



Stop the flu before it stops you!

After two years of closed borders and no flu in our community, I fear many of us will be in for a bit of a shock when winter hits in a couple of months. It's anticipated that this year's flu season will affect large numbers of people. While our COVID-19 precautions (masking, distancing, hand hygiene and staying home if sick) will do a lot to prevent spread, the best way to protect yourself and those you care about is through vaccination.

I can certainly understand and empathise with those experiencing vaccine fatigue – talking about vaccination seems to be one of few constants we have in our lives – but this single jab is so important. It helps protect you, your whānau, your community and the patients/consumers we care for. Free flu vaccinations are available now for people aged over 65 years and Māori and Pasifika aged 55 and older.

Canterbury DHB staff can begin receiving their free flu vaccinations from tomorrow, 5 April, from roaming vaccinators on the wards or at one of our clinics. No appointment is necessary. Read more on the [staff flu vaccine Prism site](#).

Happy Ramadan

Friday 1 April marked the beginning of the Muslim holy month of Ramadan. A period of worship, spiritual reflection and self-improvement, most of our Muslim colleagues and (adult) community members will be fasting between dawn and sunset until Ramadan ends on 01 May. Read more and watch an interview with Hamimah Tuyan on what Ramadan means to her, on [page 19](#).

If you're 65+, or 55 and over and Māori or Pacific, it's time to get your **FREE** flu jab

Talk to your doctor or pharmacist today

Te Kāwanatanga o Aotearoa
New Zealand Government

FLU 2022



In this issue

- › Regulars – Kōrero ai... pg 5-6
- › Living our Values: Dental administrator a "real asset" to hospital reception... pg 7
- › Supporting staff impacted by COVID-19 ... pg 8
- › Nursing students supplementing the health workforce at a critical time... pg 9
- › Chaplains sharing the love with COVID-19 patients... pg 10
- › Etu Pasifika, ably serving the Pacific population in Canterbury... pg 11
- › Endoscopy quality improvement... pg 12
- › Outstanding achievement in neonatal care ... pg 13
- › Family donation supports Otago University bipolar research... pg 14
- › Observing Ramadan... pg 15
- › One minute with... Angela Blunt... pg 16
- › Notices – Pānui... pg 17

Thank you to our partners across the Canterbury Health System

Just as it takes a village to raise a child, it takes a collaborative effort to ensure a strong health system.

*E hara taku toa
i te toa takitahi
he toa takitini*

My strength is not as an individual, but as a collective.

Even as our COVID-19 cases peaked here in Canterbury, we have had far fewer hospitalisations than most other regions. Our strong vaccination rates have certainly helped prepare and protect us, but the role played by all our health partners has been the difference between managing this outbreak and collapsing under the weight of it all.

A shout out to you – our staff, Community and Public Health (Te Mana Ora), our hardworking general practice teams, urgent care providers, aged residential care providers, the Care in the Community team, Māori and Pacific health providers, midwives, pharmacies and so many more health providers and support teams who enabled behind the scenes. You have all made such a difference to the care of people with COVID-19 in Canterbury. Your incredible expertise and mahi, working directly with the community, has helped keep Cantabrians healthy and informed.

Staff redeployment

Today marks the 49th day of operation of our Emergency Coordination Centre (ECC) in response to the Omicron outbreak. Even before the Red and Blue teams were stood up, we were planning where and how we might have to redeploy staff once case numbers increased in Canterbury.

The DHB staffing team has done a mighty job coordinating hundreds of requests for people to help out, in various departments, and facilities.

Our people have certainly come to the party, filling in gaps for areas in need due to staff sickness or higher than usual demand. Many of our staff have deployed to help out in areas that might be new or challenging, and some have travelled to the West Coast or rural Canterbury to support services in need.

Stay in touch with loved ones in hospital

Last week we introduced a new initiative based on something that our colleagues at Southern DHB have been doing. Due to COVID-19 visitor restrictions or other circumstances, many people are currently unable to visit loved ones who are in hospital. Some have access to phone calls and FaceTime which can help, but everyone loves to get letters, photos and drawings from friends, whānau and tamariki.



Volunteer Hugh Isdale on his way to surprise a patient at Christchurch Hospital with a message sent from a loved one via the Canterbury DHB PatientLink service

People can email their message and/or pictures to PatientLink@cdhb.health.nz, telling us

- › who the message is from,
- › who the message is for and
- › which hospital and ward the person is in.

Our fantastic volunteers will make sure the message is hand-delivered.

We have already been able to brighten some patients' days with these messages and I encourage more friends and whānau to use this service.

In the past 20 days alone:

- › 126 staff have been deployed to aged residential care facilities
- › 75 have helped out at community-based assessment centres (COVID-19 testing)
- › 23 have gone to GPs and primary care and
- › 251 staff have been deployed to different areas across Canterbury DHB

Thank you to the hundreds of staff who have been redeployed since we set up the ECC - I thank you all. You have allowed much of our health system to continue to operate smoothly and allowed us to test, vaccinate and better care for thousands upon thousands of Cantabrians.

