



Listening and learning – kanohi ki te kanohi (face-to-face)

Hearing your work stories is such an important part of my week I am loving getting out and meeting so many of you each week, hearing about your mahi, the highlights, the challenges and special achievements. It's an absolute privilege to meet and take time to hear your stories.

Last week I met the Clinical Coding team – they were celebrating the milestone of having all of Canterbury DHB's coding for the 2020/21 year completed well ahead of the final submission date for the NMDS (National Minimum Data Set) which was 30 July. What better way to do it than with a cup of tea and cake? The clinical coders have an important role ensuring all the clinical activity we undertake is accurately coded and recorded. This means our reporting is accurate and timely, and this work creates data which allows us to plan and prioritise and helps inform where we need more focus and resources. They do such an amazing job, beaver away behind the scenes, so it's great to shine a light on their work and give shout out to the team!



Peter with the Clinical Coding team

Every day we have an opportunity to choose actions which can lessen our global footprint

Last week I stopped in to meet the Transalpine Environmental Sustainability Group. They are passionate, knowledgeable and committed in their desire to see us change the world and start to live and work differently. Like many of us they want to make sure we leave the planet in a better place for the next generation. We've made fantastic inroads with reducing our emissions - largely thanks to the

woody biomass boiler installed at Burwood Hospital – our woody biomass boiler produces 1/60th of the amount of carbon of a coal-fired boiler.

One thing I encourage you all to do is to chat with your colleagues, perhaps form a little team in your work area and think of some practical ways that you can make a difference, every day.

In this issue

- > Regulars – Kōrero ai... pg 4-6
- > Canterbury's rest home residents and staff now vaccinated... pg 7
- > Family and community: motivating Pasifika people to get vaccinated... pg 8
- > A significant milestone for the bowel screening programme... pg 9
- > Wearing a face mask on public transport is caring for your family and community... pg 10

- > National action plan to eliminate hepatitis C launched... pg 11
- > Breastfeeding more than just nutrition... pg 12
- > Advance Care Planning adopts quarterly themes... pg 13
- > First 'RMO of the month'... pg 14
- > Update on Māia's birthday fundraising appeal in July... pg 15
- > One minute with... Pya Suyam, Registered Nurse (RN)... pg 16
- > Notices – Pānui... pg 17-21

Please take the initiative. Whether it's using active transport, car-pooling or bussing, reducing the amount of printing, or use of consumable/single-use products, there are so many opportunities when you're a big organisation. A whole lot of small actions can add up to big savings. Travel, waste minimisation and switching from coal to

woody biomass to fuel our energy production is a big ticket saving, and it will be fantastic when the new Christchurch campus energy centre is up and running. The team is setting up a site on Prism, our intranet, so you can see what initiatives are underway, and see who to talk to about your brilliant ideas.

150,000 COVID-19 vaccinations given as our immunisation programme ramps up

Last week we hit a couple of significant milestones: in Canterbury we clocked up delivery of more than 150,000 vaccinations for our community. Our second big achievement was the fact that over the past three months, we've vaccinated more than 6300 aged residential care residents and staff in 90 rest home facilities. Thanks to everyone involved in that work.

Last week we had 12 clinics vaccinating in Christchurch and 18 clinics across rural Canterbury, including the mobile clinics and yesterday we kicked off our first mobile Pacific Clinic at St Paul's church in Christchurch.

You can read more about the clinic in the story on page 8. It's brilliant to see the range of Pasifika COVID-19 Vaccination Champions step up to support their community members, counter misinformation and be such an active part of the vaccination programme. The work's accelerating, and our team is going flat out to make sure our community is protected. Again, if you haven't already had both of your COVID-19 vaccinations, please make sure you get it done as soon as possible. This week we have 14 clinics open in Christchurch.

People who are eligible to be vaccinated are those in Groups 1, 2 and 3, and those aged 60 to 64 years in Group 4.

You can read more detail at www.VaccinateCanterburyWestCoast.nz.

To book you can call 0800 28 29 26 or go on line and book at www.BookMyVaccine.nz.

Aussie's community outbreaks are a sobering reminder of the need for us all to keep up all the good hygiene habits that kept us safe last year.

You know what you need to do – the main reminder from me is to implore you to scan scan scan – wherever you are – whenever you can – including when you arrive at work, and when you enter a different building. QR codes are everywhere and scanning on the Government's app, with Bluetooth switched on will be so important if/when we have a community case in New Zealand.

And if you're sick, please stay at home. If you have flu/ COVID-19-like symptoms it's so important to get tested.



Pasifika Mobile – Still in her Sunday best, Niva got her COVID-19 vaccine



We're steadily increasing our COVID-19 vaccination capacity. We now have 14 clinics in Christchurch and 18 in rural Canterbury, and plan to open at least another five this week.

For the most up-to-date Canterbury COVID-19 vaccination clinic and booking information, visit our website:

www.vaccinatecanterburywestcoast.nz/covid-19/

Phone your own general practice team or drive into to a [testing centre listed on our website](#).

