



Our Health System 5+1 priorities - Focus on The 100 days programme

A lot can be achieved in 100 Days when we all work together

100 Days is one of our current '5 +1' priority focus areas.

The 100 Days programme is focused on moving our system towards providing a first specialist assessment (FSA) or surgical treatment within 100 days (from a previous maximum of four months) from the time certainty is given to all patients needing these services. What sits behind this the need to balance the capacity that we have with the demand that exists within our community. It is about how we organise ourselves to ensure that when we commit to treating / caring for a patient they receive that treatment / care within the required timeframes.

For many it's now business as usual but for some services meeting our 100 days target consistently remains challenging.

One of the biggest barriers for Canterbury is our theatre capacity.

It's a real balancing act. For everything to be working, everyone needs to be working together. Aiming for 100 days means patients spend less time waiting (our first priority), we reduce waste in the system, more confidence is generated in primary and secondary care and we can build in protective capacity to handle those times where upsets present themselves in our healthcare system (such as increased influenza presentations). It's integral to our approach that we live within current capacity constraints.

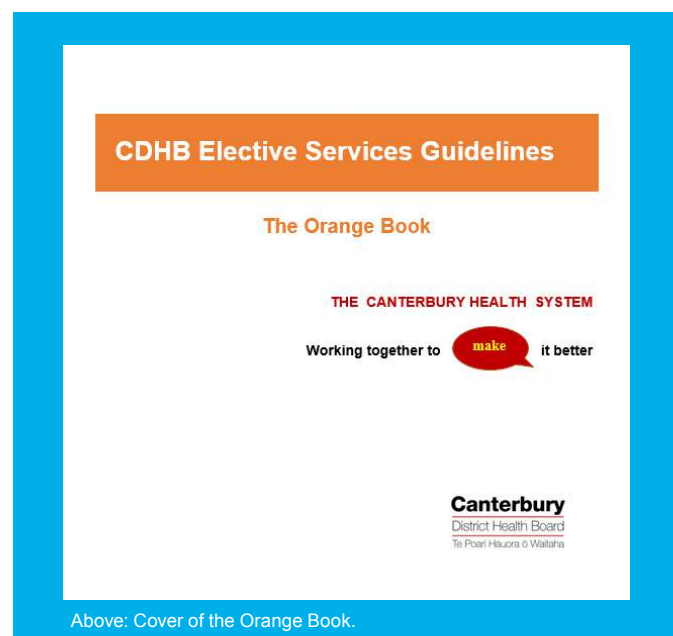
We have had some sensational efforts already to achieve this priority.

Hundreds of staff have been involved in the 100 days workshops, which focused on the use of data to better support patient flow; implementation of standardised triage systems and better referral management practices and a number of other key improvements.

The 100 Days Programme team also rolled out the Elective

Services Toolkit which included new dashboards, waiting list tools and a new elective services guidebook (the Orange Book) to help embed the changes.

As we move to business as usual, departments have a 'soft target' based around the similar Ministry ESPIs ([Elective Services Patient Flow Indicators](#)) – where the colour coding – green, yellow and red will apply to the 100 days target and a new monthly report is being developed to show progress. A two step programme of achieving all services operate within the yellow zone by 31 December 2016 and all services operating in the green zone by 1 May 2017 is being rolled out.



Above: Cover of the Orange Book.

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Green will be 100 days or under, yellow is 100-120 days and red is 120 days plus. There are always going to be variations and the soft target is designed to allow some flexibility but the overall goal should always remain in focus. Remember we can achieve a lot in 100 days if we all work together.



David Meates
CEO Canterbury District Health Board

Facilities Fast Facts

Fast Facts - Burwood

The plaque commemorating the official opening of Burwood's new facilities is now up on the wall near the "Singing Birds" in the main foyer.



Fast Facts - Christchurch

The steelwork on the western tower of the Acute Services building now reaches as far as the ninth floor, and is visible from Moorhouse Avenue.



» Article continues on page 3

» Article continued from page 2

Fast Facts - Outpatients

Piling work is continuing on the Outpatients site. The contractors have now completed seven of the 26 m deep piles. The piling technique is a very low-vibration method – although this week, one of the piles unearthed an ancient tree trunk buried in the gravels about 6 metres below the ground surface, which did cause some unintended vibration.



A tower crane will be erected on the Outpatients site in the coming weeks. This crane will be around 50 m tall – a similar size to the crane at the Arts Centre opposite the Museum. Our crane will stand near the centre of the site, but the boom will swing out wide across Oxford Terrace and Tuam Street – again, like the Arts Centre crane swings across Rolleston Ave. At all times, the crane load itself will be computer controlled to keep it within the boundary of the site.

New cycle lane

The container walkway at the Outpatients site now has a cycle lane to one side, to allow cyclists to travel north towards the Boatshed bridge without having to go through the containers. Cyclists travelling south should use the road.



Metro carpark closing soon

From 19 November this carpark will be permanently closed to enable the construction of the Metro Sport Facility.

Christchurch Hospital's Park & Ride is available on Deans Avenue.

**Central City
Anchor
Projects**

**Metro
Sports
Facility**

Ōtākaro Limited

otakaroltd.co.nz

Check www.tfc.govt.nz for more information on parking in this area.



Bouquets

Chatham Islands

To the doctor and all the hospital staff who helped with ... the other day. I so appreciate each and every one of you for the part you played in his getting better and the support we were shown. It's great to know we have caring staff and that tele-doctor/Skype thing rocks! How lucky we are to have extra experts at our finger tips.

Ward 15, Intravenous (IV) Technician (Tech), Usha

Usha, the IV Tech put in an IV line for me on Friday night. That was a fabulous experience, I wouldn't forget as it didn't cause any pain on my tiny vein. And she finished just within seconds, Thanks Usha, wish to see you again! Your skill deserves to be highly commended.

Christchurch Women's Hospital Day Surgery

I have spent the afternoon in Day Surgery for a prostate biopsy. The care I have had has been outstanding. Every staff member I have encountered has been smiling, friendly and gone out of their way to make my stay a good one. Well Done Christchurch. 10 out of 10.

Ward 20

Top marks!

Ward 11

Nice friendly staff, really caring and they look after us really well.

Ward 27

To all the staff of ward 27, thank you so much for the care and attention you gave

to our mother while she was a patient with you. Even though the ward was very full and in the grips of norovirus and the flu and she spent a considerable amount of time in isolation, all of the staff did their very best to make her stay as bearable as possible. In particular can I just say a special thank you to Manny the catering executive?!! His personal touch was much appreciated by my mother and myself. His personal touch and ability to remember the way she liked her tea and coffee and even heating the milk for her Weetbix was outstanding. Mum spent another two and a half weeks at Burwood and is now back at her rest home and fairly much back to her usual baseline. Keep on keeping on what you all do. Can't thank you enough.

