



Public open day planned as Christchurch Hospital Hagley on track for completion

I am pleased to share below a joint media statement from the Ministry of Health and Canterbury DHB which provides an update on timing of the moves into the new Christchurch Hospital Hagley building. It's planned that sterile services will be operational in the new building before the end of the year, and training on the use of new equipment for radiology is also planned to take place before the end of the year. Ward moves are expected to take place from the last week of January 2020.

Here's the joint media statement:

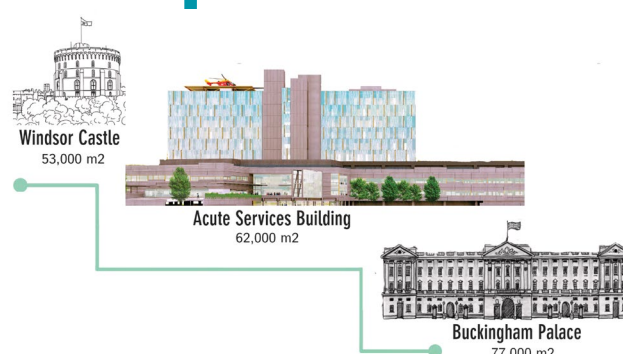
The Ministry of Health and Canterbury DHB are working hard to ensure Christchurch Hospital Hagley is operational as soon as possible.

Given the project's size and complexity, there will be a staged approach with some services expected to move into the new hospital from November 2019, and other services later in January 2020.

An open day is planned on Sunday 6 October 2019 to give the public an opportunity to have an early look inside the new hospital building.

Deputy Director-General DHB Performance, Support and Infrastructure for the Ministry of Health, Michelle Arrowsmith, says Christchurch Hospital Hagley (known as the Acute Services Building during construction) is largely complete with critical infrastructure and systems commissioning well underway.

"The construction and finishing work is being completed to a high standard, and all the infrastructure and systems are being properly tested. It's important we get this process right to ensure the hospital is safe for patients and staff.



"The \$483 million plus Christchurch Hospital Hagley is one of the largest and most complex hospitals built in New Zealand.

"The 62,000 sqm hospital has an expanded intensive care unit, state-of-the-art radiology, sterile services area, acute medical assessment and an expanded emergency department.

"With 12 operating theatres the DHB will be able to perform more surgeries in-house. The new rooftop helipad will halve the average transfer time from the current landing site.

"While delivered later than planned due to the project's complexity, the construction environment, and impacts from the mosque terror attacks, we're confident the public and DHB staff will be delighted with the new hospital.

"I want to acknowledge the construction company, CPB, and all the sub-contractors who have worked together to deliver this challenging project. I'd also like to acknowledge the architects, planners, DHB staff, suppliers, service providers, patient groups and members of the public who had input into the design process," says Michelle Arrowsmith.

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Christchurch Hospital Hagley fact sheet

- › The new hospital is 62,000 square metres in area – 160 metres long, 57 metres wide and 38 metres high. It has 10 storeys, 13 lifts, 3000 rooms, 428 toilets and 1153 hand basins. More than 1125 glass panels on the towers provide natural light.
- › It's fitted with 129 base-isolators and built to IL4 (Importance Level 4) standards – one of the highest levels for a building designated as an essential facility following a disaster.
- › The building is designed to move 650 millimetres on its isolation system. Seismic protection includes seismic bracing, gaps in the stairs and lifts to allow for movement, and special joints in the pipes that run hot water and air conditioning.
- › It has 6000 tonnes of structural steel and over 100,000 steel bolts in the framing. The raft slab foundation alone used around 2,400 kilometres of reinforcing steel rods – which if laid end-to-end would reach from Christchurch to Melbourne.
- › There are approximately 22,000 patch cables in the main server rooms, 785,000 metres of power cables, 12,000 power outlets, 650,000 metres of thermo plastic sheathed electric cable, 135,000 metres of submains and 18,000 light fittings.
- › \$51 million worth of fixtures, fittings and equipment have been installed.
- › The building has two towers and a podium. The west tower (Levels 3–9) houses general surgery wards, vascular, stroke, children's medical and oncology and the helipad. The east tower (Levels 3–8) houses neurosurgery, paediatric, bone marrow transplant unit, adolescent and young adults, oncology, orthopaedics, the surgical assessment review area and general surgery
- › The emergency department and radiology occupy the ground floor, with intensive care and operating theatres on Level 1. Shared spaces including reception areas, offices, meeting rooms, staff rooms, showers and lockers are spread through the central core.



Entry foyer

- › There are 413 inpatient beds, including purpose-designed spaces for children. Over 150 bed spaces are equipped with ceiling track hoists for staff to help move patients.
- › There are 87 medical pendants in the operating theatres, intensive care unit, emergency department and radiology. Designed to hang from the ceiling, they provide convenient access to medical equipment, medical gases, power and other speciality services.
- › The rooftop helipad is capable of landing a helicopter while a second helicopter is parked making transfer of patients significantly faster. There is also a link to Christchurch Women's Hospital.
- › CPB built the facility with support from a number of sub-contractors. Consultants include:
 - › Architects – Katoa Health Design (Chow Hill, Warren and Mahoney & Thinc Health)
 - › Quantity Surveyors – Rider Levett Bucknan
 - › Project Programmers – Woods Harris Consulting
 - › Structural, Geotech and Civil Engineers – Holmes Consulting
 - › Mechanical and Electrical Engineers – Beca
 - › Communications, Security, MTAV services – Beca
 - › Fire Engineering and Fire Protection Design – Aurecon
 - › Project Manager – Turner Townsend Thinc (NZ)
 - › Project Engineer – OCTA



Panorama of the Emergency Department

The Ministry expects to hand over responsibility for the new hospital to the DHB in November 2019. Some services, including radiology and sterile services, will start operating from the new hospital later this year. Most services will be operating in the new hospital after the summer break in January 2020.

Canterbury DHB has a detailed migration plan that incorporates equipment installation and testing, a three-stage clinical clean, and staff orientation and training, says Canterbury DHB Chief Executive, David Meates.

