



It's been a bumpy, frightening week. Remember to check in on those around you

Words cannot describe the absolute heartbreak Cantabrians are feeling following the massive magnitude 7.8 earthquake that rocked us awake just after midnight last Sunday.

It's on everyone's faces.

A lot of us in the Canterbury Health System feel like it's déjà vu; there's an overwhelming sense of 'here we go again'. Just when we were starting to get some normality back into our lives – Mother Nature has other ideas.

The utter devastation in North Canterbury, particularly around Kaikoura, is difficult to comprehend. My heart goes out to everyone there.

In some ways, it's fortunate that the Canterbury Health System has been here many times before and our well-rehearsed emergency response systems kicked into action immediately.

The Emergency Operations Centre was set up minutes after the event. It's gone like clockwork, with the teams quickly trying to establish the extent of damage and what supports were needed most for those worst affected. This work is ongoing and involves a lot of people.

The damage to telecommunication systems and roads made it extremely challenging at times, in terms of being able to communicate with those cut off, and early on trying to ascertain the impact of the quakes.

The team on the ground in Kaikoura have done a remarkable job to get through the first week, with ongoing aftershocks, a storm and all the challenges broken infrastructure creates.

Throughout the past week it's been mentioned to me a number of times just how grateful staff are to have had the new Kaikoura Health – Te Ha o Te Ora facility, and I absolutely agree. I shudder to think what might have happened had we not pushed for this rebuild to happen. I am so delighted we have this modern facility. I would be surprised

if the old hospital would have survived the forces of nature. We could have been facing a very different, even more complex disaster. Thankfully, that's not the case.

The facility has proven it is also a key community focal point. It was the only place in town in the days following the event that had Wi-Fi access. At one point the carpark was filled with around 800 people connecting to the Wi-Fi in the hope of reaching their loved ones or finding out what information they could. While this caused a few problems for us, the overriding importance on keeping it available to the public outweighed those issues.

Our Information Services Group have worked closely with the telcos and performed near miracles to ensure people stayed connected throughout. Cellphone towers are up and running again and cabled data connections have been restored for health and other key facilities.

Significant staffing resources have been sent to Kaikoura to ensure our local staff there get some rest and time off to start the various processes to put their lives and homes back in order, and connect with families, friends and neighbours. Thanks to everyone who put their names forward to help in any capacity.

Since last Monday we've sent about 20 clinical staff up to support things on the ground in Kaikoura, including two psychologists to support the psychosocial recovery, nurses, allied health, a GP and Pharmacist, two medical officers of health and health protection officers.

The levels of anxiety are hugely evident with a number of people presenting at Kaikoura Health. The community's wellbeing is of considerable concern to Canterbury DHB – we know too well that these events not only cause visible

» Article continues on page 2

In this issue

- | | | |
|---|---|---|
| » A big thanks to the telcos...page 3 | » Tribute to Josh Stanton...page 9 | » Can you help pick a picture?...page 12 |
| » Our people in Kaikoura...page 4 & 5 | » Bouquets...page 10 | » Security message Special book donation ...page 13 |
| » Facilities Fast Facts...page 6 | » Physiotherapist named New Zealand Cricket president...page 11 | » Corporate Challenge event...page 14 |
| » Ashburton Hospital Acute Assessment Unit...page 6 & 7 | » Canterbury Grand Round...page 11 | » One minute with...page 16 |

» Article continues from page 1

wounds to the landscape, buildings and infrastructure they cause unprecedented deep psychological scars. While roads, buildings and infrastructure can be repaired fairly quickly – the mental health effects can last generations.

As we know from experience, the effects of that stress often manifest later on – if you come into contact with anyone affected please look out for and support them to get further help if needed. Your general practice team should be your first port of call.

I also want to reiterate to all of those people that have made our response and the start of recovery so effective, please keep doing what you do so well. To our staff and health system partners in North Canterbury and Nelson/Marlborough and the many 'locals' who have put others before themselves, your efforts are very much appreciated.

We are all going through this together. Continuing to do your everyday job under these extraordinary circumstances is a huge achievement – our whole system needs to be working for the whole system to work.



Above: David Meates with staff at Kaikoura Health.

Effects of earthquakes on our buildings and facilities

External engineers have undertaken checks of our buildings and facilities including The Princess Margaret Hospital, Hillmorton, Burwood and the Christchurch campus. Staff should be reassured that there has been no additional structural damage identified to our buildings.

