



## Messages of support, thanks and condolences continue to flow in

I know many staff have their heads down right now and are just doing their best to get through the days and nights. When you get a moment, please read through some of the messages being shared about our team across social media. I am incredibly proud of what's happening in our health system and clearly I am not alone.

Well done to all those that have worked around the clock to care for our wounded. Long hours and stressful situation we are forever grateful. – Judith

I loved working at Christchurch Hospital. Kudos to everyone – Dianne

Absolute legends. Thank you for putting your own families aside to save so many lives. We can't thank you enough for the care & respect you have and continue to show to this precious people and their families – Kylie

Well done to you all, thanks from the bottom of my heart for all staff, emergency services job well done highest praise to you all – Val

Thank you to all the doctors, nurses, the anaesthetic techs, ICU techs, sterilising techs and everyone else who have worked/are working non stop to save lives – Vanessa

I can't fathom the horrors the staff at Christchurch hospital have had to deal with in the last 48 hours. You are all heroes in your own right. I believe there are Muslim members on your staff who have still showed up to work and cared for others tirelessly. – Lauren

Good team work! God bless all of you!!! – Tulse

Thank you to the medical and support staff. You guys did/are doing a fantastic job! Please don't forget to take care of yourselves too. – Natasha

Christchurch Hospital Thank you to all the wonderful staff. – Trisha

Thank you to every single person who works at Chch hospital. Thank you for caring for our most vulnerable with respect and kindness and doing your very best for all of us. – Vanessa

Amazing effort and communications. Kia kaha Chch – Megan

You are true heroes - huge thanks for the fantastic work you do with care, compassion, kindness and dignity xx – Bridget

To all my former fellow CDHB coworkers you are doing an amazing job we are behind you %100 take care – Julia

Proud to work for the hospital, well done team – Marsha

Thank you for the strong mental health support message – David

Thinking of all the amazing health care and support staff involved with the care of these people. – Ashleigh

Please make sure you take care of yourselves and staff thank you for all you are doing. Much love and kind wishes – Lorraine

Thank you for providing care to all the patients. – Asma

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Thank you to all my colleagues in Christchurch, Thank you to the Doctors, Nurses, Techs and everyone else who worked through the night in unimaginable conditions, you are heroes – Brianna

To all staff involved our heartfelt thanks for your hard work, care and compassion during this awful event. Don't forget to take care of yourselves too – Sharon

Awesome work chch hospital and all your staff involved and I wish all is well to the injured and hope they all recover from a tragic and scary event that took place today stay strong chch – Sally

That's absolutely incredible. Well done to everyone involved! I hope that all the injured recover well and know that all of the love of the Chch people is with them. – Mandy

Thank you everyone who played a part and will continue to play a part in the care and wellbeing of those impacted. We are so very proud of our first responders and the teams of people who support of them in so many ways. Thank you so very, very much – Anna

Well done to all the medical staff in both ICU and ED. You are all doing a splendid job. – Marie

Thinking of all the amazing staff who worked tirelessly through the night! X – Julia

Thank you to all the staff looking after these poor people. It makes me proud to be part of the wonderful CDHB – Jane

Amazing effort from an amazing team of professionals I am honored to call my friends and colleagues – Wendy

To all who have helped in any way following this tragedy may you be truly blessed. We are very grateful for the sacrifice you have made to help all those innocent people who were going about the daily lives. Many thanks. – Carmel

Thank you to those at the hospital, and all their families and support people who are looking after their children, and who will be relied upon to help debrief and give them comfort over the coming days and weeks xx – Andrea

Great job by some wonderful health professionals and superb support staff, as ever. – Ed

Thank you ChCh hospital for everything you have done for these poor victims – Kylie

Thank you to all the fantastic CDHB staff for the work they are doing and will do in the coming days and weeks. – Jonathan

THANK YOU to all of the CDHB people who are working through this pain to be beside and treat all people who have been hurt in this terrible tragedy. You are amazing and much much appreciated x – Sarah

You're absolute heroes, and doing your job in the most difficult of circumstances. Thank you, thank you, thank you. You have your own families and friends to worry about, but there you are helping the people who need your immediate care. X – Jo

Thank you to all those at Christchurch hospital and cdhb who have worked so tirelessly and taken such wonderful care of the victims of Friday's attack. With gratitude – Anna

Haere ora, haere pai  
Go with wellness, go with care



David Meates  
CEO Canterbury District Health Board

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](mailto: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](#).

