



Complacency dangerous

Don't get complacent about influenza it will be here soon enough.

If you haven't already had your immunisation, remember, it takes two weeks for the vaccination to provide protection.

We all need to do our very best to be prepared.

There are many excuses that people use for not getting vaccinated against the flu. You've probably heard most of them. There was recently a very good myth busting investigation shown on TV 3 which counters these excuses with scientific fact. Check out [Myth busting: The flu jab](#). It's well worth a look.

We have been vaccinating staff for nearly two months now and statistics from our Occupational Health vaccination team show around 5000 staff are currently immunised. This means they will have the best protection available and won't spread flu to their friends, family and importantly our patients. Because it's been so warm up until now, it's been easy to think that winter is a long way off, however, it's just around the corner and next month we expect flu to hit hard. We still have quite a way to go to match last year's number of vaccinations. It's vital that we ensure the safest environment possible for our patients. If you haven't already done so, check the [intranet](#) for the most convenient time for you to get vaccinated. If there's a group of staff in your work area that still need their vaccination contact [Stella Howard](#) and arrangements can be made to make it easy for you to get protected.

Extra clinics have been scheduled at Christchurch campus and The Princess Margaret Hospital. These clinics as well as vaccination arrangements for staff at Burwood Hospital, Ashburton and Hillmorton campus and rural services are on the [intranet](#). I urge you all to make time in your busy day to get your flu immunisation. The sooner you have it, the sooner you're protected.

If you do feel under the weather, make your GP team your first port of call.

You can phone them 24/7 – after hours your call will be answered by a registered nurse who can provide free health advice and tell you what to do and where to go if you do need to be seen urgently. See your general practice team sooner, rather than later. Don't wait for things to get worse.

And remember, if you do get sick, please stay home. Don't bring your bugs to work to share with your colleagues and our patients.



Registered Nurse Rachel McEwan (pictured above) is one of AMAU's authorised vaccinators. It's important to Rachel to be vaccinated as she works with patients who are acutely unwell and some who have influenza. "I have young children at home and I don't want to take flu home with me and spread it to them either," she says.

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Staff and Public Open Days to see the new facilities at Burwood Hospital

Good things take time, but they are worth it! After more than 18 months of building work, our new facilities at Burwood Hospital are nearing completion.

Canterbury DHB staff are invited to see behind-the-scenes at the Hospital during two open days at the end of this week. There is an opportunity for staff only on Friday, 27 May between either 10am-12pm or 3-5pm. This is your chance to explore the hospital and see the innovative technology, such as new beds, hoists and nurse call, and the exciting new workspaces – the staff pods and patient lounges.

If you can't make it on Friday, there is a public Open Day on Sunday, 29 May between 10am-2pm. Bring your friends, family and anyone else interested in our newest health facility. Entry on both days is through the new main entrance off Burwood Road, just before the Champion Centre. Look out for the flags.

As move day gets closer, staff are busy with orientation and training, and looking forward to starting work in the new wards and clinics. There is a staged move in planned for the first two weeks of June, during which time Canterbury Community Radiology will move from its current site in Merivale followed

by the Brain Injury Rehabilitation Services (BIRS), outpatients, pharmacy and other services and finally the patients from the wards at The Princess Margaret Hospital. Everyone should be in their new home by 16 June.

The Burwood Hospital will have 230 inpatient beds and will be able to manage 80,000 outpatient visits every year. There is a new 'front of house' area, including a new main entrance, café and reception, new radiology and outpatient departments, new kitchen and delivery areas, an environmentally-friendly boiler house that runs on wood waste and over 600 parking spaces for staff, patients and visitors.

For a full list of who's moving into the new facilities at Burwood and when, see the flyer below.

[Download flyer here.](#)



David Meates
CEO Canterbury District Health Board

Information for visitors to Burwood Hospital

New facilities opening in June 2016

Burwood Hospital's new facilities are opening in June 2016.

The timeline below gives the main opening dates.


Monday 30 May	Radiology – open for: <ul style="list-style-type: none"> Canterbury Community Radiology outpatients (moved from Merivale) Burwood inpatients
Friday 10 June	Brain Injury Rehabilitation Service (moves to new ward)
Monday 13 June	All Radiology open New main entrance and reception open Ward B2 admissions begin
Tuesday 14 June	New outpatients facility open. Clinics begin for Older Persons' Health, Elective Orthopaedic Outpatients, Brain Injury Rehabilitation Service outpatients, Pain Management services and Low Vision services.
Wednesday 15 June	All outpatient clinics in the new facility are fully open
13-16 June	Older Persons' Health wards move from The Princess Margaret Hospital
Thursday 16 June	All moves complete by 5 pm

Before 13 June, patients and visitors please use the existing main entrance to the hospital, on Mairehau Road.

From 13 June the new main entrance to the hospital is accessed from Burwood Road (see map).

From 13 June, if you have an appointment at Burwood Hospital, or are visiting a patient, please use the new main entrance unless your appointment letter instructs otherwise.

Public parking is available on site.



For more information, please visit cdhb.health.nz/Burwood

Canterbury District Health Board
To Pūkeko Houkio ō Vāhanga

Facilities Fast Facts

Fast Facts – Burwood

The last staff forums by Dan Coward before the move to Burwood are on Wednesday 25 May – in the TPMH Chapel at 11 am, and in the Burwood Travis Café at 2.30 pm. All welcome – please come along to ask any last-minute questions you may have!

Six hundred staff have now done the staff orientation in the new Ward DG – a major achievement. Well done and thank you to the organising team.

The first moves to the new site begin on Saturday 28 May, when Canterbury Community Radiology (CCR) moves from its current Merivale site. Radiology is the first department to move in to the new facilities at Burwood, because it takes time to set up and commission all their equipment and to train staff in their new environment.

The Prime Minister, Hon. John Key, paid a flying visit to the Burwood site on Tuesday 17 May, where he met some of the construction workers and the orientation staff.

As the countdown to the move continues, in this week's [video update](#) that is on the Facebook page and intranet from GM Older Persons Health and Rehab Dan Coward, you'll hear more about some of the behind-the-scenes planning that's going on ahead of the move and the nitty-gritty details of what you need to know for the move - for instance, do you know what colour your ward or department is?



