



David Meates

ceo update

Canterbury
District Health Board
Te Poari Hauora o Waitaha

Friday 24 January 2014—Our biggest priority

There's no doubt that 2014 will be a big year for the Canterbury Health System.

As I mentioned last week, we'll be building and designing new facilities and continuing to repair others. We'll also be investing in technology in a big way so we can continue to improve the way we provide care. As it has for the last three years, change will be a constant in 2014!

Amidst all this change it's important that we don't lose sight of our biggest strength – our people.

This sentiment is beautifully captured in this Māori whakataukī:

He aha te mea nui o te ao? What is the most important thing in the world?

He tangata! He tangata! He tangata! It is people! It is people! It is people!

In 2014 we will continue to focus on supporting the wellbeing of people working across the Canterbury Health System.

Last year the Canterbury District Health Board won the best new programme award at the NZ Workplace Wellbeing Awards. This year we'll be focusing on extending the opportunities for staff to manage their wellbeing. In doing this we will continue to be guided by the findings of the 2012 Staff and Family Wellbeing Survey and other feedback we regularly get from staff.

From Monday a range of initiatives to help staff improve their physical and mental wellbeing will start up for the year. Programmes include Yoga, Zumba, Pilates, Weight Watchers at Work, walk 'n workout groups, and mindfulness sessions.

We've all been through a lot in Canterbury over the last three years and many of us are still struggling with the stress and uncertainty caused by ongoing quake related issues. This year we will again be providing staff with free access to Richmond's earthquake support coordinators who can help navigate through very complex issues such as those involving EQC and insurance.

We will also continue to work with Canterbury retailers to expand the staff discount scheme. For more information on the discounts available go to the [Something For You](#) intranet page.

I am pleased to be able to inform you that this week general managers agreed to two new initiatives that will help support staff wellbeing in 2014.

This year staff with line management responsibilities will be given the opportunity to take part in a wellbeing workshop. The two hour workshop will cover topics including the importance of wellbeing, the science behind improving our wellbeing and evidence based tools to help promote and actively manage wellbeing.

It was also agreed this week to provide staff and their families with access to a New Zealand designed web-based workplace wellness programme. We've got a bit of work to do before we can make it available to staff, but we hope to have it up and running in March. Stay tuned!

With so much on at work and home, it really is important people take the time they need to look after themselves. While adrenaline helped many of us get through the period immediately after the quakes, three years on we all need to find ways to boost our body and spirit. I encourage you all to take up new opportunities and give new things a go. A great place to start is the new [Staff Wellbeing intranet page](#).

Have a great week
David



Left, Carolyn Gullery, GM Planning & Funding and right, Dr Graham McGeoch with visitors Karleen Edwards and Frances Diver from the Melbourne Department of Health, Victoria.

**Dr Nigel Millar**

It's all go with improvements in the pipeline for CDHB's clinical information systems

Over many years information systems have transformed our lives in so many ways. Most of us would be challenged without web access and our mobile devices. There cannot be many of us who do not regularly buy or book online and perhaps expect that many of the things that in the past took a week or two should be instant. Surprisingly, in health electronic systems have not delivered much in comparison, but the change is beginning to happen.

2014 will be a year of change when it comes to electronic systems in our workplace, especially in patient care. We will be continuing improvements and roll out of the eSCRV (Shared Care View) expecting that we will be able to deliver a shared clinical record to more health providers and across other DHBs during the year. This means that more patients will receive care from a health professional who has access to a wider view of their health record. This can only improve the reliability, safety and efficiency of the care we provide as a health system.

Within the hospital system we have listened to the challenges clinicians face in getting access to key clinical systems. Work is well underway to deliver a totally new electronic environment using what is technically referred to as an ultrathin client. For the more practically minded this means dispensing with the standard desktop PC and using a system based in a data centre when your session can be suspended at one access point and reactivated at another place at exactly the point you left it – all with the tap of a smart card. This means, for example that a clinical team could consult the record for a patient in a meeting room – suspend the session then restart it on another terminal next to the patient. A thumbnail calculation would suggest that this may make available for patient care as much as 1000 hours of RMO (Resident Medical Officer) time per week which, otherwise would be spent logging in and finding patient records.

The exciting development will be when patients have access to their own records. Work is underway to develop a patient portal during 2014 using eSCRV and HCS (Health Connect South) as a platform. This is the start of a sea change in health which will support patients to take a greater role in managing their own health. The start will be small by necessity, but the end point will be a day when a patient can: read their record, annotate it, contribute to it and exert control over who accesses it. That is a large gap to cross which we can expect to do steadily in manageable parts ensuring that patients can understand the record and clinicians are comfortable and understand how this is happening.