There have been very small amounts of superficial damage in some areas. Further assessments will be undertaken over the

coming weeks, including regional facilities where appropriate, as part of the normal annual assessment. This annual assessment has been brought forward in light of recent events. Staff who notice any damage they think may not have been identified previously should talk to their manager in the first instance.

Focus for communications

Public health messages for the quake-affected areas, which include parts of the Amuri basin and Nelson Marlborough District, continue to be focused on making sure

- » all water consumed is safe
- » people practice good hand hygiene
- » people have access to 'safe' food
- » they know to ask for help if they are stressed, and
- » that General Practice is still their first point of call for all non-urgent care. Even after-hours – call your usual general practice number – wherever you are in Canterbury – even quake-affected areas – and your call will be answered after-hours by a nurse.

We are providing practical information for staff on the spot, advising them on issues such as emergency accommodation, financial advice and making insurance or EQC claims as well as psychosocial advice and resourcing.

We continue to work with media, Civil Defence Emergency Management, the Ministry of Health and key agencies such as St John, Red Cross and community nursing to ensure people have access to advice, care, support and the supplies they need.

How urgent is it really?

While our public message is that our health system is fully operational and that people should be accessing our public health system as they normally would, supporting the earthquake health and wellbeing planning and response in this challenging environment takes considerable resource. It's a national priority, so please bear this in mind when making internal requests for service and assistance from your

colleagues, as a large number of Canterbury DHB staff have been diverted from their day job to help with the response. Please be mindful that priorities may have changed for the time being, be patient with one another and adjust your expectations if you need to. Managing an effective health and social wellbeing response to the quake is a top priority.

» Article continues on page 3

» Article continues from page 2

Condolences

Please join me in sending condolences to the family of Louis Edgar, who died when the Elms Homestead near Kaikoura collapsed last Sunday night. Pam Edgar, his wife worked at Kaikoura Health until recently as a nurse aide with a reputation for her caring nature and dedication to her community. Pam's centenarian mother, Margaret, was miraculously rescued from the rubble in a joint operation involving the local Fire Brigade and the doctor on duty that night, Dr Chris Henry.

<http://www.stuff.co.nz/national/nz-earthquake/86599439/the-miraculous-rescue-of-100yearold-margaret-edgar>

For more information

We have been updating quake response information on our intranet and public website. Please stay informed by using these resources and through the Canterbury DHB Facebook page and Twitter account.

Once again thank you for everything you do. Without you, we wouldn't have a health system.

Remember that [EAP](#) and [Workplace Support](#) are available to all CDHB staff, and the national Earthquake Support Line 0800 777 846 is a 24/7 service if you need to talk to someone.

I'd like to acknowledge too the sad passing of Jo-Anne Mackinnon and the loss that represents to her partner, family and the community of Mt Lyford where she lived. Our thoughts go to them through this difficult time. For anyone living outside of Canterbury who thinks the word has been overused in the past, the journey for these two families and communities is a reminder of what it really means to be resilient.

It's been a bumpy, frightening week. Remember to check in on those around you – we cope better together than alone.

Take care, look after yourselves and look out for others.

David Meates.



David Meates
CEO Canterbury District Health Board

A big thanks to the telcos for their help in keeping Kaikoura connected

For most of the first week following the initial Culverden quake in the early hours of Monday morning, Kaikoura was cut off from the rest of the country, both in terms of physical access, and communications. You may have heard that people, hungry for information, congregated around Kaikoura Health, to make use of the public wifi,

Too many users though, and the system would have failed, and with the cable data connection down, that could have been a major problem for us. 2degrees immediately increased the bandwidth available so that people could stay in touch via Kaikoura Health public Wi-Fi.

For the remainder of that same week, 2degrees worked to resolve broadband and fixed line connections, working with network partner Chorus to get everything back up and running quickly. Health facilities and emergency services took priority in being the first to have cable connections restored and were back on line incredibly quickly.

Spark and Vodaphone too both stepped up, and quickly recommissioned their cellphone towers. Spark have since bent over backwards to assist us in sending targeted text health messages to people in the Kaikoura area. Messages

are short (same length as a tweet) to let them know they aren't alone, and give them a number to call to talk to or arrange to visit the GP team based at Kaikoura Heath Te Hā o Te Ora, free of charge.

We haven't yet needed to send targeted texts to any other earthquake affected areas, but the ability is there should we need it – we need to use these emergency measures sparingly if they are to remain effective and grab attention when we need them to.



