



Springtime migration to Kaikoura's new Integrated Family Health Centre

For the humpbacks in the bays around Kaikoura, migration is business as usual. For the hospital staff on the hill, it's a brand-new experience – they haven't had to move anywhere since 1912.

But this week, history was made as staff moved into the new Kaikoura Integrated Family Health Centre – or, to give its proper title, Kaikoura Health Te Hā o Te Ora.

The new \$13 million facility, which includes an astonishing \$3.4 million fundraised in the local community, will provide the community with a bright, modern environment for primary care, aged care, acute care, maternity care, radiology services, children's dental services and trauma stabilisation.

Even though the move to the new facility was in some cases no more than a few metres, it's taken a lot of careful planning. Adding to the complexity, the new front door cannot be completed until the old hospital is demolished. To begin with, access to the new facility will be via a "transitional entry" – the side door.

Hospital services were the first to move, and inpatients, long stay, aged residential care and maternity services have now happily moved in to their new homes.

Kaikoura Healthcare (formerly the Kaikoura Medical Centre) opened in its shiny new premises today. Kaikoura Physiotherapy has taken up residence in its new 'home' where patients enjoy amazing views. Dental services move in tomorrow and all other services are now in their new home.

Special thanks to Tim Fahy and Ruth Barclay from the Site Redevelopment Unit, along with Adrienne McNabb Nurse Manager, Wendy Campbell, Practice Manager, the team and all the volunteers who have been on hand to guide people.



Above: Merle Warman, IFHC resident.

I'll leave the last word for Merle Warman, one of the residents.

"This is the most fantastic room and the view from the room is lovely. I could not have wished for anything else and I can also see everyone coming and going that makes me feel part of the community," Merle said.

An official opening of the Kaikoura Integrated Family Health Centre is being planned for February 2016 once the project and ground-works are complete.

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Above: Registered Nurse Jen Marsh settles patients to admire the view in the new lounge. More images on page 3.

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Well done to Canterbury general practice teams – you topped the country with flu immunisations

The end of season tally for flu vaccine dose distribution showed that Canterbury took out top honours with vaccine distributed to primary care teams to protect 35% of our population. The national average was 27%. Congratulations to all the teams involved, from those sending out reminder notes to patients, to the practice nurses and GPs giving the flu shots. Special thanks to those who went all out and held special flu clinics to make it easier for people to get protected. Your hard work paid off. Thank you.

This week is Hospital Chaplaincy Awareness week

A special thanks to our team of chaplains and chaplain assistants who work with our patients and their families. In today's update we interview Hilary Barlow our much-loved chaplain from Christchurch Womens' Hospital. Chaplains are an integral part of our healthcare teams, and have been theologically and clinically trained to work for the health, and spiritual nurture of patients, their families/whānau, and staff members. More information is available [here](#). You can read all about Hilary on page 9.



It's time to practice your Drop, Cover and Hold moves

With just under one month to go until New Zealand ShakeOut, more than 920,000 New Zealanders have signed up to take part in the national earthquake drill at 9.15am, Thursday 15 October.

Canterbury DHB has joined in and is encouraging staff to show the rest of the country that we take preparedness seriously by participating in the drill being coordinated by the Ministry of Civil Defence & Emergency Management and local authorities around New Zealand.

For many, it won't seem that long since we experienced the terror of those violent earthquakes that have rocked our worlds. NZ ShakeOut has been created to help people and organisations get better prepared for major earthquakes. It is a chance to check home and work emergency plans, and refresh emergency water and other supplies.

It's very easy for us all to spend our time just being busy but I hope you can take a moment to take part in this exercise.

Five years' on the time is right to reflect on what we've learned over the last few years and talk amongst your departments, colleagues, and patients about what to do if and when we do experience another big shake.

We've learned a lot as a community and by participating we are showing the rest of New Zealand that everyone needs to practise and be prepared for an emergency. It's important that we all know what to do and how to keep ourselves and others safe.

More than 52,000 people have registered in Christchurch to date. During the drill, New Zealanders will Drop, Cover and Hold to practise the right actions to take during an earthquake.

The communications team is keen to receive photos or videos of your team practising the Drop, Cover and Hold moves. Send them to communications@cdhb.health.nz

To find out more about the NZ ShakeOut, who is already signed up and how to participate visit www.shakeout.govt.nz.

Have a great week,

David Meates
CEO Canterbury District Health Board

Moving in day for Kaikoura's new Integrated Family Health Centre



Nurse Manager Adrienne McNabb, Registered Nurse Jen Marsh and interim Transition Manager Sue Wood unpack and set up the Prep room.



Tim Fahy from the Site Redevelopment Unit after a big moving day.



Staff setting up the linen room.