Oncology Day Ward

Nurse Aide Hilary is always friendly, helpful, kind and professional. She is respectful, polite and it is always wonderful to see her. Nurse Kim is wonderful, kind, friendly and professional. She has a great sense of humour. Nurse Kim succeeded in the cannulation first time. It is always a joy to have her as my nurse.

Dr Matthew Tennant

Wow! Dr Matthew Tennant went above and beyond his duty. Service with a smile, calm manner, and attentive care made this trip a pleasure. Thank you very much for your good work. What a star!

Christchurch Hospital, cancer treatment

I wish to thank you all for your wonderful service. For the orderlies, their banter, it makes it for us patients. For the nurses down in the basement treatment area and to the many doctors. Many thanks.

Ward 27, Nurse Penny

My friend is a patient in ward 27. A nurse who has been looking after her is Penny. She is a fantastic nurse, always thinking of ways to make her patients more comfortable. Also thinking of ways to prevent complications with her patients. I felt safe when my friend was looked after by Penny. She is an asset to ward 27.

Respiratory Laboratory

I wanted to write to say how grateful I am for the help I received when coming to the Respiratory Lab (fourth floor) for my appointment. I was very confused by all my appointments when I arrived but was put at ease by your lovely receptionist as well as the lovely young lady sitting behind her. They were both so helpful and patient with me while I took all the information in. I am wanting to say thank you for the smiles and our patience with me. Keep up the great work. From a very happy, and not so confused anymore, patient.

Major investment for cancer patients unveiled

A \$4 million investment to benefit cancer patients receiving radiation therapy at Christchurch Hospital was unveiled on Friday. Christchurch Central MP Hon. Nicky Wagner cut the ribbon to officially declare Canterbury DHB's new Linear Accelerator (LINAC) treatment machine ready for business.

As well as the installation of a new machine, the treatment bunker room was refurbished and an existing LINAC machine was upgraded to match the configuration of the new machine.

A Linear Accelerator is used for external beam radiation treatments to any part/organ of the body for patients with cancer. It delivers high-energy x-rays to the region of the patient's tumour. These x-ray treatments can be directed in such a way that they destroy the cancer cells while sparing the surrounding normal tissue.

Dr Avtar Raina, Canterbury DHB, Clinical Director of Radiation Oncology Christchurch Hospital, says the Versa HD is ideal for the latest treatment techniques such as stereotactic radiation therapy, as it provides extreme precision and enhanced conformance to tumour volumes.

"Technological enhancements with this Linear Accelerator mean we have the potential to deliver complicated techniques in a standard 10-20 min slot, which previously would have taken 45-60 mins. This is of great benefit for patients who won't need to lie still for so long during their radiation treatment."

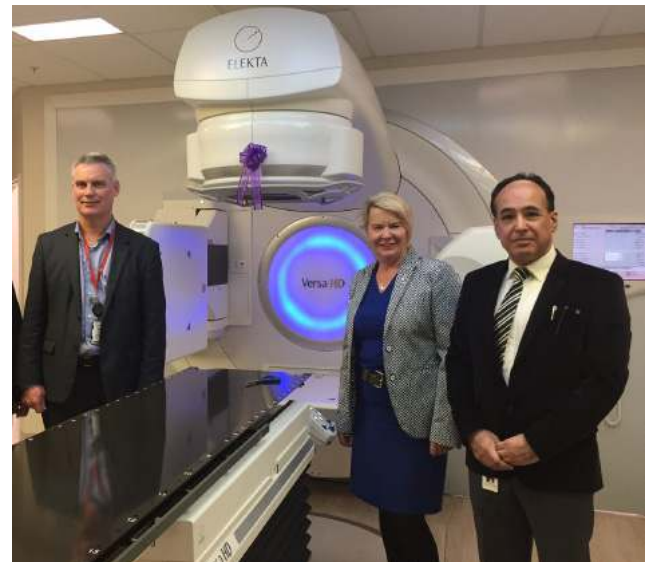
Dr Avtar Raina says the installation and commissioning of a new linear accelerator required substantial planning and resource, while continuing business as usual. An effort applauded by Canterbury DHB CE David Meates.

"Well done to everyone involved in getting this project to completion. It's going to make a huge difference to our cancer patients lives," he says.

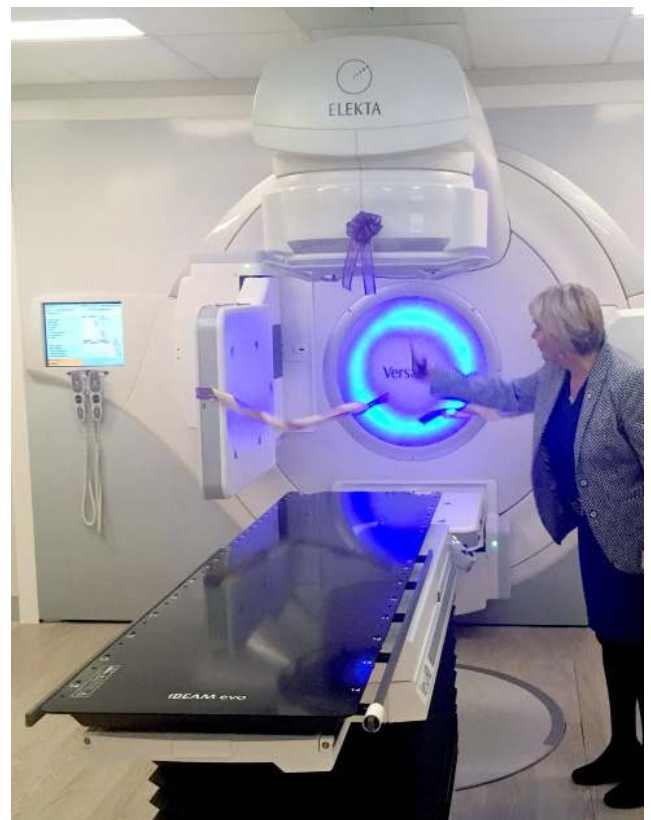
The event culminated with a performance from the LINAC Accelerators, a group of Oncology staff members who sang a moving adaption of the old Bill Withers classic 'Lean on me'.



Above: Staff from the Radiation Oncology team.



Above: From left, Chief Executive David Meates, Christchurch Central MP Hon. Nicky Wagner and Clinical Director of Radiation Oncology Christchurch Hospital, Dr Avtar Raina.



Above: Christchurch Central MP Hon. Nicky Wagner cuts the ribbon to officially declare the CDHB's new LINAC machine ready to get to work.

New Pacific provider opens in Christchurch

A new Pacific provider has been established in Christchurch.

The new provider is called 'Etu Pasifika Ltd' – meaning Pacific Star.

The provider is a newly registered entity which has been established to ensure that services, jobs and most importantly Pacific families are supported following the closing of Pacific Trust Canterbury.

Etu Pasifika Ltd will be chaired by Dr Nick Giblin, a well-respected Fijian General Practitioner. He will be supported by Papa John Pitomaki, a Cook Island Metua, Reverend Paulo Filoiali from St Bernadettes Parish, Dr Jitoko Cama, a Fijian Surgeon and Dr Staverton Kautoke, a Tongan doctor.