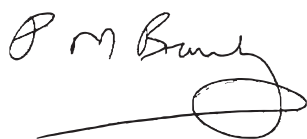
What's happening with the move to Health NZ?

At the moment, there's lots of uncertainty around the shift from DHBs to Health NZ. I'm fielding an increasing number of questions from a range of staff. The general consensus is that people are positive about the change as the drivers are the things that we all want to see improve: better access to health services and improved equity of outcomes. At the moment it feels like there's a bit of a vacuum in terms of detail. I just want to encourage you just stay the course. I know the Transition Unit is going flat out behind the scenes, making sure firstly, that the legislation is in place to enable that change to occur. But secondly, they're doing lots of preparation to put in place the implementation plan to ensure a successful transition from DHBs to Health NZ.

I'm sure we'll see more detail coming out over the next two to three months. The change takes place on 1 July of next year and my pick is that very little will change for most staff. The reality is all of the amazing work that you're doing today will still need to be done on 1 July of 2022. Keep an eye on [their website](#), and we'll continue to share any further information we receive.

Take care for the week ahead. Let's hope that as a system we continue to manage all those winter challenges. Thank you again for the amazing mahi you're doing. Please get in touch if you've got ideas, questions or challenges. I'll look forward to hearing from you – you can get me at AskPeter@cdhb.health.nz.

Ngā mihi nui



Peter Bramley, CEO
Canterbury District Health Board



Click [here](#) to watch the This week with Peter video

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

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

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

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Te Pōwhiri Hauora o Wairarapa





Bouquets

ED Security Guard Jackson, ED staff, Intensive Care Unit (ICU), Coronary Care Unit and Ward 12, Christchurch Hospital

Eighteen days ago, I drove my wife to ED because she was in cardiac arrest. Jackson was the first one there, telling me to get her out of the car and he started chest compressions. ED staff were close behind him. If it wasn't for Jackson doing what he did and the ED staff as well, my wife wouldn't be here today. Now she is coming home to our two children, three dogs, two cats and myself. I am so thankful for everyone's actions that day. On another note, the ICU, Coronary and Ward 12 staff have been awesome as well. We so appreciate what everyone does in this hospital.

ED Security Guard Jackson, Christchurch Hospital

Jackson is an exceptional young man and without him, I would not be here. He started CPR on me in the carpark and continued until he was told to stop. He is an amazing young man. I can't remember what happened as I'd had a heart attack. I was told I had a less than five percent chance of survival. This young man literally saved my life. I had the pleasure of meeting him and I believe he is going to go a long way in life. Thank you so much Jackson and all the other staff involved in my whole time in hospital. It has been an amazing experience with nothing but the best care. I have been treated with so much dignity and respect from all the staff in Ward 12.

Eye Outpatients, Christchurch Hospital

The optician discovered I had a retinal tear at a visit today at 1pm. He said I needed it to be seen this afternoon and made a call. I went straight to Christchurch Eye Outpatients expecting to sit for a while. But, no, I was seen by the nurse almost straight away, and then by the doctor soon afterwards. Laser treatment was done very quickly. From the time I saw the optician to completion of laser treatment all happened within two hours. I was extremely impressed by everyone I had contact with. Thank you all so much.

Big Shout Out

To: Cleaner Mel, Christchurch Hospital

I'd like to send a bouquet to Mel, the wonderful cleaner. I see Mel most days during the week and she is always smiling and friendly. She works so, so hard and does a wonderful job of keeping our hospital sparkling!

From: Charge Nurse Manager, Hayley Beckman

#carestartshere

Emergency Department (ED), Christchurch Hospital

I suffered a medical emergency on a Qantas flight to Christchurch. On arrival at Christchurch Airport I was transported to Christchurch Hospital's ED. I am contacting you to express my sincere thanks and gratitude for the treatment I received from the medical staff who attended to me during my stay. Unfortunately, I can only identify those staff members by their first names - a nurse named Judith and a doctor named Alex. I am forever in their debt for the manner in which they served my needs. Their competency, attention to detail and caring bedside manner made what could have been a very confronting situation so much easier to bear. Please pass on my heartfelt thanks to them. I have since returned home to Perth with no repercussions from my mid-air experience. Unfortunately, however, as a result of me transiting through Melbourne, I am now in nine days of quarantine!

Ward A5 and Ward 14, Christchurch Hospital

Complimenting doctors Steven Kelly, Tamara Glynn, David Cole, Rosie and Rose. All the registered nurses (RNs) on Ward 14 were fabulous with their care and support. I cannot thank RN Tara on Ward A5 enough. She was there for me despite how busy she was. I cannot fault her, she is a true asset to the team.

ED, Christchurch Hospital

Staff we dealt with were amazing and given the circumstances of what they were faced with around them did an outstanding job. I am sure you get more complaints than compliments, but the staff we dealt with were great humans and a joy to be surrounded by. A special thank you to one of our nurses, Louise, and also to the main doctor we were dealing with, Fionn Nixon. I can't speak highly enough of their humour and ability to put us at ease.

