



Canterbury DHB's public health team providing advice on coronavirus to passengers flying in from China

Canterbury DHB's Community and Public Health team has staff at Christchurch International Airport from today to provide information on novel coronavirus for passengers arriving on flights direct from mainland China.

Thanks to Medical Officer of Health Ramon Pink and the public health team who put plans in place over the weekend. There is one direct flight into Christchurch expected from mainland China every day. The increasing spread of novel coronavirus means a public health presence at the airport is required.

While the risk of an outbreak of the virus is low, the public can be reassured that the Canterbury Health System is prepared in the event that we have cases of novel coronavirus.

Today we've started distributing novel coronavirus awareness posters in English and Chinese to our own DHB facilities, to general practices and Urgent Care clinics to let patients know about the symptoms and to advise them to wear a mask if they have symptoms and have been to Wuhan in the past 14 days or have had close contact with someone confirmed as having novel coronavirus.

Symptoms of novel coronavirus are similar to many other respiratory viruses, such as a high fever, a cough and difficulty breathing.

People should follow the usual precautions to help keep themselves healthy and well and free from respiratory illness.



Thank you for helping us keep our patients and staff safe. Further information is available at www.health.govt.nz/coronavirus

Canterbury District Health Board
Te Poari Hauora o Waitaha

West Coast District Health Board
Te Poari Hauora o Waikato

为了帮助我们的医护人员和工作人员保持健康，我们非常感谢您。更多详细信息请访问 www.health.govt.nz/coronavirus

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These coronavirus awareness posters are available to download from <http://www.primaryhealthresponse.org.nz/>

This includes:

- › avoiding close contact with people who have a respiratory infection
- › washing hands frequently, especially after contact with unwell people or their environment
- › people with symptoms of respiratory infection should practice cough etiquette (maintain distance, cover coughs and sneezes using disposable tissues or clothing, and wash hands regularly).

The latest information on novel coronavirus is being updated regularly at www.health.govt.nz/coronavirus.

Visitors to New Zealand can call Healthline on 0800 611 116. Interpreters are available. Calls are free of charge and answered by a nurse 24/7.

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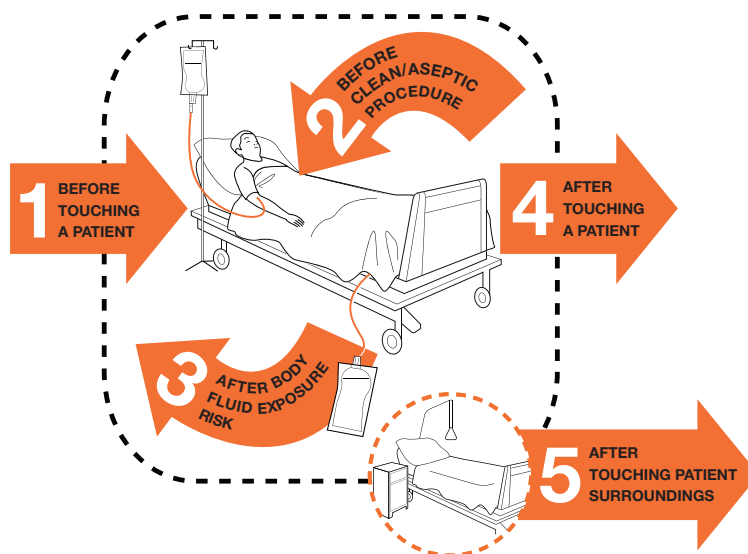
Hand hygiene is everyone's business

The emergence of a novel coronavirus is a very good time to ensure your Hand Hygiene compliance with the '5 Moments.' It's a proven fact that clean hands save lives. Doing the basics well by ensuring you have clean hands at key points in the patient care journey can make such a difference to outcomes for patients in our care.