"Over the coming months orientation and training for staff will be carried out along with clinical cleaning, further testing of all equipment and services, and stocking of all areas.

"The move itself will be an extremely complex operation. The patients moving into the new hospital include some of the sickest people we care for – patients in intensive care, those in the emergency department, children and adults awaiting surgery, patients receiving cancer treatment and bone marrow transplants.

"Around 3000 staff, with up to 350 patients depending on how many are in hospital on move day, will be involved in the migration into the new building.

"The migration plans are extremely detailed, right down to which patients and equipment will move at exactly which time, noting which equipment will be transferred with them and where their meals will be delivered to.

"Maintaining patient safety during this complex commissioning and move-in process is our number one priority. The detailed planning underway includes 'mock moves' to see how long it will take to move each patient and settle them in their new ward.

"All the teams are looking forward to moving into the new hospital. It's a fantastic facility and a great asset for our community, and it will ensure the DHB continues to deliver high quality health services into the future," says David Meates.

For a 360-degree view inside the new facility go to: <https://roundme.com/tour/392030/view/1354843>

Congratulations to Canterbury surgeon Frank Frizelle on being awarded the Colin McRae Medal

I was thrilled to hear that colorectal surgeon Professor Frank Frizelle was recently awarded the prestigious Colin McRae Medal by the Royal Australasian College of Surgeons (RACS). This is an outstanding achievement and an honour shared by very few people.

The award recognises and promotes the art and science of surgery and surgical leadership in New Zealand and honours those who have made outstanding contributions in this way.

Of note Colin McRae was a Christchurch Surgeon, a Urologist, and previous President of the RACS.

Previous Christchurch recipients have been:

2016 – Spencer W Beasley
2015 – Alastair Rothwell
2014 – Martin MacFarlane

Warmest congratulations Frank.

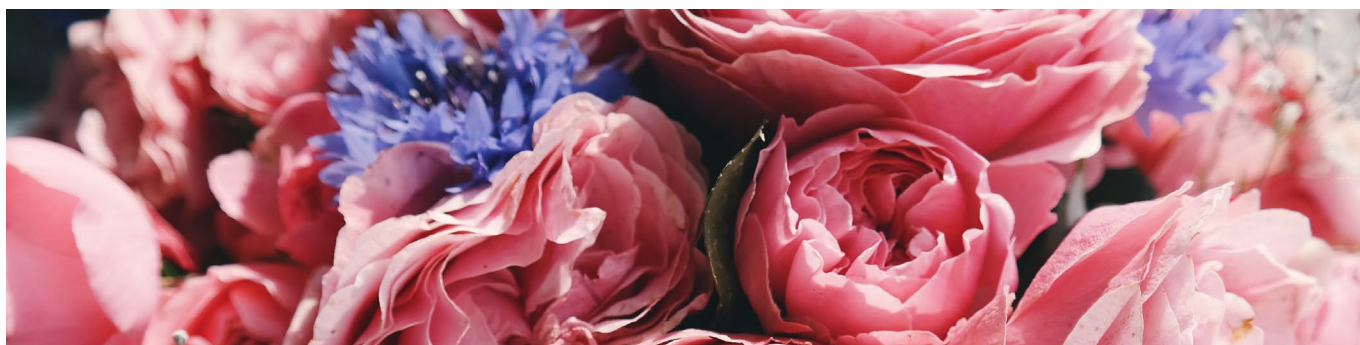


Haere ora, haere pai
Go with wellness, go with care

David Meates
CEO Canterbury District Health Board

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. 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](#).



Bouquets

Surgical Assessment and Review Area (SARA) and Ward 11, Christchurch Hospital

I was admitted to the SARA unit and would like to express my sincere thanks to the three amazing nurses who looked after me. They went above and beyond to make me comfortable when I was in a lot of pain and kept me well informed of everything going on. They were friendly, approachable, caring and also made me laugh. They made my stay so much easier. The surgical team did a fantastic job at communicating and made me feel very relaxed instead of nervous. A massive thank you to the extremely kind nurse who held my hand – a small gesture, but it meant so much to have a warm welcoming smile when I was wheeled in. Every single one of the surgical team deserve to be acknowledged, not only for being great at their job but also being so kind, friendly and a calming influence. When I was moved to Ward 11 the nurses once again were fantastic. Being woken every hour isn't exactly fun but when you have a kind, caring, smiling nurse waking you it does make it that much easier. Every single one of your staff that I dealt with (including the wonderful lady who did my scan) are a credit to your hospital. As employers you should be proud of them.

Ward 27, Christchurch Hospital

Thank you all for your care. Restored my confidence.

Anne-Marie Wildbore, Orthopaedic Outpatients, Burwood Hospital

Registered Nurse Anne-Marie Wildbore went through the pre-op surgery details with my sister. She was very thorough, courteous, pleasant, and empathetic. Anne-Marie is a super nice person – thank you.

Christine, Karen, and Angela, Burwood Hospital

Please thank Community Nurses Christine, Karen and Angela on my behalf for all their help these past weeks.

Orthopaedic Outpatients, Burwood Hospital

Most helpful and pleasant staff, from the front staff to the nurses and everyone else.

Usha Chandra, Surgical Assessment and Review area, Christchurch Hospital

Thank you Usha, IV technician. You are wonderful. It was the best experience I've had in my 81 years. Thank you again.

Ward 12, Eye Clinic, Christchurch Hospital

This has been an excellent experience for me. I can't thank the staff enough for the wonderful care they've given. This is especially important when one is down, sick and despondent. My most sincere thanks.

Ward 23, Christchurch Hospital

Amazing staff. Friendly, accommodating and genuine. Keep up the fantastic job.

Ward 11, Christchurch Hospital

Fantastic care. What an amazing and caring team you all are. Thank you so much for all you do.