Cooks Pip and Chris, prepare meals on wheels on the first day in the new kitchen.



Resident George is happy with his new room.



A patient heading into the new facility.

Monday's Facilities Fast Facts

Burwood

The frame of the Psychiatric Services for the Elderly (PSE) wing is beginning to take shape, and the solar shading fins are now being attached to the sides of the ward blocks.



User group news

User group representatives for the Acute Services building attended a recent design workshop to cover joinery, doors, elevations and way finding. A further workshop is planned, detailing lighting, security and acoustics. The design team is attending user groups if required, to review the detail of particular pieces of joinery using a 3D model.

Christchurch

Concrete is still king at Christchurch. Overnight on Friday 18 to Saturday 19 September, another concrete pour was done on site at the Acute Services building to connect the lift pits (the base of the lift shafts) to the main concrete foundation slab.

The concrete pour on September 11 was 2058 cubic metres, enabling Fletcher Construction to take the unofficial trophy for the largest citywide concrete pour from previous record-holder Leighs Construction. The largest pour for the Acute Services building is yet to come, so Fletcher is likely to hang on to the trophy for some time.





Bouquets

Day of Surgery Admission (DOSA) and Ward 17 - Christchurch Hospital

I am writing to commend the amazing nursing staff who recently looked after me on DOSA and Ward 17. I was admitted for day surgery and had the pleasure of being looked after by Clare (Ward 17) and Virginia (I think, or Veronica) in DOSA, as well as a number of other nurses. I am a member of staff at CDHB (medical) and it is always a daunting process being on the other end of treatment as a patient. I found both the nurses to be exceptional - very caring, compassionate, knowledgeable, efficient and very skilled clinically. I felt immediately at ease and relaxed with their manner and was so appreciative of their care. Their communication was excellent. I felt like each step of the way I knew what was happening and what to expect. When my (non-medical) husband came in to collect me he felt very reassured by Clare and felt equipped to look after me for the evening.

The nurses I met are a testament to how awesome CDHB and the nursing profession is. Please pass on to them how grateful I was for the care that I received.

Ward 24, Christchurch Hospital

I would like to express my deep gratitude for the level of care my mother received following her devastating stroke....Throughout the days following her stroke I believe she was extremely well looked after with the highest level of care and professionalism from all the people involved. At all times the staff were

attentive to her needs and were excellent in answering our questions or helping with any requests. A family member was with Mum constantly... so there was considerable interaction with the staff. I believe the level of care Mum received was of the highest standard and was considerable comfort to myself and the rest of the family through a very difficult time. The team on ward 24 are an absolute credit to the medical profession. Thank you.

South Inpatient - Hillmorton Hospital

Everything you do has a ripple effect and we're all so appreciative of your help to our mother, who is a sister, aunty and most importantly grandmother. With love.

Christchurch Hospital Volunteers

I feel compelled to write and say congratulations to the team of volunteers who are meeting the public as they arrive at the hospital. As well as my Executive Officer role for Ashburton St John, I also manage the team of volunteer health shuttle drivers. We are proud of the St John Health Shuttle, which runs every week day to take people to health-related appointments anywhere in Christchurch. More than 50% of the appointments are at the Christchurch Hospital. We were dreading the day when the shuttle couldn't drop our clients in our normal place at the back of Chch Women's Hospital - but to the drivers' delight, the drop off at main reception is painless and much more convenient - thanks to your "way finders". Our drivers find that they are more than helpful and make

our clients' experience at the hospital so easy. They ensure they get to the right place, assist with wheelchairs and even take them to the café to wait for the shuttle to pick them up again. Please pass on our sincere thanks - volunteers of this calibre aren't easy to attract and retain. They should all have wings and be called the "Hospital Angels".

Ashburton St John

Burwood Spinal Unit

To all the staff who looked after me during my stay in Burwood Spinal Unit.

It was an amazing experience and your care and help, I will not forget. My welcome back when I was transferred back to Burwood from Christchurch Public, was really special by all the staff.

A big thank you to you all from myself, hubby and family.

Burwood Spinal Unit

I have nothing but praise for my stays in Burwood Spinal Unit. The care was exceptional. My husband and family were all kept in touch with my problems, which was really good.

The staff were amazing - so helpful and supportive. Their welcome when I came back from public was special. I can't praise them enough to friends and family - so a big thank you.

Level of privacy was excellent and visiting was really good as many of my family and friends travelled distances to visit me with no problems. Thank you.

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They also appreciated they were recognised when they came back to visit on the other occasions.

Thank you. All my problems were answered and explained. It was very obvious (and mentioned to friends) how everyone cleaned their hands. Family and friends were kept well informed.

And amazing experience is all I can say about my times in the Spinal Unit at Burwood. Most of the staff were kind, helpful and nothing was a problem, which made my stay special. Thank you.