# The Christchurch mosque attacks and World Social Work Day

*Today is World Social Work Day which celebrates and promotes the contributions of the profession to individuals, families, communities and wider society.*

*Social workers from across Canterbury DHB have been supporting families affected by last Friday's terror attacks in Christchurch. Catherine Hughes, Clinical Manager Social Work Services, Christchurch Combined Campus, shares the experiences of the Canterbury DHB social work team to highlight the significant contribution made each and every day by social workers across the health system.*

Social Workers are a key component of the allied health workforce that responds alongside medical personnel in situations involving disasters, distress and acts of terrorism.

During the attack on the Christchurch mosques, we, the Social Work team at Canterbury DHB, were there alongside the injured and devastated as they came into the Emergency Department and supported the traumatised and shocked families who had borne witness to this horrific act of terrorism.

We were there to write the names of the missing and injured, to reassure the families even though there were no assurances that we could give. We worked alongside the Canterbury DHB medical team and police in the treatment and identification of the injured and deceased. We experienced the joyous moments among the chaos and despair when we reunited the injured and their loved ones or finally got to say, "they are alive, I will take you to them".

We provided the families with information and support, with enormous quantities of food lovingly prepared and delivered by the incredible Christchurch community; food that was full of love and nourishment for exhausted bodies and souls. We responded to the diverse and complex needs of a multitude of ethnic groups and communities affected by this terrible tragedy.

Alongside our colleagues from Specialist Mental Health Services, allied health professionals, West Coast Social Workers, community volunteers, and our managers, we did whatever was needed to be done and remained responsive and in tune to the fast changing, organic and dynamic situation.

We stood silently among the families in our relatives' centre as the long-awaited, anguishing list of the deceased and missing was finally read by their religious leaders at midnight on Saturday.



The Social Work team from the Christchurch combined campuses

We comforted the bereaved where we could and prayed that we would never witness such absolute grief and utter despair ever again.

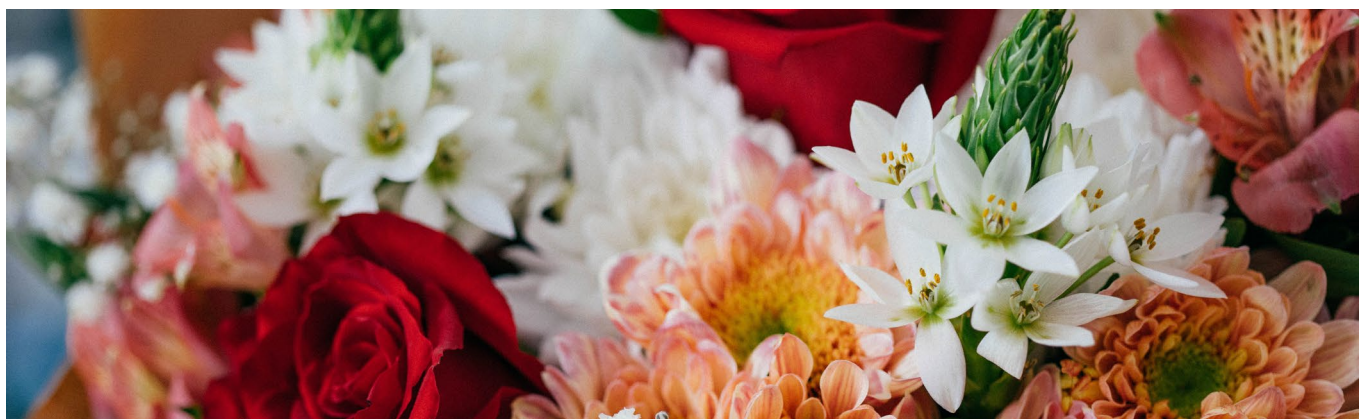
Now as we move into the fourth day of this tragic and heart-breaking attack on our community – the community of Christchurch – we continue to provide support to families of our patients in the Intensive Care Unit and on the wards.