Emergency Department (ED), Christchurch Hospital

I want to acknowledge and thank all the staff, nurses and doctors who were working when I came into ED. From the moment I arrived, right through to my discharge, all events and service standards exceeded way beyond my expectations. When we pulled up to ED my wife went straight to reception and explained my medical emergency. Although not life-threatening, when she mentioned I also have Parkinson's disease the speed of interest and assessment ramped up. Six staff greeted me at the ambulance bay and after transferring me to a mobile bed I was quickly assessed and within 10 minutes I had been placed into the ED main room. Approximately four hours later I was discharged with confidence that I had been thoroughly checked and patched up. Please pass on my gratitude and sincere appreciation to all concerned. A job well done. Special thanks to the staff nurse and Alastair my ED doctor who both stood out and made my time in a difficult situation a lot easier.

Radiology, Riverside, Christchurch Hospital

Keep up the good work. Lovely staff.

Pauline, Level 3, Hagley Outpatients, Christchurch Hospital

Receptionist Pauline on Level 3 is thoroughly professional and friendly. She put my mother at ease immediately when she came for treatment. Being greeted the way we were was amazing. Pauline is a credit to your organisation.

Emergency Department (ED), Christchurch Hospital

I took my daughter to ED as we thought she had fractured her wrist playing netball. Despite the stressful conditions the hospital staff were professional and calm and dealt with

things as expediently as possible. My daughter was sent through to the Bone Shop after a short while and within half an hour we were heading home having had an X-ray showing no breaks. I left feeling extremely grateful for such medical service. I talked with my daughter about how well the staff met people's medical needs, their ability to work out who needed urgent attention and who didn't, the pressure they were under, and how dedicated the doctors and nurses must be to their profession to do what they do. Thank you to the ED staff and all the other staff at Christchurch Hospital. Please pass my thanks on to them for their efforts and example. We appreciate very much their service and care.

Ward 20, Christchurch Hospital

Many thanks for your care last week when I spent a few unplanned nights in your company. As well as appreciating the care I received, I noticed the levels of skill and dedication shown by you to a wide range of patients. It was impressive to see. There seems to be a strong team spirit across the ward and some good systems that enable all the layers of care and support to work so well. Take a bow!

Big Shout Out



Pressure Injury Prevention Link Nurses

Thanks to the Pressure Injury Prevention Link Nurses for their passion and efforts thus far and the leadership and commitment exhibited by local leaders and colleagues towards our pressure injury prevention efforts.

Thanks also to Black and White Coffee Cartel, Oxford Terrace, for donating coffee cards and Permobil New Zealand Limited for donating reusable coffee cups for the Pressure Injury Prevention Link Nurse programme. A Winter Bounce Back Cup was gifted to a link nurse, containing a mix of pampering products and pressure injury prevention tools.

From: Executive Director of Nursing Mary Gordon, Director of Quality and Patient Safety Susan Wood, Quality and Patient Safety Project Manager Shayne Millar



Kevin Hapi, Purapura Whetu, Mana Ake Kamahi, Waltham School

I was at Waltham School this morning and saw Kevin in action with a group of senior boys. They were totally engaged and loving the taiaha work. When I talked with the boys at the end of the session they told me that what they are learning "makes them happy". Just another example of Kevin giving 110 percent and we're so lucky to have him working with Mana Ake.

From: Liz Riley, Team Leader, Mana Ake – Stronger for Tomorrow

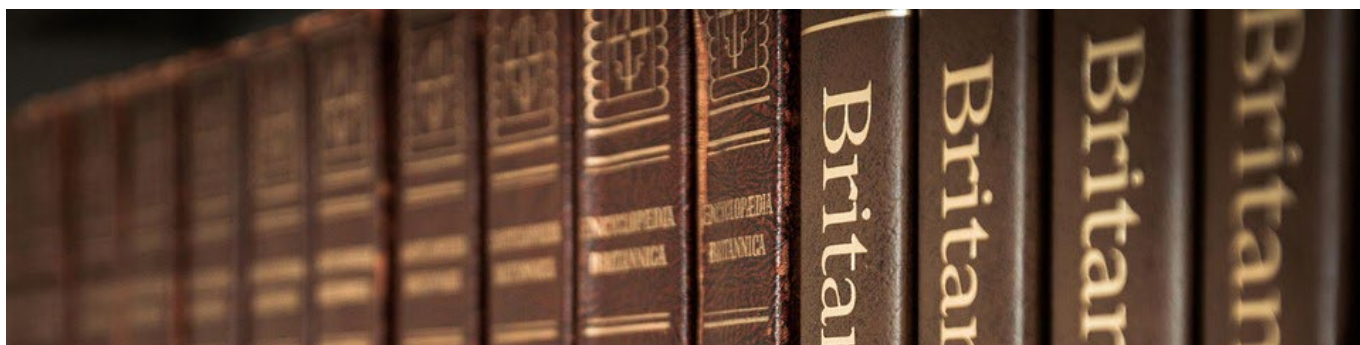
Kathryn Baggot

I have been listening to Booking Clerk Kathryn on the phone this week and I am astounded at her excellent way with patients. She is just so kind and patient with them, especially the older ones. From Dermatology Team Leader Karen Brewster



A thank you to mark 80th treatment

Last week Ann Hamilton-Seymour brought in cakes and chocolates to thank the staff in Oncology Outpatients at Christchurch Hospital for the care and treatment she has received over the past three years. Last week marked the day of her 80th treatment. She also included a card of thanks from her and her husband Denis. The treats were shared with other patients, visitors and staff.



The Library

Browse some of the interesting health-related articles doing the rounds.

["Physical activity at any intensity linked to lower risk of early death"](#) – the findings of this recent study show that just 24 minutes of moderate physical activity a day can halve a person's risk of an early death compared to someone engaging in little to no physical activity. From *Medical Xpress*, published online: 21 August 2019.

["Patient perspectives about decisions to share medical data and biospecimens for research"](#) – this survey found that many patients may be willing to share their personal information but factors such as the research institute, affiliations, patient's age and health literacy influenced their decision. From *JAMA*, published online: 21 August 2019.

["Why initial UTIs increase susceptibility to further infection"](#) – this study looks at how the immune response to infection in the bladder can cause it to overreact to bacteria in subsequent infections and make the infection worse. From *Science Daily*, published online: 21 August 2019.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz.