The newly appointed General Manager of the organisation is Mr Gafa Tuiloma who was previously Acting Director of Pasifika Development at the University of Canterbury.

Etu Pasifika Ltd has secured a property at 173 Montreal St and will be delivering Whānau Ora services and is in partnership with Canterbury District Health Board to deliver a range of other services to Pacific communities.

Discussions are also underway to re-establish a Pacific Health clinic.

Etu Pasifika is a Limited Liability Charitable Company owned by the Pasifika Medical Association.

Dr Kiki Maoate President of the Pasifika Medical Association says “We are very pleased to be able to ensure the continuity of services to our families in Christchurch and we look forward to seeing the ongoing development of Etu Pasifika in this space.”

Etu Pasifika Ltd will serve a growing Pacific population in Christchurch with an increasing demand for a culturally appropriate health hub for community to address the complex issues faced by Pacific families.

CAF Services move this week

Child, Adolescent and Family (CAF) specialist mental health service staff will be moving to their new locations and teams from today, Monday 3 October. The timetable below has been updated as Youth Forensic will be moving later in the month. All the teams are busy packing and getting ready to welcome new colleagues under the new North/South team structure. The official names for the new teams will be CAF North Community and Outreach Team and CAF South Community and Outreach Team. Services moving to Whakatata House include School Based Mental Health Team, Intensive Case Management Team (ICMT), and CAFLink. CAF Occupational Therapy and Speech Language Therapy will be provided to outpatients from the Whakatata House site. Services will be available as usual during the week, with those staff not moving covering areas until everyone has settled in.

All the best for the move. [Download pamphlet here.](#)

Friday	30 Sept	Leadership Team	TPMH –Level One		4
Monday	3 Oct	YSS (South)	YSS	TPMH – YDP space/Heathcote Bldg	12
Tuesday AM	4 Oct	CFS (North)	Whakatata House	YSS	12
Tuesday PM	4 Oct	Rural (North)	TPMH	YSS	6
Wed AM	5 Oct	ICMT & CAFLink	TPMH - Heathcote	Whakatata House	4 & 5
Wed AM	5 Oct	School Based MHT	TPMH - Heathcote	Whakatata House	9
Wed PM	5 Oct	CFS (South)	Whakatata House	TPMH Heathcote	9
Thursday AM	6 Oct	CAFEm	YSS	TPMH - YDP	2
To be determined	Oct	Youth Forensic	Fergusson	TPMH - Heathcote	12

Older Person's Health & Rehabilitation celebrate Loud Shirt Day in style

Thanks to everyone for your fantastic support of Loud Shirt Day on Friday 23 September. Older person's Health and Rehabilitation raised more than \$600, which was a great effort. Jenna Holland from Sign language NZ assisted with judging and the results were:

- » Jenna's pick for best dressed man - Dan Coward (alias Don Juan)
- » A unanimous pick for best dress Woman - Ngahua Murray- Quality
- » Most original outfit - Yoram Barak - Older Persons Mental Health
- » Best dressed group - this was a tie - Ward GG (for the most Mexican hats in a photo) and North east community team (for the variety of colourful loud shirts)
- » Loudest Shirt - Donald Stringer - orderlies

There were a few morning teas held on Loud shirt day and we would like to give a special acknowledgement to the community dental team for sending in a photo of their cake. Also a special shout out to the mortuary team at Christchurch Hospital for sending through their photo.



Community Services Team



Ward GG



Dan Coward (alias Don Juan)



Yoram Barak



Lucy Kawana (left) and Ngahua Murray (right).



Mortuary team at Christchurch Hospital.



Community Dental team's loud cake.



Donald Stringer

Canterbury Grand Round

Friday, 7 October 2016 – 12.15pm to 1.15pm
with lunch from 11.45am

Venue: Rolleston Lecture Theatre

Speaker one: Dr Logan Robinson, Ophthalmology
"Toxoplasmosis – more than meets the eye"

Toxoplasmosis is the most common cause of posterior uveitis and it may also make you promiscuous.

Speaker two: Dr Roxanna Sadri, ED

"I'm not a doctor, but I play one on TV. The role of media and the importance of managing patient expectations"

Code Black, ER, Grey's Anatomy, even back to City Hospital (1951) - throughout the years, the media has portrayed what it's like to be a doctor and whether or not on purpose, it's also portrayed what it's like to be a patient. CPR is 100% effective on TV, but can patients tell entertainment from reality?

Chair: Lance Jennings

Video Conference set up in:

- » Burwood Meeting Rooms 2.3a and 2.3b
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton
- » The Princess Margaret Hospital, Riley Lounge
- » Pegasus, 160 Bealey Ave, Room 2

All staff and students welcome

These talks will be uploaded to the [intranet](#) within approximately two weeks.

Next Grand Round is Friday 14 October 2016.

Convener: Dr R L Spearing

Email: ruth.spearing@cdhb.health.nz

Unexpected gift of flowers

Christchurch Women's Hospital staff got a pleasant surprise last week when colourful flower arrangements popped up on their wards unexpectedly.

The flowers were arranged and taken to the wards by Darfield resident, Janine, who along with her partner Rick, bring flowers each week to the Christchurch Hospital Campus, several Aged Residential Care facilities, Ronald McDonald House and Darfield Hospital.

The weekly flowers are arranged into small reusable glass jars and delivered every Tuesday evening by Janine, from The Flower Garden, for wards and areas of the hospitals which have agreed to take them.

Last week Janine received a donation of 3000 flowers the day after the flower jars were delivered. The 3000 blooms were destined for the compost. To make sure they didn't go to waste Janine changed her plans and stayed in town overnight to sort the flowers into bouquets.

She then delivered these to each floor of Christchurch Women's Hospital as a surprise 'pick me up' for staff.

Thank you Janine for your thoughtfulness and generosity.



Two new clinical director positions announced

Dermatology and Obstetrics and Gynaecology (O&G) have new clinical directors.

Victoria Scott-Lang is the new Clinical Director (CD) for the Dermatology Service, Christchurch Hospital and Janet Whineray the new Obstetrics and Gynaecology CD for one year while Mary Olliver is seconded to the office of CDHB's Chief Medical Officer (CMO).

General Manager, Christchurch Hospital, Pauline Clark, says Victoria joined the team in dermatology about two and a half years ago from Edinburgh. She has been a leading clinician in redesigning Canterbury DHB's Dermatology Service in response to workforce changes and forecast patient need.

By the end of the year the Christchurch campus will have four consultant dermatologists, a strong virtual dermatology service and at a local level will continue investment in education and training for GPs.

"I also acknowledge the contribution of Martin Keefe the outgoing CD of Dermatology. Martin has been CD providing leadership and guidance through challenging times post-earthquakes, relocation of services based in the outpatient area (now AMAU) and workforce changes."

His subject matter expertise and involvement in designing and developing a Dermatology Service to take us into the future are appreciated.