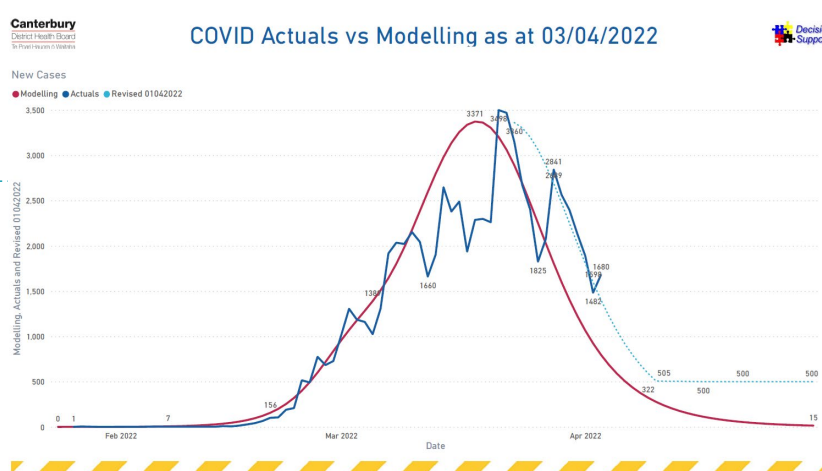
Recognising important support for our staff

One of the many successful initiatives of our most recent ECC has been the establishment of the Return to Work (RTW) team. Set up to support our DHB kaimahi (staff) who contract or are impacted by COVID-19, this team, split between the Blue and Red ECCs, is doing a phenomenal job.

They're providing advice and ensuring our people are informed as well as offering support and guiding staff through the processes of returning to work once they have recovered from COVID-19 themselves or completed isolation due to an exposure event. More than 1000 staff with COVID-19 have been aided by this team during the current outbreak. You can read more about them on [page 8](#).

It's great to see the art and science of modelling our outbreak tracking as anticipated

I think we can safely say that we are now coming down from the peak, and it will be a slow steady decrease over a number of weeks. As I've said before, and will say again, it's not over – this is a time to remain vigilant with mask wearing, staying home if you're sick, RAT testing if you have symptoms, and keeping up with all the good public health habits that help keep us all safe.



Stop the flu before it stops you

Free staff flu vaccinations available now

Check PRISM for details

Kindness starts within!

Often, it's easier to be kind to other people than it is to ourselves...how can you make being kind to yourself a priority this week?

**5 WAYS YOU
CAN BE KIND
TO YOURSELF**

ALL RIGHT?

ALLRIGHT
.ORG.NZ



**SPEND SOME
TIME IN
NATURE**



**KŌRERO
WITH A
MATE**



**FIND A SMALL
MOMENT EVERY
DAY TO DO
SOMETHING JUST
FOR YOU**



**CELEBRATE YOUR
ACCOMPLISHMENTS
– NO MATTER
HOW SMALL!**



**START YOUR DAY
WITH A POSITIVE
AFFIRMATION.
YOU'VE GOT THIS!**



Kia pai tō koutou rā

**Peter Bramley, CEO
Canterbury District Health Board**

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

If you're not a staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Emergency Department (ED) and Surgical Assessment and Review Area (SARA), Christchurch Hospital

I had an unexpected admission to SARA via ED and St John. I was truly blown away by the exceptional care I received from every person I came into contact with – and there were many. The professionalism, thoroughness and team spirit, was very evident, despite very high acuity. I thought I'd be lucky to find 'room at the inn' let alone receive such awesome care in these times. I didn't want it to go unnoticed as I appreciated it very much.

West Inpatient staff, Te Awakura, Adult Acute Inpatient Service, Hillmorton Hospital

I would like to say a huge thank you for all the nurses' help. It has been life-saving. Much respect and admiration.

Chatham Islands Health Centre

Please give my heartfelt thanks to the Chatham Islands medical team who looked after me in early December last year. I want to send a shout to the team, who are amazing.

Ward 12, Christchurch Hospital

Thank you all for your warm care and support. I appreciate it more than you will know. Thanks for coping with smiles and patience throughout my "princess moments"!

Ann O'Callaghan Physiotherapist, Burwood Hospital

I would like to express my gratitude to Ann O'Callaghan for her exceptional support, and help, and clear and knowledgeable explanations on my treatment. She helps me regain, not only physical improvement, but also helps me on an emotional level, by building up my self-confidence and helping me see my future as a healed person, not a disabled, limited by opportunities, person. Thank you, Ann. God bless you.

ED, Christchurch Hospital

I presented to ED with an ankle injury and was really impressed with how streamlined and efficient the process was. After only around an hour I had been seen in Acute Care by a doctor, had X-rays and was heading out the door. Great work!

Lucy Hogan, Community Alcohol and Drug Service

Ara Institute of Canterbury Nurse Lucy Hogan was very good, and I reckon she will be a great asset to nursing.

Ashburton Adult Psychiatric Service

I was very much at ease with the two ladies who visited me in the hospital. They were very understanding and supportive. I have great admiration and respect for what you all do here and just want to say thank you. You've probably saved my life. Aroha nui.

Jacqui Power, Dental service, Christchurch Hospital

Practice Co-ordinator Jacqui was so helpful on the phone – that is seldom found these days.

Big Shout Out

To: Kenneth F. Weaver Trust (a registered charitable trust)

A big thank you to the Kenneth F. Weaver Trust (a registered charitable trust) which has deposited \$471.20 into the Patient Benefits fund. The money is from donations made to the Father Christmas who was in the main corridor of Christchurch Hospital over the festive season last year.