Hospital acquired infections, including surgical site infections and device (line) associated infections, occur worldwide, affecting hundreds of millions of patients annually. The rate of transmission in the health care setting has led to increases in avoidable infections, which can lead to death if not treated – which is why it's so important we keep focused on improving our compliance with the '5 Moments.'

Keep your patients, family and yourself safe!

Your 5 Moments for Hand Hygiene



1 BEFORE TOUCHING A PATIENT	WHEN?	Clean your hands before touching a patient when approaching him/her.
	WHY?	To protect the patient against harmful germs carried on your hands.
2 BEFORE CLEAN/ASEPTIC PROCEDURE	WHEN?	Clean your hands immediately before performing a clean/aseptic procedure.
	WHY?	To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3 AFTER BODY FLUID EXPOSURE RISK	WHEN?	Clean your hands immediately after an exposure risk to body fluids (and after glove removal).
	WHY?	To protect yourself and the health-care environment from harmful patient germs.
4 AFTER TOUCHING A PATIENT	WHEN?	Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side.
	WHY?	To protect yourself and the health-care environment from harmful patient germs.
5 AFTER TOUCHING PATIENT SURROUNDINGS	WHEN?	Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched.
	WHY?	To protect yourself and the health-care environment from harmful patient germs.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use. WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2009

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

Christchurch Hospital

I have undergone three cycles of chemotherapy... before having 15 treatments of radiation therapy... after all the excellent and thorough checks I have had I now have a new 'warrant of fitness.' I mentioned 'thorough checks' because I am aware of the substantial costs incurred to the DHB in providing me with a cure. Throughout the entire process, which has seen me take 32 trips to Christchurch Hospital for pre-treatment tests... I have met a lot of exceptionally good people, and I make that comment by also saying that I did not meet one person who I did not admire for their manner and their attitude. Running such a large organisation is often fraught with criticism by some thoughtless people (and some thoughtless journalists!). In my particular case, the organisation of my treatment programme would have taken some considerable time and thought to ensure everything happened in the correct order – no mean feat! I consider myself fortunate that many of your staff went out of their way to encourage me with their comments, humour and interaction. You, your board and your management staff can be justifiably proud of the standards you have set and maintain.

Ward 28, Christchurch Hospital

They're all caring geniuses in here. They've made me bionic but happy. Susanne is a hero. Can't thank the staff enough for their care and respect.

Emergency Department (ED), Christchurch Hospital

When I arrived, I was seen immediately. The reception staff were great, and I admire the way they dealt with some of the less cooperative patients. Amazing people. I was sent straight to triage and was seen to immediately. The nurse was amazing. He was thorough and kind. The initial young doctor was so professional. I had blood tests and x-rays after the assigned doctor wanted a repeat test. She was so thorough and her people skills wonderful. All the medical staff had a good sense of humour... The staff are a credit to your hospital. Please pass on my thanks and gratitude.

Ward 11 and other wards, Christchurch Hospital

I spent three shifts in Ward 11 from Christmas Day afternoon... as a Corrections Officer watching a patient. I have spent time on many hospital guards over the past 12 months in various wards. I would just like it

noted that your nursing staff on every shift I've worked on in Christchurch Hospital have been exemplary in their service to their patients. I am in awe of what they do, how non-judgemental they are, and how friendly and very caring. What gets me the most is that many of your nursing staff look very young, yet their work ethic and bedside manner is very professional and if that was one of my adult children I would be very proud. I thought I'd just let you know how well your staff are doing as, honestly, their service is impeccable.

Pippa, Ward 10, Christchurch Hospital

I was cared for by Pippa in Ward 10. She was an absolutely amazing outstanding nurse who was very easy to talk to and had amazing patient skills and caring nature.