Christchurch Women's Hospital and Intensive Care Unit, Christchurch Hospital

...my deepest gratitude to the staff who treated me recently during my stay....[my son] and I were treated by dozens of CDHB staff over the course of our hospitalisation: nurses, surgeons, anaesthetists, midwives, maternity coordinators, consultants, ICU staff, neonatologists, lactation consultants, occupational therapists, physiotherapists, social workers, cleaning staff and catering staff. From the moment I arrived at hospital, their compassion was on display – the gentleman manning the reception desk at Women's in the early hours took one look at my tear-streaked face, hurried off to summon the lift and quietly told me not to worry as I was in good hands. He was right. Over the course of my stay I got to watch CDHB staff working in challenging situations as well as dealing with the mundane. What I wish to pass on to you is how deeply capable, caring and thoughtful your staff were – I literally owe them my life. [My son] and I both received utterly exceptional care and my husband, friends and family were shown compassion as well as practical help. Please share this letter with your staff....I want them to know that their efforts are truly valued.

Urology Unit

To all the nurses, doctors and ward aides in the Urology Unit, I would like to say a big thank you for everything you have done to help me and make my stay as comfortable as possible. As sad as it is to say I won't miss this place, but I will miss my nurses waking me up at 2am and 6am for my antibiotics ha ha....Thank you everyone and all the best till next time.

Ward 24, Christchurch Hospital

It is obvious with this form that you often receive complaints. On this occasion however, I advise that your team in ward 24 of Christchurch Hospital, up to and including doctors, specialists, ward nurses and the like made my mother feel so well looked after and cared for that she felt compelled to tell me so.

It is my perception that hospital personnel are always under the pump to exceed expectation and always deliver...on this occasion you made my mother feel welcome, comforted and good in herself. For that I can only say thank you, thank you, and again thank you. We the public have huge expectations and give little gratitude. I need to tell you that we are so well served by our hospital, and that everyone and I mean EVERYONE, deserves a thank you from time to time for your efforts. I have the utmost respect for you and truly the care you gave to my mother. THANK YOU!!! Keep doing what you are doing because it is wonderful.

Kaikoura

Thanks to all of those on the wards and those tirelessly working behind the scenes to make the journey more comfortable. Your love and compassion was very much appreciated.

Darfield

The family are indebted to the

staff of Darfield Hospital for their compassionate and conscientious care.

Ashburton

To the nursing staff and doctors at Ashburton Hospitals' Ward 3 and Ward 1, also Olwyn of Palliative Care, our grateful thanks for the special care they gave over the past three years.

Pain Management Service, Burwood Hospital

Diane, just wanted to say a great thank you for what you did for me. You do a great job and are very good at it. For someone to change my way of thinking and help me to change my way of understanding situations you must be good.

I now sleep well at night. No tears or thinking about the past or why things happened and where did I go wrong? I can now pass cars without memories coming back. I am now playing and singing along to CDs. Thank you.

Acute Medical Assessment Unit and Ward 24, Christchurch Hospital

I was admitted to AMAU by my GP....After initial assessment I was transferred to Ward 24, where a barrage of diagnostic tests were done, culminating in a round table consultation of specialists. A diagnosis was thus made, treatment was discussed with me and activated and I was discharged....I wish to congratulate and thank all your staff from the respiratory consultant, nurses, doctors, cleaning and food staff to the orderlies and everyone else in between for the exemplary, courteous and caring demeanor given to me. It was my first time in hospital as a patient and I was most impressed. The domiciliary services are included too. I am recovering well.



Open for better care e-update Issue 20, 3 August - 12 September

In this issue, have you got what it takes to make an exercise video? Also check out the release of a stay independant falls prevention toolkit.

[Read the full newsletter here.](#)

Clinical Board – September update

Quality improvement and Health Excellence remain key themes for the Clinical Board this year.

At this month's meeting, Board Chair, Diana Gunn, says the board was pleased influenza vaccine distribution for Canterbury has beat the rest of the country once again.

"It clearly reflects strong efforts to vaccinate by primary care to ensure their communities are protected.

"While we are down a bit on our previous years' results, it's still great to see Canterbury leading the rest of the country.

"It's also great to see that Canterbury DHB managed to vaccinate just over 70 percent of staff - which is an excellent effort considering the arrival of the vaccine was two month's late."

Dr Ian Town prepared the update on the establishment of the Canterbury and West Coast governance structure for Infection Prevention and Control.

"The Clinical Board supports the new governance structure for IPC and expects it will go a long way towards making considerable gains in quality and improvement for the patients," Diana says.

"Particularly around identifying issues and improving integration of IPC services across the Canterbury and West Coast communities as well as promoting effective working relationships and input into emergency plans with specific reference to community and hospital outbreaks."