Safe and effective use of medications is one of our greatest challenges within the hospital and across the health system. For the hospital component two major changes are planned for 2014 as part of the eMeds programme.

Firstly MedChart, which supports prescribing, recording and administration of medicines completely electronically without paper. It has already been implemented in Dunedin with a demonstrable reduction in errors. We can expect to see this rolling out across the hospital wards during the year. It is a big and complex project which will rely on the commitment of all who are involved in patient care. Once complete it will deliver a safer and more reliable process of care but also the ability to manage our whole medicine programme based on good quality data.

The second part of the eMeds programme is the Electronic Medicine Reconciliation programme (EMR) this will provide a system to review and document medicines on admission, then record the changes and reasons for them on discharge. In doing so it will pick up the very common discrepancies and errors that are part of our current complex systems – again to deliver a safer and better experience for patients, but also to smooth the workload and support clinicians in their work.

Work is also starting on the new South Island Patient Management System, which deals with bookings, admissions, discharges and more, in preparation for the opening of the new Burwood Health Campus in 2015. This system will evolve to support all South Island DHBs over coming years, making the care across DHBs seamless and efficient with options to integrate innovatively with primary and community services.

Be ready to embrace the changes coming your way soon.

Fast Facts – Christchurch

- User Groups have started up again for 2014. DHB groups will initially be looking at Furniture, Fittings and Equipment (FF&E) and picking up from 2013 planning.
- A traffic survey is underway at the Christchurch site of the clean/dirty loading docks to assess usage and traffic volumes.
- There are reviews underway of both the Fire Engineering report and the Mechanical Preliminary Design Report with the Design Team and CDHB representatives.
- The Christchurch Peri-Operative User Group is visiting other hospitals in Christchurch, including Burwood, St George's, Forte and Southern Cross to look at their theatres.
- Christchurch Preliminary Design phase is expected to continue to the end of February/beginning of March.

Fast Facts – Burwood

- Site enabling works are nearing completion ahead of the start of construction of the new facility.
- Teams from Leighs Cockram, who is the lead contractor for the Burwood build, have established site offices and will be erecting more permanent safety fencing around the construction area shortly.

Fast Facts - The Design Lab

- Several groups visited the Design Lab in January. These included the Technical and Scientific Group, Design Thinkers, and the Peri-Operative and Radiology teams who reviewed new mock ups.
- The Lean Community Pharmacy Group has been doing on-going training sessions.
- Overseas visitors to the Lab have included Andrew Balmain (Project Director – Australasian Relationships – Industry Capability Network, Victoria, Australia) and David Ryant (National Sector Manager – Health, Industry Capability Network, Melbourne Australia).

Bouquets

Security staff, Christchurch Hospital

Assistance much appreciated recently when security staff helped night nurses change tyres on their cars that had been intentionally slashed while parked. As always the security staff are helpful and pleasant.

AMAU, Christchurch Hospital

I felt confident that the medical treatment I received was well-researched, assessed and delivered.

AMAU, Christchurch Hospital

Admitted on Friday night and the care given/shown to me has been outstanding. The nursing staff on all shifts has shown compassion and professional skill of a high level.

Ward 10, Christchurch Hospital

Everyone was so kind when you looked after my Dad.

Bouquets continue on following page...



Outpatients, Burwood Hospital

First visit to a hospital. Minor procedure (lesion removal) but received excellent care and attention. Thanks to your team for making my visit a relaxed event with expert help and procedures.

AMAU, Christchurch Hospital

Doctors provided the most professional, efficient and effective care for my situation which included seriously low blood pressure. Nurses then continued to mind and monitor the situation with skill and caring...Overall positive experience and outcome. Thanks very much.

AMAU, Christchurch Hospital

Excellent care and advice given by Majorie.

Ward 12 and catering, Christchurch Hospital

Having arrived here in hospital in December with health issues, I commented to the ward catering staff complimenting them on the standard of food during my stay. With thanks.

Wards 15 and 16, Christchurch Hospital

We recently arrived in New Zealand from the UK. My husband received excellent care from all members of staff – doctors, nurses, health care assistants and even the accountant. People were friendly, courteous and informative at a time when we felt anxious in a new country, unexpectedly needing urgent health care. Thank you. We were very impressed by the standards.