Facilities Fast Facts

Christchurch Hospital Hagley

The finishing touches are underway on the Emergency Services drop-off area in front of Christchurch Hospital Hagley.

It has space for mobility parks and people attending the Emergency Department.

Most of the established trees around the perimeter of the area will remain, while new plantings include several *Aurea* (Golden Ash) trees.



Massive concrete planter boxes line the road alongside the Christchurch Hospital Hagley building

Replicas of the two sculptures outside Christchurch Outpatients – the biggest of which is a two-metre high carving called *Runanga* (a place of consultation) that represents two people passing and talking, and a second smaller sculpture called *Manuhiri*, or visitors, that represents a bird drinking in the river – will be installed outside Christchurch Hospital Hagley. Both sculptures will be positioned so they can be seen from inside the lobby as you look out towards Hagley Park.

The sculptures are made from concrete and were created from moulds carved by master carver Riki Manuel.



Emergency Services drop-off area and mobility parking



The windows of the lobby of the new Christchurch Hospital Hagley building capture some great reflections of the surrounding buildings. This image shows the undercroft which will be a drop-off zone for patients and visitors

Hillmorton campus – Specialist Mental Health facilities

User groups met last week with the architects to progress the preliminary design. The project team mocked up the high care areas in the High and Complex Needs building and the Integrated Family Services Centre.

The services that will move from where they are based now at The Princess Margaret Hospital to the Hillmorton

campus include Regional Eating Disorders Services, Regional Mothers and Babies Services, Regional Child, Adolescent and Family Inpatient Service and the Canterbury High and Complex Needs Inpatient Service (currently the Seager Clinic).



Artist's impression of the High and Complex Needs building and the Integrated Family Services Centre



Let's get ready to move

Christchurch Hospital Hagley

Update No:18

Have you 5 S-ed your workspace yet?

You'll love what Director of Service Improvement Brian Dolan has to say about the next step in the Five S process. Last week's article was about Sort, and next up is Set in Order. The goal of Set in Order is to create a standardised and consistent way to store and retrieve equipment and materials.

The key here is standardisation. Users develop a system based on how often the equipment and materials are accessed and the process that uses them. There are some quick and easy tips from Brian in [this video](#) that explain how it all works.



Dump the Junk

The DHB Depot was set up at the end of 2016 to help dispose of Canterbury DHB furniture and equipment that was no longer needed, including large numbers of unwanted items after the shift of services from The Princess Margaret Hospital to Burwood Hospital, and the move into Christchurch Outpatients.

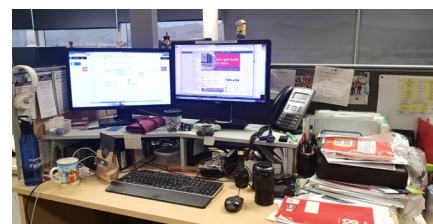
Most of that furniture has now been repurposed, recycled, sold or disposed of.

If you or your department has any furniture or equipment that you need to get rid of in preparation for the eventual move into the new Christchurch Hospital Hagley building, the [Depot's intranet page](#) is a good place to begin.

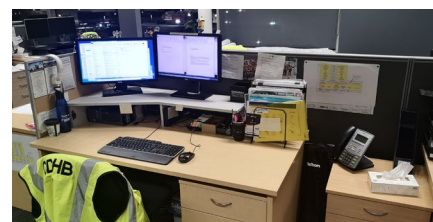
Alternatively, please contact [Pauline Tootell](#) who will advise on the best

method. Send her a photo of any furniture or equipment you want to dispose of.

In the spirit of practising what we preach, the Communications team (well, the messy team member) has dumped lots of their junk. It's easy to gradually spread out, but in the interest of being a good neighbour in a shared workspace, make some time to have a clean out and dispose of papers you don't need, and take home personal items that you are not using.



Before and after dumping the junk



Let's get ready
to move...

Big Shout Out



Martin Duggan
Associate Clinical Nurse Manager
Emergency Department

... for being incredibly helpful, supportive and providing information and advice across all aspects of the migration.
Thank you!



LOOKING FOR VOLUNTEERS

FRIDAY 4 OCTOBER 2019
10AM – 12PM / 2PM – 4PM

SUNDAY 6 OCTOBER 2019
9.30AM – 4PM (1/2 DAY SHIFTS)

We're looking for volunteers who can assist on the staff and public open days for the new Christchurch Hospital Hagley building. There will be a variety of roles and ways you can help. If you are interested, please email letsgetreadytomove@cdhb.health.nz

Stay in touch – you can do this through the [Facebook page](#) or email us at letsgetreadytomove@cdhb.health.nz

Looking after yourself

Healthy eating

Healthy eating is crucial for looking after your wellbeing, alongside exercise and healthy thinking.

Sometimes it's a challenge to eat well and can feel like it's not worth the time and effort you need to shop, prepare, cook and serve up meals every day. Plus the cost of fresh groceries can seem unaffordable.

There are ways to make it easy and more fun to create a sustainable healthy lifestyle when it comes to food. For example, there are food bag options that reduce the time and effort of shopping and preparing meals – check out some of the food bag deals on offer from [Something for You](#).

There are so many benefits to healthy eating. When you eat healthy foods, you're more likely to:

- › be more energetic
- › have an increased sense of wellbeing
- › lose weight
- › have improved memory
- › experience deeper and more restful sleep
- › have a better mood
- › have a healthier heart
- › have strong bones and teeth
- › live longer
- › have a stronger immune system.



The benefits really speak for themselves, don't they?

Trendy diets should generally be avoided. Instead follow advice such as 5+ a day, the Healthy Heart food pyramid, and stick to something that is sustainable for you. Learn about the nutrients your body needs, and seek advice from your general practice team or see a nutritionist before making any major changes to the type of food you eat.

There are many online resources but make sure they're from a trustworthy source. The [Ministry of Health](#) has plenty of resources with advice on healthy eating, food safety, nutrition for mums and younger children, and a number of healthy eating guides for specific groups such as children, vegetarians and older people.

You can also search 'healthy eating' on [HealthInfo](#) to find resources on guided healthy eating programmes around Christchurch.