Ward 24, Christchurch Hospital

I would like to acknowledge the incredible nurses I had during my stay in Ward 24, in particular Registered Nurse Leonie. She went above and beyond and had an exceptional bedside manner. She really lifted my spirits during a challenging time. She is a true asset to your amazing team. Thanks so much.

Tania, WellFood, Ward B7, Christchurch Hospital

We were in Ward B7 and WellFood staff member Tania served us food for couple of days. She is so passionate and so wonderfully engaging. She went the extra mile to make sure my child and I were happy in regards, to food options. She explained so well what all the meals include as we are vegan and vegetarian. Tania is surely an asset to the place and she is perfect to make people smile and engaged. I loved her service. Many thanks to Tania.

Eye Clinic, Christchurch Hospital

I am so impressed with the service I have received since being referred to the Eye Clinic. All the staff I have encountered have been fabulous, from the friendly welcoming administration team to the medical staff. We really are so blessed to have this service and I thought I'd let you know I appreciate it.

Ward 27, Christchurch Hospital

This is to acknowledge the wonderful staff, doctors, healthcare assistants and the really cheeky WellFood staff member who cracks jokes every time he delivers my meals. The care was nothing but amazing and professional. You all go above and beyond to take care of the sick and to make them feel well, including me. So, all I say is thank you.

Christchurch Outpatients

Thank you for such a modern, pleasant facility. I experienced friendly, helpful staff, including at Reception on Level 4 and the blood test staff. Everyone was very helpful. The premises were very clean, thank you to the cleaning staff.

Christchurch Outpatients

Very helpful staff everywhere. A special thank you to whoever decided to have mirrors in the lifts! I am on a mobility scooter and it is so much easier to back out when I can see where I'm going.

Big Shout Out

To: Health Information Manager Sandra Pugh and team:

All coding has been completed for the financial year. This achievement would not have occurred without the outstanding effort of Sandra and the coding team who have been exceptional at getting discharges coded, corrected and confirmed. Sandra please relay a big thanks to your team. A great effort that you and your team should be proud of. Well done.

From: Michael O'Dea, (Planning and Funding), Acting Executive Director Planning, Funding and Decision Support Ralph la Salle and General Manager Christchurch Hospital Pauline Clark

#carestartshere

Weekend cleaner, Ward 27, Christchurch Hospital

I would like to thank you for having the most polite, professional weekend cleaner in Ward 27. It was so lovely to see her wearing a mask, gloves, and being very professional, even before she started her day. She is very lovely and polite. She made my day.

Ward 27, Christchurch Hospital

This is a special thank you to two most lovely nurses who took care of me while I was here recovering. Julia and Robin were the most caring nurse angels I had when I was recovering. Thank you for working so hard at the job you love.

Acute Assessment Unit, Christchurch Hospital

I would like to thank the amazing staff. You were all rushed off your feet but still managed to work well as a hard-working team and keep it together. All you essential workers are angels in my book. Keep up the amazing work you do.

Orthopaedics, Christchurch Hospital

Lovely staff, always pleasant and very accommodating. Thank you.

Christchurch Hospital

Thank you to all staff for being so kind and helpful and understanding. You all do an amazing job.

Ward 24, Christchurch Hospital

As a family we would like to express our sincere and grateful thanks for the medical care given to our loved wife and mother during her time in Ward 24 until she passed away. We were deeply touched and most grateful for the high standard of care, concern and respect for both herself and ourselves during this time. Your help, wise counsel, and experience made this difficult time much easier for us all.

*Big Shout Out***To: Transit Team**

I want to send an expression of gratitude to our Transit team: Jenny Brown, Fay Stickley, Neli Delantar, Delina George, Kathy Graveston, Toni Milne, Wendy Shaw, Amanda Stewart, Alphonsa Thomas, and Fiona Thomson. They are always friendly and supportive and, especially when it is busy, just get on and get stuff done. Jenny also went on the great hunt to find the missing ultrasound machine and tracked it down for us. I don't know how we would've found it otherwise!

From: Emergency Physician Jacques Loubser

#carestartshere

Scan. Scan. Scan.

Everywhere you go, everywhere you can.

Have you scanned in at work today?
Scan in to every DHB building you enter
with the **COVID-19 Tracer App**.

Unite
against
COVID-19



Canterbury's rest home residents and staff now vaccinated

Canterbury's first mobile COVID-19 vaccination teams have completed their rounds of Aged Residential Care (ARC) facilities in Canterbury. Since the rollout began on 5 May, four mobile teams have fully vaccinated 5300 residents in 90 facilities across Canterbury. The teams also vaccinated around 1000 residents in serviced apartments to ensure facility 'bubbles' are protected.

Nursing Director, Older People – Population Health Richard Scrase, says the collaborative, whole-of-system approach by the Canterbury health system has been integral to the success of the mobile clinics.

"We'd like to mihi to the dedicated, hard-working Life Pharmacy in Ashburton and Amberley Medical Practice teams who delivered the vaccines to their local ARC facilities.

"Ryman Healthcare also delivered vaccines to their seven ARC facilities in Canterbury and are now supporting Canterbury DHB with delivering the vaccine to other retirement villages in Christchurch," Richard says.