Ward 19, Christchurch Hospital

I cannot thank you enough for the amazing care you have provided my mum. The staff are an absolute credit to the healthcare sector, everyone is so caring, friendly and nothing is a problem. Thank you again.

Ward 26, Christchurch Hospital

The CDHB can be very proud of the service provided by Ward 26 of Christchurch Hospital. Last year I was an inpatient for just under three weeks. During this vulnerable time I was shown much kindness and respect. The cohesive team of nurses, doctors and auxiliary staff all gave me excellent care and support. Thank you so much. I feel comforted to know I will be in such good hands should the need arise again.

Ward 28, Christchurch Hospital

Wonderful care of my wife. Thanks heaps to all staff.

Emergency Department, Christchurch Hospital

Staff were really nice and made me feel comfortable. Really appreciate all the good work and kind bedside manner. Really nice people. Thanks.

Wards 31 and 32, Christchurch Hospital

It is a very good waiting room with plenty of seats. It would be good if there was hot chocolate.

Plastics, Burwood Hospital

Thank you for the operation on my ear. I had no pain and you were so good doing it. I appreciate all you have done. Thank you.

Gynaecology

I would like to say thank you to all the staff that treated me during my short stays. It has certainly helped and made such a difference in such a trying time. You have wonderful staff.

CWH

From the moment we arrived for an induced c-section, post section recovery and five day stay on maternity ward the service has been impeccable. Staff are professional, supportive, caring, and listening. We can't thank you enough. And all for free. Where is the bill? Thank you taxes and public health system.

NICU

Been here with our son for 22 days and counting. All the staff are doing a brilliant job in looking after our boy and keeping us informed and helping us out. Always with a smile. Thank you.

Ward 21

The care my son got during his stay was totally awesome. The nurses, Brittney and Donna and the others were so caring and you could see it is more than just a job for them. They do it because they care. It's nice for a mum who has a young child in hospital for a length of time to know the care they get is truly awesome. So thanks so much.

Bouquets continue on following page...



Lincoln Maternity

A very good service. Well coordinated and plenty of time was spent making sure that mother and baby were well and happy. While all midwives gave good breast feeding advice, Anne was particularly helpful as she is a lactation consultant.

Food is good for hospital catered food.

Burwood Birthing Unit

Very helpful staff that are informative and approachable. Treatment and care at both facilities was great and I (and baby) always felt safe and well cared for. Thank you Midwives, Registrar at CWH, Hospital Aides at Burwood for making my stay non-stressful and comfortable!

Intensive Care Unit, Christchurch Hospital

I was admitted from Ashburton Hospital by helicopter medivac....I was taken to ICU and put under the care of Dr Kathryn and then Dr Lynsey Drewett (RMO). My nurse was Marty from South Africa that night. I recovered and was discharged the following Wednesday....I would like the people who cared for me to receive the highest praise for their superb care of me.... As a retired registered nurse I was aware at all times of the expertise and attention to all aspects of my life-threatening situation. Marty was the epitome of nursing excellence and attended to my physical and mental well-being in the most professional of ways. Please extend my thanks to all staff who cared for me and allowed me to return to my granbabies and daughter. With the utmost sincerity....

Christchurch and Burwood Hospital

I underwent an operation at very short notice to remove a brain tumour. I would like to record my belated thanks to all the staff who cared for me during this difficult time. This applies to staff at Christchurch Hospital and Burwood Hospital. The care I received was excellent and my recovery has been a tribute to their care and professionalism.

Emergency Department

Brought in by Boys in Blue. Fell over whilst walking home (inebriated). Landed on my chin. Blood everywhere....Your staff cleaned me up, stitched me up and gave me a tetanus jab.....Thanks to all concerned. Keep up the good work!



Sixty year nursing career

Pat Lawson's nursing career had a special start.

The late Queen Mother presented Pat's nursing registration badge in London, at an "unforgettable" afternoon reception at St James' palace.

Pat's nursing career has spanned six decades. She celebrated the milestone with colleagues in the Colposcopy Department at a morning tea last week.

Medicine was in Pat's family, her grandmother was one of the first female doctors in Britain, her father was a doctor and her mother a midwife. Pat began her two-year Orthopaedic Nursing Certificate on January 14, 1954, at the Bath and Wessex Orthopaedic Hospital when she was still too young to begin general training.

She started general nursing training at St Thomas' Hospital in London in September 1956 (she chose this hospital because it was where her parents trained), gaining her registration in July 1959. She then did a further year to gain her Nightingale Medal.

Pat Lawson marking her sixty years of nursing.