I write this because I want to tell you what they did, this incredible, humble and dedicated team, and the wider allied health team at the Canterbury DHB who were there for endless hours. They will not tell you that they were there – but I will, because I am honoured to be their colleague and today, like many days, I am proud to be a social worker.

On this day, World Social Work Day, we stand in solidarity with our local and international Islamic community and with social workers around the world and recognise the contribution they and we all make every day in the most difficult and dire circumstances imaginable.

Kia Kaha from Otautahi (Christchurch) Aotearoa New Zealand CDHB Social Work Services.





## Bouquets

### Renee Eaves, East Adult Inpatient Unit, Hillmorton Hospital

I am whānau of a consumer who is a recovering inpatient at Hillmorton Hospital, Te Awakura – East. Over the past two days a nurse named Renee has been nursing [the consumer]. I am writing to commend Renee on her absolutely exceptional nursing skills. Canterbury DHB should feel proud that they have this wahine working for them. Renee is clearly very passionate about her work and her desire for [the consumer] to recover and her will is so evident in her korero and actions. Renee is gentle yet firm and knows when to step back and when to push and encourage [the consumer]. She is a natural. Her holistic way of working has made me feel validated that I am a key part in [the consumer]'s recovery. I know having supportive whānau is a key factor in a quicker recovery for mentally ill people. So thank you, Renee, for your ability to see the bigger picture and work in such a Whānau Ora way. You are an asset to Canterbury DHB, the East Ward team and your patients and their whānau who you work alongside.

### Ward 21, Christchurch Women's Hospital

Thank you very much for the wonderful care my son received while in Ward 21. I really appreciated the way the staff took the time to explain everything to myself and my son. It

really made us feel safe and confident in unfamiliar surroundings at a very stressful time. Huge thank you for all the work you do.

### Rangiora Maternity Unit

From beginning to end the service and care we have received from all the staff has been amazing. The facilities are also excellent. The level of professionalism has exceeded our expectations and we feel very lucky to have had such a good experience at this special time of our lives. Thanks to all involved.

### Penny, Burwood Hospital

Came back for my two week appointment and called into the

physiotherapist as I was struggling with the crutches. Penny was so, so helpful. She gave me a scooter and better crutches, offered training and tips. Went above and beyond – thanks so much!

### Maternity Outpatients, Christchurch Women's Hospital

Lovely reception lady who spoke kindly and looked very friendly and happy. Lovely nurses as always who let us know why there were delays.

### Maternity Ward and Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital

Thank you so much for a brilliant stay. I really appreciate the outstanding



*His Holiness Pope Francis was deeply saddened to learn of the injury and loss of life caused by the senseless acts of violence at two Mosques in Christchurch, and he assures all New Zealanders, and in particular the Muslim community, of his heartfelt solidarity in the wake of these attacks. Mindful of the efforts of the security and emergency personnel in this difficult situation, His Holiness prays for the healing of the injured, the consolation of those who grieve the loss of their loved ones, and for all affected by this tragedy. Commending those who have died to the loving mercy of Almighty God, Pope Francis invokes the divine blessings of comfort and strength upon the nation.*

*Pietro Parolin  
Secretary of State*

care and patience, particularly with feeding my baby. The food and views were also excellent. Thanks so much to all the team on the Maternity Ward and in NICU.

### **Birth Suite, Christchurch Women's Hospital**

Amazing staff, very efficient and professional. Thank you so much.

### **Gynaecology Ward, Christchurch Women's Hospital**

How do we thank the entire medical team – everyone from consultants, surgeons, orderlies, nurses, physiotherapists, and cleaners to catering? We have been under your care, and each and every staff member has been exemplary in their professional duties, their kindness, enthusiasm, empathy and love.