[Healthy Food Guide](#) also has recipes and expert advice to follow to help you maintain a healthy food lifestyle.

If you have any health concerns, contact your General Practice team for advice. Otherwise, enjoy looking through the resources provided for your information and inspiration.

Canterbury Health Laboratories' work showcased on Australasian stage

Earlier this month staff from Canterbury Health Laboratories (CHL) attended the annual Human Genetics Society of Australasia (HGSA) conference in Wellington.

The HGSA was formed in 1977 to provide a forum for the various disciplines under the Human Genetics umbrella. The HGSA is a full member of the [International Federation of Human Genetics Societies](#) and holds an Annual Scientific Meeting each year with visiting international and national speakers and guests.

HGSA members are encouraged to present original work in the form of oral and poster presentations and this year Canterbury was not short of representation at the event.

CHL Clinical Director Richard King, who attended the conference, says it was a fantastic opportunity for staff to

promote some of the pioneering work being done in Canterbury in the form of six posters featuring genetics work, and two biochemistry posters.

"We had nine staff attend with their work on display, ranging from the detection of previously unreported origins of disease, right through to designing patient-specific tests to confirm a diagnosis. The team had a lot of fun presenting and we received an incredible amount of interest in our showcase," says Richard.

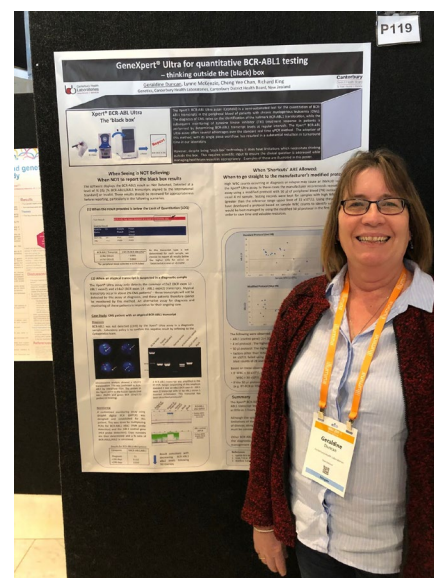
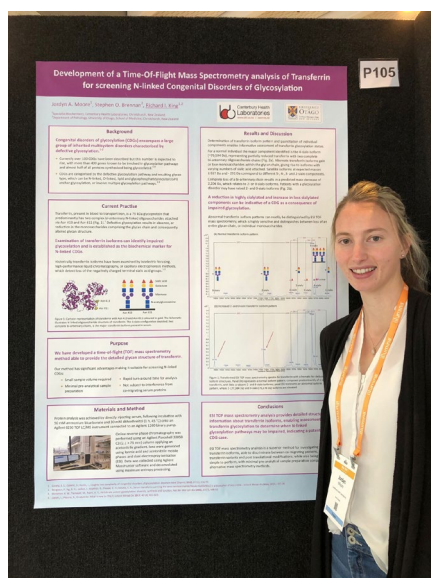
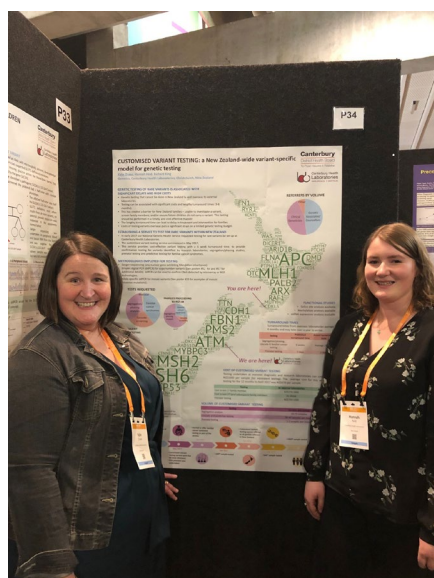
Scientific Officer Jordyn Moore, who also attended, was struck by just how much Canterbury punches above its weight when it comes to leading ground-breaking work in both the biochemistry and genetics fields.

"The work we presented really was innovative when we looked around the room. It was definitely reassuring for

us to know that even when compared to the much larger laboratories in Australia, we do amazingly well here in Canterbury," Jordan says.

The team has found the experience incredibly useful, especially with the new networks formed, which are expected to lead to even better collaboration with laboratories across Australasia. The team is now being contacted regularly by conference attendees from across the world who are keen to make use of the new genetic testing techniques developed here in our region.

"We walked away feeling incredibly proud of what CHL has achieved over the last few years," says Richard. "We're determined to keep developing more of this ground-breaking work to showcase at the next HGSA conference."



Some of the team showcasing their amazing work at the conference

Planning underway by the Service Continuity team

The Service Continuity team was formed at the beginning of the year to coordinate and support Canterbury DHB to improve our preparedness for the unexpected – from disruptions to individual services, to a large-scale emergency response.

The team has a work plan and has the support of the Health Emergency Governance Group (HEGG) to advise and provide direction, says Manager Service Continuity Megan Gibbs. The recently approved and published Service Continuity policy outlines the expectations around organisational activity in this space. It can be viewed [here](#).

"We have two streams of work – emergency response and business continuity planning. We link in closely and provide support whenever we can."

The work is also underway at the West Coast DHB.

Business Continuity Plans are a collection of procedures and information created and maintained so that when a service is disrupted there is a plan to resume or maintain that service wherever possible, she says.

"Plans will be put in place for every service across Canterbury DHB over the next few years. We've made a start and appreciate the enthusiasm and energy teams have brought to capturing 'on paper' what we mostly already know and do well.

"This is a newish process for some and we realise finding a shared path with respect to the terminology and processes for capturing information takes some work."



From left, Manager, Service Continuity Megan Gibbs, Emergency Planners Jane Lodge and Bruce Hall, Business Continuity Planner Cari Ramsay, and Administration Support Nathan Woolls

The emergency response team is working on confirming standard approaches, clarifying purpose and communications, and identifying people within the organisation who will lead the response when needed.

"Our aim is to have a clear and common process for teams to use and then separately document information needed for specific response types or those specific to a location."