"We went to St James Palace to receive our badges from Her late Majesty, The Queen Mother, at an unforgettable afternoon reception," Pat says.

Pat went on to train as a midwife in Cambridge and Winchester, going back to practice at Thomas'.

"I then became a permanent souvenir of my husband's great OE in 1964 and worked in Napier's Maternity Unit for 18 months before going on 12 years maternity leave."

Continues on following page...

Pat began work as an antenatal midwife at Christchurch Women's Hospital (CWH), in April 1978.

"I was sponsored to do the Advance Diploma of Nursing at Polytech in 1984 and came back to gynae outpatients, co-ordinating the department from about 1987 until I retired at the end of 2001."

Apart from a six month stint as a relief Charge Nurse in outpatients in 2008/09, Pat has since been working as a casual nurse, first in CWH outpatients and now in colposcopy/hysteroscopy.

Pat says she has always liked outpatients as she enjoys the reassurance and education she can give patients to make the experience the best it can be for them.

"Hopefully the good Lord permitting I will be available for another year or two."

Major upgrade of the Health Connect South programme (HCS) in 2014

Clinical Portal 8 will be released beginning of March 2014. It will bring a completely new-look User Interface that is based on the feedback received from those who use the system regularly.

The main difference you will notice about Portal 8 is a change to the menus but there is also a different looking field for the Home page and Patient Summary screen.

Some of the new features:

- important Clinical Notices more easily accessible
- a new Help page containing reference guides and other training material
- most of the items can be seen at the same time. No longer need to hover over the menu and scroll to the appropriate item
- a menu that stays expanded unless you close it
- more space in the patient summary screen
- tabs to present the patient record as a file
- applications in Patient Context grouped in logical categories
- eSCRV data displays in its own tab.

More details will be communicated over the next few weeks and leading up to the upgrade.

YourSelf winners off to the supermarket

Three lucky staff members have won \$50 New World grocery vouchers just by checking their details in YourSelf.

[YourSelf](#) is a self-service tool for CDHB staff. It provides easy and enhanced access to your human resources data such as electronic payslips, leave balances and an updated staff directory. You can also update your personal details if for example you change address, phone number or your bank details.

In December CDHB staff were encouraged to make better use of [YourSelf](#). Simply by logging in and checking their personal details, leave balance or payslips, staff went into the draw for the supermarket vouchers.

The winners of the YourSelf promotion were Kenny Daly (Information Analysis Manager), Angela Boskell (Data Entry/Admin support) and Peter Lepper (Community Mental Health Nurse).

Ease of use is something each winner especially noticed about the tool.

Continues on following page....



Above: From left Peter Lepper, Angela Boskell, Teena Pirie and Kenny Daly.

"I like it. It's a comprehensive, easy to use, one-stop shop to see all my relevant pay details, leave balances and history, as well as my staff, says Kenny.

Angela liked that she can check her payslip and annual leave before her pay comes through and that she can update her own information. Easy access at any time was a selling point for Peter.

Latest statistics show that:

- Most commonly accessed pages in YourSelf were leave, payslip history, and personal details.
- Most active day of the week on YourSelf is a Wednesday.
- Total of 34000 visits to YourSelf since July 2013.
- There has been an increase from 5251 visits in November to 6910 visits in December. This is especially interesting given that many people go on leave in December.
- People's visit length decreased from 10 to 9 minutes – a likely sign that employees became more familiar with the data.

Logging into [YourSelf](#) is easy for CDHB staff. Your login is your usual network ID and password. Email YourSelf@cdhb.health.nz if you have any questions or difficulties.

Staff Wellbeing Programme – new intranet page/ instructors wanted/2014 programme

New Staff Wellbeing Programme intranet page!

<http://cdhb.intranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>



Wellbeing initiatives 2014

Most staff wellbeing initiatives restart next week, including Yoga, Pilates, Zumba, Mindfulness – see new intranet page for more information

Weight Watchers @ Work

New 'Simple Start' 13 week programme starts week of 18 February – see new intranet page for more information.

Simple Start, two weeks of meals designed to get you off to a fantastic start!

It really is simple – all you need to do is choose from lists of good-for-you meals and snacks plus delicious extras.

No tracking or counting!