### **Neonatal Intensive Care Unit, Christchurch Women's Hospital**

When I visited my granddaughter all the staff were so caring, vigilant and patient. Thank you.

### **Ward 21, Christchurch Women's Hospital**

To all the amazing nurses who cared for our son, in particular Linda, a huge thank you. Your empathy and support really meant a lot to us during a very difficult time while we were away from our home city. We will forever be grateful for the care we received in Ward 21.

### **Emergency Department and Ward 15, Christchurch Hospital**

The staff in the Emergency Department were fantastic. The care and attention to detail was amazing. Thank you to all the staff in the Emergency Department and to all the nurses who looked after me in Ward 15, especially a nurse called Danni, as she was amazing.

### **Child Acute Assessment Unit (CAAU)**

Everyone was absolutely wonderful from the triage nurse in the Emergency Department to Nurse

Sinead and Dr John in the CAAU. All staff were so professional and caring despite clearly being absolutely run off their feet with patients.

### **Gynaecology Procedure Unit**

Every single staff member was great. Professional, informative, warm and friendly. They made the whole experience so much easier than I could have imagined. Very impressive.

### **Staff of the Kennedy Detox Unit, Specialist Mental Health Services**

To all the wonderful staff of Kennedy, thank you all so much! You have all encouraged me and inspired me to be the best me that only I can be. I will repay your kindness as best I can – by staying sober.

*It takes a special unique soul,  
To soothe the hurts and scars we hold,  
To smooth the troubled, confused folds,  
To show us warmth when life seems cold,  
When life seemed bleak and so unfair,  
You believed in me with love and care,  
For all the love and kindness shown,  
When I couldn't do it on my own,  
I thank you all with all my heart,  
For helping me with a bright new start,  
I've been blessed by the help of your guiding hands,  
You gave me courage and hope for my new life plan.*

### **Child and Adolescent Inpatient Unit, The Princess Margaret Hospital (TPMH)**

We as a family would like to show our appreciation for the exceptional efforts and energy from the wonderful team at TPMH. Our daughter was so well looked after by all staff. We were impressed by the individual care, consideration, expertise and teamwork. A huge thanks from us all.

### **Rangiora Convalescent Unit**

Thank you so much for taking such good care of my mum. I can rest easy.

### **Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital**

My baby was in NICU and I appreciated the team so much during that hard time.

### **Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital**

Our son spent four nights in NICU. The doctors and nurses there are absolutely amazing.

### **Neonatal Intensive Care Unit (NICU), Christchurch Women's Hospital**

My baby is currently in NICU, I couldn't imagine what we would do without all their support and care.

## *Big Shout Out*

### **Kritesh Kumar, Information Services Group**

We would like to thank Kritesh for helping with a Microsoft server licensing problem relating to a Siemens imaging system. The problem was too big in the end for even Microsoft to promptly resolve and resulted in a major software upgrade. Thanks very much to Kritesh for enduring the massive stream of emails and investigative actions required to get to this decision point.

Kind regards,  
Darin O'Keeffe, Diagnostic Physics Leader/Nuclear Medicine Physicist.

#carestartshere

# Facilities Fast Facts

## Signs of the times

Hospitals are complicated places, and it's often difficult for patients, visitors and even staff to find their way around.

There are signs and instructions at every turn, often showing the same information in several different ways and including information that no one needs.

Christchurch Hospital campus is no exception.



Current wayfinding signage on Level 2 of Riverside

The building of our new facilities at Burwood, at Christchurch Outpatients and at Christchurch Hospital, Hagley has given Canterbury DHB a chance to start again with our signs.

A wayfinding strategy has been developed by professional wayfinding experts to internationally recognised signage standards, including input from Canterbury DHB staff. It's our intention to use this strategy in all our new builds and to apply it consistently. It's already in use at Burwood Hospital, Christchurch Outpatients, and many of our smaller sites.

The basic principle of our wayfinding approach is to sign to a point, then to the next point. It's known as progressive disclosure and is exactly the same way that a visitor to your house follows road signs to find their way there.