Eye Department, Christchurch Hospital

Recently I had urgent eye surgery undertaken by the Eye Department at Canterbury DHB. Having served with the DHB for 40 years (laboratories) I am well aware of how the 'hospital system' often comes in for negative reporting of patient treatment and management. I would like to express the opposite. The service I had was exemplary. I had

a prompt appointment made after an ophthalmologist's referral, my preliminary eye testing was done by courteous and confident nursing staff, and the registrars and operating surgeon (Dr Lewis Lam) likewise were courteous and professional. My post-op follow-up visits too were of the same high calibre. At no time did I experience any substandard treatment. Congratulations and thank you for an excellent service.

Orthopaedics, Christchurch Hospital

I'm sure you get a lot of hassle, the stressful nature of your job being what it is. Just a few things I'd be grateful if you could pass on to the following parties:

1: Food. To be honest, I have bad memories of hospital food, but have been pleasantly surprised with the food since I arrived here a week ago. It's really very good considering the huge quantities it must be getting put out in. Kudos.

2) Free wi-fi for patients is great. Since I got my tablet brought in from home I can play games, read social media, watch YouTube, etc. This is massively morale boosting, especially at night if I'm having trouble sleeping. I am an information communications technology worker by training and appreciate these technical efforts to make life easier for patients, as well as the human and medical aspects.

3) Nurse Aides. These guys are just great. They're particularly understanding after the drugs kick in and I start getting confused about where I am and what is going on. To give you an idea how impressed I am by these guys, I've asked them what qualifications they need to do their job and am seriously going to look into it. These people are heroes.

Surgical Assessment and Review Area (SARA), Christchurch Hospital

I would like to thank the wonderful staff of the SARA, especially the nurses who tried to relieve me from

the pain I was experiencing. I am very grateful for your support in this, for me, horrible night... Once again, a very grateful thank you!

Megan, Child Acute Assessment Unit (CAAU), Christchurch Hospital

We were admitted last night with our two-year-old son who had a fracture in his right arm... He was overtired by the time we were admitted to CAA and I was emotionally exhausted. Nurse Megan went above and beyond, helping my son and supporting me as his mum. I am emailing to acknowledge how wonderful she is at her job. It takes a special person to work with children when they are unwell and to support/guide parents. Megan was one of the kindest, most sincere nurses I have come across. My son was overtired and distressed, which made his treatment difficult for me as his mum to witness. The warm words of support and guidance were massively appreciated. Thank you Megan. From one mum to another. Thank you.

CAAU, Christchurch Hospital

A sincere thank you to the amazing staff employed at this unit, so professional and empathetic, their skill at putting both myself and my granddaughter at ease was appreciated, the explanation for procedures, delivered in layman's terms, at no stage did we feel talked 'down to'. Dr Becca Hobson was so lovely discussing my granddaughter's abdominal pain and the possible causes, likewise Dr Andrew Dawson when he examined her, explaining the different scenarios. Thank you to the nurses also.

Leighton, Ward 17, Christchurch Hospital

My nurse was Leighton. What a competent, caring professional. He is the best nurse I have had caring for me.

Outpatients, Christchurch Hospital

Thank you for installing hooks in the toilet cubicles. Heaps better.

Ward 11, Christchurch Hospital

The staff in Ward 11 were fabulous, more like a five-star hotel than a hospital. If I had to come back I would look forward to it. The ward facilities are also top-notch. My surgeon, John Rawstron, was fantastic. I can see why everybody likes him.

ED and Ward 26, Christchurch Hospital

I had excellent treatment in ED... I was then transferred to Ward 26 where the team of nurses, hospital aides, phlebotomists, cleaning staff and dietary people did a sterling job. The consultant aided by her assistant, Heather, led the team and ensured that she kept me informed every day and provided me with the opportunity to discuss future plans in treatment options... all the nurses rostered on did a superb job.

CAAU, Christchurch Hospital

My daughter... had the best care and the best follow-up for the few hours she spent there. Absolutely everyone was extremely professional and very, very, caring! Thank you to all the staff there and the nurses. Thank you Dr Andrew Hobson, Becca Dawson and Kate the lovely nurse.