"I wish Victoria every success as CD and also to the Dermatology Team as they build a comprehensive and future focused service," says Pauline.

Clinical Director, Medical Capability Development, Mark Jeffery, says he got to know Victoria recently as part of 'Cohort 39' in the Xcerl8 programme.

"There is no doubt that Victoria will bring considerable energy and enthusiasm to her leadership role. It is an exciting time for Dermatology as they welcome new SMOs and re-build the service."

Victoria says she feels privileged to be leading the Dermatology department at a time of such significant change, and is optimistic about creating a first-class service for our



Above: Victoria Scott-Lang

community and for the South Island as a whole.

Work planned for next year includes increasing access to patients both in clinic and via teledermatology, working with other departments to develop a Mohs surgery service for patients with high-risk skin cancers, and providing more visibility of our dermatologists across the hospital and medical school.

Mohs is a type of surgery named after the surgeon who developed it, Frederic Mohs.

Victoria says in the long term she hopes to see Christchurch become the national centre of excellence for dermatology.

In her spare time Victoria mostly runs around after her 17-month-old son, and enjoys exploring the "wonderful country" that she now calls home.

Janet will be working as CD of O&G in a 0.5 FTE capacity, effective 5 September for one year. This covers the period that Mary Olliver is seconded to the office of the CDHB CMO.

"Janet has worked as a locum consultant at Christchurch Women's Hospital in the past and comes to us from a private practice at Southern Cross Women's Health, bringing a wealth of skills and knowledge to this key clinical leadership role," Pauline says.

Janet says her recent move is about getting back into a team environment and enjoying the collegiality and a new challenge now that her children are almost at high school.

Mark says he is delighted that Janet has stepped into the Clinical Director role as cover during Mary Olliver's secondment.

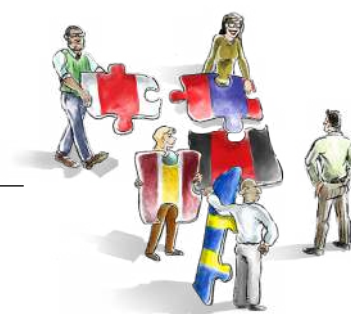
"Janet will bring fresh ideas and energy and I know she is looking forward to making a positive difference during her time in the role."



Above: Janet Whineray

South Island Alliance achievements

The South Island Alliance has released its end of year progress report which outlines the Alliance's key regional achievements over the past 12 months.



The South Island Alliance was established in 2011, so that a whole of system approach could be undertaken to meet the challenges the five South Island district health boards (DHBs) face.

The regional alliance has enabled us to utilise existing expertise, knowledge and clinical leadership more effectively.

The progress made over the past 12 months has relied on individual DHBs' ability and willingness to support each other, strong relationships and a clear, shared vision for how South Island health services should work together.

Much work is being done at a regional level to improve health outcomes for everyone in the South Island. The report outlines the South Island work streams and service level alliances over the last year that have brought a range of activities and initiatives to fruition.

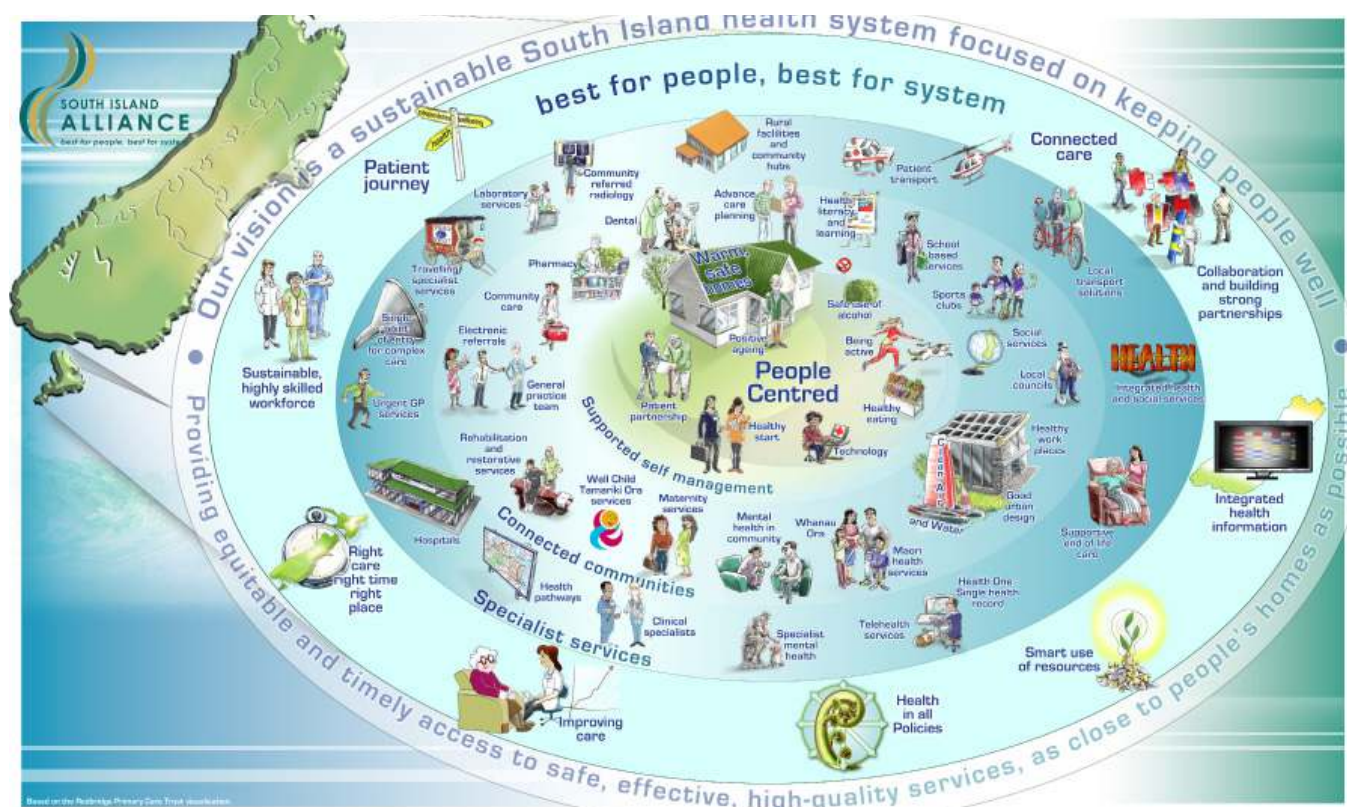
Each DHB has made its own unique and valuable contribution to the Alliance's achievements.

Recent successes include the vascular surgery model between Canterbury and Nelson Marlborough DHB, whereby the sole vascular surgeon in Nelson Marlborough is supported by an extended team here in Canterbury; and the single South Island bariatric surgery service, which operates across two sites – Canterbury and Southern.