Your visitor would not see road signs pointing the way to '22 Acacia Avenue, Opawa, Christchurch'. Instead they would see 'Christchurch', then pick up signs to 'Opawa', and then find 'Acacia Avenue', then '22'.

It's the same for our hospitals.

The new wayfinding strategy breaks locations down into components, which visitors encounter one at a time: Christchurch Hospital, Hagley building – Tower A – Level 4 – Ward A4. And so on.

It's consistent and it's written in simple language that the general public will understand:

- › No acronyms – we do love our acronyms in medicine.
- › Easy to read – a reading age of eight years is recommended.
- › No medicalised terminology.
- › Well-lit and appropriately placed to be easily seen.
- › Appropriate colour contrast, font size and type – taking into account international signage standards for people with impaired vision.
- › No logos.
- › Alphabetised.

For staff wishing to find out more, a full version of Canterbury DHB's [wayfinding strategy is available on the intranet](#).

### Quick quiz:

Spot how many signs for the Acute Medical Assessment Unit (AMAU) there are on the doors of AMAU.

(Answer: seven.)





# On Behalf of the Committee

## The Serious Incident Review Committee

*This week we introduce Susan Wood, Chair of the Serious Incident Review Committee (SIRC). What does SIRC do, exactly?*

As the name suggests, SIRC reviews all serious incidents, looking into what went wrong, reviewing trends or themes, and keeping track of where things are at with different cases. SIRC's oversight ensures all steps that need to be taken to prevent an event from reoccurring happen in a timely manner.

So what counts as a serious incident?

Essentially, it's an event with negative or unfavourable reactions or results that are unintended, unexpected or unplanned. In practice, it is most often understood as an event which results in harm or has the potential to result in harm to a patient/consumer.

Canterbury DHB is required to review these events and report them to the Health Quality & Safety Commission. Information is also published [on our website](#).

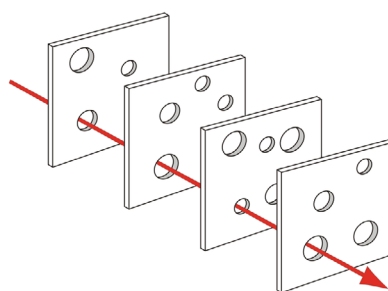
"Most serious incidents we deal with are clinical and encompass patient harm, such as delayed diagnosis, falls and pressure injuries. But a serious incident may also include physical and digital infrastructure failures, and contracting issues," Susan says.

Coroner's cases and complaints trends are also reviewed by SIRC, and it is responsible for making sure policy and procedures are fit for purpose.

SIRC also monitors the life cycle of each event: "If we see someone is behind in terms of meeting a deadline, we seek more information on what the barriers are and see how we can help. Once a case is closed, we complete an audit process to make sure any gaps we've fixed remain fixed.

"SIRC is about looking into system failures rather than failures of individual people. We're about strengthening systems to improve safety and not about negligence or performance reviews," Susan says.

If there is a trend in the types of events occurring, SIRC will seek more information to see how the organisation is looking at the issues in the system, and follow through.



Since the 1990s, James Reason's Swiss cheese model has established itself as the reference model in the investigation or prevention of organisational incidents to improve quality and patient safety systems. The model

proposes that, in a complex environment like a health system, hazards are prevented by a series of barriers. However, each barrier has weaknesses, or holes (like Swiss cheese). As these holes open and close at random, many times, harm may not reach the patient. However, when all of the holes in the cheese line up together, an incident might occur that causes harm

"What I like about being on this committee is that we all genuinely want to make sure we're doing a good job and that, when we're talking with families, we're doing so in a way that's clear, empathetic and timely," Susan says.

SIRC reports to the Clinical Governance Committee and Hospital Quality and Finance Advisory Committee. To get in contact with SIRC, you can approach any of the members, or email [Susan Wood](#).