An example of a specific plan is Canterbury DHB's major incident plan response. It needs broadening across the health system, and documenting, to reflect activity, feedback and the lessons learned during events this year, Megan says.

"This work has started with the team supporting an update of the Christchurch Hospital plan and will then move to look across the health system and discuss how we can support each other in a major event."

The focus for this will be on communication and process so that everyone understands the core components that will be in place regardless of the event.

"With respect to the 15 March shooting, among the recommendations were developing the capability to quickly communicate with staff, and also some specific planning around security risks across our sites."

This work is underway and in the next couple of months the team will be sending out information on 'mass texting' and starting to work with sites to develop specific security plans, including action in the event of a lockdown direction, Megan says.

Long-serving expert in diagnostic microbiology and infection control retires

After 38 years at Canterbury DHB, Medical Specialist Mona Schousboe is retiring on Friday.

Mona began work at the former North Canterbury Hospital Board as a House Surgeon in 1973, and from 1981 was a Specialist Clinical Microbiologist at Canterbury Health Laboratories.

She was Clinical Director of the Microbiology Department from 1985 to 2005 and has been an integral member of the Canterbury DHB Infection Prevention and Control Service, serving as its Clinical Director since 1985.

Mona has an extensive publication list (35) and has presented many posters and presentations at international conferences. In 2010 she added a Master's in Public Health degree to her Fellow of The Royal College of Pathologists of Australasia qualification.

Her career achievements include:

- › Development of the Infection Prevention and Control Service from just a single Infection Control Nurse Specialist between 1978 and 1989, to nine, with all main hospital campuses now covered.
- › Chairing the Infection Prevention and Control Committee from 1985–2006.
- › Introducing important safety initiatives for health care workers, including Blood/Body Fluid Exposure cover and Hepatitis B vaccinations.
- › Introducing the influenza vaccination for Canterbury Health Laboratories staff in 1992, with co-authorship of a subsequent business case leading to its extension to all staff in 1995, supported by Virologist Lance Jennings.
- › Co-designing the Occupational Health Service supported by Executive Director of Nursing Mary Gordon and General Manager of Christchurch Hospital Pauline Clark.



Medical Specialist Mona Schousboe with her dog Thor

- › The development of many specific aspects of the diagnostic microbiology service, including Legionella culture for environmental monitoring, molecular testing, and the addition of an anaerobic cabinet, supported by Medical Laboratory Scientist Esther Lau.
- › Training multiple Microbiology registrars and, as a senior lecturer, helping teach multiple generations of medical students.

Mona says she sees herself as part of the journey and development of services.

"If a problem or service issue comes my way I will try to solve it and/or develop it. I believe in rigorous documentation and I enjoy challenges."

In retirement Mona is looking forward to spending more time with her family and pursuing some of her other interests.

Thank you Mona for your dedicated service to the people of Canterbury over many years. We wish you all the very best for the future.

Premature Anne arrives in NICU

Christchurch Hospital's Neonatal Care Intensive Unit (NICU) has welcomed the arrival of their new 25-week preterm simulation manikin, Premature Anne.

After a huge fundraising effort from Brodie and Fitzy of The Hits and Newstalk ZB's Chris Lynch, coordinated by Māia Health Foundation, Premature Anne was purchased for NICU for \$23,000.

Neonatal Nurse Educator Edna Byron says the NICU team have never had a realistic premature manikin to practice caring for the most vulnerable and sick babies, so having Premature Anne is going to make a real difference for their specialist training.

"We're so grateful to Māia, The Hits and Newstalk ZB for their efforts which mean we now have our very own simulation manikin. It was very special to have them all on hand to celebrate Premature Anne's arrival and thank them for their fundraising work," says Edna.

Laerdal's Premature Anne is a realistically proportioned 25-week preterm manikin designed for healthcare professionals to train in the care and resuscitation of preterm infants.

The first 10 minutes is critical for a preterm newborn. Neonates are at the greatest risk and require specialised care. When complications arise, a highly skilled team of healthcare professionals must be prepared to deliver quality care.

Consultant Neonatologist Maggie Meeks says Premature Anne will enable NICU staff with different professional roles to develop their preterm handling skills.

"Our staff can now hone their skills in areas ranging from optimally positioning or changing the position of a baby within the incubator, right through to simulating the care of an extremely ill preterm baby that requires a skilled resuscitation," Maggie says.

Coinciding with the arrival of Premature Anne has been the use of a new surgical manikin, 'Premmy Patrick' which Canterbury DHB's own Paediatric Surgeon Jon Wells has helped develop. Previously, a limitation of simulation training with resources such as Premature Anne was that they were not advanced enough to engage surgeons.

Jon explains that Premmy Patrick has been used to trial simulations of neonatal surgical scenarios, which has led to the integration of NICU and surgical simulations, with separate simulation training for the respective clinical backgrounds no longer needed.

"Thanks to both Premature Anne and Premmy Patrick, we now have the resources that allow a continuous, uninterrupted simulation training that can involve our NICU staff, anaesthetists, theatre nurses, surgeons and technicians together at one time in one location."



Fitzy from The Hits cradles Premature Anne on the day of her arrival to NICU



The surgical team making use of Premmy Patrick in one their simulation trainings

One minute with...

Amanda Landers, Community Palliative Care Physician

What does your job involve?

I visit people with a life-limiting illness at home all over a large area of Canterbury and the West Coast. I sit in lounges or bedrooms and listen to the patient and their loved ones. I answer their questions, and educate patients and families/whānau about what is happening with the patient currently and what may happen in the future. I help GPs manage pain and other symptoms that people experience at the end of life. I also help plan ahead so people can be cared for at home.

Why did you choose to work in this field?

Of all the areas of medicine I have experienced, I found palliative care the most hopeful and honest. I love to hear people's stories and really understand what is meaningful for them. I like the challenge of problem solving with the multidisciplinary team to help achieve peace and acceptance at the end of life for our patients. I believe we are the 'life team' helping people to live every moment to the best of their ability at a time that is so difficult but so transformative for patients and families.

What do you like about it?

I love being out in the community and especially driving to rural areas. I get to experience all the seasons of the year but also have to contend with the ever-changing road works.