Our mental health specialists are also supporting local physicians in other DHBs so people can receive high quality care closer to home, and an arrangement with South Canterbury DHB regarding protocols for maxillofacial services is helping to avoid unnecessary travel.

Canterbury DHB has played a lead role in many of the information systems being rolled out across the South Island. For example, HealthOne and e-Referrals, which were developed in Canterbury through partnerships with Pegasus and Orion Health and are now used in four out of five South Island DHBs (the fifth is set to join in early 2017); and HealthPathways, which has been adapted for use in all South Island DHBs.

Read the full report [here](#)



Health professionals encouraged to learn more about advance care planning at November forum

Health professionals are increasingly being asked about end of life care – and how patients can have a bigger say in their final weeks and days.

Advance care planning provides a framework to establish what is important to someone and what they value. This can then inform the care offered to them. ACP is encouraged for everyone, however it is particularly relevant for any individuals nearing the end of their life.

New Zealand's first national advance care planning forum explores advance care planning from a number of angles. The forum, taking place on 28 and 29 November 2016 at the Ellerslie Event Centre in Auckland, is sponsored by the Advance Care Planning Cooperative and the Health Quality & Safety Commission.

Dr Barry Snow, a neurologist at Auckland City Hospital and clinical lead of the National Advance Care Planning Cooperative says an advance care plan describes what is important to someone when they are ill or dying.

"Having a plan is particularly important if you are too unwell to tell your loved ones and medical team what you want.

"By attending this forum, health professionals will learn about

a number of facets of advance care planning, including how to start the conversation, stories from consumers, missed opportunities for advance care planning and the end of life in different cultures."

The forum includes a plenary address from Will Cairns, who will talk about the history of death and dying through the ages. Will is the state-wide clinical lead for end-of-life care for Queensland.

Other sessions will cover:

- » Acute care and the impact of positivity at the end of life
- » The role of nursing in advance care planning
- » Advance care planning and palliative care.

Consumers contribute throughout the programme, sharing their experiences and offering suggestions as to how to approach and improve advance care planning in New Zealand.

For more information and to register, please visit www.acpforum2016.com

LIFTING THE LID ON DEATH AND DYING

ADVANCE CARE PLANNING NATIONAL FORUM

28 – 29 November 2016, Ellerslie Event Centre, Auckland

Advance care planning helps people understand what the future might hold and to say what treatment they would and would not want. It helps people, their families/whānau and their health care teams plan for future and end-of-life care.

The forum is for health professionals, consumer advocates and others already involved in and promoting advance care planning, or who would like to know more.

Talking with people about advance care planning helps you understand what is important to them.

- Do you actively use advance care planning with people you care for?
- Would you like to, but don't know how to start?
- Do you encourage others to talk to patients about advance care planning?
- Would you like to network and share ideas?

To see the programme and register go to www.acpforum2016.com.

Advance care planning – let's get talking!



our voice
tō tātou reo | Advance
Care
Planning



Taking Canterbury from #goodtgreat

Charity Partnership



Māia
Health
Foundation

NEW ZEALAND
Cup and
Show Week

A message from the Māia Health Foundation

Māia Health Foundation needs you!

[Māia Health Foundation](#) is a charitable trust recently established to raise funds for essential health projects. It is currently committed to raising \$5.2m for enhanced children's facilities and a larger rooftop helipad for the new building at Christchurch Hospital.

Māia is looking for volunteers to sell Māia wristbands during [New Zealand Cup and Show Week](#) at the Canterbury A&P Show (9,10,11 Nov) and the Addington (8 Nov) and Riccarton (12 Nov) races.

Shifts are only two hours long - your entry is on Māia and the karma coming your way is on you!

Please get in touch with the team at Māia at info@maiahealth.org.nz to register your interest and for more information.

Right: Māia Ambassador, Brendon McCullum with some of the volunteers.



Vote NOW on poster submissions for the 2016 Quality Improvement and Innovation Awards



In 2015, for the first time we included a poster category in the Quality Improvement and Innovation Awards, giving the opportunity to recognise and celebrate a broad range of improvements. Some posters have been specifically designed while others have been presented at previous conferences.

Again this year we want you to vote for a People's Choice Award

The posters are displayed on the [Quality and Patient Safety intranet site](#).

To vote

- » Review the posters by clicking on each poster's link.
- » Once you have reviewed all the posters and made your choice click on the survey link below and enter your vote

Voting will close on 14 October 2016.

Vote now, by clicking on the following link surveymonkey.com/r/CDHBPPosterAwardsPeopleChoice2016

Health Hui at Rehua Marae

Everyone is invited to a free Health Hui at Rehua Marae being held on Saturday October 8.

The theme is “Nau mai, haere mai” - come and enjoy a fun filled morning.

Community & Public Health are working in partnership with Rehua Marae to deliver the Health Hui.

The Health Hui is about information sharing and access to community information in an informal setting where people can congregate and whanaugatanga on one of our local marae – Rehua, says Health Promoter, Christina Henderson.

“This is an opportunity to come and invest your time for three hours of displays and sample some of our community and kaupapa providers who will showcase their mahi.”

The emphasis is on holistic models of health and community services.

Entertainment will be provided by the Kaumatua waiata singing group and there will be a demonstration from the Kaumatua ukulele group.

The aim of the Health Hui is to increase awareness of health services, initiatives and increase health literacy. The goal is to engage with the community and bring the community to Rehua Marae to connect, whanaugatanga and participate in the wide range of services that are provided.

Services attending include: Age Concern, Te Puawaitanga, He Waka Tapu, C.E.A, Family First, Lyttelton Community Service, Arthritis NZ, Rongoa/Mirimiri, Maioha, and Women's Health – Breast screening, and Smoke free/ABC.

Tea, coffee and water with mint/lemon will be provided throughout the morning. Rongoa and mirmiri and spiritual readings will be on the agenda for the morning too.



The poster for Rehua Marae Health Day features the Rehua Marae logo at the top, which consists of a stylized flame or drop shape containing a human figure. Below the logo, the text "Rehua Marae" is written in a bold, sans-serif font, with "TE WHATU MANAWA MĀORITANGA O REHUA" in smaller text underneath. The main title "Health Day" is prominently displayed in a large, bold, black font. Below this, the event details are listed: "Date: 8 October 2016", "Time: 9am - 12pm", and "Venue: Rehua Marae (79 Springfield Road, Christchurch)". A horizontal line separates this from the next section, which reads "Health and Wellness 'Nau mai, Haere mai'" in a bold font, followed by "Information sharing, fun, Whanaungatanga" in a smaller, italicized font. Another horizontal line leads to the contact details: "Contact details: Maureen McManus | 0273 000 955". The background of the poster is a light, textured grey.

EMERGENCY DEPARTMENT

ED Open Day - peek behind the scenes at the Christchurch Hospital ED

On Wednesday 12 October the Emergency Department will be holding its 6th Annual Open Day.

If you work in Canterbury DHB and would like to know more about the Emergency Department, we welcome you to join us and we will show you what we do. You can take a short tour or perhaps work alongside one of our staff for a few hours.