Finance/Retirement/Buying a home seminars

Restart last week of February – registrations now open – see new intranet page for more information

New instructors wanted

We are looking for new instructors for 2014

- Pilates instructor Burwood hospital negotiable (this is a new class)
- Yoga instructor Hillmorton hospital (last week Jan - 1st week of March inclusive) Thursday 1645
- Yoga instructor ChCh Campus (ongoing), Wednesday's 1645
- Yoga instructor Community and Public Health, Monday 1700 (until Easter)
- Yoga instructor TPMH (ongoing) Tuesday 1600 and 1715

If you're a trained instructor and interested in running any of these sessions for your colleagues (or you can suggest someone who is) please contact Lee Tuki lee.tuki@cdhb.health.nz or 027 689 0285

CDHB Earthquake Support Coordination Service

We have two Earthquake Support Coordinators (ESC) dedicated to helping CDHB staff deal with issues related to EQC, insurance, accommodation etc. Contact an ESC directly on **371 5598** or visit the new [Staff Wellbeing Programme](#) intranet page for more information.

Andy Hearn

Staff Wellbeing Coordinator
Canterbury and West Coast DHB
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 290 0937
andy.hearn@cdhb.health.nz



Playing a vital part in our future!!

Canterbury District Health Board currently employ over 450 Resident Doctors and we aim to be the centre of excellence in medical education, training and supervision.

With increasing numbers of post graduate year 1 doctors we now have a new part-time position (0.1FTE) for an Intern Supervisor to help support and nurture these new doctors.

Working in conjunction with the Medical Educational Training Unit, this role is about education, training, leadership, mentoring and pastoral support.

You will play an integral part in creating a supportive and motivated environment which results in the Canterbury District Health Board being the top of all Resident Medical Officers wish list as a centre of training.

For further information on this role please feel free to contact Liz Hill, Recruitment Specialist – Medical / Dental on +64 3 378 6677 or email liz.hill@cdhb.health.nz



Canterbury
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Te Pōwhiri Hauora o Waitaha

A minute with...Noeline Lyman, Senior Secretary / Administrator, Youth Specialty Service

What does your job involve?

I am the Senior Secretary/Administrator and have worked at Youth Specialty Service (YSS) for almost 20 years now! My role is so varied it is hard to put into a few words but it includes administration tasks for the service, clinical typing for my team, reception relief and making sure the service is covered when the other secretaries take leave. I am also a Winscribe Super User and I have been assisting with the implementation of that within the Specialist Mental Health Service (SMHS) which I am enjoying.

Why did you choose to work in this field?

I was asked to do some temping work at CDHB in 1990 by a former work colleague and worked in various services in SMHS for a few years while my sons were young. I then got offered a chance to temp at YSS for three weeks in 1994 when the service was opening and never left. I feel you need empathy and compassion to work in this field and I believe I have these traits.

What do you love about it?

I love seeing the connection some young people have been able to make with our clinicians and go on to really change their lives for the better. The appreciation the young people and their whānau have shown the clinicians they have worked with has been very heart warming at times. I am particularly happy when we have been able to discharge someone who has had a hard time in their recovery yet leaves with a very positive attitude towards their future. I have also enjoyed the occasions when someone has visited the service many years later and still remembers me and says they are doing really well now.

What are the challenging bits?

There are lots of challenging bits. It can be a very stressful job at times and trying to fit everything into a day can be a challenge as there can be many interruptions. The content of the documents we have to type and incidents that can happen can also have quite an impact.

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

I admire Jill Sunnex, our Pukenga Atawhai, as I believe she advocates very strongly for Māori youth and their whānau. In an administration capacity I think Margo Mainwaring, the PA to the Chief of Service at Older Persons Health and Rehabilitation, is just amazing. These women are stars!

The last book I read was...

I had to think about this question! I think it was Celia Lashlie's, He'll Be OK – Growing Gorgeous Boys into Good Men, which I read when my sons were teens.

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

It would absolutely be Thailand. It's my favourite place in the world that I have been to so far.

My ultimate Sunday would involve...

My weeks are usually so busy that just chilling out at home is the ultimate for me. A bit of pampering and a nice meal out would also be great.

One food I really dislike is...

Mussels.

My favourite music is...

Disco. I am a bit of a disco queen if I get the chance. My last birthday (which was a special one) was one of the best nights ever, I danced ALL night.

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

Naomi.Gilling@cdhb.health.nz.