Dr Dennis Chan, Endocrinology/Diabetes, Christchurch Hospital

I had an appointment with Dr Dennis Chan. I would like to say how thorough he was, he explained everything so well, listened and treated me with respect. He is a real asset to Canterbury DHB. Thank you.

ED, Christchurch Hospital

I just want to say thanks to the doctors and nurses from Christchurch Hospital. I came in on Boxing Day. I'm sure anyone would have loved to have been at home with family and loved ones but instead you were there helping and treating others. The treatment was the best bonus gift for me. Thank you very much.

Orthopaedics, Christchurch Hospital

Very friendly and lovely staff. Thank you. I also really loved the Christmas decorations.

Hand Therapy, Christchurch Hospital

Massive thanks to Kerry and TJ in Hand Therapy... Lovely and helpful.

Ward 24, Christchurch Hospital

Compliments to the staff of Ward 24 who really got into the Christmas decoration spirit.

Hospital and area not specified

Thank you so much for your awesome care.

Ward 15, Christchurch Hospital

I was well informed about the need for my surgery at the initial consultation, and the risks involved. At the pre-operation meetings, I was well informed as to what was going to happen. On the day of surgery, I was kept informed about the procedures. After the surgery, the degree of care was excellent, and I was told about what had happened.

Surgical Progressive Care Unit (SPCU), Intensive Care Unit (ICU), Christchurch Hospital

Absolutely amazing care. Claire and Julius in the ICU were outstanding and reassuring. In the SPCU, JJ and all the nurses were so caring, competent and wonderful. Making a very trying time so much better.

ICU, SPCU, Wards 16 and 19, Christchurch Hospital

You guys are awesome.

Ward 17, Christchurch Hospital

A special mention to the nurses in Ward 17, especially Karen, Kerrie and Jess. They were fantastic.

Julie, Ward 19, Christchurch Hospital

Julie was amazing and helped so much – she had empathy and her knowledge was fantastic. Julie is an asset to Christchurch Hospital.

Ward 11, Christchurch Hospital and Burwood Hospital

Has been a good stay, friendly staff, also a good eye operation at Burwood Hospital, stoked.

Nurse Tyrone, Ward 11, Christchurch Hospital

Tyrone was an awesome bloke, plus the rest of the team.

Andrew Powell, Orthopaedic Surgeon, Burwood Hospital

I would like to thank you very much for the surgery you did on my knee in September 2019. I am free of pain and am able to walk and exercise again. For this I am truly grateful. Thank you for your very friendly, personable service.

Dianne Latty, Physiotherapist, South/West Community Services Team, OPH&R

Thank you so much, Dianne, for visiting me yesterday in Diamond Harbour. Your excellent advice has been tested today, walking our dog. BIG strides, looking ahead and shoulders squared. Terrific!

We felt happy in doubling our usual distance, thanks to you. I will attempt to blend in the exercise programme with daily activities and feel a new sense of hope for the future. Once more thank you for rescuing me.

Big Shout Out

To: Acute Medical Assessment Unit (AMAU), Christchurch Hospital

I am a staff member who visited AMAU and I was impressed at the kindness shown to a patient whose birthday it was. A number of nurses and hospital aides gathered around the bed and sang 'Happy Birthday'. It was such a lovely gesture to observe. Thanks to the caring staff.

From: Catherine Ainger

#carestartshere

NEED TO TALK?



free call or text any time

Quality and Safety Matters



Hand hygiene

There is no better way to prevent the spread of harmful infection than by [effective hand hygiene](#). Keep your patients, family and yourself safe!

What our patients think

Did you know that you can view all patient feedback via the Patient Experience [portal](#) in Seeing Our System?

You can filter and see your own area's feedback, including comments. See the [cheat sheet](#) on how you can change portals from inpatients to outpatients and how to filter to your local area.

Remember to update patient contact details, including their email address, at each patient contact point.

Policy procedure library

All policies and associated materials are centralised in the [Policy Library](#). You can access these via the grey Policy Box under My Work Tools on the intranet home page.