It's ok to ask for help - you're not alone. Phone [0800777846](tel:0800777846) for free EQ support 24/7. From Canterbury DHB. Reply STOP to opt out



Our people in Kaikoura



Vulnerable People's Team.



Emergency Planning Manager Jenny Ewing with a delivery of blood.



Health Protection Officer Denise Tully with water truck.



Health Protection Officer Laura Bruce, Medical Officer of Health Alistair Humphrey and Health Protection Officer Denise Tully.



"The A Team" - who led the initial response.



Public health helicopter.

EARTHQUAKE SUPPORT LINE

NEED TO TALK?
0800 777 846

» Article continues on page 5



Civil Defence EOC briefing.



Public meeting held today, Monday 21 November.



Medical Officers of Health, Drs Alistair Humphrey and Ramon Pink.



A portaloo tethered down.



Kaikoura Health



Medivac, which does all the air evacuations at the front of Kaikoura Health.

Facilities Fast Facts

Fast Facts - Christchurch

After last Monday morning's Waiiau earthquake, the Acute Services building was checked by engineers, including all scaffolding, site services and temporary works. The tower cranes were also taken out of service for structural and mechanical checks to be made. No damage was reported on site, and the tower cranes were quickly back to work.



Fast Facts - Outpatients

Piling work is now two-thirds complete on the Outpatients site, and in-ground concrete foundations are being constructed to connect the piles together, as the photo shows.

The lift pit for the building's staff lift shaft is also being formed.



User group news

Consultation with user groups on the fixtures, fittings and equipment for both the Outpatients building and the Acute Services building will be completed by Christmas.

Parking reminder

The Metro Sports car park closed on November 19 to allow site works to begin on the Metro Sports centre. On-street parking is also currently restricted on nearby Stewart Street.

Ashburton Hospital Acute Assessment Unit

On Tuesday 15 November a blessing ceremony was held at the new Acute Assessment Unit and Day Surgery Theatre at Ashburton Hospital, led by Te Were King, Upoko of Arowhenua Rūnaka (standing second from left in the photo below). Over 70 people were in attendance, including Canterbury DHB chair Murray Cleverley, representatives of the community funding organisations who have collectively raised an impressive \$1.5 million towards the new facility, and students from Ashburton College who performed a waiata as part of the ceremony.

Staff have also been given the opportunity to walk through the new facility ahead of a planned community open day next Sunday 27 November, from 12 noon to 2 pm. The facility is expected to open its doors to receive the first patients in early December 2016.



Acute Assessment Unit reception area.

» Article continues on page 7



Blessing ceremony being led by Te Were King, second from left.



Murray Cleverley (Canterbury DHB chair), Bernice Marra (General Manager Ashburton Health Services) and John Lyons (Clinical Director at Ashburton Hospital) outside the new facility.

Photo credit: Colin Engelbrecht, Ashburton Guardian

Open Day

at Ashburton Hospital's new Acute Assessment Unit



On Sunday 27 November, from 12 noon to 2 pm, Ashburton Hospital is hosting a public open day, giving you the chance to see our new facilities for acute care.

The entrance to the new Acute Assessment Unit is next to the main hospital entrance.

Outdoor shoes will need to be removed before you enter.

► **Sunday, 27 November 2016**
12 noon to 2 pm

Ashburton Hospital,
Elizabeth Street, Ashburton

Canterbury

District Health Board
Te Poari Hauora ō Waitaha

National safe practice launch in Christchurch

The Safe Practice Effective Communication National Programme will be launched nationally here in Christchurch tomorrow.

Canterbury DHB with Te Pou o te Whakaaro Nui, are hosting the two day Safe Practice Effective Communication National Training Programme Forum on 21 and 22 November.

The Forum is a combined effort of the Directors of Mental Health Nursing and Te Pou, working together to bring a national training to fruition.

The new training is about providing staff with the best available skills and techniques to manage challenging situations. It focuses on de-escalation techniques and ensures that the least restrictive and safest interventions for consumers and staff are utilised.

It is a result of a stocktake of trainings across all DHBs and an examination of international literature.

The forum is a first for mental health in that it ensures all DHBs will provide the same training to their staff to make it transportable across the country and safer for our patients and staff.

CDHB Director of Nursing Stu Bigwood says the forum will bring together all parties from across the country – leaders, trainers, consumers, Maori, families, ministry and Te Pou, to work together to set up a governance group and a way forward to ensure the training continues to develop

“This will ensure all DHBs will have ongoing access to contemporary best practice training with appropriate validation and modification processes and structures.”