### Members

Chair	Susan Wood
Chief Medical Officer	Sue Nightingale
Quality and Patient Safety Manager	Irena de Rooy
Corporate Solicitor	Greg Brogden
Executive Director of Allied Health	Jacqui Lunday Johnstone
Executive Director of Finance & Corporate Service	Justine White
General Manager, Christchurch Hospital	Pauline Clark
Clinical Director, Service Improvement	Richard French

# Clinical Director of Anatomic Pathology recognised with prestigious award

Clinical Director of Anatomic Pathology at Canterbury Health Laboratories (CHL) Chris Hemmings has been honoured with the Royal College of Pathologists of Australasia (RCPA) Meritorious Service Award which recognises pathologists who have made outstanding contributions to the College.

The award was presented at the RCPA's annual graduation ceremony in Melbourne where Chris was also admitted as a Fellow of the Faculty of Science of the College. Chief Pathologist at CHL Anja Werno was also admitted to the Faculty, in absentia.

There are several routes to admission to the Faculty; Chris and Anja are two of only three pathologists to have so far been admitted through the route of "By Scientific Achievement". Another CHL Pathologist, Clinical Director of Chemical Pathology and Genetics Richard King was admitted to the Faculty last year, by examination.

Achieving entry to the Faculty of Science was a long time in the making, and receiving the Meritorious Service Award at the same time was a lovely surprise and very humbling, Chris says.

"It was an even more special evening because one of our former Christchurch registrars, Teresa Bailey, was also present to graduate as a Fellow of Royal College of Pathologists of Australasia that night."

From the time she achieved Fellowship in 2002 Chris has been involved in many aspects of College life from her first role as a peer reviewer for the RCPA journal, *Pathology*, and later as an editorial board member, the award citation said.

"Her involvement with the Scientific Programme Committee for Anatomical Pathology at Pathology Update, first as a member, and then as Chair for 12 years, included a term as Chair of the Overseeing Committee when she was Honorary Secretary of the College.

"Chris is lead pathologist on the RCPA Bone and Soft Tissue Expert Panel and provides ongoing service to members of the College in her specialty areas of both rare cancers and gastrointestinal pathology, in particular colorectal carcinoma. She represents RCPA interests on external committees such as the Clinical Oncology Society of Australia and the Australian Sarcoma Group of which she is a founding member.



Chris Hemmings wearing the official Royal College of Pathologists of Australasia robe which is worn by graduands, award recipients and those officiating at the graduation ceremony

"Currently the Clinical Lead on the National Structured Reporting of Cancer Project in Australasia, Chris will represent the RCPA on the International Collaboration on Cancer Reporting Dataset Steering Committee. All this in addition to her own workload as Clinical Director of Anatomical Pathology in Christchurch, New Zealand, and she has also recently completed a PhD. Chris's generous service has significantly contributed to the College and ensured development of high quality and innovative pathology," the award citation said.



# Hospital aides, orderlies and operating theatre assistants celebrate achievement

A combined graduation of hospital aides, orderlies and operating theatre assistants was held recently in the Steve Williams Lecture Theatre.

They were joined by other Canterbury DHB staff who have supported them in the workplace.

The graduates have all completed the Level Three Certificate in Health and Wellbeing through Careerforce.

Three orderlies were presented with certificates for completing apprenticeships in Social and Community Services, Community Facilitation, Level Four, also run by Careerforce.

Director of Nursing Heather Gray spoke to those present, and presented certificates. Congratulations to all of the graduates who enjoyed this special afternoon celebrating their achievements.



Hospital aides, orderlies and operating theatre assistants with their certificates on graduation day

# More assessments, shorter wait times and improving the sleep health of Cantabrians

World Sleep Day was recently celebrated across the globe. While this didn't mean that everyone got to sleep-in or take an afternoon nap at work, it did help to raise awareness of the importance of good sleep health and the prevention and management of sleep disorders.

The associated costs of poor sleep health haven't yet been quantified in New Zealand but a study has shown that insufficient sleep costs the Australian economy up to \$5.1 billion per year. Here in Canterbury, the DHB's Sleep Unit is doing its bit to improve the sleep health of Cantabrians. The Sleep Team do important work in the community including diagnosing and treating people with sleep disorders such as sleep apnoea.