The Clinical Board noted the work

undertaken on harmonisation of IPC policies across Canterbury Health and the review of IPC information on HealthPathways.

Meanwhile, at the meeting the board welcomed the completion of the new Kaikoura Integrated Family Health Centre.

"There's so much going on right across the Canterbury Health System in terms of major construction projects, so it's great to see that this facility is now complete. It will go a long way towards delivering a better quality of services for the community now and well into the future."

Canterbury Grand Round

Friday 25 September 2015 – 12.15 to 1.15pm, with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker one: Erik Monasterio, Forensic Medicine

"Lessons from the Trans Pacific Partnership (TPP) negotiation process and the protection of healthcare priorities in NZ. Has it been a wise investment of 1000 hours?"

The presentation will provide an update on the controversial and secretive TPP negotiations. The focus will be on the health and national sovereignty implications arising from the TPP and the Government's response to the healthcare sector's concerns about the process and content of the negotiations.

Speaker two: Josh Freeman, Clinical Microbiologist and Honorary Academic, Faculty of Medical & Health Sciences, University of Auckland and member of "OraTaiao; The New Zealand Climate and Health Council".

"The Lancet Commission has described climate change as both the greatest global health threat and opportunity of the 21st century. We know that to stay within the "safe" limit of two degrees of warming, the World has a finite carbon budget. If we blow that budget by continuing with our

business as usual economic model, we can expect four-six degrees warming by 2100, with potentially catastrophic consequences. There is however, still time to transition to a low carbon economy and in the process, to address many of the structural drivers of health inequity in our societies. This talk will provide an overview of these confronting issues and will argue that health professionals have a unique opportunity and responsibility to help drive this transition and to build a healthier world for future generations."

Chair: Colin Peebles

Video Conference set up in:

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

All staff and students welcome

Talks (with Speaker approval) will be available within two weeks on the [intranet](#).

Next Clinical Meeting is Friday 2 October 2015

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

#hello my name is...

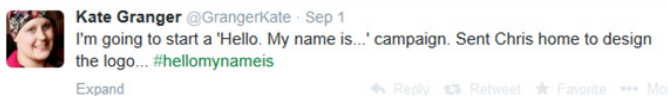
Staff in departments across Canterbury DHB are adopting "hello my name is" name badges.

The #hellomynameis campaign was kick-started by British doctor, Kate Grainger, who in 2011 was diagnosed with an incurable rare form of sarcoma and was astounded by how many health professionals involved in her care didn't even bother to introduce themselves.

Kate, an Elderly Medicine Registrar in Yorkshire, underwent many procedures and several courses of chemotherapy. A repeated frustration during her care was the frequent failure of health professionals to even introduce themselves, let alone explain their specific roles in her episodes of care.

"As a healthcare professional, you know so much about your patient. You know their name, their personal details, their health conditions, who they live with and much more. What do patients know about their healthcare professionals? The answer is often absolutely nothing, sometimes not even their names. The balance of power is very one-sided in favour of the healthcare professional," she says.

In a moment of exasperation on 1 September 2013 Kate tweeted the following:



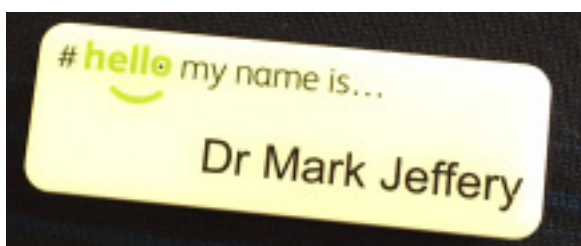
Via social media and print media the campaign quickly went "viral", capturing the imagination of many health professionals and health organisations in the United Kingdom (UK)'s National Health Service (NHS) and beyond.

Numerous people (including the UK Health Secretary) and organisations have pledged their support, ordered new name badges and praised its simplicity and importance. Many stories of how this simple rehearsed greeting has made a significant difference to interactions with patients have been recorded.

Kate has since been invited to speak at many meetings and conferences and has written for the [British Medical Journal](#). The "hashtag" #hellomynameis has recorded 80 million impressions on Twitter.

The campaign has developed its own logo and resources available at: hellomynameis.org.uk

The distinctive logo is appearing on health professional's name badges in the UK and internationally.



Above: Medical Oncologist, Michelle Vaughan, Oncology Clinical Director, Mark Jeffery, and Palliative Care Physician, Kate Grundy, wearing their 'hello my name is' badges.

At CDHB the message is being spread by "word of mouth", says one of the local clinical champions, Oncology Clinical Director, Mark Jeffery, who is available to present on request. So far sessions have been held with the following groups:

- » Paediatrics (medical staff),
- » Neonatal (multi-disciplinary staff),
- » ED (multi-disciplinary staff),
- » Oncology nursing staff
- » Ophthalmology (multi-disciplinary staff),
- » Cardiology quality group (multi-disciplinary staff)
- » PGY1 orientation course.