The programme will be launched on 22 November, from 1.30-2.30pm, with the Director of Mental Health, John Crawshaw, officiating.

Tribute to Josh Stanton

26-04-1974 – 22-10-2016



Sadly Josh Stanton passed away a few weeks ago. Josh's friends and colleagues highlight the significant contribution he made to the CDHB.

Josh worked in the Respiratory Physiology Laboratory at Christchurch Hospital as a Respiratory Physiologist since September 2004. During

Josh's time in the laboratory he consistently added value with his clever and innovative thinking. Josh was never afraid to challenge laboratory process and we acknowledge his input to making our laboratory 'world class'. He maintained and enhanced our detailed accreditation documentation, which is a comprehensive body of work.

Josh developed, introduced, and managed new software utilities for managing quality control data. These systems resulted in significant efficiencies in the laboratory practice on a day-to-day basis. It was so good that several laboratories in NZ, Australia and a number of American pulmonary function laboratories now use it as well. A few months ago Josh generously allowed this software to be available as freeware on our ANZSRS professional website.

Josh responded brilliantly to our difficulty in managing patient bookings. PMS did not have the flexibility to meet our requirements so Josh designed a program in Access to manage our needs that considered testing rooms, specialised equipment, physiologist availability and the time required to complete each test. This gem was noticed and he soon developed parallel booking systems for the Sleep Service.

Our Service Manager, the late Sue Teague, also used his specialised skills to develop a system for Infectious Disease to manage their patient's treatment plans and service.

When the Canterbury Initiative (now Canterbury Clinical Network) was set up and rolled out, Josh soon became involved and was paramount with the development of an electronic on-line quality scoring system as well as being the product owner for further software enhancement for quality operation. He was always generous with his time and would help practice nurses with their spirometry practice either with a site visit or phone calls. This system is viewed with envy by many both locally and internationally.

In the lab Josh was particularly appreciated for his generosity in helping and teaching people to achieve their goals. Josh was the 'Go-to-Guy'. Present and past staff will always remember with appreciation Josh's mentorship. Josh also made a big contribution to respiratory and anaesthetic registrar teaching for interpretation of results for pulmonary function and exercise tests.

Josh was a popular member of the Department and appreciated for his intellect, special skills, his big smile, wicked and often naughty sense of humour and competitive sporting endeavours, be it cycling, golf, darts or participating in whisky marathons, and in the last year or two his new passion of bowls. We remember a bleary eyed Josh turning up to work during every Tour de France season –because to him it was sacrosanct and compelling viewing.

Josh was a valuable member of ANZSRS, our professional society and he had many close friends and colleagues. He won several Best Poster and Best Oral prizes at conferences. Only a week before Josh died he was a co-author on an abstract for the 2017 TSANZSRS annual scientific meeting.

We are going to miss Josh so much, but he leaves a legacy in the laboratory and the respiratory department that will not be forgotten. Josh is deeply missed by Talisa, Mikayla and Tyler who have our sympathy, ongoing love, and support. They will always be part of the laboratory family.



Bouquets

Emergency Department, Surgical Assessment and Review Area, Surgery and Ward 15, Christchurch Hospital

I would like my thanks passed on to the whole team at Christchurch Hospital after I was admitted ... and subsequently underwent surgery to remove my appendix. The level of care from all involved was outstanding, from the communication to day-to-day care, I felt I was never in the dark around what was happening. The nursing team in Ward 15 were particularly great, friendly, continuously smiling and always striving to provide the highest level of care. I know that people are very quick to criticise but not so quick to praise so I would like my thanks passed on.

Ward 23, Christchurch Hospital

Dear Willy (nurse), thank you for looking after my Nana.

Plastic Surgery Unit (PSU), Outpatients, Nurse Emily

Having had removal of BCCs (Basal Cell Carcinoma) at Burwood Hospital a couple of days ago I had some concerns, so rang Outpatients for advice. I spoke with Nurse Emily who couldn't have been more helpful. Having previously worked for CDHB for 20-plus years I knew what a busy place PSU Outpatients is and I was so impressed with her manner on the phone. I came in for attention as she suggested and learnt that she was a new graduate. With her caring manner I'm sure she will be an asset to CDHB wherever her career takes her.

Information Technology (IT) team

I would like to acknowledge how fantastic the IT team are at supporting the needs of staff. Signed a grateful Senior Medical Officer.