The team has seen an increase in the number of patients they are treating and Sleep Lab Manager Paul Tudor Kelly says that this is pleasing, as the impacts of poor sleep health are greatly underrated.

"Most sleep disorders are preventable or treatable, yet less than one-third of sufferers seek professional help. While it's good news that over the past few years we have had more and more people referred to our Sleep Unit, this was putting significant pressure on the team's resources."

Prior to 2007, the availability of specialised sleep services in Christchurch was extremely limited and increasing demand for sleep services meant long delays in sleep assessment and accessing continuous positive airway pressure (CPAP) technology. This led to the team establishing a community sleep assessment service carried out by trained GPs.

Paul says the new community assessment service has seen the number of people being assessed increase steadily and wait times decreasing year-to-year.

"We went from around 400 assessments being completed in Canterbury in 2007 to having completed more than 2000 assessments last year. The average wait time from referral to treatment has improved remarkably as well, particularly in the last three years with wait times decreasing from an average of 32 days in 2015 down to 15 days by the end of last year.



The Canterbury Sleep Team



A CPAP machine is used to treat some sleep disorders

"The close integration between primary and secondary care clinicians and the Sleep Unit has seen more people with poor sleep health access the advice and treatment they need to improve their sleep health. This is a massive achievement and a credit to the effectiveness of the new assessment model and the hard work of our team of sleep specialists.

"We hope we can continue to see the benefits of our community assessment service and help more and more Cantabrians improve their sleep health. People having trouble sleeping are encouraged get in touch with their General Practice team who can provide an assessment and, in some cases, a referral to us here at the Canterbury Sleep Unit," Paul says.

# Make the switch to reusable cups

As more people become engaged with the idea of environmental sustainability, staff and visitors to Canterbury DHB often have questions about how 'green' various aspects of the organisation are.

Recently there has been a lot of interest expressed in Canterbury DHB's disposable coffee cups, says Public Health Physician, and chair of the recently formed Transalpine Environmental Sustainability Governance Group, Anna Stevenson.

"With numerous compostable cups and lids now on the market and available for us to use, lots of people are asking what we are doing regarding this."

All Canterbury DHB cafés serve takeaway coffee in compostable cups with compostable lids. However, these are disposed of in the general waste and end up in the Kate Valley landfill.

"That's because unfortunately in Canterbury there are no commercial composting services available at the moment that are capable of breaking down the compostable cups and lids," she says.

To be truly compostable in a commercial composting facility they must be made from organic material and be able to fully degrade within 21 days. Compostable cups meet neither of these requirements.

"There is some good news though if you'd like to help us be more sustainable. The cups and lids are fully compostable at home and some staff may be able to rinse and take theirs home."

Alternatively, people could consider having a reusable coffee cup or water bottle at work, Anna says.

"All the cafés are happy to make coffee for you in your own cup. If you're using the [Kanuka app](#) to pre-order it's easy: just write 'BYO' in the notes section and they'll know you're bringing your own cup. Your coffee may not be ready when you get there but your place in the coffee queue is reserved."

The first meeting of the Transalpine Environmental Sustainability Governance Group was held at the end of February. One of their tasks is to establish a baseline of all the activity that is already happening so DHBs can begin work on an Environmental Sustainability Strategy, Anna says.

## MAKE THE SWITCH

IN 2018 OVER 400,000 WASTE ITEMS FROM BEVERAGES ALONE WERE SOLD THROUGH CANTERBURY DHB CAFES

199K

PLASTIC WATER BOTTLES



230K

TAKE AWAY CUPS



2/3 of all hot beverages sold

### WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup





# American Pathology specialist visits Canterbury Health Laboratories

The Anatomic Pathology department at Canterbury Health Laboratories (CHL) recently hosted a visit by John Hart from the University of Chicago Medical Centre.

John is an internationally regarded specialist in Gastrointestinal and Hepatobiliary pathology and in demand as a speaker in these areas. He visited Christchurch for two days as part of the Royal College of Pathologists of Australasia (RCPA) Visiting Professor Programme.