Above: Prime Minister, Hon. John Key chatting with some of the construction workers at Burwood.

Fast Facts Christchurch



Acute Services Building

Out on the concrete slab for the Acute Services building, a huge steel 3-D jigsaw puzzle is beginning to take shape. Once the steel frame for the Western Tower is erected up to Level 3, steel decking, known as Comflor, will be placed on the structural steel – a bit like baking trays in an oven. Reinforcing and services will be placed into the Comflor before pouring the concrete.

Outpatients update

The Outpatients workspaces have been signed off by the User Group this week. This marks the end of the Developed Design input for users. The users have signed off on the fixed elements of the design such as walls, doors and beverage bays. There is time to do further work on the final layout of the open plan desk areas. This sign-off enables the design team to begin work on the building consents and tenders.



YOU'RE INVITED TO A BLESSING AT BURWOOD HOSPITAL

Thursday, 26 May at 8:15am

Canterbury DHB warmly invites you to join a Blessing service of the new facilities at Burwood Hospital.

Please gather outside the front of the main entrance of the new building. The entrance is off Burwood Rd.

There will be an opportunity to join the procession through the hospital while each area is blessed. The blessing is expected to take approx 2 hours.

Refreshments will be served in Ward BG following the Blessing

RSVP: communications@cdhb.health.nz before 23 May




YOU'RE INVITED TO AN OPEN DAY AT BURWOOD HOSPITAL

Sunday, 29 May between 10am and 2pm

Come and see Burwood Hospital's new facilities. Find out about:

- The philosophy behind the new models of care for older persons' health
- Innovative ward layouts that give patients extra privacy and better views out to the gardens.
- Construction features such as courtyards for light and solar shading panels for temperature control.

We look forward to seeing you there!

Please Note: Burwood Hospital does not have an accident and emergency department. In an emergency, call 111. Phone your general practice team 24/7 for all other health care.



Tribute to long-serving, dedicated social work administrator



Above: Roberta Harding

The Social Work Department of Christchurch Hospital is coming to terms with the recent death on 4 April of Roberta Harding, administrator and stalwart of the department for 34 years.

As a department we would like to acknowledge the incredible contribution that Roberta made to the Social Work Service, the Canterbury DHB as a whole, and to the experience of countless patients and their families within the hospital system.

As part of the administrative team, Roberta played a key role in the coordination of the department. A lot of her work was largely invisible but was fundamental to social workers being able to perform their daily duties effectively and in a timely manner.

Her institutional knowledge was vast and she will be extremely difficult to replace.

Social workers, and many other members of staff who have worked alongside Roberta, will remember her fondly as a warm, personable and dedicated person who took great pride in her role within the organisation. As a group we have had a number of opportunities to reflect, celebrate, share stories, and grieve for the loss of Roberta who was a friend to many, and always had time to connect with those around her.

A number of current and past social workers had the privilege of attending Roberta's funeral and were invited by the family to form a guard of honour as a mark of respect for her.

Roberta was the type of person who couldn't help but stop and have a chat with staff members. During these chats there were always laughs to be had, and undoubtedly a story about her grandchildren whom she was very proud of.

It has been recalled fondly that Roberta strived to always have her "finger on the pulse". Indeed she was renowned for knowing the location of almost every phone throughout the entire hospital.

In her role, Roberta consistently went above and beyond to assist social workers to provide a high quality service to Christchurch Hospital. It is evident that although Roberta was highly respected for her consistent dedication to her role, the strong connections she readily and easily made with those around her, will be the foremost attribute that people will remember her by.



Bouquets

Dental Services, Hillmorton

The service I received yesterday was excellent, from phoning and speaking to the person who answered the phone. I was in a lot of pain and needed to see a dentist asap. The person gave me an appointment and suggested the best time to come in for it. I hardly had to wait and the dental nurse and dentist were so caring and thoughtful throughout all my treatments and it was a nasty extraction for the dentist to do. I cannot fault any of the service or treatment. It was excellent. Special thanks to Emma.

Oncology Outpatients, Christchurch Hospital

Thank you all of the lovely caring staff who are taking good care of my father during this time of unrest. Thank you.

Surgical Services Unit, Burwood Hospital

I am writing this email to compliment the staff at your unit. From the moment I arrived at reception to the time I left I was made to feel very welcome and the staff could tell I was a bit nervous and they went above the call of duty to put me at ease.

The quality of service I received was outstanding and I have not experienced this before in the public health system.

If I can recall everyone's names it would be great but I do remember a Tina and a Jill, but it was everyone that was so nice and so helpful that made my day and my surgery feel a lot more at ease.

People are always quick to complain but I feel when outstanding service is received it is also important to make sure the people concerned know.

Please thank everyone for the great job they did I am now home and recovering and feel great.

Oncology, Christchurch Hospital

What a great nurse Jo is. Keep up the good work. She is kind, caring, lovely and nice.

Ward 11, Christchurch Hospital

Thank you to all the nurses on Ward 11, with a special mention to Abby. She was fantastic and made the whole ordeal less scary and miserable, which means a great deal when you are in a vulnerable state. I really valued it. Thank you!

Christchurch Hospital

We have found everyone very kind and helpful, thank you.

Christchurch Hospital

There is nothing wrong with this hospital. The nurses, doctors, care, food are

excellent. It's very clean and tidy and a well oiled machine....

Wards 24 and 10, Christchurch Hospital

...We had amazing service and care, we couldn't have asked for more. All staff were great, some that stood out were nurses, Anna, Janis, Karen (Ward 10) and Dr Anna Roche. All staff no matter their position were caring and helpful. Our grateful thanks to everyone....We were a long way from home. Be proud of a great hospital.

Emergency Department and Ward 12, Christchurch Hospital

I would like to thank everyone I dealt with at Christchurch Hospital. Credit is often not given to people who really deserve it, and people tend to complain far more than offer gratitude for great service. From the moment I was brought into ED, right through to when I spent the night in ward 12 I was taken care of extremely well and I really appreciate all the doctors and nurses and other staff who made my time in there so smooth.

You all did such a wonderful job. We are very lucky to live in a country where such great care is free, and such wonderful people are involved. Thank you very much!

