



## Canterbury's Sexual Health Centre's new home was officially opened at an event that involved homing pigeons and home-grown music

Last week I joined a group of staff and people from other agencies the sexual health team work with to celebrate the blessing and official opening of their bright new premises in Riccarton Road, near the Bush Inn Shopping Centre.

Henare Edwards gave a heart-felt blessing, while Sean McPherson our resident muso-come consultant haematologist provided the sounds. Board Chair, Murray Cleverley did the honours and declared the service officially opened. There was a symbolic freeing of two white homing pigeons by Brent Skerton from the AIDs Foundation and Dale Kennedy of the Sexual Health Service. This represented the way the two agencies work together, the old and the new, love and compassion.

The service has come a long way since 1919 (97 years ago) when I am told that the service was housed behind a curtain in the casualty department of the hospital where it continued until it "outgrew the curtain" and was moved to the outpatients department. The service continued to expand and after 39 years (in 1991) a move to 33 St Asaph Street took place through a service development grant from the government which acknowledged the necessity for full time specialist sexual health services in Canterbury and in New Zealand as a whole. This time also reflected a change in attitude towards sexual health and the name of the clinic was changed from the 'Sexually Transmitted Diseases Clinic' to the Sexual Health Centre.

The 2010 and 2011 earthquakes sealed the fate of the building in St Asaph Street and after much planning and searching the team moved into bright new premises this year.

Edward Coughlan, Clinical Director of the service said their clients are enjoying the modern clinic facilities. He said many

of their clients are vulnerable youth, and they have commented on the new premises, as they are clean, bright and tidy – and conveyed a more professional image to everyone using the service. Their previous building was old, run-down, and is in the process of being demolished.

Congratulations to Edward and the team for a great event, and also for the challenging work you do in an increasingly busy area of our services.

Edward felt very grateful to Cathie Parkes, Charge Nurse Manager, who put in so much work to make this happen and to Angela Milner, Debbie Peters and Maureen Coshall who worked over the weekend to ensure down-time was minimal.



Above: Dale Kennedy and Brent Skerton releasing the pigeons.



Catherine Parkes, David Meates, Murray Cleverley and Edward Coughlan.

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## Minister of Health drops in on the AllRight? team and attends event to mark the signing of the ASB construction contract

Last week the Minister of Health met with the AllRight? team to hear more about the way the campaign has developed and grown over the past few years, and where it's heading next.

Dr Coleman heard from Sue Turner Campaign Manager, Dr Lucy D'Aeth, Public Health Specialist and Ciaran Fox Mental Health Promotion Strategist from the Mental Health Foundation who all work on the AllRight? campaign. The Minister was interested to hear how the campaign started, how the campaign themes and images were developed. The process involves a lot of listening, considerable research and engagement with people from all walks of life. Once draft themes and designs are developed, they're pre-tested with focus groups and a wider 'champions' group which includes representatives from a wide cross-section of our community.

The basic premise of the campaign, is that it's all right to feel how you do, and that everyone is at a different stage of their recovery journey. The campaign bases its messages on the five ways to wellbeing: give, be active, keep learning, take notice and connect. In terms of where to next, the AllRight? Campaign's next phase is about 'living brighter' – and what exactly does that mean? It's about inspiring Cantabrians to become champions of their own wellbeing. Live Brighter incorporates and extends The Five Ways. It's not

just about people doing the things that make them feel good. We also want to help them embrace who they are, find more meaning in their lives, and enjoy greater satisfaction, happiness and enjoyment. Here's a sneak peek at some of the new 'Living Brighter' graphics:



## Signed, sealed and the new Acute Services Building is due to be delivered during 2018

The Minister of Health, Dr Jonathan Coleman also spoke at an event at Christchurch Hospital last week to mark the formal contract signing with CPB (formerly known as Leightons) the contractors now responsible for the main construction of our new Acute Services Building.

I know there has been some concern amongst staff after recent media comment about the number of beds to be available in the new facility. Last week the Minister of Health confirmed that he fully expected the ASB would open with its full complement of beds. He stated "there's 413 beds in the business case and this (ASB) will have 413 beds."

What's important now is that all of the teams involved remain focused on how we bring this building to life. The clock is ticking and suddenly 2018 doesn't seem that far away. There's a lot to be achieved between now and then. It's vital that the ASB is completed on time to enable us to undertake the redevelopment of Parkside and continue with our programme of repairs to our earthquake-damaged facilities. Last week RFP (request for proposal) was advertised on GETS (the government, electronic tender site) for architects and planners to work on the master planning for the remainder of the Christchurch Campus. This is a critical part of ensuring our facilities have the capacity we need, and are fit for purpose.

The Burwood campus is coming along nicely, with only 10 weeks until the first services are due to move in.

At the northern-most part of our region, detailed planning is underway for the official opening of Kaikoura Health Te Hā o Te Ora. I'm looking forward to that on 15 April.

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It's great to see so many of our construction projects coming to fruition. We recently celebrated opening our new Rangiora Health Hub, and things are going well in Ashburton with the construction of their new Acute Assessment Unit and theatre building. Other pieces of the complex jigsaw involving our facilities, will see corporate office staff move to a refurbished office building in Oxford Terrace in June.

Older persons and rehabilitation services are also moving in June - from The Princess Margaret Hospital to their brand-new facilities at Burwood. This will leave a much-reduced number of services and staff working from TPMH.