I meet the most amazing people, good Samaritans in all forms, and I am part of a team that is always willing to go the extra mile for patients and their whānau.

What are the challenging bits?

Patients often live such difficult lives that you do not see in a hospital setting. There are financial stresses, family dynamics, transport issues, medication changes and legal challenges, all faced with the overwhelming fatigue of illness. Health professionals cannot 'fix' people and their situations so you end up wishing you could help more than is possible.

Who inspires you?

My boss, Canterbury Integrated Palliative Care Services Clinical Director Kate Grundy, who has tirelessly built specialist Palliative Care services over the past 20 years in Canterbury at a time when there was little recognition of what we did in the health system. She continues to energise, support and mentor us all.

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

I am a sports fanatic!

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

Walking for hours on the Port Hills and then sitting on the couch with my lovely husband watching sport.



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?

Being part of someone's life as it draws to a close is a great privilege. Families let you into their homes, their sanctuaries and give you their trust. We all strive to maintain the highest of standards in caring for people. We also reflect on our own responses to difficult cases and understand the need for a healthy team.

What do you do on a typical Sunday?

Try and sleep in a little, go to church with my family and, if the weather is reasonable, go for a walk with the children.

What's your favourite food?

Smoked salmon.

And your favourite music?

At the moment it is the King and Country, but I like music from this century and detest most songs from the 80s.

Canterbury Grand Round

Friday 30 August – 12.15 to 1.15pm, with lunch from 11.50am.
All staff and students welcome.

Venue: Rolleston Lecture Theatre.

Speaker 1: John Alchin, Pain Management Centre
"Acute and Chronic Pain – same but different"

Speaker 2: Josie McCabe, RMO Resource Unit
"Oxygen: coming to a Medchart near you"

Oxygen is a drug with a therapeutic range yet we stubbornly neglect to prescribe it. Do you accept the challenge of adding a few clicks to your day to help improve patient outcomes?

Chair: Ashley Padayachee

It is requested out of politeness to the speakers that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the staff [intranet](#) in approximately two weeks.

Video conference set up in:

- › Burwood Meeting Room 2.6
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge

The next Grand Round is on 23 August in the Rolleston Lecture Theatre.

Convener: Dr R L Spearing ruth.spearing@cdhb.health.nz

Something For You

Something For You is Canterbury DHB's employee benefits programme.

The deals offered are from the Canterbury business community to say thank you for all that you do. You can access all your deals right [here](#). Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.

Anderson Lloyd

70 Gloucester Street, Christchurch Central

Receive 10 percent off the standard cost of some legal services. See more information under the Finance and Legal section on Something For You.

Headmistress Hair Salon

81 Durham Street, Sydenham

Treat yourself to 20 percent off all services plus get a free Olaplex treatment on your third colour service.



Hoyts Cinemas

Riccarton, Northlands, Christchurch Central

Reduced ticket prices for general admission tickets. See more information under the Lifestyle and Entertainment section of Something For You.

Check out [Something For You on the intranet](#) for more information on these deals and more.

New Policy and Procedure Library launching soon

The Policy and Procedure Library is being upgraded.

This is part of the wider PRISM project and is planned for **6.30pm Monday 2 September**.

The way the documents are reviewed and approved will change. Document owners will be able to create and review documents directly in the Policy and Procedure Library, making it easier for the people to contribute during the draft and review phases.

Training videos and reference material listed in the Help section on the Intranet home page will help you navigate these new processes.

Links to documents

The location of the links to your documents will remain the same. However, the link will open the search engine and return a search result for you to click on. This will be temporary until the link to the new library is replaced.

If you experience difficulties accessing or opening a document from 2 September:

Use the search engine, using a keyword to locate your document. If this is unsuccessful, then:

- › Contact the Service Desk, either by email on servicedesk@cdhb.health.nz or call extension 80999 to report your difficulty. Be sure to put "Policies and Procedures Library" in the subject line
- › Follow their instructions to remedy the issue
- › Contact the Service Desk on the same report number if the issue is still being experienced.

Freeze on current electronic document management system (eDMS)

There will be a freeze on uploading and editing documents in the current system from **28 August** while a refresh migration occurs prior to Go Live.

If a document is uploaded or edited after 28 August, it will not be migrated over to the new Policy and Procedure Library. The document will need to be added after Go Live on the 2 September.



New max. services and enhancements

You can now apply for leave without pay and edit and delete notes on your leave calendar, thanks to new enhancements on max.

New updates on max. went live late last week, including:

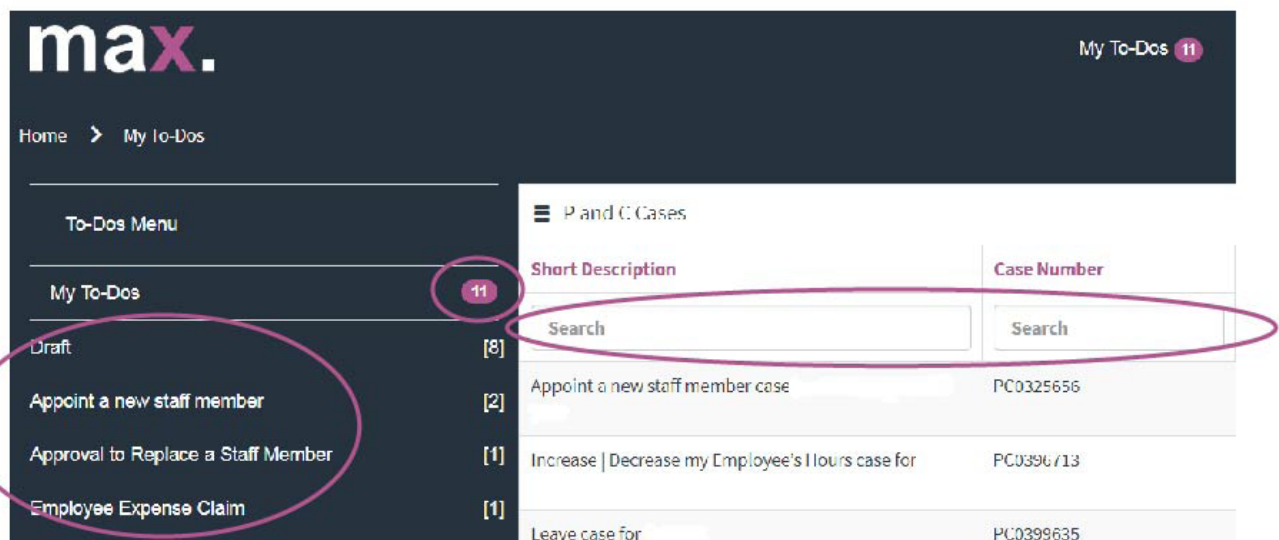
A Leave Without Pay Service – Apply for leave without pay on this new digital service, which breaks approval down depending on the length of your leave.