#carestartshere

ED and Acute Unit, Christchurch Hospital

Thanks so much for your attention and care. Dr Oliver and the nurses were splendid, professional and kind. It was a nice visit and I really appreciate it.

Oncology, Christchurch Hospital

Receptionist was efficient, respectful and reassuring. The consultant was on time; well aware of my medical notes; well prepared; welcomed my questions; addressed my fears and concerns; factual while caring; shared about my pathway ahead; and gave me confidence in my future.

Eye Clinic, Christchurch Hospital

Josh Erceg and your staff at the Eye Clinic are exceptional. My husband was stressed about losing vision in one eye. Josh was so kind, in explaining everything so quietly to my husband. Everyone in the clinic was fantastic, giving us tea and coffee and taking care of us. Thank you.

Radiology, Burwood Hospital

Excellent staff and service. Thank you.

Amber, Radiology, Christchurch Hospital

We want to say that the young woman, Amber, has such a warm and friendly nature that makes you feel at ease.

Ward B1, Christchurch Hospital

We can't thank you enough for your care and dedication. You go way beyond, God bless you all!

Christchurch Hospital

I was admitted to hospital for the second time in four weeks. As was the case with my first overnight stay, the treatment that I received was faultless. From the time that I was admitted until my discharge, the receptionists, female orderlies, Theatre staff, Dr Waller and her team, the hospital aides, WellFood staff, and the Ward 18 nursing staff treated me with respect, compassion and the utmost kindness. Staff went out of their way to ensure that I understood my treatment and also to meet any request. I am so grateful that I was able to be treated at Christchurch Hospital.

Linda, Bone Shop, Christchurch Hospital

I came into the Bone Shop after fracturing my wrist in two places. Linda was the nurse who looked after me. Her professional approach as well as her kindness was fantastic, and I felt assured my recovery would progress well. I am sure all the nurses are equally as capable but Linda stood out to me. Please pass on this compliment to her.

Getting COVID-19 vaccines after testing positive



**For first
and second
doses**

**For
booster
doses**

**For child
vaccination
doses**

wait 3 months

after you test positive for COVID-19

Please speak to your GP or healthcare provider for advice specific to your medical circumstances

Te Kāwanatanga o Aotearoa
New Zealand Government

**Unite
against
COVID-19**

When can I get my vaccines

- › If you or a family member are still in the process of being vaccinated or boosted, and you contract COVID-19, you can have your next vaccine or booster **THREE MONTHS** after you have recovered.
- › If you contract COVID-19 and/or you are symptomatic/unwell, speak to your doctor about when you can have your flu vaccination.
- › There is no need for a gap between the COVID-19 and flu vaccines – you can receive them on the same day.

Living our Values: Dental administrator a “real asset” to hospital reception

We are sharing stories of some of the staff who have been redeployed during the pandemic.

Meet Preschool Administrator and back-up Contact Centre Operator Lynne Tahapehi who is one of several staff members redeployed from the Community Dental Contact Centre to work at Christchurch Hospital.

Lynne is starting her fourth week as receptionist at the main entrance of Christchurch Hospital.

The Community Dental Service has been suspended during the Omicron outbreak while our staff, both clinical and administrative, support other areas of Canterbury DHB, so Lynne was asked to take up this new temporary position.

It was daunting at first, says Lynne, who has had nine years in her usual busy role which involves looking after preschool dental enrolments and appointments. There was a new computer and phone system to learn which was more complex than the one she was used to at Hillmorton.

“Also, I’m on reception on my own and have to talk to people face-to-face when they come to the counter with enquiries. That’s really different from what I’m used to. At the start it felt a bit like being thrown in the deep end, but it’s actually good and I’m enjoying the change.”

The best thing about the new job is the people she works with, they are very supportive.



Lynne Tahapehi on reception at Christchurch Hospital

“I am always coming out with questions and they are happy to help. Everyone has been really nice. I’m into it now and it will actually feel strange going back,” Lynne says.

Service Manager Front of House Elaine Ryan says it’s been a difficult time for the reception team dealing with family members not able to visit their loved ones.

“It’s been so great to have Lynne here with us during this busy time – she’s been a real asset.”

In her usual role, Lynne is used to communicating over the phone but quickly adapted to face-to-face (mask-to-mask) interactions.

“Thanks for being here, Lynne,” she says.

Supporting staff impacted by COVID-19

Even before Omicron reached Canterbury and the West Coast, we knew that a lot of our kaimahi (staff) and their whānau would be affected and anticipated that they might need a bit of extra help navigating the government guidelines and general support through their recovery.

This meant planning staffing coverage would be extra challenging, and a whole of system view was needed to manage how many kaimahi were away from work at any one time and when they might be well enough or able to return.

The solution to these challenges was the Return to Work (RTW) team.

The RTW team works with DHB employees who:

- › Test positive for COVID-19
- › Are household contacts of positive COVID-19 cases
- › Experience workplace exposure to COVID-19 or
- › Have COVID-19 symptoms but test negative.

Contacting kaimahi who are COVID-19 positive by phone, email or text several times during their absence, the RTW team checks their general wellbeing, answers questions about testing, isolation, mask use at work, as well as how to access other support services and resources. On an average day the team will make 100-120 telephone calls and send approximately 50 texts or emails.