There will now be a 'mop up' of those relatively small number of individuals who arrived in ARC after the main mobile teams had been through.

In addition to the residents of aged care facilities, the mobile teams also vaccinated around 1000 staff and are close to completing the vaccination process for 1200 residents in the disability and mental health sectors.

"Our teams worked in new and unfamiliar environments every day, and the professionalism and empathetic approach of both the vaccinators and the administrators in those teams was noted by staff and residents," Team Leader, Older Persons' Health Mardi Postill says.

"Equally, staff of the ARC facilities visited were always warm and welcoming and ready to adapt their environments into pop-up clinics for our mobile teams."

The Canterbury DHB Older Persons' Health Planning and Funding Team were a crucial part of both coordinating and supporting the rollout.

"Finally, but by no means least, it is important to thank and acknowledge the fantastic team in Canterbury DHB's Pharmacy service. Despite our ever-changing numbers and requests, they delivered each and every day and allowed the mobile vaccination teams to successfully complete this challenging but important job so that residents of our most vulnerable communities are now better protected against COVID-19," Richard says.



Registered Nurse, Gold Healthcare Group Tonia Baby offers the residents a ready smile and a comforting word



Nursing Director, Older People – Population Health Richard Scrase and Senior Registered Nurse, Golden Healthcare Group Marie Jones at Golden Age Retirement Village on Friday last week



Staff set up and ran clinics in a variety of settings at each ARC facility

The mobile teams will now turn their considerable skill to accommodating groups of the wider community that for a variety of reasons are unable to access vaccinations through existing clinics.

**Kia whakakotahi mātaou, kia kaha ake mātaou.
Together we are stronger.**

Family and community: motivating Pasifika people to get vaccinated

Straight from church and still in their Sunday best, parishioners of St Paul's Trinity Pacific Presbyterian Church filtered into the church hall. The first of four church-based Pasifika mobile clinics across Canterbury started there on Sunday, 1 August.

Community leaders, ministers and Pasifika organisations such as Tangata Atumotu are actively combatting the spread of misinformation about the COVID-19 vaccine.

"Our Ministers have taken a lead in the COVID-19 vaccination space and have stepped into COVID-19 Vaccination Champion' roles. In these roles they are calling their communities to action," said Tangata Atumotu General Manger, Carmen Collie.

"Misinformation has been rife within our community, particularly across social media platforms. Our local COVID-19 Vaccination Champions campaign aims to counter this misinformation and provides a respected and trustworthy voice, encouraging the community to get vaccinated."

Families came through to get vaccinated. The organisers of the mobile clinic ensured that everyone felt this was a safe space. Carmen says that vaccinating at churches enabled them to reach and vaccinate whole communities in one place. "The vaccination process is respectful and culturally responsive, helping to overcome some of the anxieties people are feeling about receiving the vaccine."

For Lani who has children and an elderly family member living at home, getting vaccinated was about protecting them. "I'll do anything for my family," she said.

While for Alicia, the hope of visiting family in Samoa motivated her to get vaccinated. "I want to protect my babies in the long run, and when we can visit family in Samoa, we will be protecting them as well."



Pasifika Mobile – Parishioners of St Paul's Trinity Pacific Presbyterian Church waiting to get vaccinated

For Fijian-born Ateca, becoming a trained vaccinator, and helping her community be protected, felt like a privilege. "I'm from Fiji and there's a lot of community transmission there. Getting this vaccine is going to boost everyone's health. It is going to help protect our country. It is going to help protect our families. It is going to help protect the people we live close to and our loved ones."

The Minister's wife, Ramona Alatimu, has taken a lead role as a Vaccination Champion. She is lending her voice to encourage Pasifika people to get vaccinated. She said, "COVID-19 is still around us and we're not sure when it's going to go away. I am pleased at the turnout here, I'm so happy. People are still coming." She also acknowledged the work that has been done to make this happen. This would not have happened if not for the commitment of the organisers, led by Registered Nurse Suli Tuitape and the team at Tangata Atumotu she says.

The first mobile vaccination clinic at St Paul's Trinity Pacific Presbyterian Church vaccinated around 120 Pasifika people.

A significant milestone for the bowel screening programme

Just over a week ago the National Bowel Screening Programme (NBSP) celebrated its success in having found bowel cancer in more than 1000 New Zealanders during the programme's first four years.

The cause for celebration is that for a significant number of them, cancers were detected early enough to be highly treatable.

The programme is targeted at people aged 60 to 74, who are most at risk from bowel cancer, and is now offered by 17 of the 20 district health boards, including Canterbury and the West Coast, with the remainder expected to join by the end of this year.

New Zealand records 100 deaths a month from bowel cancer, the country's second most common cancer, but the NBSP is starting to reduce that toll. As well as finding significant numbers of cancers, bowel screening also removes potentially cancerous growths (polyps), preventing future cancers and loss of life.

In Canterbury the programme was introduced in November 2020 and in just over eight months, the local NBSP team has seen almost 32,000 people invited to take part and close to 20,000 kits returned – which equates to a 62 percent overall participation rate.