These policies are the most recent versions of authorised documents that outline how we do things around here.

STAY COOL & WELL THIS SUMMER

-  Drink plenty of water
-  Stay in cool spaces and out of the sun
-  Wear loose and light cotton clothing

Canterbury
District Health Board
Te Pori Hauora o Waitaha

Hikina to Hagley

MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

Connect and converse

Want to keep up with developments in and around Hagley, check out some candid photos and be the first to know what's going on? The closed Facebook group is a great way to stay connected with your colleagues and team mates

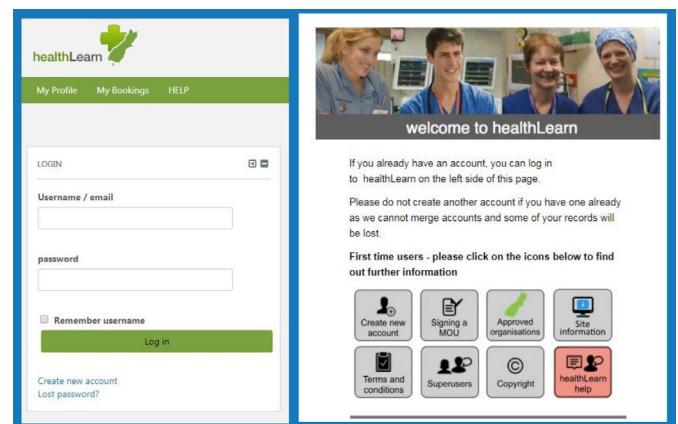
for the migration. You can join the group by searching for Hikina to Hagley on Facebook or follow this [link](#). We're adding daily updates to the page and we welcome questions, discussion and suggestions.

Hagley healthLearn module for SMOs/RMOs now live

The Christchurch Hospital Hagley healthLearn module developed especially for SMOs (and also may be useful for RMOs) is now live. You can access the learning package here: healthlearn.ac.nz

Please note it is a requirement for all staff to have completed the healthLearn module before orientation for the new building begins. Successful completion of the simple quiz at the end of the module will record your participation.

The module should take around 60 minutes to complete.



KAPA TAHAWHENUA

Hagley Champion

This week's champion, Brett Williams, has been an orderly for around three years but was a hospital storeman for many years before that. Brett is part of Kapa Tahawhenua – those staff members that will work both at Christchurch Hospital Hagley and elsewhere on the campus.

Best thing about the job: the variety and meeting lots of different people.

An average day: is busy and varied. From note-taking to moving beds and patients to mortuary work and delivering gas bottles, Brett can be found almost anywhere on the campus.

At lunchtime you'll find me: going for a walk.



Advice to potential orderlies: be open-minded – and fit. Brett walks up to 28,000 steps each day.

Something that might surprise you: Brett loves his sport and played and coached softball for 46 years – he started at the tender age of four. He played for the Canterbury team and coached the premier side, taking them to two wins in the South Island Classic.

Brett also plays golf every Saturday morning and has a seven handicap.

Major works in Nuclear Medicine completed

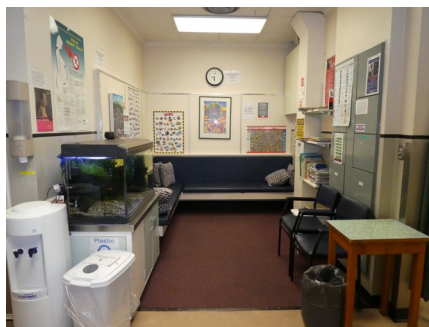
Planning over the past couple of years has finally come to fruition with the completion of major building works and the installation of the new Siemens Intevo Bold SPECT-CT in Nuclear Medicine.

Both Nuclear Medicine and Medical Physics and Bioengineering (MPBE) occupy one side of the second floor of the Clinical Services building, an area that had changed little since 1970 when it was commissioned, says Charge Technologist Lynda Murray.