The mini Health Precinct at Burwood is being planned to bring together a mix of non-government organisations, learning and research organisations that have an interest and focus on the services of Older Persons Health & Rehabilitation together into a shared space. This space will be a mix of student learning, library function and learning spaces, research academics and the NZ Spinal Trust along with groups such as Cobra (orthopaedic joint research) and BAIL (Burwood Academy of Independent Living). The planning is currently underway with architects developing some detailed designs, our aim is to begin repairs to the old admin area at Burwood Hospital in the 3rd quarter of this year opening in the beginning half of 2017.

Once services move into the modern new facilities at Burwood and there is room, the earthquake repair team will start work on repairs to the Spinal Unit, and ORU (the Orthopaedic Rehabilitation Unit). A decision is yet to be made regarding the future of the Burwood Birthing Unit, which was vacated following the Valentine's Day quake.

Again it's a timely reminder of the fact that working in a post-quake environment remains challenging, however, it's rewarding to see some of our hard work come to fruition with the Burwood development rapidly starting to look increasingly like the artist's impressions we saw early on in the process.

Thanks for the significant contributions so many of you are making to ensure our new facilities will meet the needs of patients and their families, staff and visitors. I know that finding time in your day for additional meetings, training and your upcoming moves is a challenge, so thank you for your energy and your ability to keep providing quality care for our patients while there are so many demands on your time.

Dates for your diary

- » Friday 27 May - there will be an opportunity for staff to have a look around the new Burwood facilities, before
- » Sunday 29 May – when we will open the doors to the public to view the new facilities before they are clinically-cleaned and ready to receive patients.

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Above: Chief Executive David Meates, Minister of Health Dr Jonathan Coleman and Canterbury DHB Board Chair Murray Cleverley at the official signing of the main ASB contract.



Above: Artist's impression of the new Acute Services Building as viewed from the Avon.



Above: Artist's impression of the new Acute Services Building as viewed from Riccarton Avenue (with the end of Christchurch Womens' Hospital in the foreground on the right hand side).

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## The Hipop Walk

The 'hip walk' – a fundraiser for the New Zealand Orthopaedic Association's (NZOA) [Wishbone Trust](#), was held on Sunday morning between 10am and noon.

The national event is held every two years in the four main centres with the Christchurch walk held at the Addington Raceway.

The New Zealand Wishbone Trust was set up in 1993 to promote research in various aspects of orthopaedic surgery and research, as well as promoting and improving orthopaedic services in New Zealand.

More than a hundred people took part in this year's event, including a large number from Christchurch Hospital's Orthopaedic Department, Canterbury DHB General Managers and their families. Every year the walk aims to raise around \$50,000.

Patients also love this event because it's always a chance for them to meet up with their surgeon and let them know how their hip is performing post-operation.



**David Meates**  
CEO Canterbury District Health Board

## Facilities Fast Facts

### Fast Facts – Burwood



Countdown: it's just a short 10 weeks to go until our moves get underway!

#### Training and orientation:

Dates for training staff who will be moving to the new facilities at Burwood are now available. Staff should please check their inboxes for information on the training and orientation programme, and discuss their needs with their manager.

Staff can visit the intranet for the [latest information on migration to Burwood](#), including the training dates (on the Training & Orientation page).

The information is also on the Facebook group page [LET'S GET READY TO MOVE](#) – so do join up if you haven't done so already.

Alternatively, email [itsallhappening@cdhb.health.nz](mailto:itsallhappening@cdhb.health.nz) and one of the project team will get answers for you.

### Fast Facts – Christchurch

On Thursday 10 March the Minister of Health, The Hon Dr Jonathan Coleman, paid a visit to the Acute Services building site to view the official signing of the contract for the next stage of the project build, to be undertaken by contractors CPB.

#### Christchurch Outpatients building:

The User Group met this week to agree various items such as printer locations, monitor locations for waiting spaces, and the locations of the three whānau rooms planned for the building. The group is expecting to receive updated plans and room data sheets early next week from the design team. They will be reviewing these with a view to signing off on the developed design plans late next week.

The Front of House group went to the Design Lab on Friday to test the size and layout of the ground floor entry area.



Right: CPB Project Manager Bill Hill explains the next stage of the ASB project to Minister of Health Dr Jonathan Coleman





## Bouquets

### Emergency Department, Christchurch Hospital

Following my arrival by St John ambulance... I was met promptly, interviewed and taken to a bed. A nurse administered a tetanus injection, my condition was assessed by Doctor Adam Herbstritt, and my knee was x-rayed. Later the doctor attended my wound and questioned me carefully about possible other physical problems.

As I had nowhere to sleep in Christchurch, Sarah, an English lady from near Newcastle, made numerous phone calls on my behalf... she eventually found a hotel near the airport... took me at no charge to this hotel in her own car after finishing her shift....other staff assisted to make a flight booking...staff responded to my needs with courtesy and warmth and patience. I could not have asked for more....special thanks to Sarah who helped me very much at a time when I was unwell and in difficulty.

### Activity Room, Christchurch Women's Hospital

Toy room is fantastic! Kids loving the shaving foam, think you might need to buy a whole pallet of it LOL.

I would like to compliment the services of the team in the children's playroom. I was not at all convinced when I heard a 'play specialist' was coming to visit. Rebecca explained she would show the procedure to my son, using a doll. I said "he is only four, would he understand / benefit?" Well how wrong was I! My son got to put a tube up a doll's nose! He loved it and it totally helped him understand and prepare for what

was about to happen. Emily, Rachel, Rebecca and the hospital aides have been fantastic. So patient and kind. We have been here ten days and again I didn't really see the point of the playroom. My son lives in it! He asks if / when he can go there when he first wakes up. Aren't we totally blessed to have this incredible and necessary facility.