Clinical Lead for the programme in Canterbury Teresa Chalmers-Watson says 50 colorectal cancers have been found from just under 500 NBSP-related endoscopies.

"In most cases people weren't symptomatic but thanks to screening we have been able to find those cancers early enough to be able to treat them successfully. It's this opportunity for early intervention that makes this national programme a literal life-saver."

"We have also found polyps and pre-cancerous growths in hundreds of people and removed them before they developed into something more serious."

"In time we can expect to see the number of deaths and serious illness from colorectal cancer coming down, but to make that happen it's important people encourage whānau who are in the target age band, to look out for their home test kit, make sure they use it, and send it back without delay," Teresa says.

About the programme

The National Bowel Screening Programme is New Zealand's newest cancer screening programme and the first for both men and women. Once fully implemented, more than 700,000 people aged between 60 and 74 years will be invited to take part in the programme every two years.

Bowel screening is designed to screen a well population to detect early cancer. Participants receive a home test kit in the mail, which is designed to detect minute traces of blood in a faecal sample (poo). Those who have a positive test result are then offered a colonoscopy.

All procedures under the NBSP are free. More about the programme can be found [here](#).

Wearing a face mask on public transport is caring for your family and community

Travelling on a bus, plane, ferry, train, taxi or rideshare service? 'Cover for each other' by wearing a mask or face covering.

That's the message of a new series of animated film clips and posters to remind us all that doing so can reduce the risk of COVID-19 being passed on by helping stop infectious droplets spreading when a person speaks, laughs, coughs or sneezes.

The risk of catching COVID-19 is greater when you're in busy enclosed spaces with less ventilation which is why it's important to cover up with a mask or face covering to protect whānau and our community.

Remember, you can be infectious before developing symptoms, wearing a face mask protects others, not just ourselves. Some people are unable to wear face coverings but for most of us public transport is where we must keep covering for each other.

So cover for each other on planes and public transport.

For more information on the use of masks and face coverings in the community go the Ministry of Health website [here](#).



National action plan to eliminate hepatitis C launched

The need for continuous collaboration was the key message from Regional Co-ordinator Hepatitis C Services Rob Hallinan at the Canterbury launch of the National Hepatitis C Action Plan last week.

The plan aims to eliminate hepatitis C as a major public health threat by 2030. Its goals are to reduce the incidence of chronic hepatitis C, reduce the mortality of hepatitis C and improve equity in the incidence and mortality of the disease for Māori.

The MP for Ilam, Hon Sarah Pallett, spoke at the launch event to acknowledge the various services, and organisations that are working together to support people to get a free hepatitis C test and treatment.

Gastroenterologist and Hepatologist, Catherine Stedman, shared the history and evolution of hepatitis C treatment in New Zealand. She and her team were part of the first major trial in 2011 proving hepatitis C can be treated using oral medication.

Damian Holt, one of the thousands of New Zealanders who have received Hepatitis C treatment (which involves taking three tablets a day for eight weeks) shared his journey.

Damian lived with hepatitis C unknowingly for 22 years. When he got tested in 2002, his liver was in a bad state. He talked about his past dealings with addiction and living a "rock star" lifestyle.

Years after receiving treatment, he advocates that people get tested so they can receive the treatment they need early on.



From left, Hepatitis C Clinic Manager Marilyn Brown, MP for Ilam Hon Sarah Pallett, Regional Co-ordinator Hepatitis C Services Rob Hallinan, Hepatitis C Outreach/Peer Support Ronald 'Patchz' Mackinnon, National Operations Manager Needle Exchange Programme Philippa Jones



Hepatitis C Outreach/Peer Support Worker Patchz, expertly administers the test to MP for Ilam, Hon Sarah Pallett

The Hepatitis C Community Clinic in Christchurch offers a non-judgmental, confidential and supportive service to address the needs and improve the health outcomes of those affected by hepatitis C.

It is open to anyone who has reason to believe they have been exposed to hepatitis C and who wish to have a test and get support for managing their infection.

The clinic is affiliated with the Christchurch Needle Exchange Programme.

For more information visit the Ministry of Health's website [here](#).

Breastfeeding more than just nutrition

World Breastfeeding Week is a global campaign to raise awareness of the importance of breastfeeding and galvanise action to protect breastfeeding to improve public health.

The annual celebration is held every year in the first week of August in more than 120 countries and includes breastfeeding promotion, support, education, and sharing of research.

This year's theme is: Protect Breastfeeding – A shared responsibility.

"This theme reflects that we all have a role to play in the protection of breastfeeding," says Midwife and Baby Friendly Hospital Initiative Coordinator Sarita Gargiulo-Welch.

"Breastfeeding is biologically normal and supports the health of pēpi (baby), the breastfeeding parent, whānau (family), community, and the environment. Although breastmilk is the only food pēpi needs in the first six months, breastfeeding is far more than just nutrition," she says.

Sarita has shared some interesting facts about breastfeeding:

- › Breasts can detect fluctuations in the body temperature of pēpi and adjust accordingly to heat up or cool down pēpi as needed. This is one reason skin-to-skin contact in the early days is so crucial.
- › Human milk contains substances that promote sleep and calmness in babies.
- › Breastfeeding is calming for mothers and helps bonding with pēpi.
- › Human milk is a dynamic, living fluid which changes over time, over the course of the day and even over each feed
- › There are 3,000,000 living germ-killing cells in every teaspoon of human breast milk.