Nurses 50 Years Re-union - Class of September 1966

We are planning a 1966 intake nurses' reunion for the weekend of October 1st 2016 and are currently tracking down colleagues. If you were in the September 1966 class, we would love to see you. Please indicate your interest to: Justine Goodyer on goodyerclan@gmail.com

If you were not a member, but know of others who you can put us in contact with, then please let us know at the same email address.

Thank you. It will be great to catch up.

Jane Turner (Horton), Jan Parkin (Colligan), Catherine Roughan (Tulloch) & Justine Goodyer (Daly)

Healthy Workplace Governance Group (HWGG)

The HWGG is a joint committee NZNO/CDHB team that provides advice and governance to the Safe Staffing committees in our provider facilities across the CDHB. Canterbury members of HWGG are:

Julia Anderson	Professional Advisor	NZNO
Paula Burgess	RN Ashburton	NZNO
Samantha Burke	DoM, CWH	CDHB
Craig Cowie	Nurse Consultant, Mental Health	NZNO
Heather Gray	DoN, CHCH campus	CDHB
Jane Harnett	CNM, Ashburton	CDHB
Jayne Hinfelaar	Advisor People and Capability	CDHB
Claire Johnson	RN, Christchurch	NZNO
Lusia Lolotai	DAO/RN, Hillmorton	NZNO
John Miller	Organiser	NZNO
Sally Nicolas/Linda Wood	Older Persons Health Services	CDHB
Janis Richards	SNMG, Hillmorton	NZNO
Jane Wiese	EN, TPMH	NZNO

The group provides a forum for nurses/midwives to talk about issues of concern to the profession as well as pursuing the requirements of the MECA for partnership in safe staffing and healthy workplaces. This work is part of a larger focus on wellness, safety and health at work in both of our organisations but is focused on the agreed objectives for promoting safe nursing/midwifery practice. When an issue is raised in this forum that is better suited to other operational or joint groups such as the multi-union Bipartite Action Group (BAG) or line managers the governance group liaises or redirects as appropriate. We like to answer your questions but the complex ones can take us a little bit longer.

The group also provides a forum for sharing successful ideas and it is our pleasure to acknowledge successes where nurses are key staff such as the reduced seclusion rate in the Mental Health inpatient service, group problem solving around staffing or process issues and the opportunities we have for collaborative work.

Together we can achieve more than we can do alone.

The work of the NZNO/CDHB Safe Staffing Unit is providing the committee with ongoing material to support the best option for nursing/midwifery workload assessment. In Canterbury we remain undecided on the best options for the future and the HWGG will be working together to explore the information systems we already have within the CDHB and the potential benefits of existing options in order to advise our senior leadership team. The intent is to develop a direction for nursing/midwifery workload and rostering practice that supports our models of care into the future and has relevance to the profession.

Nurses and midwives across CDHB tell us that the two key topics we should be talking about are:

- » Supporting staff to manage with compassion the distressed, stressed or angry person who is verbally or physically aggressive.
- » Ensuring that nurses/midwives can contribute to the organisation and profession in a positive way at any age – particularly in the latter years of a career.

To start this conversation the committee plans to work with other interested parties to workshop strategies, approaches, policies and actions that ensure nursing has a proactive voice in both these aspects of practice. In order to manage stressful events health professionals need to be able to draw on compassion and compassion comes from wellness and culture as much as from our individual intent. We look forward to talking with you about your ideas and the things that work to support excellent care.

There are local committees in all our divisions that meet regularly. If you would like information about your committee please contact any member of the HWGG or your manager for information.

Please note: On the West Coast TrendCare is utilised and supports the principles of Safe Staffing Healthy Workplaces. Planning is underway to roll out more elements of Care Capacity Demand Management. This structure provides the governance of safe staffing and the West Coast therefore is not currently represented at the CDHB HWGG.

Heather Gray, Director of Nursing, Chair of HWGG

Canterbury Grand Round

Friday, 27 May 2016 – 12.15pm to 1.15pm,
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Health Research Society Canterbury Student Speakers **Preventing lung damage via automation and optimisation** **of mechanical ventilation for critically ill patients in the** **third world**

Georgina Blane(1), Nigel E Gibb(1), Shaun G-S Lim(1), William R Gillard(1), Paul D Docherty(1), David White(2), Patrick Geoghegan(1), Ruby Langdon(1), Serah Allison(3), John Hyndman(4)

- 1) Department of Mechanical Engineering, University of Canterbury
- 2) Design for Respiratory Health Lab, School of Engineering, Computer and Mathematical Sciences, Auckland University of Technology
- 3) Wellington Free Ambulance
- 4) Canterbury District Health Board

Amyloid imaging for cognitive impairment in Parkinson's disease

Guneet Kaur(1,2), Ross J Keenan(1,3), Steven Marsh(2), Daniel J Myall(1), Leslie Livingston(1,4), John C Dalrymple-Alford(1,5,6), Tim J Anderson(1,4,6), Tracy R Melzer(1,4,6)

- 1) New Zealand Brain Research Institute
- 2) Department of Physics and Astronomy, University of Canterbury
- 3) Pacific Radiology Group
- 4) Department of Medicine, University of Otago, Christchurch
- 5) Department of Psychology, University of Canterbury

Christchurch, New Zealand,

6) Brain Research NZ, Centre of Research Excellence

Homogenisation Theory Applied to Coupled Mammalian Cells

Michelle Goodman(1,2), Prof. Tim David(2), Dr Paul Docherty(1), Assoc. Prof. Rua Murry(3)

- 1) Department of Mechanical Engineering, University of Canterbury,
- 2) University of Canterbury High Performance Computing (UCHPC),
- 3) Department of Mathematics, University of Canterbury

Reuse, disposal, and partial remanufacturing of medical devices

Parya Rezaei, Dirk Pons

Department of Mechanical Engineering, University of Canterbury.

Chair: Steven Gieseg

Video Conference set up in:

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

All staff and students welcome

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

Next Grand Round is on Friday 3 June 2016

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

National FAST campaign to raise stroke awareness

A national campaign to promote the three main signs of stroke begins at the start of June.