Intensive Care Unit and Ward 24, Christchurch Hospital

We can't speak highly enough of the wonderful treatment my husband received in both ICU and Ward 24. Nothing was too much trouble and everyone was cheerful, willing, able and good at explaining things. ICU saved my husband's life. I'm so grateful for the expertise so readily available and the consideration that I received. All staff were so caring. Thank you to all from us both.

Orthopaedics, Christchurch Hospital

Big, huge thanks to everyone, absolutely excellent job. Great sympathy, compassion and care. I am very grateful to the doctors, assistants and beautiful nurses (Denise, Rose etc). Sorry for not remembering all names. I really appreciate your service and attention. Thanks.

Nuclear Medicine, Christchurch Hospital

Dianne and Justine, absolutely amazing care and lovely people. This level of care completely unexpected. Thank you.

Security staff, Christchurch Hospital

On Monday 7th November at approximately 2pm I went to drive my car out of a ground floor disabled car park in the CDHB staff car park on the St Asaph street corner as I had an off-site meeting at 2.30pm, only to find I had

a totally flat back tyre. A security staff member was in the car park building with a patient trying to locate where the patient's car had been parked. I called him over to see if he could assist me (I have a neuromuscular condition so I don't have the strength to loosen the wheel nuts and get tyre on but could do the rest) and he so kindly changed my tyre for me. I didn't get his name but I would like to pass on my thanks and inform you of a staff member who has gone above and beyond what was required and I really appreciated it.

Christchurch Hospital

Thank you, you're all really great people.

Emergency Department, Christchurch Hospital

Great attention by staff. They looked after me just great. No complaints.

Acute Medical Assessment Unit, Christchurch Hospital

Thank you to all staff for looking after me. It meant so much to me. Please have a Merry Christmas. Thanks heaps.

Intensive Care Unit, Christchurch Hospital

ICU is the most amazing caring group of angels! Thank you for your excellent care of our precious baby girl.

Gastroenterology, Christchurch Hospital

I can't say enough how lovely the entire staff were at the Gastroenterology Ward. Thank you. You made a stressful procedure simple and potentially stress free.

Physiotherapist named New Zealand Cricket president

Former White Ferns captain and Canterbury DHB Physiotherapist Debbie Hockley has been elected the first female president in New Zealand Cricket's 122-year history.

Debbie was nominated for the position by Canterbury Cricket and ratified by members at New Zealand Cricket's annual meeting in Christchurch last week. She will serve as the organisation's president for the next three years, replacing outgoing president Stephen Boock.

Debbie says she is honoured to have been nominated for the position.

'I know I will learn a lot about how New Zealand Cricket operates and I hope over my term as president I will witness a growth in numbers playing and staying in the game.'

In 2014 Debbie, known unofficially as New Zealand's best female cricketer, became the fourth female player to be inducted into the Cricket Hall of Fame in Sydney, Australia.

The only other two New Zealanders to receive this award were another Cantabrian, Sir Richard Hadlee and the late Martin Crowe.

Debbie started playing club cricket when she was at primary school and first played for New Zealand when she was 16 years old.

She made her international debut in January 1979 against Australia in Melbourne. In a career spanning 22 years, she played 19 tests, scoring 1301 runs with four centuries and seven half-centuries and captained the New Zealand side on four occasions.



Physiotherapist and newly elected president of New Zealand Cricket, Debbie Hockley, pictured in 2014 with her Cricket Hall of Fame award.

Canterbury Grand Round

**Friday, 25 November 2016 – 12.15pm to 1.15pm,
with lunch from 11.45am**

Venue: Rolleston Lecture Theatre

Speaker 1: Michael Frampton, General Manager, People and Capability

"Results of the Cultural Survey"

More than 4,000 people responded to the cultural survey, an increase of more than 60% on the previous survey. Indeed, it's a bigger number than the 3,100 people who responded to the *Canterbury Wellbeing Survey*. So, let's have a conversation about the wellbeing of our people, the outcomes of the survey and what we plan to do about them.

Chair: Melissa Kerdelidiss

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, 401 Madras Street, Christchurch 8013, Room 1.03

All staff and students welcome

This talk will be uploaded to the [staff intranet](#) within approximately two weeks.

Next is – Friday, 2 December 2016

(Rolleston Lecture Theatre)

Convener: Dr R L Spearing

(email: ruth.spearing@cdhb.health.nz)

Can you help pick a picture?

We want to brighten up the stay of patients who are treated for cancer in a special isolation room in Christchurch Women's Hospital. Can you help choose a floor-to-ceiling picture for the wall, similar to the one shown that's in Radiation Oncology at Christchurch Hospital?