While more than 95 percent of people will be well within 10 days of their first symptoms, COVID-19 affects everyone differently. Some are ill for longer and remain under the care of their general practice team or other healthcare provider.

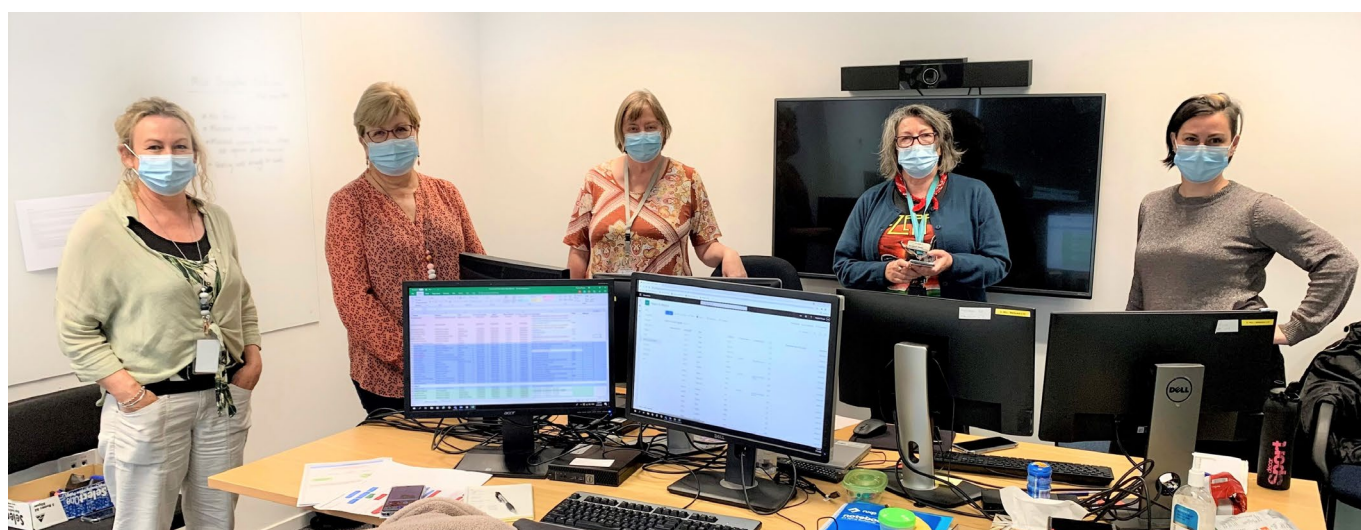
When this happens, an RTW team member contacts the person's manager to talk about how to support their kaimahi on their journey back to health and work.

Programme Facilitator with the South Island Alliance Programme Office, Heather Gray, leads the ECC Blue team's RTW team. She and her colleagues have learned a lot about COVID-19, especially as the outbreak has peaked and their response has had to evolve.

"Every person's experience, their symptoms and recovery, is unique," she says.

"We've been very lucky because the DHB staff have been fantastic to deal with. Our processes have had to change along the way, and they have still filled in all the forms, taken our calls and been open and honest with us."

We all greatly appreciate the hard mahi of the return to work teams (in both the Blue and Red ECCs) and their commitment to making the whole process easier and more streamlined for DHB staff. Ka pai!



The Blue ECC Return to Work team.

From left, Administrators, Nursing Workforce Development Team Sara Bacon and Yvonne Thorpe, Team Leader – Programme Facilitator, South Island Alliance Programme Office Heather Gray, Nurse Coordinator Care Capacity Demand Management Team Margaret Burns and MIQ Guest Support Team Katherine Pascoe

Nursing students supplementing the health workforce at a critical time

A new collaboration between Canterbury DHB and Ara Institute of Canterbury's Department of Health Practice is giving nursing student Grace Fissenden a broader experience of healthcare as she helps out with the COVID-19 response at Christchurch Hospital.

The 20 year old second-year nursing student is one of several nursing students being employed as healthcare assistants (HCAs), earning both wages and clinical hours towards their [Ara nursing degree](#).

The initiative is helping supplement the health workforce at a critical time in the pandemic, with modelling showing that up to eight to 15 percent of the Canterbury DHB workforce could be affected by COVID-19 and other illness at any one time.

Last year, in response to the impact of the pandemic on nursing, the Nursing Council introduced a new Registered Nurse Programme Education Standard which recognises paid employment as clinical hours in the case of an emergency of national significance, says Academic Manager at Ara's Department of Health Practice Karen Edgecombe.

"This allowed us to work with Canterbury DHB when it became clear that there were going to be significant workforce issues in relation to staff illness or isolation due to the pandemic."

For Grace, one benefit of the programme is a better understanding of the role of the HCAs.

"Instead of being a nursing student when you are so busy providing nursing care alongside the nurses, the HCAs get to spend more time with the patients, washing them, mobilising them, and providing basic care.

"I like how personal it can be. Also, as a soon-to-be nurse, it's good for me to take notice of how important the HCAs are to patient care," she says.

It's her third placement as part of her degree programme, but the first time she's been paid.

"That's a great help to a lot of students who are living off their student loans or their summer earnings. I'll be using some of my wages for rent and then save up for other expenses throughout the whole year," Grace says.