Activity room is fun, exciting, awesome, cool. I love the activity room so much.

### Birthing Unit - Burwood

For all three of my children I have come to Burwood Maternity Ward for postnatal care. Each time I have been greeted with a warm smile. All the midwives on duty while I had my stay here, Katy, Lee, Gail and Ruth have all been great. I wasn't a bother as I have had no problems with myself or baby, but they all took their time to know me and my baby and to ensure I was happy breastfeeding and my pain was under control (C-section).

### Convalescent – Rangiora Hospital

Thank you to all the staff for their areas of expertise, care and compassion throughout the days of me being here after an operation. What a beautiful, restful place the new Rangiora Hub hospital is.

The meals were delicious, varied and suitable amounts on the plates.

Any medical queries were answered with knowledge of the issue and none were disregarded. Thank you all.

### Lyndhurst

Awesome staff, friendly, happy and very approachable.

My partner has been in surgery today at Lyndhurst. All nurses we have met this morning have done an amazing job in making my partner feel confident and very well looked after. All of them have great people skills and deserve our genuine and sincere praise.

### Gynaecology Unit

Wish to thank – Gemms, Jo, Meg, Sasha, Megan, Jen, Wina, Maria and the catering team for a wonderful stay. Thank you.

### Gynaecology Ward, Christchurch Women's Hospital

Great staff - so helpful. Loved being here and all very knowledgeable and kind.

### Maternity Ward, Christchurch Women's Hospital

The many girls in the delivery suite Anne, Bronwyn etc, can't remember more names, and the surgery team I had were fantastic always talking to me and reassuring me.

I would like to thank the midwives and staff on the maternity ward who worked tirelessly. They made you feel you were the only one they were looking after and when I finally got to my feet and went for a walk I realised the place was full with many corridors and rooms! They must have been very busy but never showed it.

Particularly, thank you to Rachael Reynolds – the strength and common sense of Rachael who got me to my feet and helped me a lot mentally and physically after the surgery. Bev Knaggs – lovely English Bev who bought me sandwiches and a drink at

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4 in the morning. A small gesture but was much needed at that time. She was also lovely to talk to. Edith van Zelderen – Edith's calm and caring nature was very helpful in the last few days to help me prepare to go home.

**Neo-natal Intensive Care Unit (NICU), Christchurch Women's Hospital**

Excellent service they run here, very helpful and security conscious. Keep up the good work.

**Paediatric Surgery Ward 21, Christchurch Hospital**

The nurses are absolutely amazing Bianca, Helen and the cleaners. What fantastic women. Thank you.

**Paediatrics Medical, Ward 22, Christchurch Hospital**

Your staff are amazing!

The nurses are lovely and kind. Especially Pam of Ward 22. Thank you.

Very happy with the kind and helpful staff which has made a stressful time much easier. The transition between

HDU and the regular ward was very smooth and the nurses throughout have been very attentive and understanding of my son's needs.

**Orthopaedic Theatre and Ward 18, Christchurch Hospital**

Following an accident in Hokitika on holiday from the UK I was transferred by ambulance to Ward 18 with a fractured neck of femur. The service I received was excellent as I was operated on the following day... discharged two days post-op. All the staff were very professional and efficient and made time to come and chat to me as I was isolated in a side ward. My thanks are due to a very competent surgeon Joan Wheat-Hozack and her team in the orthopaedic theatre... post-op everything ran like clockwork.

I enjoyed the food and especially the jelly which was full of flavour. I am now back home and fully mobile thanks to Christchurch Hospital.

**Sexual Health Clinic, Christchurch**

Fabulous work guys. Keep it up. Maureen, y're amazing.

**Ward 27, Christchurch Hospital**

To the wonderful Ward 27 team, a huge thank you for taking care of our mother.... The attention and careful consideration towards mum and our family was first class and being able to stay with mum and not be overlooked was very much appreciated. A healthy sense of humour and a short dose of reality made mum feel so very comfortable in your care. Right from the cleaning staff, the awesome tea lady (Dawn and co.) the sharp and funny Susan and Lorraine, nursing staff (a lot to mention), the specialist OTs, physiotherapists, social workers and doctors. You are all a major credit to the health sector and we wish you all the very best for 2016. With heartfelt thanks.

## Canterbury Grand Round

Friday, 18 March 2016 – 12.15pm to 1.15pm with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

**Speaker one: Lyn Pugh, Health Pathways Clinical Editor**

"Hospital Health Pathways will help you stress less, sleep better, lose weight and look younger!"

Well...ok, maybe stress less.

Consider a patient who is warfarinised for a mitral valve replacement who complains of a headache and begins to drop their GCS. Would you know what to do and how to get it done? We revisit a case study and show how Hospital Health Pathways could improve decision making and patient care.

**Speaker two: David Meates, CEO**

"The Journey Continues"

Where we have come from and the challenges facing us.

Chair: Dr Peter Ganly

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 1 April 2016.

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

# New role to support medical staff

Dr Mark Jeffery's new role as Clinical Director [CD], Medical Capability Development, appears to be unique to Canterbury.



Mark Jeffery

"When I asked about similar roles at other DHBs in New Zealand I was told there weren't any," he says.

Mark was appointed to the newly created half time role late last year, relinquishing his position as CD of Medical Oncology at Christchurch Hospital which he'd held for over five years, to take up the job. He started in late January and is still working clinically as a Medical Oncologist.