Sounds like a simple task, but there are a few catches. The female or male patients are in the room for two to three days and no one else usually enters the room, not even the nurses. So it's just them, the TV, and the four walls, although they do have a view out over South Hagley Park.

Because the patients are off their medication for the treatment, some feel very tired and feel very cold even when we think it's warm. So we figured lovely snow-capped mountains weren't such a great idea.

There's also the size of the pictures – they are huge and encompassing, so we figured that some people might not want to feel they are sleeping in the park, for example.

So can you help with our challenging situation?

Maybe you've been such a patient or spent a lot of time in a similar situation, or maybe you're someone who can get inside the head of patients and understand what they like.

Thanks to the Dry July campaign we have funding for this project which includes selection of an image from [shutterstock.com](https://www.shutterstock.com).

So if you have some time and can help, please email darin.okeeffe@cdhb.health.nz with your suggestions, preferably with a link to any images.



One of the pictures in Radiation Oncology, courtesy of the Dry July campaign



Part of the wall we want to brighten up.

Staff Wellbeing Programme: Looking After You | Presentation-Taking Care of Ourselves | Staff Wellbeing Survey Summary



Looking After You

What can you do? Buddy up with someone from your team and touch base with each other daily.

Why is it important? Working in health a lot of people rely on us to be there for them, so more than ever it is important we look after ourselves first and foremost. A reminder of a couple of things we have to support you can be found on this [intranet page](#), under self-management.

Presentation - Taking Care of Ourselves - Dr Caroline Bell & Ciaran Fox

We have had very good feedback from those who attended this presentation last year or have watched it more recently. A good opportunity to learn about the importance of taking care of ourselves. [Click here](#) to view presentation notes or email this link to yourself and watch at home <https://youtu.be/5KDHWF-qIxY>

Staff Wellbeing Survey Summary

Thank you to everyone who took the time to fill in the Staff Wellbeing Survey during July and August and or attended focus groups at the end of October and beginning of November. A summary of the Staff Wellbeing Survey can be [viewed here](#). Thank you again for your contributions that will help inform the new Staff Wellbeing Strategy. The full report including the focus group findings will be available from 16 December.

For more information please contact Lee Tuki either email lee.tuki@cdhb.health.nz or call extension 82855.

Security Message - Thefts

All of us can put some good practices in place to try to reduce opportunities for theft and make it more difficult for those that think that taking other people's property is ok.

To help reduce the opportunity for theft to occur:

Office security:

- » Lock office doors when you leave (even for short periods).
- » Do not leave handbags, wallets, purses or vehicle keys in open view or accessible.
- » Lock valuables and especially loose cash or cash boxes in desk drawers (remove overnight).
- » Don't leave ID tags, access cards or building keys on desks.
- » Log off or lock computer screens when not in use.
- » Tell others in the office that you are leaving so that people know who is around.
- » Challenge anyone found in an office area who does not have CDHB ID card.
- » Report all thefts (no matter how small) or any suspicious activity on Safety 1st and with your Security Team or the Police.

Bike security:

- » Always lock your bike through its frame to something immovable (the bike rack) and use a sturdy chain or lock. Thin cable locks and combination locks are easy for someone to snip through in a matter of seconds. A D-lock is best.

- » Quick release wheels are easy to remove. A cable that's long enough to wind through the frame works well with a D-lock and is an additional deterrent.
- » Use the designated (caged/swipe card access) bike parking where provided. However, remember that these are not completely secure so still lock your bike as well.
- » Do not allow anyone without an access card or CDHB ID into a bike cage unless you know who they are.
- » If you forget your access card do not ask anyone else to let you in to secure bike areas. Don't put others under pressure to let you in. Report to security first to help gain access.
- » If you notice any loose chain link fences or holes in the fence, report them immediately to Security in order to get fixed. Don't leave it to someone else to report.
- » Take all items off your bike whilst it is parked (lights, speedo, pump, bags etc)
- » Record your bike serial number (usually stamped into the frame under the pedal cranks)
- » If your bike is stolen, report it on Safety 1st and with the Security Team and Police.

Keep safe and secure everyone,

Richard Boyce, Security Services Manager

Special book donation

The Play Specialist Service has gratefully received a donation of story and picture books from the Canterbury Literacy Association.

The books will become part of the collection that children are able to borrow from the Play Specialist Service as inpatients.



Books donated by the Canterbury Literacy Association.

"It is a lovely collection of beautiful and interesting books that will capture the interest of children on the ward. We are very grateful to the Canterbury Literacy Association for thinking of us," says Team Leader, Play Specialist Service, Allie Bower.