The campaign aims to increase public awareness around stroke symptoms using FAST (Face, Arm, Speech, Time) to get people to dial 111 for suspected cases and to stress the importance of rapid presentation to hospitals to achieve early interventions and improved stroke outcomes.

The campaign is being developed by the Ministry of Health, the Health Promotion Agency and Stroke Foundation. Surveys conducted in 2007 and 2010 by the Stroke Foundation found at least one third of New Zealanders were unable to recognise even one sign of stroke. This means people are often presenting too late for potential acute stroke thrombolysis treatment so opportunities for reducing long-term disability are lost.

The campaign will include television, radio and digital advertisements and will run from early June to early August.

Feedback from the 2014 pilot FAST campaign in the Waikato district indicates that the campaign led to more timely presentation of stroke patients.

Good hand hygiene is no laughing matter – staff, patients and the Clown doctors speak out

We'd like to say a big thank you to everyone who is taking part in and helping to promote our "It's OK to ask..." hand hygiene campaign.

Great local initiatives

We continue to receive some great local initiatives.



Occupational Therapy baked a cake – of course nobody got to have a piece until they had cleaned their hands!



Ward 24 has adopted a blue focus to match the poster and staff have shown their commitment using their hands to pledge.



Ward 27 – has a focus on "germs" and all staff are in the swing with their Red hand label asking – Have you cleaned your hands? Baking and balloons show staff really getting into the spirit of the promotion and having fun.



May is Hand Hygiene Month – look out for these eye-catching badges

Tell us what your team has done, or is planning to do to improve hand hygiene and to support patients to help. Email your entry to quality@CDHB.health.nz, and don't forget to include the name of your team, your contact details and where you work. The draw and delivery of the cake will take place in mid-June. We will announce the winners then.

Have fun reading these examples. These are only a couple of the entries, we'll share more through the rest of May. I hope they stimulate some ideas for your team, or simply prompt you to share the good things you are already doing.



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Coming to a screen near you - New hand hygiene videos

We now also have something extra to boost the campaign further and provide a little more interest. Earlier this month staff and the Clown Doctors worked together to produce video footage promoting "It's ok to ask me..." and the 5 moments of hand hygiene. Very full days of filming and hours of editing have resulted in the following videos.

"It's ok to ask me....." (staff & Clown Doctors)
(Duration: 6 minutes, 26 sec).

The Clown Doctors and CDHB staff have worked together to create this video for the "It's ok to ask me ..." Campaign.

"CDHB Staff Believe" - a series of interviews with senior staff, featuring:

- » David Meates, Chief Executive Officer, CDHB and WCDHB
- » Gordon Beadel, Orthopaedic Surgeon
- » Sue Nightingale, Chief of Psychiatry
- » Kevin Murray, CDHB Consumer Council
- » Diana Gunn, Director of Nursing, Older Person's Health & Rehabilitation
- » Susan Wood, Director Quality & Patient Safety
- » Stella Ward, Executive Director Allied Health
- » Mona Schousboe, Clinical Director of Infection Control, CHCH Labs, Microbiology
- » Neil Hellewell, Nurse Educator, Professional Development Unit
- » Michelle Casey, Quality Facilitator, Medical and Surgical
- » Anne-Marie Wildbore, Clinical Nurse Specialist, Infection Prevention and Control

Each clip is under two minutes long or you can view them in one video duration: 12 min, 55sec.

These are available on our [intranet](#).

In addition we have been very fortunate to have the assistance of Ngaere Dawson, Team Facilitator for our Organisational Development team. Ngaere has filmed patients discussing hand hygiene and edited the footage to produce -

Cantabrians Talk Hand Hygiene (Consumers).

This roughly four and a half minute long video is also able for public viewing via our [website](#).

Please watch these videos and use them through sharing with colleagues, use in meetings, for staff education and with new staff during orientation.



Repurposing LCD monitors for radiation warning lights

Staff in the Medical Physics & Bioengineering department have come up with a novel and cost-effective solution to warn patients and staff of radiation controlled areas, by using old LCD monitors which would otherwise have been thrown out.

The Oncology Department at Christchurch Hospital has four Linear Accelerators (LINAC) which deliver high dose radiation to patients receiving treatment. LINACs are contained within a shielded bunker which is defined as a controlled area when the LINAC is able to deliver radiation. Controlled areas are indicated by signage advising of authorized entry. These are positioned around a common waiting area which is used by oncology staff, patients, family and support staff. The controlled areas used to be indicated by green lamps and the active radiation beams with red lamps. These had become unserviceable and did not adequately indicate the controlled areas or meet regulatory requirements.

Information Services were replacing 19" LCD monitors within the CDHB making them available for repurposing. Andy Cousins, Michael Sheedy and Paul Tolson from the Medical Physics & Bioengineering department came up with a design using the repurposed LCD monitors as a cost effective means of replacing the existing lamps. The repurposed LCD monitors are driven by a micro-controller enabling them to be used without a PC. Transfers were used on the LCD monitors to display the messages to again save costs. They indicate that the bunker is a controlled area and when the radiation beam is being delivered. Some clever electronics keeps the red screen in a low-power state but able to come on as soon as the radiation beam is turned on without any warming up delay.

The final product gives a clear indication to users about the status of the controlled area, reducing the risk of an unauthorised entry causing potential injury and delays in treatment.



How to use email well

To stop email getting out of hand remember to use the principles from our email charter – such as thinking about whether you need to 'reply to all'.

General Manager, Older Persons Health and Rehabilitation, Dan Coward, worked with his leadership team on Releasing Time to Lead.

"This was a programme where we were all challenged on how we communicate, our emails, subject lines and use. My net result has been that I now receive half the emails I used to get," Dan says.

A great example is don't send all the attachments. Instead have a shared folder where everyone can view the information, this empowers people to be responsible for their actions and read what is available, Dan says.

Taking the time to meet and talk with people can reduce the need for emails. Being clear on your subject line is important too - is this 'for information' or do you require an action?

Remember email is useful but not a substitute for talking to people or taking action to resolve problems.

For 10 rules to "reverse the email spiral" go to www.emailcharter.org

Consumers sought to advise on Ashburton's health services

Nominations are being sought from community members to join a group that will advise on the design and delivery of health services in the Ashburton district.