The Canterbury Breastfeeding Advocacy Service, part of Te Puawaitanga ki Ōtautahi Trust, has developed two posters which promote ways for non-breastfeeding parents to bond while supporting the breastfeeding relationship and ways for anyone to truly support parents with newborns.

"We have been granted permission to utilise these posters throughout the Maternity Service and will roll this out during World Breastfeeding Week," Sarita says.

An information board will be placed at the entrance of Christchurch Women's Hospital promoting World Breastfeeding Week and this year's theme. If you would like more information on breastfeeding or to discuss how



Rear, from left, Service Development Manager Hayley Cooper, P.A to Director of Midwifery Charlotte Evers, Quality Manager Roisin McGarr, Consumer Representative, Baby Friendly Hospital Initiative (BFHI) Steering Group and Maternity Consumer Council Lou Cootes, and Lou's daughter (unnamed). Front, from left, Portfolio Manager Child and Youth Health Anna Hunter, Neonatal Nurse Educator Edna Byron, Team Leader Neonatal Discharge/Outreach Service Kathie Jones, Clinical Nurse Specialist Neonatal Infant Feeding Hazel McGregor and Midwife and BFHI Coordinator Sarita Gargiulo-Welch



to better support breastfeeding in your area contact [Sarita Gargiulo-Welch@cdhb.health.nz](mailto:Sarita.Gargiulo-Welch@cdhb.health.nz).

Canterbury District Health Board Supports Breastfeeding. Anytime. Anywhere. Te Poari Hauora ō Waitaha Āwhinatia te whāinu Ahakoa I ētahi wā Ahakoa I ētahi hea

Advance Care Planning adopts quarterly themes

From now on advance care planning will be promoted through a quarterly themed approach. This is to give it relevance throughout the year more effectively than having one awareness day, as in the past.

Advance care planning is a way to help people think, talk about and share their wishes for how they would like to be cared for if they later develop an illness which may affect their ability to express those wishes.

The theme for the next quarter is ***Advance care planning supports better outcomes for people with dementia.***

The key audiences for messages are health care providers working with people with dementia and people living with dementia and their whānau as well as raising awareness with the public in general.

The Health Quality & Safety Commission has produced new videos about advance care planning featuring health professionals, people with dementia and their loved ones:

- > [Geriatrician Kate Scott on how she approaches advance care planning with someone with dementia, assessing capacity and end-of-life conversations.](#)
- > [Sarah Togher, educator and advisor with Dementia Wellington, discusses helping people prepare their advance care plan, the need to be sensitive to where the person is on their dementia journey, and her own experience of writing her advance care plan and discussing it with her family](#)
- > [Brothers Colin and Terry Webb discuss Colin's advance care plan. Colin has dementia and his plan details what matters to him, along with how much he wants to know about his treatment and how much he wants his loved ones to know about his health](#)



Key messages - health professionals

- > Start talking early to a person with dementia, about their wishes and what matters to them.
- > Always include the person in discussions about their health care, even if they can't actively take part.
- > Don't make assumptions, ask.
- > Revisit the wishes of the person with dementia as their health changes.
- > Someone with dementia may express what is important to them consistently, even if they don't remember previous conversations.
- > Even though they no longer have the capability to consent to treatment, someone with dementia may still be able to share what matters to them.
- > People who have thought about what they want at the end of their life and have discussed their wishes with family and whānau generally do better.
- > Resources and training are available for health care professionals to make advance care planning easier for you and your patients on the [Health Quality & Safety Commission's website](#).



First 'RMO of the month'

Luke Bridgman has been named the inaugural Resident Medical Officer (RMO) of the Month for July 2021 in recognition of his contributions in the areas of RMO recruitment, teamwork and the Development of Clinical Practice at Canterbury DHB.

The initiative was put in place to recognise our hard working RMOs, says Resident Doctors' Team Leader Manda Challenger.

Luke took part in the national ACE Webinar Series for 2021. These annual webinars allow each DHB to present itself virtually to final year students who are also able to chat online with RMO support staff.

"As part of the chat, Luke offered invaluable information on his own experiences as a first-year house officer at Canterbury DHB. As a House Officer Reliever, Luke's flexibility and accommodation in relation to cover for gaps across numerous services was greatly appreciated by those services and also by the RMO support staff."

In his role as House Officer Luke provided support to the Clinical Pharmacology Service's upgrade and testing of the CDHB wide MedChart electronic prescribing process. Luke is recognised as both a genuine 'all-rounder' and a highly valued team player by Canterbury DHB.

The term RMO covers resident doctors from their last year of undergraduate training until they complete their vocational training.



House Officer Luke Bridgman

Update on Māia's birthday fundraising appeal in July

Together with our communities, we raised enough funds in July to purchase 27 chairs for the Maternity Ward (so far), which will make a real difference for hundreds of families with a new pēpi.