“Despite dust, mess, noise, cold, two floods, multiple moves, a multitude of contractor meetings, and the 2500 emails dating back to 2012, it was a journey worth taking.”

It all started with replacing the old Siemens eCam gamma camera system (commissioned in 2003) with a new state-of-the-art SPECT-CT hybrid imaging system. This involved installing multiple lead walls to create a new scanning and control room.

Lynda says one of the major changes they had to make, beyond the scanning facilities, were the patient waiting areas, improving both the outpatient waiting area and the inpatient bed bay. Changes have meant significant improvements to patient services, privacy and comfort in the area.



Before, the cramped outpatient waiting area

Seismic bracing of the Plant Room and the corners of the building also took place.

“This steel work was some of the noisiest and smelliest of the whole project and MPBE temporarily relocated to the fifth floor of Riverside while it was happening,” she says.

“The work required removing the roof above the second scanner, exposing it to the outside world for many months during autumn/winter – not generally recommended for a gamma camera! There was a sense of nervousness when it was uncovered and restarted on 23 July, but all was well.”

The key to the success of the project has been good communication and teamwork, and significant physicist input.

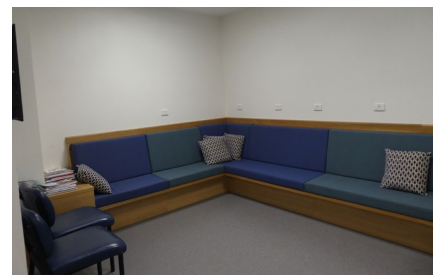
“A big thank you to the contracted builders (Watts & Hughes Construction Ltd), IKON Architects and our Project Manager Sue McGregor from Site Redevelopment. We now have a much-improved environment for both the staff and patients,” Lynda says.



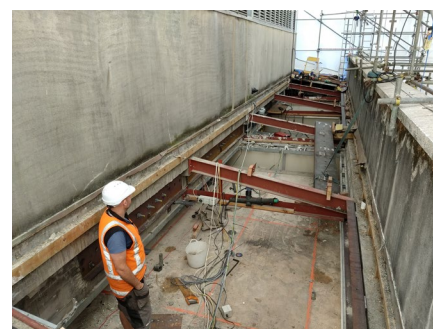
Lead walls being installed



The new SPECT-CT camera



After, a significantly improved outpatient waiting area, which includes a TV to keep patients entertained



The start of the structural steel being installed above the Siemens Symbia Scanner to brace the 3rd floor Plant Room to the side of the building, improving the seismic rating.

New Outpatient Resource Scheduling System coming to Ashburton Hospital

A new system for booking outpatient resources and facilities will soon be introduced at Ashburton Hospital with training timed for February.

The new system, called the Outpatient Resource Scheduling System (OPRS), will allow better use of clinic spaces, equipment, staff and other resources. It will obtain and integrate information from two systems, South Island Patient Information Care System and Microster.

OPRS will organise and display the information to set the location of clinics and resources. This will allow the right people to be in the right place at the right time – one of Canterbury DHB's key goals.

The changes will mean community services clinics could be held in spaces traditionally reserved for outpatients and vice versa. Those who use the system will be able to see where clinics are being held by checking the system.

It will not affect provision of services, either through the hospital or private providers. It also means that if a clinician is travelling from Christchurch to work in Ashburton, it is possible for them to know before they arrive where they will see their patient and the equipment or resources available to them in that space.

The benefits of the new system include greater transparency and visibility of resource allocation,

maximising use of spaces and resources, and minimising errors. Utilisation levels will be clearer, so management can get a better understanding of how busy clinics are and ensure resources are being used to maximum effect.

The project team comprises Receptionist Heather Lamb, Surgical Secretary Renee McLeod, Clerical Officer Grace Bolton, Administration Services Manager Philippa Waters, Charge Nurse Manager Margaret Blaser, Project Co-ordinator Maite Pineda and Manager Ashburton Health Services Bernice Marra.