Mark's task is to work in partnership with the Chief Medical Officer, chiefs and chairs, CDs, operational leaders, the People and Capability team and nursing and allied health leaders throughout the organisation to support, enable and continue to grow the capability of CDHB's medical workforce.

"Achieving this requires a much greater shared understanding about the opportunities and challenges facing our more than 60 medical leaders right across the organisation and the more than 900 medical staff that they provide leadership to."

One of Mark's first priorities is therefore to meet individually with all CDs, chiefs and chairs to get a deeper understanding of "what they do and how they do it". He will explore what systems, processes and programmes, both current and new, might better support and enable medical staff to lead, to be led and to stay as well as possible.

"I'm hoping to find out what is working well and what people are struggling with. With that information, we will work up a set of agreed priorities for how - as an organisation - we can grow the ways in which we support the leadership and wellbeing needs of our medical staff.

Mark says he took on the role after realising while on a leadership training course in 2014 that he most enjoyed working with people and helping them develop their careers and obtain a good work-life balance.

While his main focus is the senior medical workforce, he will be liaising closely with those in similar roles working with junior medical staff. His aim is to see doctors aspiring to, and heading into, leadership roles well prepared and well supported.

Mark's role liaises closely with the Chief Medical Officer and the General Manager People and Capability and he's committed to engaging with nursing and allied health leadership to create a connected and joined up approach to how we build the capability of our workforce.

## Interim Chief Medical Officer

Dr Richard French has agreed to assume the role of Interim Chief Medical Officer [CMO] effective from today (Monday 14 March 2016). It is anticipated that Richard will fulfil this role until the appointment and commencement of a permanent CMO, advertising for which commenced last week.

It is important that Richard's substantive role as Clinical Director of Anaesthesia is properly attended to during this period so for this reason he is making arrangements within the Department for appropriate cover in order to enable him to focus on the responsibilities of the Interim CMO.



## Award for outstanding contribution to psychiatry



Matt Eggleston

Child and Adolescent Psychiatrist, Matt Eggleston, has been recognised by the Royal Australian & New Zealand College of Psychiatrists (RANZCP).

Matt, who works at Whakatata House, has been awarded the Ian Simpson Award by RANZCP.

This award is made to a person who has made an outstanding contribution to clinical psychiatry, such as contributions to the development of a special unit, or area of special expertise or lengthy involvement in a clinical area which has earned the respect of colleagues and/or publications.

Chief of Psychiatry, Sue Nightingale, says it is fantastic recognition for Matt.

Receiving the Ian Simpson award was an unexpected but lovely surprise, Matt says.

"I am passionate about the health and wellbeing of children who are sometimes overlooked relative to adolescents and adults. I love working with children and families and have been able to pursue a particular interest in neurodevelopmental disorders including ADHD, autism spectrum disorders (ASD) and dyspraxia.

"This interest has enabled him to participate in a range of related activities including development of the New Zealand ASD Guideline and its implementation, advocacy through Pharmac for better access to medications for developmental disorders, talking at conferences, contributing to parent support groups and writing submissions to Government.

"My other professional passion is the training and supervision of registrars and I have really enjoyed being able to be involved in the development of the next generation of psychiatrists," Matt says.

## Simple change makes big difference

Change and innovation has quietly occurred in the busy Director of Area Mental Health Services (DAMHS) office.

The main role of the office is to administrate legal paperwork associated with the Mental Health (Compulsory Assessment & Treatment) Act 1992 and Criminal Procedure (Mentally Impaired Persons) Act 2003.

We have been looking at a lot of the processes in our office that have been in place for many years to make changes to help with the efficiency of our office, says DAMHS Coordinator, Carol Buist.

The office administrators identified that there was a great deal of double handling in the processing of legal status information. For many years, the DAMHS administrators have relied on recording legal status on a whiteboard as a visual reminder of due papers.

After much discussion, debate and revision of processes, the DAMHS administrators decided to replace this older technology and instead utilise the patient management system, Healthlinks/SAP.

They have since had a "closing ceremony" for the whiteboard. The new system is working well proving that simple and small changes can make a big difference.



Right: DAMHS Office Administrators: From left, Kay Teasdale, Tania Chester, "the whiteboard", Carol Buist, Janice Randall.



# Better care for people on multiple medications



Rima Subritzky

Rima Subritzky has lived in Banks Peninsula all her life. Her father was the region's Chief and also a Māori doctor. So it's no wonder this doting grandmother wants to stay in her own home and look after her health.

The 85-year-old Rapaki Māori elder is on multiple medications for various health concerns. When things were going astray, Rima decided to speak to her pharmacist.

"They were sending me backwards and forwards from hospital when I wasn't good," Rima said.

"I asked [my pharmacist] why certain things were happening and I told him what I thought could be helpful for me."

For her local Lyttelton pharmacist John Thrupp, it is supporting patients like Rima that gives him the most job satisfaction.

Lyttelton Pharmacy has been participating in a feasibility study of a new Medication Therapy Assessment (MTA) Service in Canterbury.

"I was noticing medication issues that needed correcting and picking up things that we could have been doing something about, but we couldn't. Now we can," John said.

He has already completed MTAs for 10 polypharmacy patients like Rima in the small Banks Peninsula community. With medication issues contributing significantly to the number of people ending up in hospital and aged care, the outcome for people's quality of life can be significant.