Mark's session begins with a powerpoint presentation on the background to #hellomynameis...and he shares his own experiences. This is followed by discussion among the group about what is going well and what could improve.

Staff in several areas are wearing "Hello/Kia Ora my name is" badges, including those in ED, Paediatrics, Neonatal, Haematology, Oncology and the Interpreter Service.

A couple of areas have displayed #hellomynameis... information on noticeboards.

Kate has written extensively about her experiences as a "doctor/patient" via her blog drkategranger.wordpress.com and on social media including Twitter [@GrangerKate](https://twitter.com/GrangerKate).

She has written two highly recommended e-books called "The Other Side" and "The Bright Side" - www.theothersidestory.co.uk in which she chronicles her experiences and observations. In a [video](#) on www.dyingmatters.org she tells the story of her emotional journey.

Chaplaincy “captured imagination”

If you have ever been on the receiving end of an email, telephone message or face to face conversation with Christchurch Women’s Hospital Chaplain, Hilary Barlow, you no doubt have come away feeling better than you did before.

“That’s just me doing my job,” says the ever self-effacing Hilary, who is known for her warm, encouraging style.

“I sense more than who you are on the surface, I see with a spiritual eye and I pray for you before I prepare and send an email,” she says.

Hilary was born in 1938 into a family who lived in the English town of South Shields and were third generation booksellers. She was 16 when she first felt aware of a calling to chaplaincy.

“I was walking past the living room at home and a news item caught my attention. A chaplain who worked with people in the shipyards was being interviewed. I remember thinking that was something worthwhile, engaging with people where they are.”

Hilary says she has always had a sense of the presence of God. She served in church and later became involved in child and youth ministry, but “chaplaincy was the one thing that really captured my imagination”.

“The Anglican Church recognised my vocational call and sent me to study at St John’s Theological College in Auckland, and I returned to my home diocese – Christchurch, to be ordained. Later I was able to work part time in a parish and part time as a chaplain in the workplace.”

Hilary has been in her present role for 11 years. In total she has had 30 years of chaplaincy experience, and says she is still “learning something new every day”.

As a chaplain she gets “instant access” into someone’s life and needs, which is a huge privilege. Listening, acknowledging, encouraging, affirming, praying, and blessing are some of her tasks.

“I wake up in the morning and think, ‘God, life is so good and you are so awesome and you trust me to love all these people’. That’s the bit that brings you to your knees.”

One of the joys of her job is mentoring, a skill she learnt when a chaplain in industry.



Hilary Barlow

Her childhood wartime memories gave her courage during the Christchurch earthquakes, she says. The devastation of the red zone reminded her of her home town after the war.

“I just remember thinking – we need to take care of each other.”

Phrases from Hilary:

Bless you, have a mind turned towards your personal wellbeing and safety. Remember you are all amazing and unique. Hugs from Hilary

Example of Hilary’s email out of office message...

I will be on annual leave from 24 August returning on Monday 31 August. I will be reading, sleeping, eating apples, watching rubbish movies, hunting daffodils, drinking coffee. Hilary

Registered Nurses undertaking Postgraduate nursing study in 2016

Applications are now open for HWNZ funded places in Semesters 1 and 2, 2016. The link to the online application form is:

[CDHB Online Application Form - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website:

[Postgraduate Nursing Education](#)

Closing date is Friday 9 October, 2015.

Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or margaret.bidois@cdhb.health.nz or to Jenny Gardner, Nurse Consultant, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz

One minute with...

Jackie Sutherland, Cardiac Physiologist

What does your job involve?

Cardiac physiologists do a variety of jobs. I spend time in the Catheterisation Laboratory as part of a team. We monitor the patient's heart rate, rhythm and blood pressure and log the procedure while the operator performs procedures such as angiography and angioplasty. After hours calls are done for acute heart attacks.

Physiologists also analyse 24-hour electrocardiograph (ECG) recordings (Holter monitoring) and assist with exercise tests. I also have an ongoing research project looking at rhythm outcomes in patients with implanted defibrillators. Physiologists assist with pacemaker and implantable defibrillator implants and run follow-up clinics for these devices.

Why did you choose to work in this field?

My father was a Biomedical Technician and suggested I apply for the job as an ECG technician. I was only going to stay for six months as I was accepted into a study course. I never left. That was 34 years ago.

What do you like about it?

Patient contact, everybody has a story, as well as working as part of a team of health professionals and doing the best I can for every patient that I come in contact with.

What are the challenging bits?