Changes to the way your To-Dos are organised – Your To-Dos are now organised in folders making it much easier to manage lots of approvals. When you click into My To-

dos, you'll be taken to the new view. When you click into each folder you'll be able to search every column. You can click on a case to open it, and complete any action required.

Edit and delete notes you've made on your leave calendar – Managers can edit or delete notes which have been manually entered into the Leave Calendar.

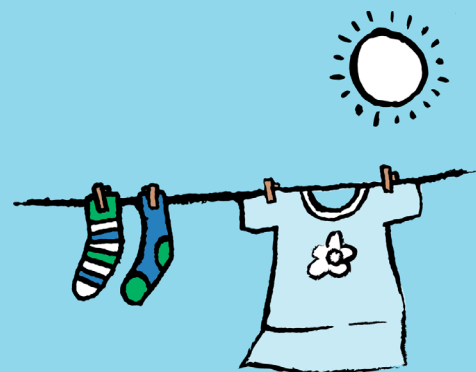
The People and Capability team hopes you find these enhancements helpful – but remember, if you ever need more information, or some help, just ask the [max.perts!](#)



Your max. To-Dos are now automatically organised into searchable folders

all
right?

IT'S
ALL RIGHT
TO KEEP
TICKING
ALONG.



Latest Sexual Health newsletter out now

This newsletter from Community and Public Health provides up-to-date information to health co-ordinators in schools and others working in the area of sexual and youth health in the Canterbury/West Coast region.

The August issue includes:

- › Congenital syphilis (mother to baby)
- › New research on youth and porn
- › Sexual Health seminars for 2019
- › HPV vaccination
- › NZ Sexual Health Society Conference 2019.

Read it online [here](#).



South Island STROKE STUDY DAY

*Enhancing your
day-to-day practice*

**Tuesday 22 October 2019
9am to 3.15pm**

Rolleston Lecture Theatre
Christchurch Hospital

[Click here for directions and parking information](#)

Topics:

- Dysphagia – why is it important?
 - Goal setting – achievable or aspirational?
 - Demystifying investigations needed in the first 24 hours
 - Telestroke – patient benefit; progress in the South Island
 - Activity – ways of increasing intensity/dose
 - Transfer back to community – tips to do this well
 - Sexuality after stroke
- And more

Cost (early bird registrations to be paid by 23 September 2019)

\$50 Early bird individual registration
\$85 full cost from 24 September 2019

For more information and registration:

<https://strokenetwork.org.nz/South-Island-Study-Day-2019>

Claire Gee, Stroke Foundation
Southern Regional Administrator
southern@stroke.org.nz | 03 381 8500

Stroke service providers and stroke teams from across the continuum of care are invited for a study day, focused on how we can improve the quality of care we provide stroke patients.

STROKE
FOUNDATION • NZ

**SOUTH ISLAND
ALLIANCE**
Best for people. Best for system.



Waka Toa Ora

You are invited to a Waka Toa Ora lunchtime seminar:

Community and Public Health – Summer Heat Health

Hamish Sandison - Emergency Preparedness Coordinator

Leanne Bayler – Health Promoter Housing

Climate change is affecting our summer temperatures, increasing the likelihood of heat waves and heat related illnesses and mortalities. This risk from summer heat events is an emerging issue affecting all of us, and will impact directly on our most vulnerable communities in both rural and urban settings.

Summer Heat Health is everyone's business!

This talk will cover:

- Background heat wave guidelines
- Recent and emerging trends
- CDHB broader response
- How local organisations can be involved

Date: Monday 2 September 2019

Time: 12.15 to 1.15 pm

Location: Community & Public Health, 310 Manchester Street

[Register online here](#) – A calendar appointment will be emailed following registration.



26 August 2019



ST GEORGE'S
HOSPITAL
A TRADITION OF EXCELLENCE



Canterbury
District Health Board
Te Pōari Hauora o Waitaha

THE ARTIST DOCTORS PRESENT



30 YEARS ON ANNIVERSARY
DOCTORS
CONCERT & EXHIBITION

SEPTEMBER 21ST 2019

The Aurora Centre, Burnside High School

Exhibition from 6.15pm | Concert from 7.30pm

Adults \$35 | Students and performers \$15

To purchase tickets, visit forms.gle/e4HfojqoBnucfk3Z8



Email: enquiries@artistdoctors.org.nz

Event Organiser: Ros McCarthy – Ph. 364 1104 M. 027 353 2639

ARTISTDOCTORS.ORG.NZ



Otago Medical School

Te Kura Hauora o Ōtākou



Teaching Skills for Clinicians

To register

<https://bit.ly/2DPJ0bZ>

11-14 November 2019

Held at University of Otago, Christchurch

- Preparation course for Membership of the Academy of Medical Educators (London).
- A practical, facilitated course guiding participants through the five domains necessary for AoME membership.
- Open to any health professional or University staff member.



Monday 11 November

- Designing and planning learning

Tuesday 12 November

- Teaching and facilitating learning

Wednesday 13 November

- Assessment of learning
- Educational research and scholarship

Thursday 14 November

- Educational leadership

REGISTRATION

Doctors and dentists:

4 days (5 modules) \$500
1 day \$120

Other health practitioners:

4 days (5 modules) \$300
1 day \$75

Contact:

joy.rudland@otago.ac.nz