The Ashburton Consumer Forum is being established to get advice from everyday health consumers on issues and ideas for the Ashburton district's health services.

Anna Dalzell, who is facilitating health transformation work in Ashburton, said a consumer could be anyone in the community.

"We all need health services at some point in our lives so consumers are pretty much everyone in the community."

"We're looking for 10 to 15 people who are reliable, able to earn the trust of the community, and above all, able to seek out and bring the views and ideas of the community to discussions about health services in Ashburton. The commitment will initially be a monthly early evening meeting but should settle to approximately quarterly meetings as required."

"If you are passionate about the people in your community being able to access the best possible services and care from the Ashburton health sector, and can provide a balanced and

constructive view of service change, we would be interested in receiving your nomination."

The Ashburton Consumer Forum will advise the Ashburton Health Services and the Ashburton Service Level Alliance, a collective alliance of healthcare leaders, professionals, providers and consumers guiding the transformation of healthcare services in Ashburton.

Mrs Dalzell said the group will play an important role in ongoing redesign work occurring in Ashburton health.

"In Canterbury we're working towards an integrated health system that provides the right care, by the right person, in the right place and at the right time.

"Services that are organised around the unique needs of people in the Ashburton district while also aligning with the wider health system are important for the sustainability of Ashburton's health services."

Visit www.ccn.health.nz/JoinCCN to view the position description and express your interest in joining the Ashburton Consumer Forum. Applications close 1 July 2016.

Linking up for Canterbury's children

Health and wellbeing professionals came together to link up for Canterbury's children on Thursday 12 May. Around 60 attended the 'Let's Link Up!' forum, which aims to strengthen relationships within the wide range of health and wellbeing services available for Canterbury school students.

Organiser Donna Ellen says, "By helping develop networks and a better understanding of the relevant services out there, we can better work together to support our children and youth."

"Attendees heard about each other's service through a pecha kucha style presentation before having the opportunity to connect and discuss our industry in a workshop-style activity."

"Our children and youth are a particularly vulnerable group in our society and it was really encouraging to see so many people coming together and linking up for their sake."

Steve Crean from the Catholic Cathedral College said the evening was really beneficial, particularly being relatively new to his role.

"I thought it was great. I have a better understanding and knowledge of the services out there, which means I can better do my job."

Belinda Smith from the Community Dental Service agreed, saying it provided the opportunity to promote the often overlooked preventative oral health services available for Canterbury's school students.

"There's a couple of people I already know, but many more that it will be good to have a chat with."

The 'Let's Link Up!' forum is organised by the Education-Health Sector Steering Group under the [Canterbury Clinical Network Child and Youth Workstream](#).



Safekids' national child injury prevention workshop roadshows

Safekids Aotearoa's child injury prevention workshop series is back and this year's theme is Home Safety.

Supported by Starship Foundation and ACC, there are 13 workshops scheduled this year. The Christchurch workshop is on Thursday 26 May.

On average every year 48 children die due to home-related injuries. Every month 231 children are hospitalised the same way. Most of those killed and injured are children under five.

Home-related ACC claims costs amount to \$58 million, which represents a huge burden on our health system, says Safekids Aotearoa Director, Ann Weaver.

"In a home designed for adults, children have a poor understanding of risks and danger but the good news is most injuries can be prevented."

Injury topics to be discussed at the workshops include burns, cuts, drowning, falls, driveway run over, and poisoning. The agenda includes discussions on child injury data (national and regional), child development, safe environments, networking and new resources available from Safekids.

These workshops are free to attend, and everyone working in injury prevention, child health and safety is encouraged to attend.



Safekids Aotearoa Presents:

The 2016 Free Child Injury Prevention Workshop Series

Safekids Aotearoa and Christchurch City Council warmly invite you to attend the 2016 Child Injury Prevention Workshop Series being hosted in Christchurch City.

This workshop is part of Safekids' Home Safety Programme, aimed at delivering life-saving safety messages to families and communities. It's also a great networking opportunity for anyone interested in preventing child deaths and injuries.

Participants will receive a certificate of attendance at the conclusion of the workshop.

Why home safety?

By the age of two, 28% of children in New Zealand would have sustained an injury that required a doctor, health centre or hospital visit. The most common place where an injury occurs is in the children's own home (69%).

The Good News – Child injuries are preventable!

Who should attend this workshop: community leaders, policy makers, health professionals, teachers, home visitors, injury prevention practitioners, Tamariki Ora providers, DHBs, councils, refugee and new migrant services and social support services.

Workshop Agenda:

- Child Injury Data: A national and regional picture
- Child Development / Safe Environment / Supervision
- Home-related injuries and how to prevent them:
 - Burn Injury
 - Product Safety / Button Battery
 - Cutting & Piercing Injury
 - Drowning
 - Fall Injury
 - Low Speed Driveway Run Over
 - Poisoning
 - Suffocation and Strangulation
- Development of an action Plan



WHERE AND WHEN
Thursday 26th May

Christchurch City Council
1st Floor (Next to Café)
55 Hereford Street
Christchurch
9.30am – 3.00pm

Please RSVP by
Thursday 19 May

**LIMITED SEATS,
REGISTER NOW:**

Email Vikki Jarvis
victoriaj@adhb.govt.nz
for more information

safekids
Aotearoa

In partnership with

Starship
Foundation



Energizer

Mobil

Christchurch
City Council

To register, email VictoriaJ@adhb.govt.nz.
For more information, visit www.safekids.nz

Staff influenza vaccination clinics

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.](#)



Yoga classes available

Yoga can help improve wellbeing by developing flexibility and building muscle strength. Yoga is offered at many locations across Canterbury DHB, a great opportunity to gather with colleagues to take a yoga class together and reap the benefits to our daily lives.

Yoga teacher, Kirstyn, says she loves teaching yoga and making her class a mindful practice.

"Speaking through the alignment and the reasons behind why we do certain sequences of poses helps to develop an understanding of the practice instead of just 'doing'.

She ensures attention is always brought back to correct breathing which helps to clear the mind and relieve stress.

"I bring knowledge in different areas and each class is well planned with certain goals in mind."