For Rima, the MTA assessment uncovered issues around the timing that she was taking the medications, medication efficacy and the risk versus benefit for a number of her prescribed medications. John's recommendations included rearranging dose times to suit Rima, optimising doses and stopping a number of medications that were no longer required.

This has helped Rima by giving her a simpler more effective medication regime that aims to help her to remain independent in her own home. Removing some medications also removed the need for home visits for blood taking, saving Rima and her doctor time and money.

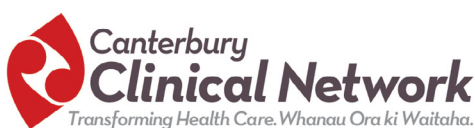
Gareth Frew, Clinical Leader at Canterbury Community Pharmacy Group (CCPG) (which is delivering the MTA programme in Canterbury) said successes like these are a credit to the continued support of the Canterbury District Health Board to enable community pharmacy to deliver more services closer to home and keep people well and out of hospital.

John agrees. He has freed up 3.5 hours of time he would previously spend on administration and avoidable tasks every week, which he now spends collaborating with the local General Practice to better care for patients with long term conditions and high needs.

"GPs have loved it, patients have loved it. It seems to work so far."

For more information about the Medication Management Service, visit [www.ccp.org.nz](http://www.ccp.org.nz)

To read the full story go to [ccn.health.nz/NewsStories](http://ccn.health.nz/NewsStories)



Canterbury Community Pharmacy Group

# The Great Christchurch Campus Travel Survey

Do you work on the Christchurch campus and are frustrated at not being able to find a park? Don't like being stuck in traffic? Sick of seeing your wages going into parking and petrol?

You're not alone and we're here to help!

Commuting to work can be a frustrating and expensive exercise, but it doesn't have to be. We're keen to hear your opinion on your commute.

We want to know how we can help to make it easier for you to have a better ride in that costs less, maybe gets you fitter, healthier and happier, may give you a bit of down-time, is less polluting and is better for the environment.

Canterbury DHB, Christchurch City Council and ECAN are working together to make things easier.

A [travel survey](#) has already been conducted with Hillmorton Hospital staff and now it's Christchurch Campus' turn. This survey is to find out how Christchurch Campus staff travel to and from work currently and why we make the choices we do. The data from this survey will be used to assist with problem-solving and we will be launching a bunch of initiatives based on what you tell us.

The survey takes less than five minutes – please complete this by Friday 1 April and you will go in the draw to win one of \$3500 worth of prizes:

- » Two \$250 dining vouchers from Westpac. Westpac also offers a [CDHB Employee Pac](#)

- » Two \$50 Boat shed Lunch Vouchers

- » Thirty \$5 dollar voucher for Medici

From [John Bull Cycles](#)

- » One \$900 2016 Crossway Bike

- » One USB \$129 Bike light set

- » Two \$299 Voltra Reflective Vests

- » One \$149 Ultura Night Vision Jacket

From [Macpac](#)

- » One men's and one women's soft shell jacket – valued at \$280 each

- » Five men's and five women's thermals – valued at \$40 each

The survey is open to CDHB employees who work at the Christchurch Hospital campus.

The survey is completely confidential. No personally identifiable information will be collected, and the results will be presented in collated form only. To enter the prize draw, you will be given the option of entering your contact details. If you enter the prize draw, your contact details will not be associated with your survey response and will be stored in a separate location.

[Take the survey by Friday 1 April here.](#)

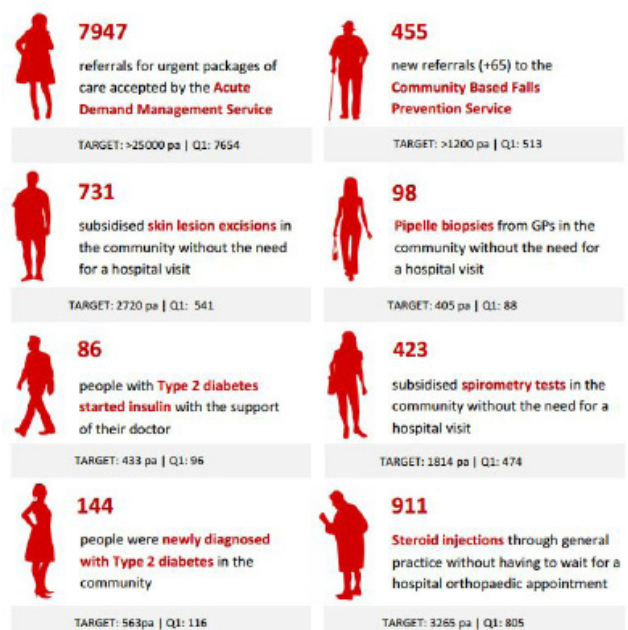
Any questions to Sustainability Adviser James Young  
[James.Young@cdhb.health.nz](mailto:James.Young@cdhb.health.nz)

## Canterbury Clinical Network second progress report for 2015/16

The Canterbury Clinical Network (CCN) has released its second report on progress for the 2015/16 year.

The report summarises the position and progress of CCN's focus areas as part of the district health alliance's overall mandate to provide leadership to the transformation of the Canterbury Health System in collaboration with system partners and on behalf of the people of Canterbury.