We will have on display the architectural drawings of the new department in the Acute Services Building.

Departmental tours will run at 0900, 1100 and 1300—all you need to do is show your CDHB ID to the reception desk and ask for the Associate Clinical Nurse Manager. If you would like to work alongside a staff member please contact Carol le Beau (Clerical staff), Anne Esson (Nursing) and Scott Pearson (Medical) and we will arrange a time.

We look forward to seeing you then.

The ED team

For more information: Anne.Esson@cdhb.health.nz / Carol.LeBeau@cdhb.health.nz / Scott.Pearson@cdhb.health.nz

Cards provide special goodbye to spinal patients

Personal cards designed by New Zealand artists with spinal disability make for a special farewell from staff to patients leaving the Burwood Spinal Unit (BSU).

How to say goodbye well to someone who has been through the most difficult, traumatic days of their life was the question that concerned BSU Social Worker, Gabrielle Wicks, as she thought about what happens when long term patients go home.

"Some people are here for up to a year and we have got to know them very well. Now they are leaving the security of life in the unit after working hard at rehab and facing many challenges and are going on to the next phase of their life."

Several years ago Gabrielle's desire to see better closure for these long term patients saw her engage the help of Graphic Designer, Paul Stafford, of the New Zealand Spinal Trust.

Artists were asked to submit designs for the cards showing an example of life after the Spinal Unit. The artists chosen included Claire Freeman, Kevin Griffiths, Tolu Tuilangi, and the now late Mariese Schroder.

Since the project started in 2007 many cards have been given out in moving moments between the card givers and receiver.

"There's the specialness of handing it over, a hug, tears, a handshake and always, always a thank you. Not one person who has received a card hasn't been blown away."

The cards are effective at acknowledging what has happened to the person, providing a link between the unit and home and offering them hope that life can go on and new opportunities will come to them, Gabrielle says.



Above: From left, Locum Social Worker, Dianne Taylor and Social Worker Gabrielle Wicks.



Great learning opportunities coming up

Effective Performance Appraisals – 21 October

Understand the various stages of the performance cycle and learn conversation skills required for a successful performance appraisal. This course provides a safe environment to practice having these conversations in a respectful, effective and confident way. For more information click here: [Effective Performance Appraisals](#)

Presentation Skills – 16 November

Most of us get nervous when having to speak in front of others however we can make things easier for ourselves. Presentation Skills focuses on how to make any presentation more effective; how to keep your audience engaged; how to structure and deliver a presentation, and importantly, how to increase our confidence as a presenter. Enrol here: [Presentation Skills](#)

Practical Project Management – 28 & 29 November & 24 January

Our two day Practical Project Management workshop covers all you need to know about practical, appropriately applied project management. You'll learn about CDHB processes, tools and techniques most applicable to the projects you are currently working on and receive templates to guide your own project activities. [Enrol via healthLearn](#) (search for Practical Project Management)

Courses already full for this and the following month:

[Understanding the Treaty of Waitangi](#), [The Art of Minute Taking](#), [Interpersonal Dynamics](#), [Courageous Workplace Conversations](#), [Stepping up to Leadership](#), [Tikanga Māori](#)

Contact learning and development to pre-register for 2017.

Take a look at all our courses on our [Learning and Development Intranet site](#) or alternatively if you are outside of the CDHB, visit <http://www.healthleadership.org.nz>

For enquires please contact the Learning and Development team on:

Phone: 03 337 7807 / Email: learninganddevelopment@cdhb.health.nz



Staff Wellbeing Programme: Extra Wellbeing Workshops / Breathing for Health / Workplace Support

Wellbeing Workshops – October and November dates

24 workshops have been completed across CDHB and WCDHB. Available to you the last 9 workshops for 2016.

- 1 Character Strengths Based Workshops, available to MANAGERS / SUPERVISORS. [Click here](#) for more information and [click here](#) to register. (Participant comment ... "The most valuable workshop I have attended in years.")
- 2 Staff Wellbeing Workshops, this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register, available to ALL STAFF. (Participant comment ... "Found the whole session refreshing , thought provoking and useful. Thank you.")

Breathing for health and relaxation

Have you ever wondered if there was something simple you could do when you're lacking in energy, in pain or feeling anxious. There is. Simply tuning in to your breathing. It is simple but truly effective [click here](#) to read more.

Workplace Support

Available to all staff an onsite staff support and a range of specialist services. Appointments can be made to see your Staff supporter on or off-site. Access by calling either 03 366-4586 or 0800 443 445. Site contacts are currently being updated.

Visit the [Staff Wellbeing page](#) for more information.



World Pharmacists Day

As designated by the International Pharmaceutical Federation (FIP) Council several years ago at the FIP Congress in Istanbul, 25 September was World Pharmacists Day.

“Pharmacists: Caring for you” was this year’s theme chosen to reflect the important role of pharmacists in providing care to the public, and also to highlight the emotional connection they have with their patients.

The role of pharmacists has evolved from that of a provider of medicines to that of a provider of care. Pharmacists have a vital role in the outcome of pharmacological therapies and ultimately strive to improve patients’ quality of life,” says FIP President, Carmen Peña.

World Pharmacists Day, now in its sixth year, is used by FIP’s members around the globe to highlight the impact and added value of the pharmacy profession and its role in improving health to authorities, other professions and the media, as well as to the general public.

In Canterbury, apart from dispensing your medicines, community pharmacists also:

- » Help you to get the best out of your medicines through the Medication Management Services. You can arrange to meet in the pharmacy at a suitable time or even have the pharmacist meet you at home where you can have other members of your family present to look at your medicines, get more information on how you are using your medicines and additional assistance to make sure you use your medicines safely and appropriately. In those instances where your pharmacy does not offer these services, a mobile service is available via the Canterbury Community Pharmacy Group. You do not have to pay for this service.
- » Pharmacists offer Quit Card Services that help you to quit smoking.
- » Pharmacists are also holding information sessions for newly diagnosed diabetic clients and people using inhaler devices – all in an effort to help with understanding your medicines.



One minute with...Derek Benfield, Finance Manager, Community and Public Health

What does your job involve?

I am the Finance Manager for Community and Public Health and I also manage operational staff, I manage a 30 strong Health Protection team comprising of Health Protection Officers, Drinking Water Assessors, Alcohol Licence Compliance Officers and administration people. I also manage our Greymouth Office where there are 14 staff including Health Protection Officers, Health Promoters and smoking cessation staff.

Why did you choose to work in this field?

I was keen to get into a permanent role in the not for profit sector where I am able to use my financial and organisational skills.

What do you like about it?

I enjoy the variety, the people and the fact that we know we are making a difference out there.

What are the challenging bits?

Communicable disease outbreaks can need a lot of people to follow up contacts, this requires considerable organisation. The intensity of managing an IANZ accredited Drinking Water Assessment Unit. The Havelock North outbreak shows what happens when things go wrong with water supplies. The volume of VTA (1080) permissions to be approved can be challenging.

