend to submit a poster, please email Vicky.heward@cdhb.health.nz as soon as possible.

More information at koawatea.co.nz/apac-forum/posters.



Staff Wellbeing Programme: New Wellbeing Workshops: Free legal advice for EQC/insurance issues (RAS)

Wellbeing workshops – 2016 programme starts April

- 1 New strengths based workshop – available to Managers / Supervisors. [Click here](#) for more information and [click here](#) to register.
- 2 We are also running another series of the very popular Staff Wellbeing Workshops – this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register – available to all staff.

Financial/retirement and home loan planning

Following the success of last year's programme we are again teaming up with Westpac to offer free onsite appointments (30 minutes) with a registered financial advisor or home loan expert. [Click here](#) for more information and to book an appointment.

One for the Blokes: Men's Mental Health workshop – CHCH Campus and Rangiora

Due to the success of these workshops over the past two years we are offering another two workshops in April.

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

Over 30 classes a week across main DHB sites – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#).

Free counselling available to all staff

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

Andy Hearn

Staff Wellbeing Coordinator

Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924

andy.hearn@cdhb.health.nz



Wellbeing Workshops

ALL STAFF

For All Canterbury District Health Board Staff

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are continuing to run a series of 2.5 hour wellbeing workshops.

You play a crucial role in the delivery of high quality care to the Canterbury community. It is more important than ever to take time to focus on your own wellbeing.

We are running a number of workshops in 2016 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients – will also benefit.

2.5 hours to focus on YOUR wellbeing!

Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Enhance positive relationships and social connections
- Improve your health and wellbeing: 5 Ways to Wellbeing, Staff Wellbeing Programme

Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Prie MSc Psycho, B.Comm, BA Hons, C.A.T, MNZAPP
- For dates and to register for a workshop – [click here](#)

Canterbury
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MHERC
Mental Health Education & Resource Centre

For more information contact:

Lee Tuki
Lee.Tuki@cdhb.health.nz
027 689 0285

Andy Hearn
Andy.Hearn@cdhb.health.nz
027 218 4924

Click here to register

Strengths Workshops

MANAGERS SUPERVISORS

NEW for 2016 - Strengths Workshops for Managers/Supervisors

In the current Christchurch environment it is more important than ever that we take time to focus on our own wellbeing.

With this in mind the CDHB Staff Wellbeing Programme and MHERC are running a NEW series of 2.5 hour workshops focusing on 'Harnessing our Strengths'.

On completing the workshop staff will have:

1. A theoretical understanding of the strengths based framework.
2. Tools to enable a greater understanding of themselves and others which can help improve personal wellbeing and interactions with others, both at home and in the workplace.

This NEW workshop is designed to extend the foundation of positive mental and emotional health developed in the Wellbeing Workshops run throughout 2014 and 2015. Managers/Supervisors are therefore encouraged to attend a Wellbeing Workshop before attending the NEW Strengths Based workshop (although it is not a requirement to do so).

Workshop Overview:

- Increase understanding of character strengths as personal resources
- Identify and measure personal strengths
- Experience strengths-based conversations
- Engage strengths in everyday life
- Revisit tasks to increase wellbeing

Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Prie MSc Psycho, B.Comm, BA Hons, C.A.T, MNZAPP
- For dates and to register for a workshop – [click here](#)

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Click here to register

Creativity

Honesty

Fairness

Teamwork

Perseverance

Hope

Judgement

Prudence

Humour

Leadership

Bravery

Gratitude

Kindness

Humility

Zest

Forgiveness

Perspective

Curiosity

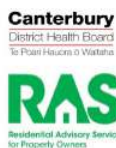
In brief

April edition of Hot Tips

Among many articles inside this issue you will find:

- » A story from 'the other side' of the bed' explaining why Releasing Time to Care really matters to patients and their families
- » An intravenous nursing conference success story about a winning poster
- » A report from the recent Child Health nursing leaders day
- » The Great Wall Project we are undertaking to build strong Child Health teams

[Link to the newsletter.](#)



Free Legal Advice – Staff Wellbeing Programme

ARE YOU STUCK OR CONFUSED ABOUT YOUR INSURANCE / EQC MATTERS?

WOULD YOU BENEFIT FROM **FREE** LEGAL ADVICE?

The Residential Advisory Service (RAS) provides:

- free independent and impartial legal advice to help home owners navigate through their rebuild, repair or resettlement issues
- free technical advice on existing repair solutions (desk top review)
- free facilitated meetings with Insurers and other interested parties to try and achieve agreement on a way forward

The service is focussed on progressing issues between home owners, insurance companies and the Earthquake Commission.

RAS lawyers are available – FREE of charge.

To learn more about this service visit <https://advisory.org.nz/>

To make an appointment to see an Independent RAS Advisor (lawyer) please email info@advisory.org.nz and they will telephone you back to arrange a suitable time. You can also call RAS directly on (03) 379 7027 or 0800 777 299.

Note that this service is only funded for a limited time – so if you have a protracted issue it would be best to contact the RAS as soon as possible.

Feel free to contact me if you have any questions.

Andy Hearn
Staff Wellbeing Coordinator
Canterbury and West Coast DHB
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924
andy.hearn@cdhb.health.nz



For more information about other Staff Wellbeing Programme initiatives visit the Staff Wellbeing Programme intranet page <http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

CDHB – Investment/retirement planning & house buying
April / July 2016

Results of the Staff Wellbeing Survey 2014 show that many staff would like support relating to financial/retirement planning and buying a house.

We have therefore arranged for Westpac to provide **free 30 minute appointments** to help you better understand and plan your finances related to Retirement Planning and Housing Matters (first home buying, selling up and buying a new home, building or refinancing).

- Retirement Planning – you will meet with an Authorized Financial Advisor
- Housing Matters – you will meet with a Home Loan Expert

Westpac staff will be available to assist you between 0900 and 1600 at the sites and dates listed below – appointments will commence on the hour and at 30 minutes past the hour. To make an appointment please contact Greg Mander greg.mander@westpac.co.nz and be sure to include the following information:

- the hospital you work at
- whether you want an appointment to discuss 'retirement planning' or 'housing matters'
- the 30 minute time slot that would suit you best

These sessions are available on a first come, first served basis.

Hospital	Topic	Date	Day
Hillmorton	Retirement Planning	5 th April	Tuesday
Hillmorton	House/Home	14 th April	Thursday
CHCH Campus	Retirement Planning	10 th May	Tuesday
CHCH Campus	House/Home	11 th May	Wednesday
TPMH	Retirement Planning	14 th June	Tuesday
TPMH	House/Home	15 th June	Wednesday
Burwood	Retirement Planning	5 th July	Tuesday
Burwood	House/Home	6 th July	Wednesday

Note: appointment locations/rooms will be confirmed when your appointment is confirmed.



Andy Hearn
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Canterbury and West Coast DHB

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andy.hearn@cdhb.health.nz



YOU COULD COME IN CONTACT WITH INFLUENZA ANYWHERE, ANYTIME. **GET IMMUNISED.** THE VACCINE IS FREE FOR ALL STAFF.