I enjoy challenges and being able to solve problems, which is probably why my colleagues' troubleshooting list usually starts with "call Jackie".

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

I don't specifically admire any one person but I admire the team I work with. The team members are always professional even in stressful situations. We support each other, banter creates a relaxed atmosphere in spite of some of the challenges we face at times.

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 try my best to respect and care for all my patients, no matter who they are. I will advocate for patients and staff where needed without worrying about the consequences. If I make a mistake, I take ownership of that error, learn from it and move on. I value that I display integrity in all I do.

The last book I read was...

The Girl Next door, by Ruth Rendell, not a classic Ruth Rendell. I enjoy crime novels and historical fiction mainly and always have a book on the go.

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

I would love to visit Antarctica.



Jackie Sutherland.

My ultimate Sunday would involve...

Chilling out, having meals done and no commitments. I understand the concept of free time but always have things to do

One food I really dislike is...

Barley broth, my Mum made it when I was a kid.

My favourite music is...

Meghan Trainor. I like her upbeat music. But I have an eclectic music choice from classical through to Pink Floyd, Cold Chisel & AC/DC.

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

Naomi.Gilling@cdhb.health.nz

CDHB Research Committee - Call for Allied Health Nominations

The CDHB Research Committee is a Standing Committee within the Canterbury District Health Board, reporting to the Clinical Board. The Committee develops policy, provides governance and advises the Clinical Board and Executive Management Team on matters related to clinical research activities within the CDHB.

The Committee is now seeking one Allied Health member to represent on the committee. Members of the committee must be willing and able to attend monthly meetings. Confirmation of places on the Committee will be ratified by the Clinical Board.

For Research Committee Terms of Reference, meeting dates and current membership list please contact Rebecca Coombes at Rebecca.coombes@otago.ac.nz

Nominations can be made by any member of the research community and should be forwarded to Stella Ward, Executive Director of Allied Health, by Friday 25 September. Email: stella.ward@cdhb.health.nz Applicants are invited to submit a brief resume of their research activity, and a short paragraph outlining how they could contribute to the Committee.

Please note that technical and scientific professions are included in the eligibility for nomination to the committee.

From: Dr Mark Smith, Chair CDHB Research Committee

em@il
tips & tricks

Tracking your email

You've sent your email off but had no reply. Did it get to its intended recipient? Have they read it?

There is a way you can track your email.

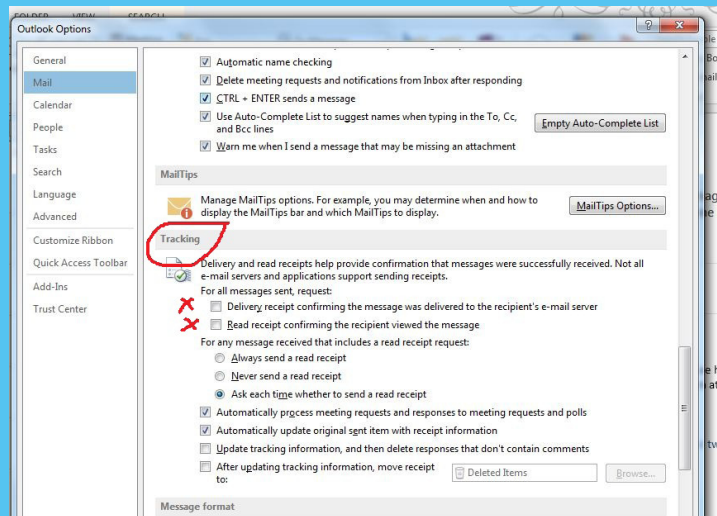
Track an E-mail

Go to outlook email

- » Click the blue File tab, top left
- » Select Email options
- » Select Mail on left hand menu
- » Scroll down to the Tracking options box.

Here you can ask for confirmation that the email was delivered and confirmation that the recipient viewed your email.

Note: the person receiving the email can choose to decline sending a delivery receipt.



Laboratory Information Services Upgrade - reduced testing capacity

Canterbury Health Laboratories (CHL) will be undergoing a total upgrade of the Laboratory Information System (LIS) during the weekend of 26 / 27 September.

We need your help in reducing the number of test requests from 1200 Saturday 26 September through to 0800 Monday 28 September.

From 1200 Saturday 26 September - What do you need to know?

- » Testing should be endorsed by a Specialist or Registrar
- » Specific Request forms will be delivered (unless advised otherwise)
- » There will be two total outages during the weekend: 2100-2200 Saturday 26 September
1030-1300 Sunday 27 September
- » NO RESULTS WILL TRANSMIT TO ÉCLAIR DURING THE ABOVE OUTAGES (Lab staff will be working on manual systems and will fax results – please ensure these are ready, stocked with paper)

- » No Microbiology results will transmit to éclair between 2100 Saturday 26 September and 1300 Sunday 27 September (significant results will be phoned as usual)
- » PLEASE ENSURE THE FAX NUMBER IS INCLUDED ON ALL REQUEST FORMS
- » When the new version is live (1300 Sunday 27) the laboratory will have to resend all results from 2100 Saturday 26 September, which may result in a second sign off request.