The Q2 Summary Report is available at [www.ccn.health.nz/Resources/QuarterlyProgressReports](http://www.ccn.health.nz/Resources/QuarterlyProgressReports)



# Passion for professional development leads to quality improvements

**Gene Ruiz is Clinical Services Manager & Clinical Advisor– Bishop Selwyn – Ultimate Care Group. Her passion for professional development opportunities for nurses is leading to huge quality improvements and better outcomes in Canterbury's Older Persons Health and Aged Residential Care sector.**

When Gene arrived in New Zealand in 2006, she thought working in Aged Residential Care (ARC) would be a stepping stone as she had her sights on acute care, but a decade on she's leading a team of eight registered nurses and empowering them to be the best they can.

"With our Facility Manager-Diane Topschij and Nursing Team, we aim to deliver the best care for Canterbury's older population," Gene says.

"We seek to deliver the right care, at the right time, in the right place. In line with this, we empower our nurses and caregivers through continuing professional development, to enable them to deliver the right intervention at the right time in the right place."

Gene says she loves ARC because you develop a sense of family and friendship with residents, their families and staff.

"It's like one big family. You get to know your residents and understand their needs more than you would working in an acute hospital setting. I really like that consistency and continuity of care we can provide."

Gene says she's noticed a shift in the type of admissions since the earthquakes.

"Thanks to more community services that are allowing older people to live longer in their own homes, we have noticed that when they do get to ARC, their dependency and acuity is much greater.

"Having a skilled workforce able to respond quickly and provide a much higher level of care and treatment is critical to this."

Gene sees ARC's place in the health system as one where increased acute and specialist care can be provided, without the need to admit patients to hospital.

"Our biggest achievement at the end of 2015 was the reduction in the numbers of acute hospital admissions, which was more than halved from 31 in 2014 to 12 last year.

"It's a better outcome for everyone. It's better for the resident, for their family and for the health system as a whole, but it relies on a skilled workforce.

"We encourage and provide our RNs with the tools to further their knowledge and skills. We empower them to be involved in quality activities, like auditing, surveillance and trend analysis of the quality indicators, and letting the RNs take a champion area, such as falls prevention, to focus on."

Gene says empowering staff now frees up her some of her time to help other Clinical Service Managers across the Ultimate Care Group. in her role as Clinical Advisor to implement similar changes in their facilities.

"I intend to continue to live my passion to care for the elderly and to educate/empower the workforce involved in their care delivery.

"I feel so proud to see our RNs so enthused and passionate in their work.

"We take pride in the service we provide and are happy to be able to make our mark in the lives of those we care for."

Gene's story will feature in an upcoming edition of the New Zealand Nursing Review



Above: Gene Ruiz



# Breast cancer treatment in Canterbury gets a boost

Treatment for breast cancer patients at Christchurch Hospital is set to improve, thanks to support from the New Zealand Breast Cancer Foundation (NZBCF).

The NZBCF has committed almost a quarter of a million dollars (\$243,000) to new projects at Christchurch Hospital, with an emphasis on improving survival, prolonging life for women with advanced disease, and improved patient safety. The investment is on top of the NZBCF's \$500,000 to-date funding of the Christchurch Breast Cancer Register at Canterbury District Health Board.

The grant has helped fund several initiatives including an Elekta Active Breathing Coordinator (ABC), which guides patients through deep inspiration breath hold, or DIBH.

The technology prevents the radiation beam from clipping a small area of the heart during breast cancer treatment to the left breast.

Dr Melissa James, CDHB radiation oncologist says that there are a number of ways already used to limit the dose of radiation the heart receives but the ABC device provides a new, safe and reliable way to limit this even further.

"Holding a deep breath allows the lung to expand like a balloon and push the heart out of the way of the radiation," Dr James says.

"The machine is linked up to the patient and only delivers treatment when it registers an optimal breath hold. Patients can monitor their own breathing by following the on screen countdown."

Side-effects of conventional radiation treatment to the left breast include an increased chance of developing heart and valve diseases 10 to 20 years later.

Dr James says this machine will help to reduce a patient's risk of this happening.

Canterbury DHB will pilot the treatment with 15 women over the next year.

Rob Hallinan, acting service manager for oncology and palliative care at Christchurch Hospital, says it is a very exciting time for Canterbury.

The grant also means Canterbury is

able to provide stereotactic radiation treatment for patients whose breast cancer has spread to the brain, he says.

Previously they've had to travel to Dunedin to access this care.

Conventionally, patients with brain metastases receive radiation to the whole brain, which can cause negative cognitive effects.

"Stereotactic radiotherapy delivers high dose, highly precise radiation to a very small area. It has better outcomes in controlling the cancer in the brain with fewer treatments, and a much better cognitive outcome," Rob says.

The new treatment is to be introduced in October. Rob says while the radiation oncology initiatives are for the benefit of breast cancer patients, they will benefit patients with a wide range of cancers including, lung, oesophagus, rectum, prostate and melanoma.

The NZBCF's final contribution in this grant is supporting patient participation in the ELIMINATE clinical trial at Christchurch Hospital, which seeks to shrink large tumours before surgery.

Dr Kate Gardner, Canterbury DHB Medical Oncologist, says this multi-centre trial, coordinated by the Australia New Zealand Breast Cancer Trials Group, will investigate whether some women with large breast tumours will benefit from being given hormone treatment concurrently with

chemotherapy, before surgery.

"It's great to be using an existing drug, which delivers the benefits of hormone treatment earlier, to potentially reduce the tumour size and the burden of surgery," Dr Gardner says.

The NZBCF is also supporting the ELIMINATE trial at Auckland Hospital.

Evangelia Henderson, Chief Executive at the NZBCF, says the foundation will keep supporting innovative technologies.