Noeline Lyman

Healthy Christchurch



News items from Healthy Christchurch

Lunchtime Meeting The Social Context of Dementia

" Professor Simon Biggs from University of Melbourne will be speaking on Social Aspects of Dementia, at a meeting on the 20th of February " [\[read more\]](#)

Active Canterbury Network Newsletter January - February 2014

" Exercise "works from tip to toe"! That's the opinion of sports-medicine physician Jordan Metzl, recently quoted in a Stuff online article called Exercise 'the best preventive drug ' " [\[read more\]](#)

Workshop: After Suicide Hui Supporting All Ages Through Tough Times

" This interactive workshop will consider the impact suicide bereavement can have on the lives of children, young people, adults, families/whanau and communities, and why " [\[read more\]](#)

Good Governance workshop

" Free 'Good Governance' workshops will help your Board members to increase their understanding of good governance for not-for-profit organisations and evaluate the effectiveness of your Board " [\[read more\]](#)

Certificate of Achievement in Introducing Health Promotion

" Health Promotion Forum of New Zealand, Runanga Whakapiki Ake i te Hauora o Aotearoa New Zealand Certificate of Achievement in Introducing Health Promotion " [\[read more\]](#)

Vacancy: Methodist Mission Administrator

" The Christchurch Methodist Mission is seeking a reliable, resourceful person with excellent administration skills to be the Administrator for our Social Services Division " [\[read more\]](#)

CDHB partners with Wellnz

The Canterbury DHB is a member of the Accredited Employers Programme and works as an agent of ACC for the management and rehabilitation of employees' work related accidents and provision of entitlements under the Injury Prevention, Rehabilitation and Compensation Act 2001. Benefits include the opportunity for more effective rehabilitation of injured employees, greater ownership of injury prevention, and a financial return that can be redirected to health services.

To assist with the management of the programme, the DHB has contracted a Third Party Administrator called Wellnz. Their role includes registering and administering claims, and monthly reporting to ACC.

Information on entitlements, rehabilitation and return to work, and the review process is available on the Health and Safety intranet site located under Human Resources or by contacting the Occupational Health and safety Help Desk ring 68800 or email hrss@cdhb.health.nz



- 115593—Clinical Nurse Specialist – Infection Prevention & Control – OPH&R
- 115559—Rehabilitation Advisor
- 115774—Medical Secretary - Vascular
- 116111—Registered Nurse - Cardiovascular Prevention and Lipid Disorder
- 116363—Registered Nurse – PSE community Team

[Click here to see more opportunities on the careers website](#)



New 13 week series begins on the week of 18th February 2014 ***Benefit from the new programme 'Simple Start'***

Weight Watchers 360° was introduced in 2013, a plan that makes healthy living become second nature. Weight Watchers at Work members will have access to eTools; the online companion to meetings and free phone App!

NOTE: To run at each location a minimum of 12 is required. Please email your contact person below to secure your place ASAP.

For More Information Contact:

Christchurch Campus	Michelle Paenga	x 86571	Michelle.Paenga@cdhb.health.nz Wednesday 19 th February to 14 th May 4.30pm
Hillmorton	Sharryn Sunbeam	x 33933	Sharryn.Sunbeam@cdhb.health.nz Tuesday 18 th February to 13 th May 12.30pm
Burwood	Dale Baillie	x 99827	Dale.Baillie@cdhb.health.nz Tuesday 18 th February to 13 th May 3.00pm
TPMH	Karyn Wallace	x 66330	Karyn.Wallace@cdhb.health.nz Thursday 20 th February to 15 th May 12.15pm

Price: \$232.70 per person

The programme fee of \$232.70 can be paid in full to the Weight Watchers leader at your first meeting – or you can arrange 4 direct debit payments to be split across the 13 week programme (this must be arranged at the first meeting so you'll need to bring your bank details)

ADULT OXYGEN THERAPY Online LEARNING MODULE

Available now at:
[CDHB Online learning Modules](#)

The administration of supplemental oxygen is an essential element of management for a wide range of clinical conditions.

This online self directed learning Module covers all aspects of oxygen therapy and is suitable for all health professionals that may be required to assist with adult patients needing oxygen therapy.

Sections include: Overview of respiratory system; Airway obstruction & Management; Oxygen delivery devices; Monitoring of patients receiving oxygen and Documentation.



A separate video presentation is included to demonstrate the use and maintenance of the new Fisher & Paykel Humidifier system Airvo 2™.

Access

To access the online adult oxygen therapy module you need to register onto the DHB online learning portal by following this link: [CDHB Online learning Modules](#)

Further information and enquiries from: [Clinical Skills Unit](#) or PDU@cdhb.health.nz

Transportation of Blood Culture Bottles

Please ensure ALL Blood Culture bottles are placed in the protective cones provided before sending to Canterbury Health Laboratories via the Lamson tube. This minimizes the risk of bottle breakage during transport.

Here is a link for more information on our Lamson system.