From left, Canterbury Literacy Association representative Sophie O'Rourke, Play Specialists Rebecca Pilbrough and Diane Havler, Team leader Play Specialist Service Allie Bower and Canterbury Literacy Association representative Jacqui Malham.

Allied Health staff take part in Corporate Challenge fun run

The Allied Health banner was waved by a group of fine fit people at the Fidelity Life Corporate Challenge 5km Business Run, setting a great example of a healthy lifestyle.

Organised by Clinical Lead, Allied Health, Becky George, the group, called the 'Fire Breathing Rubber Duckies' came in 11th out of 81 teams and were the fourth government/health team to cross the line with a total time of 1:17.13.

The team members and their times were:

Patrick O'Kane	19m 11s 14th overall (5th in age bracket)
Claire Martin	13th Female across the line – 1st in her age bracket
Toni Attwood	50th female out of 593
Deborah Keane	65th female
Becky George	91st female back

Director of Allied Health, Garth Munro, said it was a great atmosphere, with lots of different industries taking part



walking, jogging or running in the evening sunshine. We look forward to entering a larger group next year.



Participants wanted for 2017 Corporate Challenge event

The Red Hot Chilli Steppers team who took part in the recent Corporate Challenge “had a blast” and are looking to recruit for next year’s event.

The Red Hot Chilli Steppers had a fantastic time competing in the Fidelity Life Corporate Challenge 5km Business Run in Hagley Park, says National Immunisation Register Missed Events Co-ordinator Sally Wright.

They didn’t have a tent, BBQ or flowing beer and wine like the other teams. Instead they gathered under the trees contemplating the competition.

“What we did have was a team of the best dressed, most supportive, enthusiastic people you could hope for,” Sally says.



The Corporate Challenge is one of New Zealand’s longest running mass participation sporting events organised exclusively for business or professional organisations and dedicated to the health, fitness and well-being of employees.

In Christchurch the 5km run, jog or walk event was held at Hagley Park on November 16.

With 16 entries and 16 crossing the line, we looked out for each other and supported each other from the minute we joined the team to finishing on the day, Sally says. There was plenty of fun and laughter and celebrating of achievements, the team catered for all levels of fitness.

“Yes we had talent on our team with some brilliant finish times well worth celebrating, but what we learnt about each other was that we wanted more. We started talking about next year, how we were going to do better, go faster and be a bigger team.”

Canterbury DHB employs more than 10,000 people, yet only 16 of us took the challenge, Sally says.

“We want 2017 to be bigger and faster. Start training now people because we are going to come looking for you!”

And if anyone knows who could help with provision of a marquee on the day, CDHB shirts and possibly a spot of ginger ale please let me know, says Sally.

“Because we want to show them what we are made of!”

More details can be found [here](#).

CDHB staff shine in singing competition

Seven members of the Canterbury DHB recently competed with Christchurch City Chorus (CCC) at the International Sweet Adelines Competition in Las Vegas. The 133 members of this women's a cappella chorus competed against 33 choruses from around the world in late October. CCC was extremely proud to achieve 5th place against the top choruses in the world, an improvement on their 6th place ranking in Hawaii in 2013. They also gained the Most Entertaining Chorus award for their finals package.

Youtube – Christchurch City Chorus

<https://www.youtube.com/watch?v=60h1sRExbCA>

Facebook – Rise Up Christchurch

<https://www.facebook.com/riseupchristchurch/>



Back row: Louise McDermott, Paediatric Pharmacist; Kerry Stewart, Project Manager; Charlotte Gander, Occupational Therapist; Helen McDermott, Ethics Co-ordinator; Edna Byron, Nurse Educator

Front row: Vivien Daley, CDHB Smokefree Manager; Cheryl Ferris, Administration Assistant

A new Logo for the Vision and Hearing Screening Service

Canterbury DHB's Vision and Hearing Screening Service is delighted to announce that a new logo has been designed especially for them by Medical Illustrations.

The logo is in the form of an owl wearing headphones and an eye patch and represents how the Vision and Hearing Technicians test children aged four in the Canterbury region.

The creation of the new logo is part of a bigger project involving the Vision and Hearing Screening Service and the B4School Check Public Health Nurses based at Burwood Hospital, says Project Administrator, Public Health Nursing and Vision Hearing Service, Elizabeth Kendal-Riches (Riches).