If you have any queries at any stage leading up to this, please do not hesitate to contact:

Vanessa Buchan
Interim Business
Development Manager
Vanessa.buchan@cdhb.health.nz

Thank you for your assistance in reducing testing volumes over this weekend.

Loud Shirt Day

Loud Shirt Day was held last Friday, 18 September. The day is to support deaf children with cochlear implants and hearing aids. Frank Connor and Chris Shepherd showed their support.





Medical Physics Registrars, Christchurch or Auckland

Graduating soon? Take Physics out of the laboratory and into the world of Medicine. Join this exciting paid programme in January 2016 and train to become a Medical Physicist!

Medical Physicists play a key role in the clinical team using radiation to treat cancer. As a part of this team you'll ensure treatments are safe and effective.

Positions are available based in Auckland or Christchurch, and possibly other main centres, to start a five year post-graduate training scheme in conjunction with the University of Canterbury. Once qualified, you'll be eligible for registration with the Australasian College of Physical Scientists and Engineers in Medicine (ACPSEM).



Study in Christchurch for your first year to complete the course work element of the MSc. Follow that with on-the-job training at your chosen sponsoring hospital while completing your research thesis. If you already have your MSc underway or completed you may still apply.

Take physics out of the laboratory and thrive in this field with your strong academic skills combined with your enthusiasm and easy communication style.

Applications are being coordinated by Canterbury District Health Board and should be made via the website at cdhb.careercentre.net.nz. You'll need to submit your academic transcript as well as a CV and covering letter telling us why Medical Physics is for you and which District Health Boards you want to be considered for.

Visit www.phys.canterbury.ac.nz/medphys/courses.shtml for more



information on the course, or learn more about the job at www.careers.govt.nz/jobs/science/physicist or www.acpsem.org.au

To find out more about the application process call Heather Ewing, Recruitment Specialist on (03) 337 7920. Applications close 28 September 2015.



Canterbury
District Health Board
Te Poari Hauora o Waitaha

Exciting News!!



Culturally And Linguistically Diverse

CALD Cultural Competency Courses are going national on 28th August 2015

eCALD™ provides a range of online and face-to-face training courses for the New Zealand health workforce to develop CALD cultural competencies.

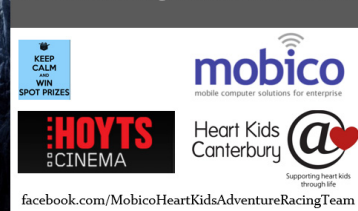
We are pleased to announce that all District Health Boards' workforces will be eligible to access free CALD cultural competency online and Auckland-based face-to-face courses from 28th August 2015.

eCALD™ courses and resources are developed and managed by Waitemata DHB's Asian Health Services and funded by the Ministry of Health via the Northern Regional Alliance Ltd.

(CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African (MELAA) backgrounds).



Mobico Heart Kids Adventure Racing Team
Presents an evening of Movie Entertainment.



Movie Fundraiser

September 22nd 8pm @ Hoyts Riccarton

Join the MOBICO HEART KIDS ADVENTURE RACING TEAM in watching the latest movie release Everest, which is based on the tragic 1996 attempt on Everest in which 8 climbers, including kiwi Rob Hall, died in a freak storm. Tickets are \$20pp with all funds raised going to Heart Kids New Zealand.

Random spot prizes on the night!

Limited seats: TXT "Everest" to 021 296 8900 to receive booking details and secure your seats.

An Accessible City: proposed changes on St Asaph Street

Christchurch City Council is inviting feedback on proposed changes to St Asaph Street – from Ferry Road to Antigua Street. These and other changes to the travel network and streetscapes are outlined in the Christchurch Central Recovery Plan's transport chapter An Accessible City.

One of the key features of the current project is a separated cycleway on the south side of the street. This will connect to other main cycle routes.

St Asaph Street is maintained as a priority car and bus route and landscaping enhancements include 67 additional street trees in the project area. On street parking is retained on both sides of St Asaph Street. Overall, 107 parking spaces are lost but remaining car parks will be time restricted to increase turnover.

Consultation on concept designs started last Thursday 17 September and closes at 5pm on Thursday 8 October 2015.

For details about the project you can view the consultation booklet and other information by visiting www.ccc.govt.nz/AACtransportprojects or www.ccc.govt.nz/the-council/have-your-say.