Karen says that the nursing students work under the direction of a registered nurse and a clinical lecturer who help them link their knowledge through the work practice.



Ara Institute of Canterbury Nursing Students, from left, Mickey Curtain and Paris Thorman

"Nursing is changing because of the pandemic. This is a unique situation and a chance for our students to see how it's happening for themselves. It also demonstrates the strength of our relationship with Canterbury DHB and is another example of how we work together to address the changing needs of healthcare."

Canterbury DHB Executive Director of Nursing Becky Hickmott says the collaboration sends a powerful message about the ability to work together in emergency situations.

"Since 2011 in a post-quake Canterbury, through the terrorist attacks, and now in a global pandemic, Ara students have come out in force to help and support our workforce. We would've really been stuck without them.

"Now, we're seeing the impact of Omicron on our staffing levels.

The HCA roles are instrumental to the health system, so having these well-prepared, professional students working with us brings a lot of value, while also helping with their education.

"Ara students are our students. At the end of their degrees, we see high quality professionals who are ready to work," Becky says.

Karen says that this collaboration demonstrates Ara's leadership in the nursing sector.

"Ara was the first to put nursing students into managed isolation quarantine facilities. We were the first to enable them to become provisional vaccinators. And now we're giving them a chance to really see how to respond to COVID-19 on the wards themselves where they can contribute to the pandemic, supporting their community and making a difference."



Ara Institute of Canterbury Nursing Student Grace Fissenden at work as a healthcare assistant

Chaplains sharing the love with COVID-19 patients

Patients in the Parkside Ground Medical (PGM) ward with COVID-19 are receiving gift bags courtesy of the Christchurch Hospital chaplains.

The bags, and some of the contents, were crafted by and gifted by volunteers, while the included toiletries were kindly donated by the hospital's Parkside Pharmacy, says Christchurch Hospital Chaplain Sheila Mark.

"It is our hope that these bags would bring some small level of comfort to those in hospital with COVID-19."

The chaplains decided to do this for COVID-19 patients because they thought these patients may feel a little isolated, says Ecumenical Chaplain Christchurch Women's Hospital Rev Alexa Evenden.

"By giving them these gift bags, we hope to share some love."

The lined, drawstring bags are beautifully made with pretty fabrics by a volunteer named Evelyn who lives in Waimate.

"She usually fills them with goodies for use in the children's wards which I have distributed over the last two years. For COVID-19 patients we added a knitted bear, hand cleanser, moisturiser, body wash, toothbrushes, combs, and mints."

So far, 38 of the gift bags have been filled and given to the staff in PGM to hand out. The charge nurse and staff were excited to receive them and to be able to distribute them.



Chaplains with gift bags that were put together for COVID-19 patients

"I saw an older woman leaving the ward in a wheelchair and I noticed she had one of the bags on her lap. I asked her what she thought of her bag and she gave me the thumbs up. That was so lovely to see. It's great to be able to share some love and brighten someone's day," Alexa says.

Etu Pasifika, ably serving the Pacific population in Canterbury

Etu Pasifika is running a COVID-19 Hub from its Montreal Street premises where it provides support and services to anyone who reaches out to them.

The team is checking in with people and their families who are directly affected by COVID-19 and providing information and support.

They're a one stop shop where you can have a COVID-19 test or collect rapid antigen tests (RATs), and GPs and their nursing team are on hand to provide expert health advice and care, and the busy welfare team does daily deliveries of food, medications and RATs to anyone in need.

Etu Pasifika has been described as a 'Pacific village' in Christchurch – their purpose is to cultivate, talanoa (chat/discuss) wellbeing and help families live healthier lifestyles by providing a wide range of accessible services for Pacific Peoples.

Despite being the largest health provider for Pacific families in Christchurch, they're a small team who do so much to support Canterbury's Pacific Peoples.

With wellbeing in mind, it's great to see them take a moment to celebrate with themed Fun Fridays where there's a different dress-up theme each week, including a Hawaiian one.



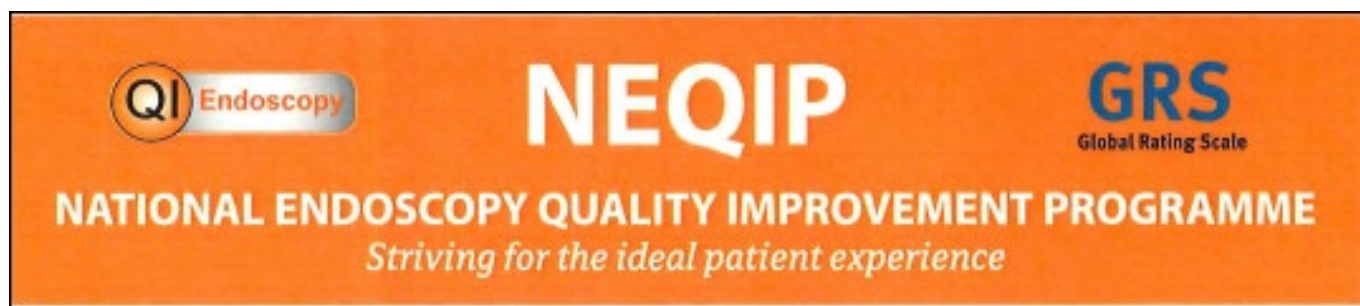
Some of the Etu Pasifika team at work in its COVID-19 Hub



The Montreal Street COVID-19 Hub team in their Hawaiian-themed outfits.