The benefits of yoga are:

- » Improves flexibility
- » During your first class, you probably won't be able to touch your toes, never mind do a backbend and this is only natural. But stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Noticing that your aches and pains start to disappear is no coincidence.
- » Builds muscle strength
- » Strong muscles may protect us from the negative effects of osteoarthritis and back pain. When you build strength through yoga, you balance it with flexibility and this is done with the right alignment in the body.
- » Aims to improve posture and protect your spine. Your head is like a bowling ball, it's heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Spinal discs, the shock absorbers between the vertebrae benefit from controlled movement. Yoga practice with its bends and twists will help

keep your discs strong and supple.

- » Improves your bone health and protects joints. Research shows that weight-bearing exercise strengthens bones and helps ward off osteoporosis and many postures in yoga require that you lift your own weights. Each time you practice yoga, you take your joints through their full range of motion and this can help ward off the aches and pains caused by osteoarthritis and other conditions.
- » Increases blood flow and boost immunity. Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Also, by becoming more relaxed and 'mindful' you can better cope with stress which can have a positive impact on your immune system.

These are just some of the reasons to give yoga a go. Click the link below to [find a class near you](#).



Annual Artist Doctors & Friends Variety Concert

17 September 2016

We are looking for.....

Artists, Sculptors, Photographers, Crafts People, Jewellers to exhibit in our Art Show.

Musicians, Dancers, Comedians, Bagpipers, Ensembles to perform in our concert.

For more information:

Visit our website ARTISTDOCTORS.ORG.NZ

Or email is at enquiries@artistdoctors.org.nz

Event Organiser Ros McCarthy Ph. 364 1104 M. 027 353 2639



Medical student and mother-of-four wins scholarship

Studying medicine and being a mother of four young children has been a wonderful and challenging journey for Tara Millar.

The fifth-year student was one of 21 students from Māori, Pacific and Culturally and Linguistically Diverse (CALD) backgrounds who were awarded scholarships by Pegasus Health (Charitable) Ltd on 18 May.

Tara was inspired to embark on a health career by her grandmother, who was the nurse on Pitt Island for many years. "She always encouraged her grandchildren to go to university," Tara says.

Having four children, aged 10, nine, four and 18 months, meant studying was often challenging but Tara says she is grateful for the incredible support she receives from her husband and family. "Our kids are amazingly helpful too, they help around the house and the big kids help with the younger ones."

"I was actually pregnant during my third year and gave birth on the day of my last exam, so I missed my exam. I was able to do it two days later though – and passed!"

Māori Scholarships were awarded to six other recipients, of whom three are nursing students, two are studying medicine (as well as Tara) and one is studying social work.

This year's Pacific Scholarships were presented to seven students. One is studying medicine, three are studying health science, two are training to be a nurse and the other is studying human services.

Mārie Hutana, a nursing student and ambulance officer, received one of the Pacific Scholarships. Half Fijian and half Māori, Mārie says she wants to improve health literacy in her communities.

Seven scholarships were awarded to students from CALD backgrounds. Six are training to be nurses and one is studying social work.

Xiaohong Wang of China was one of the students who received a CALD Scholarship. She is juggling her third year of nursing study with a young child and passed her final year exam just 10 days after giving birth.

In applying for a scholarship, each of the winners had to write a 1000-word essay about their backgrounds and their reasons for pursuing a health career.

Right: CALD Scholarships

From L-R back row: Ruby Sadat (social work); Jai Kyong Chung (health sciences/nursing); Xiaohong (Wendy) Wang (nursing); Dan (Chloe) Gao (nursing).
Front L-R front row: Ferishleh Aliwaisy (nursing); Elizabeth Varghese (nursing); Jann Dee (nursing).



Above: Māori Scholarships

From L-R back row: Renee Eaves (nursing); Harriet Carter (medicine); Tara Millar (medicine); Vanessa Olliver (nursing).

From L-R front row: Sophie McKellar (medicine); Neena Woodgate (nursing).

Absent: Hannah Crozier (social work).



Above: Pacific Scholarships

From L-R back row: Amosa Tualamalii (health sciences); Damaris Dekker (medicine/surgery); Alice Mareko (nursing); Suli Robert Tuitape (health sciences/nursing).

From L-R front row: Mārie Hutana (nursing); Anshni Kumar (health sciences); Keriata Kurene (human services).



Service brings Chapel story to a close

After 44 years of providing a place of ministry and worship for The Princess Margaret Hospital community, the Chapel has been decommissioned ahead of the move to Burwood next month.

At a moving multi-denominational Service of Decommissioning clergy from around Christchurch, chapel volunteers and members of the public farewelled the chapel with songs, bible readings and prayers. At the end of the service the bible, chalice, marriage register, Book of Remembrance, hymn books and the Christ Candle were all removed from the Chapel.

“Secretary of the North Canterbury Hospital Board, Mr Alan Prentice first raised the idea for a chapel on what was known as the ‘Cashmere site’ in 1938. However it wasn’t until 1972, that a Chapel was dedicated at TPMH – 13 years after the Hospital opened. The Chapel was refurbished in 2002 when the stained glass window was installed.



Left to right: Dan Coward, Rev Sandra Wright-Taylor and Chaplain Kirsten Challies.

It’s the end of one chapter, but the beginning of another, says TPMH Ecumenical Chaplain, The Rev Sandra Wright-Taylor. “The window, the communion table, the chairs, the organ, the piano and the artwork, and most importantly the people, are all coming with us to Burwood where two stories will merge into a new story.”

Rev Wright-Taylor and the Chapel’s Roman Catholic Chaplain Kirsten Challies handed over the keys to the Chapel to General Manager Older Persons Health and Rehabilitation Dan Coward (pictured above).

Watch the video of chapel decommissioning service [here](#).



Above: Former TPMH Ecumenical Chaplain The Rev Moega Lasei gives a scripture reading at the chapel decommissioning service.

Visit by Star Wars characters

Star Wars fans big and small enjoyed a visit from the famous film's characters recently.

Outpost 42, the New Zealand Garrison of the worldwide Star Wars costuming group, the 501st Legion, visited Christchurch Hospital's Activity Room and children's wards.