During his visit he gave a series of lectures on gastrointestinal and liver pathology, and conducted interactive slide seminars in the laboratory. A lunchtime lecture John gave on Barrett's Oesophagus was also attended by some of CHL's endoscopists.

John's visit gave our pathologists and registrars a valuable opportunity to discuss these topics with an expert in the field, in an intimate setting, says Clinical Director of Anatomic Pathology, CHL and Clinical Associate Professor of Pathology, University of Otago, Chris Hemmings.

"It was a particularly helpful update for the CHL Gastrointestinal team."



Pathologist John Hart conducting an interactive slide seminar with the Anatomic Pathology department



Pathologist John Hart, centre, with the Canterbury Health Laboratories Gastrointestinal Pathology team, from left, Matt Drake, Chris Hemmings, Jeremy Hyde, and Martin Whitehead

# Health data workshop

Bioethics and Health Law expert Rochelle Style is presenting a workshop on health data ethics next month and health professionals, researchers and health data experts are invited to attend.

The "Use of health data for research and clinical audit" takes place on Tuesday 9 April, from 4–5.30pm at the Beaven Lecture Theatre. Colorectal Surgeon Frank Frizelle, Editor-in Chief of the *New Zealand Medical Journal* will also present at the workshop on "Health data and journal manuscript submission: What is a journal editor looking for?"

The presentations will be in workshop style and are likely to be of interest

to anyone navigating the best way of re-using health data for their research and clinical audit, within the current New Zealand ethics framework. They will be followed by a panel discussion.

Rochelle is a current Ministerial appointee on the Northern A Health and Disability Ethics Committee and was a member of an expert Working Party appointed by the Ministry of Health to update the National Ethical Health Research guidelines (September 2017–March 2018). She is also an independent researcher and has published on the governance of health data research in New Zealand.

You can read more about the workshop topic [here](#) and more about Rochelle [here](#).



Bioethics and Health Law expert Rochelle Style



Colorectal Surgeon Frank Frizelle

## UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury  
District Health Board  
Te Pori Hauora o Wairarapa



# One minute with... Judy McKeown, Multiple Sclerosis (MS) Community Nurse

## What does your job involve?

I work alongside people living with MS, their families, and support people to reach an agreed plan for promoting their optimal health and lifestyle. I visit and assess people with MS in a variety of agreed settings, including their home, and provide ongoing monitoring and support to these people and their families and support people. I take the time to build relationships with clients. It's important to identify those at risk, for example, solo parents, and those with increased disease activity or progression of disability. I also detect signs of isolation and social difficulties that can confront people with the condition.

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

I enjoy working with people in a variety of settings, especially supporting people in the community rather than institution-based support. I see people at home, which is the reality for them.

## What do you like about it?

The variety — each day is different and I enjoy establishing good relationships with clients that result in there being no barriers if they need to disclose sensitive concerns.

## What are the challenging bits?

When people lose their employment due to having MS, especially when not working will have such an impact on them and their family in so many ways.

## Who inspires you?

Oh gosh... my clients... without doubt they inspire me every day. If I find myself feeling sorry for myself I am reminded that people with MS have no choice but to manage several different symptoms daily and those symptoms are often silent.

## 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?

I work for the Multiple Sclerosis and Parkinson's Society of Canterbury. Our mission is to provide professional support and services to people in the region with Multiple Sclerosis or Parkinson's. Our values focus on community, service and integrity.



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

I don't have a LinkedIn profile... but if I did ... I am a keen road cyclist.

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

Stewart Island tramping and fishing.

## What do you do on a typical Sunday?

Gym, lunch out, catch up with friends or gardening, cook something yummy for dinner.

## One food I really like is...

Bluff oysters.

## My favourite music is...

Classical and Jazz.

If you would like to take part in this column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).





# Health Quality & Safety Commission e-digest

The latest issue of the Health Quality & Safety Commission New Zealand's e-digest is out now. Stories include: improving communication with patients living with disabilities; primary care-led quality improvement projects for Whakakotahi; and a guide for preparing and implementing the New Zealand Maternity Early Warning System (MEWS). To read these stories and many more click [here](#).

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