Why is it important to vaccinate against influenza?

- › To protect yourself from a potentially debilitating flu that could put you out of action for weeks.
- › Stopping the spread protects your whānau, friends, work colleagues and consumers/patients from the flu.
- › The flu is particularly dangerous for the very young, the elderly, the pregnant and those with certain pre-existing health conditions. Even if you're not high risk, someone you know, love, work with or treat, will be.
- › If you do get the flu after the vaccine, you will likely have fewer symptoms, a milder case and a faster recovery.
- › Less flu = less strain on hospitals and health resources, all on top of the COVID-19 Omicron outbreak.



Endoscopy quality improvement

Since June 2020, Canterbury DHB has been contracted by the Ministry of Health (MoH) to deliver the National Endoscopy Quality Improvement Programme (NEQIP).

The programme facilitates a coordinated approach to improving the quality of gastrointestinal endoscopy services across all DHBs by optimising patient focused endoscopy unit performance.

The approach is centred around a national framework of quality standards, the New Zealand Global Rating Scale (NZGRS). The NZGRS is a web-based quality improvement tool that enables endoscopy units to assess how well they provide a patient-centred service within four key domains: Clinical quality, Quality of Patient Experience, Workforce and Training.

Units are required to complete a self-assessment census review every six months. All 32 public sector endoscopy units participate, and there has been marked improvement across the board since 2019.

NEQIP Clinical Lead and Consultant Gastroenterologist at Christchurch Hospital Malcolm Arnold says engagement with the service is crucial to effecting change and progressing quality improvements.

The NEQIP team comprising Malcolm, Nurse Lead Holly Weale, Consultant and former Nurse Lead Carolyn Davison, and NEQIP Coordinator Janette Ang, work closely with the MoH, the National Screening Unit and the Endoscopy Guidance Group for New Zealand, providing clinical expertise and national leadership to ensure the delivery of strategic programme objectives.

The team provide support and guidance to endoscopy teams across New Zealand in the ongoing self-assessment of services against the NZGRS Standards, completion of the bi-annual census

and the development and implementation of whole system quality improvement plans.

In the past two years the NEQIP team have worked to ensure that the NZGRS standards are included as a key component of the National Bowel Screening Programme quality assurance and audit framework.



NEQIP Consultant and former Nurse Lead Carolyn Davison



NEQIP team members, from left, NEQIP Coordinator Janette Ang, Nurse Lead Holly Weale and Clinical Lead, Consultant Gastroenterologist at Christchurch Hospital, Malcolm Arnold

For further information, please contact the NEQIP team:
NEQIP@cdhb.health.nz

Outstanding achievement in neonatal care

With over 100 years of nursing between them, three neonatal nurses are hanging up their scrubs in the name of retirement.

Neonatal Nurse Practitioner Anne Jackson and Neonatal Associate Clinical Nurse Managers (ACNMs) Sue Moore and Bernard Hutchinson retire in April and May.

All three have been leaders, are awesome people, and have made a massive contribution to neonatal nursing and the Neonatal Intensive Care Unit (NICU), says Neonatal Nurse Manager Debbie O'Donoghue.

"Their retirement will be a significant loss."

Anne (AJ) has worked in the neonatal service for the past 33 years and in 2017 received the national Neonatal Nurse College Aotearoa award for Neonatal Nurse of the Year. In 2001 she became one of the first two trained neonatal nurse practitioners in Christchurch Women's Hospital's NICU.

"AJ has since paved the way for a number of neonatal nurses to take up this specialised training and advanced nursing role. She has also had a passion for neonatal transportation, and not only helped to establish a retrieval team, but support its ongoing development to the wonderful service it is today," Debbie says.

AJ says it has been a privilege working as a member of the "amazing" neonatal team over a large number of years.

"I am so grateful for the many opportunities that have opened up for me during this time, in particular, training to become one of the first two neonatal nurse practitioners in our NICU. I have embraced the challenges and enjoyed the many highlights as I have worked with the vulnerable neonates and their families/whānau.

"I've been very fortunate to have received so much support from my many neonatal colleagues and the wider multidisciplinary team. Thank you all for enriching my neonatal career. As I retire I will treasure my many memories and friendships and look forward to pursuing other ventures in the future."



From left, Neonatal Nurse Practitioner Anne Jackson, and Neonatal Associate Clinical Nurse Managers (ACNMs) Sue Moore and Bernard Hutchinson

Sue has worked as a nurse for 49 years. She was an enrolled nurse at the old Christchurch Women's Hospital in Colombo Street and after completing her registered nurse bridging studies moved into working in the Neonatal service.

"For the past 14 years Sue has worked in a leadership role as a clinical ACNM supporting the staff in a busy acute service through many challenging times, always calm mixed with a sense of humour. She has been responsible for the NICU Transport portfolio supporting those babies and families that we need to retrieve or repatriate from around the country," Debbie says.

Sue says she has observed many changes in nursing over her 49-year career.

"The aprons, caps and black pantyhose have been replaced by scrubs or the corporate uniforms we now wear.