Three members Jason Winiata - Fives (Clonetrooper), Matt Trudgeon - Emperor (Darth Sidious) and Craig Crew – Officer, visited for May the Fourth (May the Force be With You), the unofficial holiday for all Star Wars fans. Jason and Craig are Christchurch based and Matt travels from Ashburton to regularly take part in troops.

The group build and wear the costumes of Stormtroopers, Sith Lords, Bounty Hunters and other villains of the Star Wars films and dedicate much of their time towards assisting charities and community groups earning them the tagline 'Bad Guys Doing Good'.

Outpost 42 is a volunteer organisation with around 50 members throughout New Zealand who also happen to be big Star Wars fans (as well as big kids) which is why they often help children's charities like Ronald McDonald House, KidsCan, The Child Cancer Foundation, Canteen and others like St. John.

They also go along to special events like the Special Children's Christmas Party, visits to Ronald McDonald house and local hospitals.

Hospital Play Specialist Service Team Leader, Allie Bower, said the visit was popular with children and adults, and especially the staff.

"This kind of visit makes everyone smile. It takes you away from reality for a moment where you can have fun and laugh. Its great escapism for all."



One minute with... **Dr. Victoria Scott-Lang, Consultant Dermatologist and Clinical Senior Lecturer**

What does your job involve?

I am responsible for the care of patients with skin disease, ranging from newborn babies to the very elderly. I work predominantly in Hagley Outpatients seeing patients who have been referred by their GP or other specialists, and also review in-patients with skin problems on wards all over Christchurch Hospital. There are over 3000 different skin diseases and so my job is hugely varied, but typically I see a lot of patients with severe eczema and psoriasis, blistering disorders, skin cancer, drug eruptions and rare genetic diseases. Many of my patients will have complex and chronic skin disease and so I get to know them very well, but others have acute skin problems that I can diagnose and help get better quickly which is equally satisfying. I also perform dermatological surgery, performing skin biopsies and excising skin cancers. I am involved in teaching 4th year medical students at the University of Otago and really enjoy having students coming to clinic with me. My non-clinical work involves working with CDHB to plan our service and doing research into skin disease.

Why did you choose to work in this field?

I always knew that I wanted to be a physician but I was not sure what speciality to choose. I was working as a junior house officer in acute medical receiving and admitted an elderly lady with a very extensive and debilitating rash. None of us knew what was wrong with her, and it was not until a dermatologist was asked to see her that she was able to be given a diagnosis and commenced on the right treatment. I followed her case though and it made me start thinking about dermatology as a career. I would love to see more medical students and junior doctors seriously consider picking dermatology: it is a wonderful career and New Zealand needs lots more dermatologists!

What do you like about it?

I love that my job is hugely varied and that I meet so many interesting patients. Many of my patients have very severe life-changing skin diseases and I feel privileged to look after them. We use a lot of immunosuppressive drugs that can transform patients' lives and it is hugely satisfying to see it happen before my eyes. I like interacting with lots of other specialists in the hospital. I enjoy the surgical aspect of my job. I love being able to make a diagnosis for a patient, start treatment that I know is going to get them better and follow them through on their journey.

What are the challenging bits?

We are a very small department and this brings many challenges. There is a huge amount of skin disease and skin cancer in New Zealand: we have had to restrict our triage criteria to seeing only patients with the most severe skin disease, but I know that there are many more patients out there who would benefit from seeing us. We have had to be inventive about ways of improving patient access to our department, and we are currently working with the Canterbury



Dr Victoria Scott-Lang

Initiative and CDHB to develop a South Island Teledermatology Service (using photographs to enable a prompt diagnosis and treatment plan for patients in the community).

I have three new consultant colleagues joining me in the department later this year, and I am excited about the opportunity to work together to build a really great centre. I would love Christchurch to become the national centre of excellence for skin disease: we have the patients, the expertise and core facilities – we just need more staff now.

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

Our departmental secretary Shirley McTaggart is wonderful and she is a huge asset to dermatology in Christchurch and the CDHB. She started working at the hospital as a surgical secretary in 1969 and has been in dermatology since 1979 – literally since before I was born! She is utterly professional at all times: calm, organised, diplomatic, and resourceful. There is nothing she does not know about dermatology and is a familiar and reassuring point of contact for many of our patients. The fact that she keeps an endless supply of lollies in her office is also personally appreciated by me.

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

These core values underpin all that I do for my patients and for our service as a whole.

The last book I read was...

Does The Gruffalo count? I did manage to read The Girl on the Train by Paula Hawkins on a long-haul flight recently. My one-year-old son keeps me pretty busy and so reading books has become a bit of an aspiration rather than a reality recently.

» Article continues on page 18

» Article continued from page 17

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

Sitting round the dinner table at home in Scotland with all my family. Failing that sipping a glass of bubbles at the Opera Bar in Sydney would do.

My ultimate Sunday would involve...

Going out for pancakes followed by a walk in the Port Hills with my husband, son and friends, then back home to read the Sunday papers on the deck, looking at our view of the snow-covered Kaikouras.

One food I really dislike is...

Scallops – I keep trying to like them but I just don't.

My favourite music is...

I like lots of different music. At the moment I am listening to a lot of Marlon Williams, from Lyttelton. I've seen some of my favourite artists perform at the Isaac Theatre Royal in the past year which was pretty great (Angus and Julia Stone and Chris Cornell). Now we need to get Pearl Jam to Christchurch.

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

Plan your journey – The 2016 Christchurch Marathon

[The 2016 Christchurch Marathon](#) is scheduled for Sunday 5 June 2016, starting at 7.30 am. The proposed route has changed significantly from the 2015 route to reduce its impact on access to and from Christchurch Hospital for emergency services, staff, patients and visitors but it's important you know the best ways to get in to the hospital on the day.

Substantial work has been undertaken since the 2015 Marathon by the marathon organisers, the City Council's Transport Operations Centre, the Canterbury DHB, Environment Canterbury and others to come up with a revised route and a better traffic management plan.

The Marathon will start and finish in Cathedral Square, but will only loop once around North Hagley Park before heading east. This avoids the need for road closures or traffic management on most of the usual hospital access routes.