"The aim of the Project was to streamline the Vision and Hearing Service to make it more efficient so that 6500 children in the Canterbury could be tested for Vision and Hearing before they go to school, thereby giving them the chance of the very best start in their education".



One minute with... Yoram Barak, Psychiatrist, Burwood Hospital

What does your job involve?

The assessment, diagnosis and treatment of late-life psychiatric disorders is the “official” definition of being an “old-age psychiatrist.” I personally like to think of my job as investing in the prevention of dementia and depression and increasing quality of life in the later part of the life cycle.

Why did you choose to work in this field?

On graduating from medical school one can go into the “exciting” disciplines such as surgery, the “intelligent” ones such as cardiology or the “compassionate” disciplines. As elderly psychiatric patients suffer from “double hit” – being old and mentally ill - I felt my compassion would best serve this population.

What do you like about it?

The brilliance of interacting with a person who has had a life full of human and humane experience. I have learned about living my life from my elderly patients. The resilience and hope that are the infrastructure of living life to its fullest is manifest in old age.

What are the challenging bits?

Having been raised and educated in the Middle-East and practicing Buddhism I find that in most Western cultures the preparation for death and dying is non-existent. It is a challenge to educate and accompany my patients on their final journey.

Who inspires you at work and why?

My patients are my inspiration. I know it sounds “banal” but it is true. When I was a young consultant burdened with a mortgage one of my patients said: “If you go to sleep with money worries you wake up into a terrible day.” I have since managed to separate my anxieties from my inner life.

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 here at the BEST old-age psychiatry service in the world that I learned the true meaning of patient-centred care. Lately I was asked what I would choose to take away with me back to the Middle-East. My reply was: “the staff”.

The last book I enjoyed was...

A Tale of Two Cities. It is an in-depth look into humility and giving.

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

Mount Cook village.

My ultimate Sunday would involve...

Jogging, a nice porridge, a ‘B-grade’ movie and sharing a lovely New Zealand pinot-noir with friends.

One food I really like is...

Agadashi Tofu...a sublime dish.

My favourite music is...

Brahms' violin concerto.



Above: Yoram Barak

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

Steptember fundraiser

Māia Health Foundation and the Child Health division combined forces to run a Steptember to raise funds for the Countdown Kids Hospital Appeal.

There were 258 participants from a variety of Child Health areas as well as Respiratory.

The equipment being requested from Countdown this year is the plesthymograph or body box (pictured right) to assess the respiratory function of children aged over one year of age.

The Steptember fundraiser raised over \$3,500 which has gone towards the final tally of the Countdown Kids' Hospital appeal.

We're pleased to announce the winners:

1: Highest individual step count – Nicky Meijer, Ward 22, with 642,624 steps

2: Department winner – Ward 22, with 6,504,340 steps

Special mention goes to the fabulous effort by the public health nurses at Burwood Hospital, and the Child Health Oncology Centre who were so close.

3: Department with highest percentage of participants and average step count – Respiratory with 100 per cent participation by five entrants with an average of 285,958 steps.

A big congratulations to the winners and thank you to all participants!



Above: Nicky Meijer, Ward 22 (front right) holding her new Fitbit.



Right: Respiratory with 100 per cent participation



We've looked at 55,259 applications in 2016, recruiting a total of 1,598 fantastic employees in 2016.

It's been a busy year for the Recruitment team and we thank you for your support.

We will be taking time during the Christmas and New Year holiday period to unwind, as we hope you do too.

We will be on skeleton staff during this time. Get your requests through early, or contact a specialist today for a chat.

Happy Holidays!

The Recruitment Team.





2017 BMI Research Seminar Series

Bariatric Care Seminar

This research seminar series will focus on topics that support the development of safe, appropriate, equitable care and service provision for very large patients.

KEYNOTE SPEAKERS



CAZ HALES
RESEARCHER AND
LECTURER



LESLEY GRAY
PUBLIC HEALTH
SPECIALIST



LEVI VAOGA

SEMINAR DATES - THIS IS A FREE SEMINAR

Dunedin	30th January Hunter Centre, Otago University, Great King Street
Wellington	31st January Nordmeyer Theatre, the University of Otago, Wellington Hospital
Christchurch	1st February Beaven Lecture Theatre, Seventh Floor, University of Otago Building, Christchurch Hospital
Auckland	2nd February Fisher Paykel Centre, Auckland Hospital

Seminars from 9.30am- 3pm and lunch provided

Limited space - register now to avoid disappointment

www.bariatricmanagementinnovation.org

Register at www.essentialhelpcare.org/events or [click here](#)