"For the last 20-plus years I have been privileged to work in the NICU where the care of our fragile population has changed greatly mainly due to the survival of our very preterm infants. I've had the privilege of being a member of the Neonatal Emergency Transport Team which retrieves preterm, surgical or sick babies from around the South Island."

This required her to develop and maintain skills and knowledge of the aeromedical and transport environment. She was the secretary of the College of Air and Surface Transport Nurses for four years and enjoyed networking with colleagues in Christchurch and from other areas around New Zealand.

"The next journey for me will be spending more time with my family, grandchildren and friends, and living life to the full!"

Bernard has worked for 30 years in neonatal nursing in Christchurch.

He has been both the Service manager and ACNM for the service and has been integral to supporting the Baby Friendly Hospital initiative for the service and nationally as a Board member of the New Zealand Breast Feeding Authority.

"Bernard has been a strong advocate for staff and families and has always gone beyond what he has been asked to ensure everyone feels heard and supported. In 2020 he was recognised nationally as Neonatal Nurse of the Year by the Neonatal Nurses College Aotearoa in 2020," Debbie says.

Bernard says looking back he never thought he would spend the bulk of his nursing career working in a neonatal unit.

"It's been a privilege, rewarding and challenging at times. Always it's meant working within a committed team who are all focused on achieving the best outcomes for babies and families. "

Congratulations from your neonatal friends to all three of you on such an outstanding achievement, Debbie says.

Unable to visit someone in hospital? We can help you stay connected with whānau connect

If you have someone special in hospital right now but due to COVID-19 or other circumstances you're unable to visit them? We can help. Email your message and/or pictures to patientlink@cdhb.health.nz and tell us:

- › Who the message is from
- › Who the message is for and
- › Which hospital and ward the person is in.

Our volunteers will make sure your message gets to them.

Unable to visit someone in hospital? We can help you stay connected.

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Canterbury
District Health Board
Te Poari Hauora o Waitaha

Family donation supports Otago University bipolar research

The generosity of a Christchurch family, in memory of a much-loved wife and mother, aims to improve the lives of New Zealanders living with bipolar disorder – a life-long mental health illness marked by depressive and manic episodes.

A research project led by a team at The University of Otago, Christchurch, has been chosen as the recipient of the newly-established Sue Bradford Memorial Fund – a gift of \$100,000 per year for the next five years.

Launched on World Bipolar Day, (March 30), the donation will allow a unit led by Professor Richard Porter at the campus's Department of Psychological Medicine, in conjunction with the Canterbury DHB's Specialist Mental Health Service (SMHS), to advance research into practical treatment therapies.

One in every 20 New Zealanders suffer from bipolar disorder in their lifetime; one in 100 with a severe form of the illness.

Families of people with bipolar are incredibly vital in supporting their loved ones through this illness, Richard says.

"This donation will give our research unit the financial security to continue our ongoing work into this extremely challenging and important area of research, work which has the potential to relieve suffering for so many battling this long-term and debilitating illness."

The Bradford family approached Canterbury's Māia Health Foundation late last year, seeking to establish a research fund in memory of their late wife and mother, Sue.

Sue's husband Ian Bradford says they were motivated to do so due to the positive treatment and support Sue received from the team at Canterbury DHB's Specialist Inpatient Mental Health Service at Hillmorton Hospital – especially in the last decade of her life.

"The fund is a means of remembering Sue in an authentic, enduring way, to positively impact the lives of others," he says.

Māia Health Foundation CEO Michael Flatman says it was a privilege to work with Ian to identify a project that resonated with Sue's story and the wishes of Ian and his family to make a positive difference to everyday people and families living with bipolar.



From left, Director of the Mental Health Clinical Research Unit, University of Otago Richard Porter and Māia Health Foundation CEO Michael Flatman



Ian and Sue Bradford

"We are inspired by Ian's generosity and his desire to honour Sue in a way which will improve the lives of others and make a difference for our community today and in the future," says

Richard says around 100 patients have been involved in each of the four bipolar disorder trials the research unit has been working on so far.

"This donation will allow us to complete the fourth study and launch a fifth. All have focused on developing new psychological therapies to be administered alongside medications to improve mood stability, cognitive and general functioning.

"We'll also be able to further examine the long-term cognitive impairments which mood disorders often cause, such as difficulties in memory and planning."

SMHS General Manager Greg Hamilton says the gift raises awareness of bipolar while enabling research that will make an immediate and real difference.

"Those involved in the research today will be able to access innovations in care and treatment, with the results of the research then embedded into our

treatments and services, so we can provide the very best, modern, and evidence-based care," he says.

Ian Bradford hopes his gift will inspire others.

"My vision is that our family's \$500,000 will act as a catalyst for others to donate to the Fund, to create an even bigger resource."

If you would like more information about supporting this Fund please contact the University of Otago, Christchurch's Development Manager John Godfrey on 03 364 0237 or john.godfrey@otago.ac.nz

Holi Fusion Competition

A selection of just some of the colourful entries to our recent 'Holi Fusion Competition' as part of the Canterbury DHB Calendar of Belonging.

These images showcase our fabulous kaimahi (staff) and their whānau celebrating past and present Holi Festival celebrations.



Observing Ramadan

For many of our Muslim kaimahi (staff) and those we care for, Ramadan, (from Friday 1 April), is a significant time.

It is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community. A commemoration of Muhammad's first revelation, the annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts 29-30 days, from one sighting of the crescent moon, to the next.