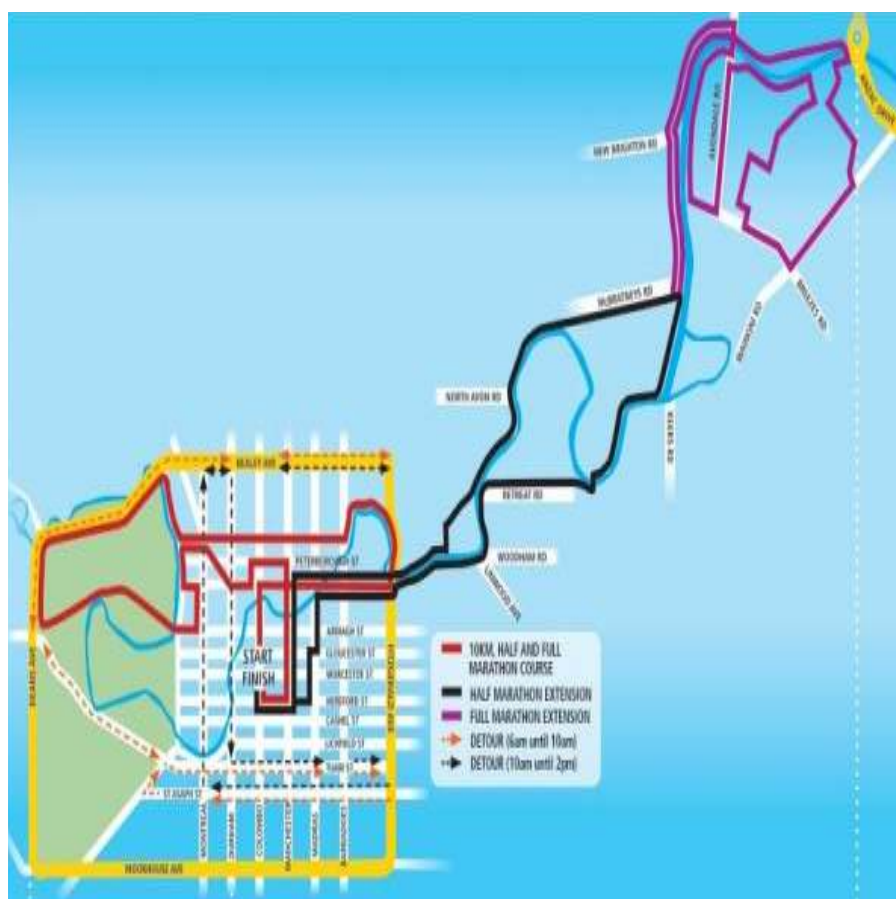
The following key roads providing access to the hospital will remain open at all times:

- » Bealey Avenue
- » Harper Avenue
- » Fendalton Road
- » Deans Avenue
- » Kilmarnock Street
- » Riccarton Road
- » Riccarton Avenue
- » Moorhouse Avenue
- » St Asaph Street
- » Tuam Street

Durham Street and Montreal Street are expected to be reopened to traffic by 10 am, but these roads are likely to be busy. It is suggested that you avoid using them until after 2pm.

Visitors to Christchurch Hospital are also advised to:

- » Avoid the CBD area bounded by Bealey Avenue, Durham Street, Lichfield Street and Fitzgerald Avenue.
- » Allow additional time to travel
- » Use the Park and Ride service from Deans Ave – it will be unaffected by the marathon.



In brief



Change of Process for New Expert Portfolios

The current process for nurses who submit an Expert portfolio for their first submission is to be assessed by two assessors and then participate in a practice discussion. In recent times this has caused considerable disruption to the assessment process and timeframes. At our recent PDRP Advisory Group meeting, discussions were held regarding the process for new Expert portfolios requiring practice discussions.

If the nurse's portfolio does not require any additional evidence they will be endorsed at Expert level.

If the nurse needs to provide further evidence, the PDRP advisory committee has decided to offer the nurse submitting their portfolio at Expert level one of the following options:

Provision of verbal evidence by phone (if only a small amount of evidence is required);

Provision of written evidence by email (as above);

Provision of verbal evidence by practice discussion (as above, and this is by applicants choice).

The PDRP Policy will also be updated to reflect the new changes.

PDRP Workshop

We still have places available for the PDRP Workshop on Tuesday, 31st May 2016.

Are you interested in putting together a PDRP portfolio? This is a day intended for staff who have familiarised themselves with the PDRP documents. Staff attending will be given a greater understanding of the evidence requirements for the Proficient and Expert/Accomplished levels and speak with a panel of applicants and assessors at the end of the day.

If you are interested in attending this PDRP Workshop, please contact the PDRP office on (ext 68835) or email

Adriana.Humphries@cdhb.health.nz.

Chapel of the Holy Family marks 50 years

Staff who have had an interest in the Chapel of the Holy Family are invited to its 50th anniversary celebration on Sunday 29 May.

A special service will be held for those who have attended over the years with a cake and food along with a few words to mark the occasion, says Chapel of the Holy Family Trust Chairman, Bob Shearing.

The celebration will be included in the normal 11am service and there will be a cup of tea and cake afterwards.

The chapel's address is 221 Kirk Road, next to Waitaha School. Those attending are asked to park on the road so the chapel carpark can be kept for wheelchair vans.



Alzheimers Canterbury

Community Education Seminar

June 2016

(Morning)

Keeping Active with Dementia

Dementia can be a barrier to maintaining activities both in the home and in the community. Come and join Tracey Hawkes, a Dementia Educator, and Dr. Susan Gee, a Researcher for the CDHB, and learn some ideas to help support the confidence and self-esteem of a person with dementia through activities.

There will be time for questions.

Everyone welcome

Date: Tuesday 7th June 2016 (previously 5th April)

Time: 10.30am – 12 noon

Venue: Alzheimers Canterbury
314 Worcester Street
Linwood
(Between Fitzgerald Ave & Stanmore Rd)

314 Worcester Street
PO Box 32074
Christchurch 8147

Making life better for all people affected by dementia
Kia piki te ora mo ngā tāngata mate pōrewarewa



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Over 10,000 Waimakariri residents travel to work in Christchurch daily. Around 80% of these vehicles have only one occupant during peak travel times.

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CHRISTCHURCH



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