"Our aim is for zero deaths from Breast Cancer – it may seem a little ambitious but we believe it's possible in the future through innovation," she says.

Steve Wakefield, Canterbury DHB Deputy Chair, thanked the NZBCF at an event last week. Steve says with so much focus on facilities and buildings, it's important not to lose sight of service improvements.

"We want to be smart and innovative and support clinicians to do what they need to do, despite our funding challenges.

"We want a culture of supporting innovation at Canterbury DHB.

"Breast Cancer touches so many people in the community so it was great to see the contributions from the NZBCF coming through the health system."

[Watch One News story.](#)



Above: Radiotherapist Stephanie Farrell trains patient Jeanine on what to do.

## CanBreathe has moved / Open Day

CanBreathe (trading name of Canterbury Asthma Society) has moved to a new location at 196 Hills Road to provide a more accessible and versatile facility to support people with breathing problems. In addition to housing CanBreathe's regular services it provides additional space and facilities that can be utilised for group education and exercises. The office is close to public transport.

To celebrate the move and the new facilities CanBreathe will be having an open day on Thursday 7 April, 10am-2.30pm. This is an opportunity for the general public, health professionals and other agencies to visit and see what CanBreathe does and what the new premises have to offer.



New Canbreathe office on Hills Road.

## Staff Wellbeing Programme: New Classes at TPMH / CHCH Campus: One for the Blokes: Men's Mental Health workshops



### New Classes – Yoga and Pilates

Yoga at TPMH – Thursdays 1645hrs – The Chapel. Starts March 17. [Click here](#) to view full yoga timetable.

Pilates at CHCH Campus – Thursdays 1500hrs – Great Escape Lounge. Starts March 24. [Click here](#) for full Pilates timetable.

### One for the Blokes: Men's Mental Health workshop

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

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

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](mailto:andy.hearn@cdhb.health.nz)

# Recruitment Team Update

The Recruitment Team have had some changes recently and we thought it would be a good idea to let you know what's happening and who to contact for your recruitment needs.

**Acting Team Leader** - Kathryn Clark

**Recruitment Coordinator** - Hannah Harnett

## Nursing Recruitment Specialists

Specialist Mental Health, Women's/Children's, Maternity Services, Corporate - **Nicki McNeill**

Surgical, Peri-operative, Dept. of Nursing, ED, ICU, and West Coast - **Steph Keene**

Medical, Haematology/Oncology, Older Person's Health and Burwood, Ashburton and Rural, Buller and Reefton – **Job share Kylie Bocket (Monday and Wednesday) and Susannah Wieck (Thursday and Friday)**

## Corporate and Support Recruitment Specialists

**Sarah Greig**

- » Women's and Children's
- » Public Health
- » Corporate
- » West Coast

» Mental Health

» SIAPO

## Tracey Gulbransen

- » Older Person's Health and Rehab
- » Med/Surg
- » Corporate Services
- » Rural Hospitals
- » Labs and Support

Tracey Gulbransen is joining the team on 7 March, until then please contact Sarah Greig.

## Allied Health

Recruitment Specialist - **Heather Ewing**

Recruitment Coordinator - **Tessa Jamieson**

## Medical – RMOs & SMOs

SMO Recruitment Specialist - **Liz Hill**

WCDHB GP's Recruitment Specialist - **Rachael Salter**

RMO Recruitment Coordinator - **Hayley Milne**

## SPIRIT OF GOLD - PARALYMPIAN'S ROAD TO RIO 2016

**A networking event with a difference!**

**DATE** Tuesday 22 March

**TIME** 5.30pm-7.30pm

**VENUE** The Hagley Oval

**MEMBER PRICE** FREE **NON-MEMBER PRICE** FREE

**REGISTER** [cecc.org.nz/whats-on/events/network/spirit-of-gold/](http://cecc.org.nz/whats-on/events/network/spirit-of-gold/)

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**The countdown is now on to the Rio 2016 Paralympic Games! Help our Paralympians get to the games through the Spirit of Gold® Initiative.**

As part of a national awareness campaign, the Chamber (along with 12 other chambers around the country) has joined forces with Paralympics New Zealand to support the Paralympians Road to Rio 2016.

Meet some of the Paralympians plus your chance to win some great prizes through the silent auctions.

All funds raised throughout the event will go to the local Parafed and to Paralympics New Zealand to support the Paralympians Road to Rio 2016 and beyond.

Alliance Partners:



**Freecall** 0800 50 50 96 **Email** [info@cecc.org.nz](mailto:info@cecc.org.nz)  
**CECC.ORG.NZ**





## One minute with...**Ben Johns,** **Voice Analyst (mobile)**

### What does your job involve?

Purchasing mobile devices for Canterbury DHB, as well as providing support to the 2300-plus mobile devices CDHB owns and provides to their staff.

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

I've always been interested in IT and I loved my role in the service desk however, when the job came up as Voice Analyst I instantly knew that it was something that I wanted to do and was passionate about.

### What do you like about it?

I like the everyday challenges that the job brings and being able to get out and meet staff, this gives me the opportunity to meet colleagues and learn more about what their job involves. It's also fun to be able to play with the new devices and test them.

### What are the challenging bits?

Ensuring that all mobiles are set up correctly and meet the needs of the staff. It can also be challenging to provide the best support I can to those that pop in without an appointment as I'm not always available.

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

I admire all of my colleagues that I work with, they are a great bunch of people and I really enjoy working in a positive environment with people who have the same interests as me. We are all supportive of each other and want to see each other reach our potential.