"These chairs are going to provide a lifeline for families." (Blessy Thomas)

Theatre nurse and new mum, Blessy Thomas is supporting Māia's fundraising appeal, because she knows the difference that a lie-flat sofa chair will make.

Blessy was taking a break from her job at Te Nīkau Grey Hospital in April when her waters broke. She was 33 weeks pregnant.

"I was so afraid. They airlifted me to Christchurch Women's Hospital where I had an emergency caesarean. It was such a scary time," says Blessy.

Her husband, Jithin, drove to Christchurch to meet Blessy and baby Jayden. The family would spend the next two and a half weeks in hospital.

"Jithin stayed one night with me in hospital and then moved to a motel in Addington. He would come to the hospital two to three times a day, but it was still so tough.

"I was recovering from my caesarean and had a few complications, so I needed close monitoring and treatment. Getting to see my baby was difficult."

Read more about Blessy's experience on the Māia website [here](#).



Jayden Thomas

all
right?

IT'S
ALL RIGHT
TO TALK
IT OUT.



One minute with... Pya Suyam, Registered Nurse (RN), Acute Medical Assessment Unit (AMAU), Christchurch Hospital

What does your job involve?

Looking after acutely unwell patients. They may have sepsis, heart failure, pneumonia or have taken a drug overdose, for example. We admit patients from the Emergency Department and general practice. We also look after patients who are cognitively or mentally unwell, with delirium or dementia and work closely with the multidisciplinary team (MDT).

Why did you choose to work in this field?

When I was aged 16 or 17, I started working at a residential care facility, and I found that I really enjoyed caring for the residents there and working with the nurses and other staff, and I knew I was interested in doing this more.

What do you like about it?

The fast-paced environment, being busy all the time, the fast turnover of patients, working with a lot of different people including MDT members, orderlies, and staff from other wards etc, I really enjoy working with AMAU staff, they're amazing! And it's a great feeling knowing that you've done a good job, and someone appreciates what you have done for them.

What are the challenging bits?

When it's very busy, you've got a lot of things to do, and there's a patient who's rapidly deteriorating, or a challenging patient.

Who inspires you and why?

I find inspiration in a variety of people and things. I would have to say that the person who has most greatly inspired me is my grandmother. She always had a smile on her face no matter how hard she worked, and she loved everyone. She was well respected and always gave more than she received. I try to live like she did, as much as I can.

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?

Working as an RN, these values are a big part of our job. People come to us at what may be the worst time of their lives, and as nurses and other health staff, we can hopefully make them feel better.



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

My photo.

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

In the United States looking after my grandmother who isn't well.

What do you do on a typical Sunday?

Sometimes I work a morning shift on a Sunday but if I'm not at work, I will often ride my bike in Bottle Lake forest. I like that there are uphill and downhill areas and getting out of my comfort zone. Even though it's really hard, it's worth it!

What's your favourite food?

Pork and fried tofu. I grew up with these foods in the Philippines, and still enjoy having them now.

And your favourite music?

Filipino music!

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

Something For You

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



Aerial 3 Yoga

366b Tuam Street - Entrance on Duke Street Christchurch

Special intro offer to try Aerial yoga/aerial silks classes for two weeks for \$40 (worth \$110). Find more information in the Something for You page under "Health and Wellbeing" tab.



Adventure South NZ

Get \$200 off any cycling tour listed on the [Adventure South NZ website](#) and free standard bike hire (valued at \$180). Quote CDHB when enquiring.



Harvey Norman

Christchurch Central, Northwood, Hornby, Tower Junction

Discounted rates when you present with your staff ID for all CDHB employees, simply speak to staff as the amount can vary from product to product.



XE Money Transfer

Receive 40 percent off the standard margins and no fees when transferring money internationally. See more information under the "Finance and Legal" tab.

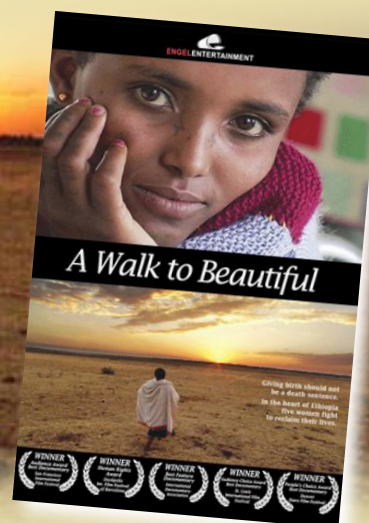
We also have plenty of other great deals from local businesses, check them out [here](#)!



The latest edition of news from the Canterbury Clinical Network is out now. Read about a consumer's perspective of the Better Breathing Pulmonary Rehabilitation Programme in Linwood, a project led by the Population Health and Access Service Level Alliance to explore how the health system can better support people and their whānau to be healthy and well. More [here](#).

MOVIE SCREENING

Hamlin Fistula presents:



A Walk to Beautiful

Join us in viewing this award-winning documentary following the lives of five young Ethiopian women devastated by horrific childbirth injuries. Witness their heart-rending journey as they discover there is help available and set out on a walk to recovery.