Maite says she is currently developing training for the "back end" environment so people who will use the system can have hands-on experience of how the software works. Criteria for assigning rooms and resources are also being reviewed.

Alongside the introduction of the new resource scheduling system, there will be an increase in available Zoom conference facilities. The OPRS project team is looking at where Zoom can currently be used, and other spaces where connections could be installed.

The existing and new Zoom locations can then be used for telemedicine, consultations and meetings.

UNDER THE WEATHER?

Make your GP team your first call 24/7

Canterbury
District Health Board
To Robert Hauraki 03 376 6111



Thanks for support at a difficult time

Colleagues of the late Kenneth McCaul would like to say a big thank you to Christchurch Hospital staff who helped them through the difficult time of losing their colleague.

Kenneth, aged 64, a phlebotomist, was driving to work when he was killed in October last year in a collision with a car involved in a police pursuit.

On behalf of Kenneth's team and colleagues, we wanted to say a big thank you for your support, gifts, time and contribution towards the prints we bought to remember

Kenneth by for years to come, says Canterbury Health Laboratories Blood Test Centre (BTC) Supervisor Rose te Kaat.

"A special thanks for your help and support in making this all possible. The framed prints that Kenneth loved were purchased in remembrance of him. They are now in place on the wall of the main BTC waiting area at Canterbury Health Laboratories.

"We invite you to come and view them at your leisure."



Prints bought to remember Kenneth McCaul

Protect your patients from superbugs

New risk assessment flowcharts and guidelines for multidrug-resistant organisms (MDRO) are to be used from 1 February.



Questions about the new MDRO guidelines? Phone the IPC team on ext 86966 or email IPCNursing@cdhb.health.nz

Overwhelming response to 'Reverse Advent Calendar' appeal at Burwood Hospital

Burwood staff did an amazing job of donating goods to the Christmas 2019 Reverse Advent Appeal, says Burwood Hospital Ecumenical Chaplain and South Island Regional Manager of the Interchurch Council for Hospital Chaplaincy Sandra Wright-Taylor.

The appeal ran from 1–24 December. 'Reverse' means that instead of getting something for yourself, such as a chocolate from an advent calendar, you gave a gift. Chaplains distributed buckets around the wards to collect items. The goods went to Anglican City Mission clients.

Sandra says there was an overwhelming response to the 2019 appeal.

"Management of the hospital are very supportive of this appeal and I, and my colleagues, Canterbury DHB Lead Chaplain Stephen Necklen and Chaplain Kirsten Challies, would like to thank the Burwood Hospital staff who gave so generously."

Their generosity exceeded all expectations.

"As soon as some buckets were emptied, staff would ring and ask that they be emptied again."

The Chaplains Office became nicely perfumed with all the soaps that were collected.

"We don't think we have ever seen so many toothbrushes, tubes of toothpaste, shampoos, deodorants or women's products. And then there were the socks, underwear, and children's pyjamas, not to mention sheets and food items that kept coming."

It was a privilege to make three deliveries to the City Mission to drop off the goods, Sandra says.

"The City Mission staff were very appreciative and asked us to pass on their sincere thanks for the generosity and care."

The hospital's chaplains are now being stopped in the corridors and asked, "What are we doing next?"

"It's a great conversation to have and we look forward to where it might take us," Sandra says.



Some of the items donated by staff



Burwood Hospital Ecumenical Chaplains Stephen Necklen and Sandra Wright-Taylor drop off a large donation of goods at the City Mission

One minute with...

Claudio De Tommasi, Neurosurgery Consultant, Christchurch Hospital



What does your job involve?

I am a neurosurgeon and deal with the diagnosis and surgical management of disorders of the brain, spine and peripheral nerves.

Why did you choose to work in this field?

I have always been fascinated by neurosciences. The idea of surgically intervening on the brain and spinal cord is fascinating and challenging at the same time but, most importantly, can be very rewarding.