<http://cdhbintranet/hospitalsupportandlabs/Canterburyhealthlaboratories/SitePages/How%20to%20Use%20the%20Lamson.aspx>





SOUTH WESTLAND TRIATHLON

25TH ANNIVERSARY EVENT

SATURDAY 5TH APRIL 2014

Starting in Franz Josef Glacier at 10.30am

The Triathlon event consists of a 9km Run, a 6 km Kayak and a 19 km Bike Ride through some of the most spectacular scenery the West Coast has to offer.

The Duathlon event is made up of a 9km Run and a 19 km Bike Ride.

Enter as an individual, or get a team together.

Get your workmates together and compete in the **CORPORATE CHALLENGE!** Prizes for fastest team, best team spirit and best theme dressed team (this will also include your support crew).

There are some amazing prizes up for grabs this year, including spot prizes.

To mark the 25th Anniversary of the Triathlon, this year's event will have a 1980's theme. So join in, dress up and enjoy this fantastic annual event.

Entry forms available here or contact Jen Kennedy on 03 7520 144 or email southwestlandtriathlon@live.com



Visit our Facebook page for updates, inspiration, information and MORE!

Rongoā Kākāriki
GREEN
PRESCRIPTION

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.

 **sport**
canterbury

BE ACTIVE

Programmes Term 1, 2014



Spreydon

St Martins Church
60 Lincoln Road, Spreydon
Mondays 11.00am-12.30pm
Starting Monday 10 February

Woolston

St Johns Church
Cnr St Johns Street &
Ferry Road, Woolston
Tuesdays 10.30am-12.00pm
Starting Tuesday 11 February

Bishopdale

Bishopdale YMCA
13a Bishopdale Court, Bishopdale
Thursdays 7.15pm- 8.45pm
Starting Thursday 13th February

New Brighton

Shoreline Fitness Centre
55 Hawke Street, New Brighton
Wednesdays 11.00am-12.30pm
Starting Wednesday 12 February

For more information and
to register please contact Jess:

P 03 373 5032

E jessw@sportcanterbury.org.nz

www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, aquacise and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.

 Pegasus

Canterbury
District Health Board
Te Pori Hauora o Waitaha

 YMCA

Together supporting an
active
CANTERBURY



Tri-pōneke whānau at Warrior Dash 2013, Raumarua

Hauora Māori: Relationships that advance Māori Public Health Symposium

This symposium examines the power of collective and collaborative action for Hauora Māori.

TOPICS INCLUDE: the principle of whanaungatanga; priorities in Māori public health; the Treaty of Waitangi and constitutional issues; case studies, innovations and activism in Māori public health.

Spaces limited so register now to secure your place at this Public Health Summer School symposium.

Opening Address:

Mrs Kataraina O'Brien

National President, Māori Women's Welfare League

Keynote speakers:

Associate Professor Leonie Pihama

Director – Te Kotahi Research Institute Waikato University

Dr Carwyn Jones

Senior Lecturer, Victoria University of Wellington

Mr Denis O'Reilly

Director, Consulting, Advocacy and Research Trust

Ms Nancy Tuaine

Chief Executive Officer, Te Oranganui Iwi Health

Associate Professor Te Kani Kingi

Director, Massey University

Dr Keri Lawson-Te Aho (Lecturer, University of Otago)

Evening Presentation:

Dr Lance O'Sullivan General Practitioner, Kaitiaki

Wednesday 19 February 2014 | 8.30am-6.00pm

Evening Presentation | 6.30pm-7.30pm

University of Otago, Wellington

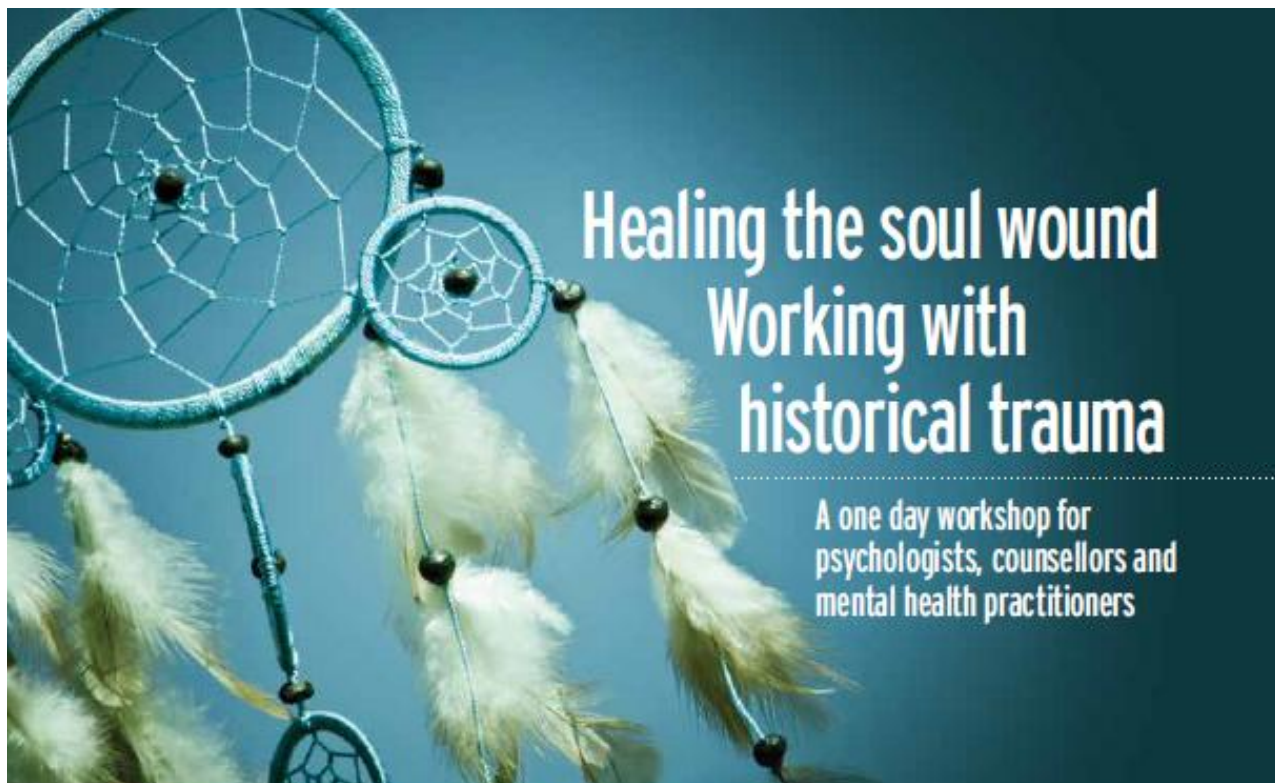
23A Mein Street | Newtown | Wellington

For a full programme of presenters and symposium schedule
visit www.otago.ac.nz/hauora
or contact pania.lee@otago.ac.nz



The **18th Public Health SUMMERSCHOOL**
3 - 21 February 2014

www.otago.ac.nz/uowsummerschool



Healing the soul wound Working with historical trauma



A one day workshop for
psychologists, counsellors and
mental health practitioners

Esteemed Native American Clinical Psychologist
Dr Eduardo Duran PhD



Where: TBC, Christchurch
When: 26 February 2014
Cost: \$300.00 includes a copy of Dr Duran's book:
"Healing the Soul Wound"
Numbers: Limited to 30 people per workshop
To register: email keri-rose.lawson-teaho@otago.ac.nz
OR phone (04) 3855541 ext. 6050





Otago University, Wellington
Invite you to attend the inaugural:

Māori and Indigenous Suicide Prevention Symposium

Māori and indigenous suicide rates are a major public health issue. This symposium brings together Māori, Pacific and other Indigenous peoples working in the field of suicide prevention to discuss the next steps in addressing this issue locally and globally.

TOPICS INCLUDE: Māori/Indigenous approaches to suicide prevention; interventions; self-determination and community development.

Spaces limited so register now to secure your place at this Public Health Summer School symposium.

Opening Address:

Honorable Tariana Turia (Ngāti Apa, Ngā Rauru, Tuwharetoa, Whanganui)

Keynote speakers:

Associate Professor Honorable Luamanuvao Winnie Laban, QSO (Pasifika)

Mr Moana Jackson (Ngāti Kahungunu, Ngāti Porou)

Mr Normand D'Aragon (First Nations, Canada)

Associate Professor Jacque Gray (Choctaw, Cherokee, United States)

Evening Presentation:

Dr Eduardo Duran (Tewa, Apache & Lakota, Great Turtle Island, North America)

Monday 10 February 2014 | 8.30am-7.30pm
University of Otago, Wellington
23A Mein Street | Newtown
Wellington

For a full programme of presenters and symposium schedule
visit www.otago.ac.nz/indigenous
or contact kerry.hurley@otago.ac.nz



The **18th Public Health SUMMERSCHOOL**
3 - 21 February 2014

www.otago.ac.nz/uowsummerschool