Through the tears and the trials of these beautiful women we experience the suffering and the solace each of them receives.

RANGIORA:

August 28, 2021

Rangiora Town Hall

Screening starts 3pm & 7pm

Suggested donation \$15. Any and all funds received will be given to the ongoing work of the Hamlin hospitals and midwives.

View the trailer on our website www.hamlinfistula.org.nz/walktobeautiful.html or check out the event details on www.facebook.com/HamlinNZ

A universal story of hope, courage and transformation.



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E: info@hamlinfistula.org.nz W: www.hamlinfistula.org.nz
FB: www.facebook.com/hamlinnz



Theatre Based Simulation: CDHB Networkz Hybrid

Networkz is a National Team Training Program that began as a Perioperative Simulation Program www.networkz.ac.nz

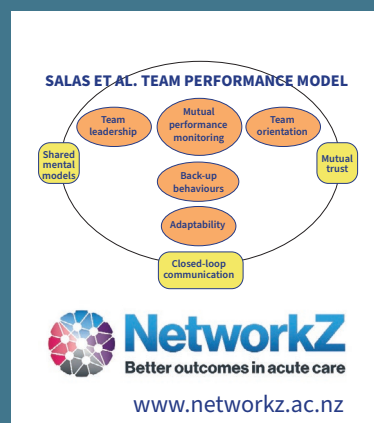
The Canterbury DHB has developed a 'Hybrid' course in collaboration with Networkz which we hope will align with our existing Simulation Training.

This 'Hybrid' consists of two parts:

- An Orientation to Simulation, the Teamwork Model and Challenges in Communication (Manawa - 4 hours)
- Perioperative Simulation Scenarios that will be done in the Perioperative space at a time agreed with theatre staff.

Wed 25th Aug - AM (0830 - 1230), Tues 31st Aug - AM (0830 - 1230)
Mon 13th Sept (1330 - 5), Mon 27th Sept (1330-5)

Please book using healthLearn website [click here](#). Or by emailing Maggie Meeks Maggie.meeks@cdhb.health.nz





Noho ora ana i te Mate Wareware
Living Well with Dementia

Community Education Seminar

Wednesday 4th August 2021

Dealing with Financial Scams

A person who has dementia can be more vulnerable to falling prey to financial scams.

Deirdre McGrath, from Age Concern Canterbury, will explain issues around financial abuse of the elderly and highlight strategies to minimise the risk of this occurring.

Please ensure you register as space is limited!

Date: Wednesday 4th August 2021

Time: 1.30 – 3.00pm

Venue: Dementia Canterbury Seminar Room,
3/49 Sir William Pickering Drive, Burnside.
(off Roydvale Avenue – some Dementia Canterbury parking is available on site, but please allow plenty of time for parking)

Please note this event will only take place if we are at Level One of Covid-19 Restrictions. At any other Covid-19 Level it will be cancelled.

Address: 3/49 Sir William Pickering Drive, Burnside, Christchurch **Postal Address:** PO Box 20567, Christchurch 8543
Ph: 03 379 2590 or 0800 444 776 **Email:** admin@dementiacanterbury.org.nz **Website:** www.dementiacanterbury.org.nz



**Health
Research
Society of
Canterbury**

Poster Expo 2021

Thursday 5th August 5:30–7:30pm

**Hosted by Te Papa Hauora at
Manawa in the Health Precinct
276 Antigua St**



Pizza and refreshments provided

Entry free to HRSC members

Health Research Society of Canterbury annual membership fee is \$20/\$10.

Join on the night using VISA, or join NOW at <http://www.hrsc.org.nz/>

Prizes for Best Student and Early Career posters

(To be eligible you must be present at your poster during judging)

To register a poster:

A/Prof Steven Giesege steven.giesege@canterbury.ac.nz

Please include 'HRSC Poster Registration' in the subject line, with title, affiliation (Dept and Institute), and name of the presenter.

For further information contact:

Dr Tracy Melzer: tracy.melzer@otago.ac.nz

Canterbury

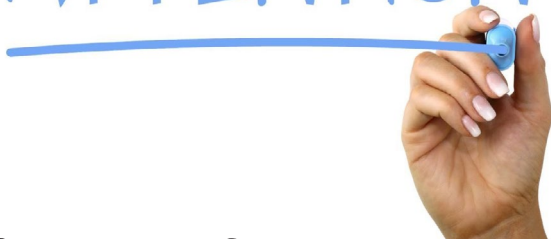
District Health Board

Te Poari Hauora o Waitaha



Qualifications for Life. Skills for Good.

ATTENTION



Christchurch
Hospital Campus
Hospital Aides

W

ould you like to receive a New Zealand Qualification for recognition of the work you do? If so join the next group of Hospital Aides undertaking the NZ Certificate in Health and Wellbeing Level 3 or 4 which has free registration until the end of December 2022.

This course involves completing 70 NZQA credits within 12 months. The PDU are here to support you to achieve.

Starting Date: 27 September—0800-1630

Discuss with your manager then contact Christine at the PDU for more information

pdu@cdhb.health.nz or 3640-646