What do you like about it?

I like the challenges that neurosurgery offers, the opportunity to affect patients' lives in a meaningful way, and the constant interaction with people.

What are the challenging bits?

There are many, but the most challenging bit is to accept my own limitations when faced with incurable diseases and adverse outcomes.

Who inspires you?

My father is a neurosurgeon and my mother is a cardiologist and they have always been my main source of inspiration. I am lucky to work in a very stimulating environment where I find constant inspiration by working with exceptional colleagues.

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?

The Canterbury DHB values reflect values that are well embedded in New Zealand society. Respecting these values is to strive to do my best for the society I live in. It is knowing that whatever the outcome, I have done everything in my power to positively contribute to my patients' wellbeing. Taking responsibility may be challenging but is key to a good leadership and a healthy society.

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

That I am blessed with wonderful family and friends.

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

Where I currently am: New Zealand.

What do you do on a typical Sunday?

I like practising sport: tramping, swimming, cycling or skiing... there is no shortage of opportunities in Christchurch.

What's your favourite food?

Eggplant parmigiana and Italian food in general... sorry New Zealand!

And your favourite music?

I like all kinds of music but generally have a sweet spot for the 80s.

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.

For more information about these deals and the discount codes, visit the [Something For You homepage](#) where you'll also find all the deals on offer at the moment.

Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.



PLUNKET FUN RUN 2020

The Plunket Fun Run 2020 is happening through the Groyne Reserve, Sunday 29 March at 9.45am. The event is for all ages and stages and covers either 3km, 6km, or 10km. Sign up now to receive 5 percent off the entry fee.



THE WELLBEING CHALLENGE

The Wellbeing Challenge is a four-week challenge starting on 27 January 2020. Each week you will have a choice of activities to complete in the focus areas Give, Connect, Mindfulness, Get Moving, Eat Well and Grow Your Mind. Sign up now and receive 40 percent off!



RAW SUGAR - 73

Manchester Street,
Christchurch Central

Treat yourself to some vegan or vegetarian food at Raw Sugar and get 10 percent off.



F45 HORNBY - 1 Amyes Road, Hornby

A brand-new Hornby studio has opened. Join up and receive a discounted membership rate of \$55 a week (RRP \$66 a week).



27 January 2020



Annee, recipient



NEXT BLOOD DRIVE



Chch Hospital – Annex Room
by the Great Escape Café



Wednesday 5 February
10:00am – 3:00pm

Please book your appointment to be a Lifesaver.

Remember to **eat & drink plenty before donating** & bring your donor card or photo ID.
Eligibility criteria applies – please read the **Blood Donor ELIGIBILITY Checklist** or do the Am I eligible? quiz on our website. Also, check the online Travel information.

0800 448 325
www.nzblood.co.nz

To donate, contact us today to book your appointment.

Download our app now





Noho ora pai ana I te korokeke
Living well with Dementia

Community Education Seminar

4 February, 2020

Dementia and Communication

When talking with a person who has dementia it can be difficult to understand them, and to make yourself understood.

Katrina McGarr, a Speech Language Therapist working at the University of Canterbury, (and previously with Older Persons Mental Health Services) will explain how dementia can affect communication and discuss some practical strategies for making communication easier. There will be time for questions.

Please ensure you register as space is limited!
Ph 379 2590 or 0800 444 776

Date: Tuesday 4th February

Time: 10.30 – 12.00

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)

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

Learn 2 Ride a Bike!

For former refugee and migrant women

A free event for women, run by women!

Be in the draw for two new bikes sponsored by Beca

**Every Tuesday throughout February
(4, 11, 18 and 25 February)**

**Please come any time between 10am-12pm
South Hagley Netball Courts, Hagley Ave**

Bikes and helmets provided

No special clothes are required to take part

**Enquiries: email meg.christie@cdhb.health.nz
or phone 378 6817 or 027 848 6927**

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