The Council will hold the following community drop-in sessions where you can find out more about the projects, talk to staff and provide your comments.

- » Wednesday 23 September 2015, 12.00 to 2pm
(presentation at 12 noon)
BNZ Lounge, EPIC, 96 Manchester Street
- » Saturday 26 September 2015, 2pm – 4pm
The foyer, Christchurch Central Police Station,
68 St Asaph Street
- » Thursday 1 October 2015, 12.00 to 2pm
(presentation at 12 noon)
BNZ Lounge, EPIC, 96 Manchester Street

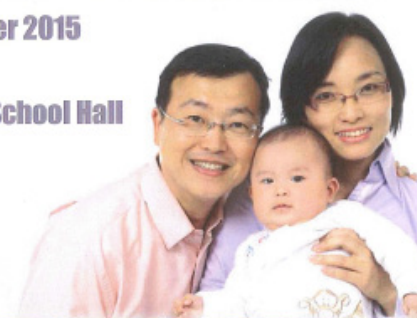
If you have any questions please contact the Consultation leader Jennie Hamilton at AACtransportprojects@ccc.govt.nz or phone her at (03) 941 5207.



Saturday 3rd October 2015
9am – 1pm

Avonhead Primary School Hall
55 Avonhead Road

SPONSORS



If you lose your health, you lose everything

Free health information, simple health checks, cardiovascular risk assessment and more. Diabetes is of major concern internationally. Learn how to address your risk factors. Presentations about your health entitlements and the services available. Interpreters will be provided (Chinese, Korean, Japanese)

Summer Starter
CANTERBURY'S 10KM & 4KM FUN RUN & WALK
29 NOV '15

STARTER FOR 10
Sign up at summerstarter.co.nz

STRUGGLING TO GET GOING WITH TRAINING FOR SUMMER STARTER?

We know it's hard, and we want to help. The Starter for 10 pack is guaranteed to kick start your fitness journey, and include a way to get fit that everyone will enjoy.

WHAT YOU GET:

- 8 week training guide designed by Bevan James Eyles of Extra Mile Runners, including running, gym and bootcamp classes, and health and wellness tips
- 6 week gym membership at Les Mills including group fitness classes
- Twice per week outdoor bootcamp classes run by Les Mills instructors
- Once per week running session by Extra Mile Runners, with coaching catering to all levels
- PT tip of the week delivered to your inbox
- Health and Nutrition seminars up to three times over the 8 weeks
- Gym explorer session to find your way around, including measurements before and after (if desired)

ALL FOR \$10 PER WEEK + ENTRY FEE, GET THE BOSS TO PAY AND IT'LL BE EVEN CHEAPER.

IT ALL KICKS OFF ON OCTOBER 4TH, DON'T MISS OUT!
Sign up at summerstarter.co.nz and add the Starter for 10 pack in the shop section. Email hello@summerstarter.co.nz for more details, or call (03) 943 2898.

Logos: THE PRESS, LESMILLS, Extra Mile Runners, all right?, TRADESTAFF

In brief

WE'VE REGISTERED FOR
New Zealand
Shake Out™

At 9:15am on Thursday 15 October 2015 our staff are participating in New Zealand's largest ever earthquake drill.

At this time we will practise the right actions to take in an earthquake - Drop, Cover and Hold.

You're welcome to join us!

DROP COVER HOLD

Visit www.shakeout.govt.nz for more information

GET READY GET THRU

CERVICAL SCREENING
The Best Not Nice Thing
YOU CAN DO

Did you know New Zealand has one of the best screening programmes in the world? Since 1990 the number of women who die from cervical cancer has dropped by 60%. Are you due for a smear?

Best you book an appointment now. Call 0800 729 729.

facebook.com/nationalscreeningunit

National Screening Unit

PEOPLE in DISASTERS
RESPONSE RECOVERY RESILIENCE : 24-26 FEBRUARY 2016

The People in Disasters Conference is being held in Christchurch 24 – 26 February 2016.

Registration up until 29 November is just \$550.00.

www.peopleindisasters.org.nz

NEW ZEALAND NURSES ORGANISATION

A nurse?

Family caregiving responsibilities?

Interested in research?

Then we'd love to hear from you!

We are looking for nurses with caregiving responsibilities for children, elders or both who are interested in taking part in a focus group or interview exploring how these responsibilities impact on work life.

We want to hear your views on how family responsibilities are affecting your work choices, & what steps could be taken to support you at work.

We will be holding interviews and a focus group in Christchurch in the next few weeks. It might take up to two hours but we'll feed you and provide tea and coffee.

The research is supported by Mary Gordon, EDON CDHB.

If you are keen to be involved then please email Jill Clendon on jillc@nzno.org.nz or call 0800283848

and I'll do my best to schedule an event you can take part in.