Who inspires you at work and why?

My General Manager Evon Currie is a real inspiration. She has great strategic skills and enables her managers to have the support to follow a direction.

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?

It is about achieving outcomes, trying to make our environment a better place to work and live. It is the people who make a difference and it is with care, respect and integrity that we are able to achieve our outcomes.

The last book I enjoyed was...

Wilbur Smith's novel, Desert God.

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

New York.

My ultimate Sunday would involve...

Lunch at a winery with good live music.

One food I really like is...

Cheese.

My favourite music is...

Celtic music.



Above: Derek Benfield

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



PDRP - Postgraduate Education Equivalence

This is a reminder that applications for the Postgraduate Education Equivalence must be received by 4 November 2016.

There will a maximum of 6 application considered for equivalency each quarter.

Please scan and email your application and supporting documents to adriana.humphries@cdhb.health.nz

For information on Postgraduate Education Equivalence, please refer to our [PDRP webpage](#).

Recruitment

Casual Occupational Therapist (Burwood Hospital, Older Person's Health)

Burwood Hospital is seeking casual Occupational Therapists with a passion for working in older person's health to come and work with us in our new wards on the newly expanded Burwood Campus!

Here at Burwood Hospital you can expect to be a valued member of our supportive multi-disciplinary team that work collaboratively and take a patient centred approach to assess patients, interventions and discharge planning that reflect the needs and goals of the individual.

As an Occupational Therapist in this team you'll work with patients to enable optimum safety and function during this phase of their recovery. You'll work with clients from diverse social and cultural backgrounds. Bring your enthusiasm and passion to achieve the best outcome for your patients.

Demonstrate your excellent communication skills and build rapport with patients and their families. Plan and organise your days to make a strong contribution to quality care. You'll also contribute to the ongoing development of the AT&R service.

Be part of both the ward team and the wider OT team and access professional development through in-service training,

clinical supervision and other professional development opportunities.

As this is a casual role, there are no set hours and the number of hours worked per week can vary, covering sick and holiday leave. Hours are generally worked over business hours between 7.30am-4.30pm Monday to Friday, with flexibility required for public holiday work.

Enquiries should be directed to our Allied Health Recruitment Specialist, Heather Ewing on email heather.ewing@cdhb.health.nz.

Applications are only accepted online so please click the "Apply Now" button below to send us your CV and covering letter today!

Location: Christchurch

Closing Date: Monday 24 October 2016

Apply Now



Is kindness your superpower?



Approximately 270 families in Christchurch include a child with very complex health requirements. For these families, their child's health needs can create major stress, and often the systems of support available are exhausted. Nurse Maude believes there are people in our community with a particular super power that could make a big difference in the life of these families.

We are looking for committed and compassionate volunteers to work alongside parents with children with complex health needs. We need people who can commit to providing regular weekly support for two to four hours doing anything from helping other children get to sporting commitments to baby-sitting the child with complex health needs while the rest of the family enjoy an outing.

The complexity of the child's health needs; the background, experience and comfort of the volunteer; and the level of trust and knowledge that has developed with the family, will all determine the way the volunteer provides support. But the families tell us that ANY form of regular support, given with kindness, makes a huge difference in their lives.

If kindness is your superpower, and you have the time and energy to make such a commitment, we would love to hear from you.

For a volunteer application form, contact Bridget Scorgie, Volunteer administrator at Nurse Maude on 03 375-4238.

All volunteers must have a clear police record; be willing to have a police check completed and be able to provide contacts for two verbal references.

www.nursemaude.org.nz



NetP – Nursing Entry to Practice Programme



This month the September 2015 NetP group attended a 'Developing Nursing Leadership' study day and a celebration, as they completed their NetP programme within the Canterbury Health system. This study day was well received by the nurses, and was a pilot in preparation for the January 2016 group moving towards completing their NetP programme early next year.

In 2017 the new intake of NetP Registered Nurses will commence their careers on Monday 13 February. This is a later date than previous years, and the new NetP RNs will be welcomed into the Canterbury Health system by the outgoing January 2016 NetP group, on the same day.

Therefore, as of next year 2017, the following dates are important for workplaces to note:

Monday 13 February 2017: the February 2017 group of NetP RNs commence orientation, and the outgoing January 2016 group of nurses will attend their final study day and celebration. Study days for both these groups will be occurring concurrently at the same venue.

Thursday 16 February 2017: February 2017 NetP RNs will commence practice within the clinical areas

An email will be distributed to workplaces, and the January 2016 NetP group, to confirm these dates and arrangements.

Please contact your relevant NetP educator for further clarification if required.



Above: 'Developing Nursing Leadership' study day, September 2015 NetP Registered Nurses.

Youth Advisory Council – Drop in Session

The CDHB Youth Advisory Council (YAC) was formed three years ago and is a group of 14-24 yr olds who are committed to improving the Health Service for Adolescents. Our committee consists of twelve members who are all either consumers of the health system or siblings of consumers, and represent different NGO support organisations for different diagnoses.

The first project the committee took on was a survey of adolescents who were inpatients at Christchurch Hospital. This was to determine what their needs were and any ideas they had for improving our service. The results identified two areas of need, information and also boredom busters. We have addressed these needs in the form of a backpack that is given to every adolescent who is an inpatient. The backpack contains the information that was identified as needed and a selection of boredom busting activities.

This year we are providing a self learning package for health professionals called "Teens in Hospital". This package contains a mix of video clips from adolescents about what they need when they are in hospital and what their concerns are. It also provides an overview of physiological changes to the brain during adolescent years to help explain common behaviours/attitudes and health needs. It then gives practical ideas of what the health professionals can do to help the adolescent. This will be available on Health Learn by the end of this year.

Next year the committee have said that they would like to branch out to support other services. YAC committee members held a "drop in" session where anyone could talk to them about current issues and where they saw gaps in the service for adolescents. This will give us ideas for projects for next year and it was great to see so many people take advantage of the opportunity.



Right: The people in the photo are from Left to right: Maddy Conway, Georgina Northcoat, Brittany Kremers and Ben Mehrrens.

In brief

Canterbury DHB Pressure Injury Survey

Canterbury DHB has on average 70 patients per month admitted with pre-existing pressure injuries, and 24 patients per month that acquire pressure injuries whilst being an inpatient in our facilities. There has been a lot of improvement in our systems and processes and we are now revisiting these to ensure that our current education and policy aligns with practice.

Corporate Quality & Safety and the Pressure Injury Group are running a survey until Friday 7 October. The purpose of this survey is to gather feedback about what is working well and where we can improve Pressure Injury detection, assessment and prevention. This survey should only take five minutes to complete and is anonymous.

[Complete the survey.](#)

Applications for HWNZ funding – Postgraduate Nursing Study in 2017

Applications for funding for postgraduate nursing study in 2017 are now open. Please apply using the online application form: [Application form for HWNZ Funding - Postgraduate Nursing Education](#)

Further information regarding funding and eligibility is available on the [Postgraduate Nursing Education website](#).