Equity and Diversity Workforce Development Partner Akira Le Fevre spoke with Hamimah Tuyan who holds a Ph.D in Communication Disorders, is a Speech and Language Therapist and former Regional Coordinator South Island Alliance Programme Office Workstreams.

A mother of two boys, she is also Chair of Sakinah Community Trust, a women-led organisation comprised of widows, mothers and daughters of those lost in the tragedy of the Christchurch mosque attacks. Their goal is to support and fund initiatives that are focused on bringing communities together in its healing and building a better future where we can all belong.

Hamimah says Ramadan is a time for family and communities to come together, practise faith and purify their souls.

"It's a time to self-reflect, strengthen your relationship with God, to increase your good deeds and focus on self-control"

Fasting is one of the five pillars of Islam and is a form of temporary deprivation to help teach and grow gratitude and compassionate empathy for those less fortunate.

"Fasting isn't just around food, it could be for habits that aren't beneficial to us, whether that be smoking or gossiping and is to help us work towards being the best version of ourselves both physically and spiritually."



Not everyone fasts, Hamimah says.

"It is only an obligation for healthy adults and there are exceptions to fasting. It is more about rearranging your daily habits, so eating breakfast before dawn, skipping food and water throughout the day and then having dinner later in the evening after dusk."

Ramadan is also about sharing food with whānau and communities and honouring and remembering those loved ones who have passed by cooking their favourite foods and sharing stories of them, Hamimah says.

Akira says speaking with Hamimah was insightful and the values and beliefs of Ramadan are probably similar and relatable to many others.

"Those values of spirituality, self-reflection, gratitude, and compassionate empathy, being the best version of ourselves, and remembering, and honouring, those who have passed are very relevant to what is happening globally."

Hamimah and Akira spoke about how we can learn more about Ramadan and how we can support our Canterbury DHB kaimahi and patients who may be observing Ramadan.

You can watch their interview [here](#).

One minute with...

Angela Blunt, Health Services Manager, Kaikōura Health Te Hā O Te Ora

What does your job involve?

I manage Kaikōura Healthcare, the general practice within Canterbury DHB's Kaikōura Health. I also manage Kaikōura Health's Facility and Housekeeping teams alongside a Canterbury DHB nurse manager. Together with the nurse manager I have responsibility for the integration of services within the teams.

Why did you choose to work in this field?

I practised law for many years in New Zealand and overseas before marrying a farmer and moving to Kaikōura to buy my husband's family farm. I have always enjoyed helping people and I was looking for an opportunity to utilise the skills I developed in law. As my children were getting older, I applied for a role with the Canterbury Clinical Network to facilitate the development of the Kaikōura Model of Care. It all started from there and I realised health was an interesting place to work with great people to work with.

What do you like about it?

The people who work in health, the genuine desire to make things better for people and the can-do hardworking attitude that is prevalent. The challenges to think outside the square to provide as much care close to home for our patients.

What are the challenging bits?

COVID-19 has been challenging just for the sheer volume of work it has created and the amount of space it has taken in our working and outside lives.

Who inspires you and why?

My Dad, an Irishman with a huge heart, who is generous of spirit and self and who never says it can't be done – there is always a way.

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?

They are vital to a high functioning health system and a great functioning life. Personally, these values are great life values too and are among those I like to think of as my personal values.

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

I used to be an Irish dancer (once an Irish dancer always an Irish dancer) and taught it in Kaikōura for many years.

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

New Zealand, the most beautiful country in the world, and where most of the people I love live!



What do you do on a typical Sunday?

Church, then coffee with friends, a walk, read a book, and when my children are home I enjoy cooking up a Sunday dinner for them all.

What's your favourite food?

At the moment, salmon cooked Japanese style in sake.

And your favourite music?

Almost everything from classical, to folk, to rock. My favourite musicians are often Irish – U2, Van Morrison, The Corrs, The Saw Doctors, and Mary Black, but I do love Sting too. I love to sing!

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

Something For You



Something *for You* is the Canterbury DHB employee benefits programme. The deals offered are from the New Zealand business community to say thank you for all that you do.



DELL

Get exclusive discounts (20 percent off Dell RRP products and seven percent off Dell online store products) when you buy online with your Canterbury or West Coast DHB email address. Read more about the [offer here](#). [Click here](#) for detailed instructions on how you can redeem this offer.



Warehouse Stationery

- 11-13 Winchcombe Street, Central City (South City)

When shopping at the South City Branch, get 20 percent off all stationary, art, craft and furniture in store - please take a [copy of this letter](#) and your Canterbury DHB ID to redeem.



Microsoft New Zealand - Home use programme

The Microsoft Home Use Programme (HUP) allows you to buy Office 365 subscriptions or the latest version of Office, Visio and Project software to use at home at a substantial discount - [see more information here](#).



Riccarton Shoe Clinic

- Riccarton Mall, 129 Riccarton Road

Get 20 percent off all items instore (which are not already reduced) for Canterbury DHB employees and their immediate family members - show your Canterbury DHB ID to redeem.



Riccarton Athletes Foot

- Riccarton Mall, 129 Riccarton Road

Get 10 percent off shoes (excluding already discounted or sale items) - show your Canterbury DHB ID instore to redeem.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you](#) page to get the discount codes.