### 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?

To me this means working to the best of my abilities so that those who rely on me for a mobile can trust that I will do all in my power to support them and provide them with the resources necessary to complete their roles and provide the best care for their patients. It also means working alongside my colleagues to ensure that I can support them where possible and learn new skills from them or get ideas on how to differently solve a problem. It's about being aware of my role within the larger organisation, taking responsibility for that and doing all I can to ensure that the small part I play is done right and with care.

### The last book I read was...

I'm not much of a reader, but I do enjoy hunting and fishing magazines.

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

At a lake/riverside or in the remote parts of the Catlins with no contact to the outside world.

### My ultimate Sunday would involve...

Spending time with my fiancé (of course!) mixed in with fishing.

### One food I really dislike is...

Macaroni cheese. It's a long time dislike that I blame my aunt for!

### My favourite music is...

Anything from the 70s and 80s mixed in with Foo Fighters through to UB40.



Above: Ben Johns.

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)

Energising or  
exhausting?



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# Seeking applications for the role of Chief Medical Officer, Canterbury DHB

The Chief Medical Officer is a member of the Executive Management Team, reporting to the Chief Executive. The role is responsible for providing executive medical leadership, advice, support and enablement to clinical and operational leaders across the Canterbury Health System, and to the DHB Board, the Chief Executive the Executive Team and Chiefs and Chairs of services. The role functions in partnership with the Executive Director of Nursing and the Executive Director of Allied Health, who together work collaboratively with clinical leaders throughout the Canterbury Health System.

You will be a senior doctor currently registered with, or with the ability to register with, the New Zealand Medical Council in your area of specialty. You will have significant experience in providing and enabling distributed leadership across a complex health system setting. You will be skilled at forging cross-organisation and system relationships, alignment and commitment. You will be naturally curious, self-aware and dedicated to the building of a culture of quality, innovation and continuous improvement.

We anticipate this to be a full time leadership position, although there is potential for some clinical practice to be maintained. More information available on our [website](#).

To arrange a confidential discussion with Michael Frampton, General Manager People and Capability - Canterbury and West Coast DHBs, please contact Kathryn Clark, Recruitment Leader on +64 21 247 0471.

## Fun for Men – new resource

The Fun for Men booklet is a printed and online resource designed to inform men about fun local projects and how they can get involved.

This may be especially useful to those working with elderly men. An online map at [canmen.org.nz/support-for-men/ffm/](http://canmen.org.nz/support-for-men/ffm/) makes it easy for you to tell men about what is in their area.

Copies of this free resource can be ordered from the Canterbury Health Information Centre (CHIC). Just go to [www.cph.co.nz/Resources](http://www.cph.co.nz/Resources) and enter the key word "Fun".



## Public Meeting for Overeaters Anonymous

Is your eating a problem? Are you suffering from Anorexia, Bulimia or Compulsive Eating? Are you in contact with people like this? There is a Solution. Overeaters Anonymous are holding a Public Meeting on Saturday 19 March 2016 at 11am at the Mary Potter Centre, 442 Durham St North.

All are welcome to attend to hear experience, strength and hope. Phone 365 3812 or email [oacanterbury@yahoo.co.nz](mailto:oacanterbury@yahoo.co.nz) for more information.

## YOGA FOR STAFF



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Nicole- 0274372263 [megamigal@xtra.co.nz](mailto:megamigal@xtra.co.nz)  
Alison- 0211500163 [yogatreech@xtra.co.nz](mailto:yogatreech@xtra.co.nz)  
Perla- [perlalucknell@gmail.com](mailto:perlalucknell@gmail.com)

## TPMH

Join Nicole,  
Alison & Perla

Tuesday-Nicole

4.30-5.30pm, Riley Lounge

Wednesday-Alison

12-1pm, The Chapel

Thursday-Perla

12-1pm, The Chapel

Thursday-Nicole

4.45-5.45pm, The Chapel

Only \$10

Concession cards available

Please bring a yoga mat, your  
drink bottle and  
comfortable clothing.

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Te Pori Hauora o Waitaha

# PILATES FOR STAFF



*Pilates is a safe and effective workout for people of all ages and physical conditions*

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Lisa Hansen, 021 1715 777 [lisa.hansen.design@gmail.com](mailto:lisa.hansen.design@gmail.com)

Join Lisa

**CHCH  
Campus**

Great Escape Lounge

**Wednesday**

4.30pm – 5.15pm

**Thursday**

Starts 24th March

3.00pm – 4.00pm

**Only \$10**

Bring your drink bottle and  
comfortable clothing

Some mats available if you  
don't have one

**Canterbury**  
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Te Poari Hauora Ō Waitaha

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## 'One for The Blokes' Workshop



### Facilitated by Pete Roe & Trish Knight

Including personal accounts from 2 men who successfully manage their mental health

Two hour workshop designed to raise awareness of mental health issues facing men...

What are the key issues?

What signs to look out for?

What support is available?

How can family/friends and colleagues provide support?

Location	Date	Time
CHCH Campus Great Escape Lounge	Thurs 21 April	0900-1100
Rangiora Hospital (Old Building) 161 Ashley St Parent Education Room	Thurs 21 April	1300-1500

This workshop is restricted to 25 participants. Attendance is free of charge and registrations will be accepted on a first come, first served basis. [Click here](#) to register for a workshop.

For more information contact Andy Hearn [andy.hearn@cdhb.health.nz](mailto:andy.hearn@cdhb.health.nz) or 027 218 4924

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