Closing date for applications is Friday 21 October 2016.

Process: All applications will be considered after the closing date.

Applications are forwarded to CNMs to confirm support.

Confirmed applications are forwarded to the relevant Director of Nursing for final approval.

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

Hot Tips for October from the Child Health nursing education team

Please find [attached](#) the latest edition of Hot Tips from the office of the Child health nurse educators.

Inside this issue you will find:

- » Profiles on retiring and incoming Clinical Nurse Managers for Ward 22, Robyn Richens and Tracy Jackson
- » A PDRP update on finding the right words for your performance appraisal
- » Reports from the Youth Advisory Council and the Friends of Children in Hospital group
- » An update on managing portacaths in children

Ara Graduate Nursing Study Study in 2017

Applications for study starting in Semester 1 - 2017 are currently open. Please apply using the online application form.

Closing date for applications is Friday, 21 October 2016.

Unfortunately the 2017 timetable has not been released by Ara, but should be available next week.

[Timetable for Ara Graduate Nursing Study in 2017](#)

Applications for Semester 2 - 2017 will open in March 2017

Process:

All applications will be considered after the application deadline.

Applications are forwarded to CNMs to confirm support.

Confirmed applications are forwarded to the relevant Director of Nursing for final approval.

In brief



Waitaha Mokopuna Ora Seminar

Whakawhetū along with partner organisations Pegasus Health, Te Pūtahitanga, Te Puāwaitanga and Canterbury DHB wish to invite those with an interest or working in the area of Child and Maternal Health to attend a two-day Waitaha Mokopuna Ora Seminar.

ĀHEA (when): 12-13 October 2016, 9am to 3.30pm

KEI HEA (where): Rehua Marae

This two-day seminar will build on existing Sudden Unexpected Death in Infancy (SUDI) knowledge and expertise, and will provide a forum to share innovative ideas about supporting women to stop smoking in pregnancy, encourage breastfeeding and practice safe sleep.

The purpose of the seminar is to:

- » Increase the knowledge of Sudden Unexpected Death in Infancy (SUDI) across the health sector, agencies, community and whānau
- » Share ideas and strategies on how we can continue collectively to reduce the SUDI rates in Aotearoa
- » Network with others working to further reduce SUDI rates
- » Increase community awareness and engagement in SUDI prevention

Participants will hear from keynote speakers Dr David Tipene-Leach, Professor Ed Mitchell and Dr Carla Houkamau as well as local champions and advocates for Mokopuna Ora. Breakout workstreams will showcase locally inspired kaupapa that focus on innovation, the social determinants of health, communicating with whānau and the important role of both our kaumātua and weavers in supporting SUDI prevention.

The cost of the seminar is \$25 for those who earn over \$50k a year and free to all whānau and community members.

Numbers are limited to 100 people - morning tea and lunch is provided.

For further information or enquiries please contact:

whakawhetu@auckland.ac.nz

[Register here.](#)

Community Education Seminar

Dementia caring and stress

Dementia can be emotionally, mentally and physically stressful for all concerned. Looking after yourself is very important.

Libby Gawith, Community Psychologist and Ara Institute of Canterbury lecturer, will talk about:

- » How to recognise symptoms and sources of your stress
- » Caring roles and stress
- » Health effects of stress
- » Strategies and techniques for managing your stress

There will be time for questions.

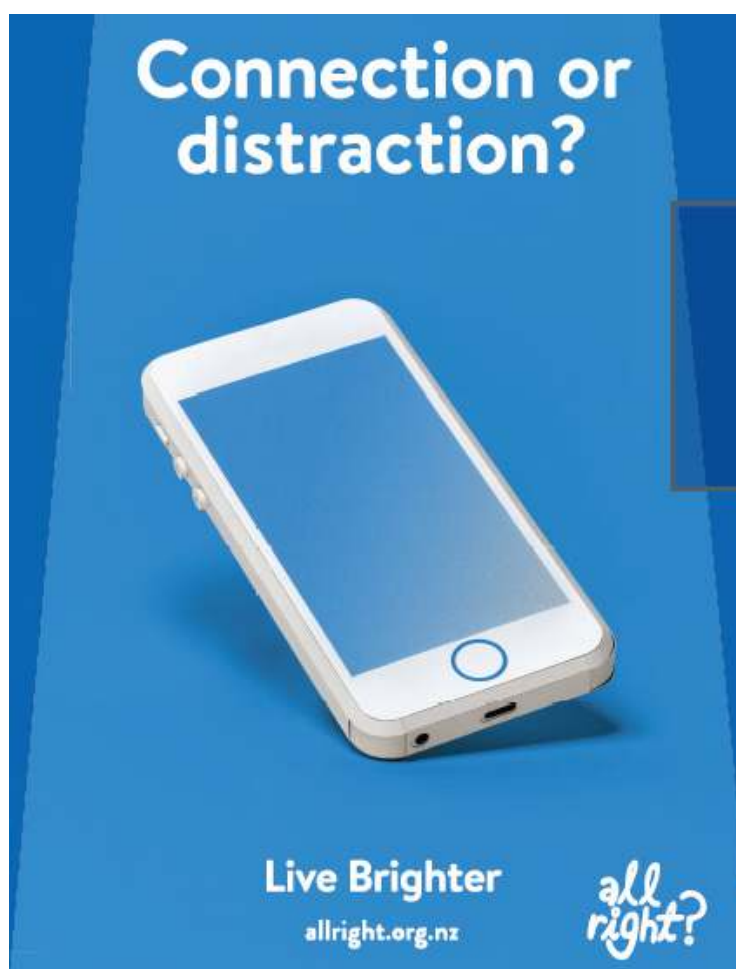
Everyone welcome!

Date: Tuesday 11 October 2016

Time: 10.30am – 12 midday

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

Phone: 0800 444 776 Email: admin@alzcanty.co.nz





ROAD ACCIDENT REMEMBRANCE DAY

Saturday 22 October, 10am
Lake Front, North Hagley Park

PROGRAMME

- Welcome
- Pōwhiri: *Ngai Tahu*
- Announcement of White Cross Ceremony
- White Cross Ceremony: *Acknowledging those that have lost lives on the roads over the previous year.*
- Road Accident Survivor's Speech: *TBC*
- Emergency Response Speech: *Josh Kumbaroff, NZ Fire Service*
- Medical Professional: *Dr Phil Bagshaw, Canterbury Charity Hospital*
- Emergency Medical Surgeon: *TBC*
- Register of Representatives
- Road Safety Speech from New Zealand Police: *Inspector Al Stewart*
- Acknowledgement Speech: *Hon. Lianne Dalziel, Mayor of Christchurch*
- Speech from Road Traffic Accident Trauma Charitable Trust: *Founder Sarah Dean*
- Close



For further information or enquiries please contact Sarah Dean - roadtraffictrauma@xtra.co.nz or 027 522 8897
www.roadtrafficaccidenttrust.org.nz