



## Take time to Kōrero – a little chat can go a long way

### This week is Mental Health Awareness Week.

This is the week that happens every year, where we should all pause, reflect and invest time in our own well-being. It's something we all need to give attention and focus to – every day of the year, but this week serves as a useful reminder for us to turn our minds to our own well-being. We can't care for others unless we first look after ourselves.

This year the theme is 'Take time to Kōrero – a little chat can go a long way.'

The Mental Health Foundation chose this theme as it's the little everyday conversations that make a big difference to our well-being. They can brighten our day, and help us create meaningful connections with colleagues, friends and whānau.

Take time to kōrero this week – stop to have a chat when you get a coffee or make time for a 'mate date' to catch up with a friend.

I encourage you to try a kōrero with someone you don't know; it might make the day a little better for both of you! It's amazing what that will do for your well-being.



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## Vaccination roll out

We cracked the 500,000 doses mark last week and now there is plenty of capacity in clinics throughout Canterbury, so if you've been waiting for the rush to die down...it's happened – now's your time to step up and get your vaccinations.

We need most of our community to be vaccinated with no one left behind if we're going to be able to enjoy the freedoms we're used to.

Remember, the stronger our immunity, the stronger our community. This means the more people who are vaccinated, the more freedoms we'll all get to enjoy.

- › Vaccination pop-up clinics are happening this week at Hinds, Rolleston and Lincoln
- › The Princess Margaret Hospital continues to accept drop-ins until 3 October
- › Plans are underway to bring back drive-through vaccinations and we're planning vaccination events at tertiary institutions.

### Canterbury's vaccination rollout, by the numbers:

A total of 532,491 vaccinations have been given:

<b>Dose 1 - 354,215</b> <b>70%</b> of the eligible population (aged 12 and over)		<b>Dose 2 - 178,276</b> <b>35%</b> of the eligible population (aged 12 and over)
We now have <b>107</b> clinics throughout Canterbury	Most vaccines given in one day: More than <b>10,800</b> on Thursday 2 September	Vaccines given in the past week: <b>46,829</b>
More than <b>80% of Cantabrians aged 12</b> or over are either fully vaccinated, have had their first dose or are booked to have their vaccinations		

Please encourage friends, whānau and if you haven't got yourself vaccinated, take advantage of all the capacity that's currently available at our clinics. Get yourself protected folks and let's make sure our community is safe for the future.

Congratulations to everyone involved in our vaccination programme. I love your amazing mahi!

## Christchurch Campus Allied Health Team leading the way

I had the pleasure of engaging with the Christchurch Campus Allied Health Team leads last week, and I enjoyed that our meeting started with a wonderful waiata. It has inspired me to ask all teams across the DHB to pick their favourite waiata, so we can share our favourite few. What's yours? Drop me a line and let me know at [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz).

Back to Allied Health, it was wonderful to meet the team and hear about the various equity initiatives that they are involved with and working on to try to improve health outcomes, particularly for Māori and Pasifika in our community. It also highlighted, again, what a diverse workforce they are and how crucial the Allied Health Team are to delivering and supporting to patients in and out of our hospitals and health centres.

**This week  
with Peter**

**27 Mahuru 2021**

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

## Balancing the budgets

As strange as it may sound, I've actually really enjoyed the meetings with various teams to talk about money and budgets. I've learned so much about the pressures and constraints impacting various services, and it's a constant prioritisation and balancing act to ensure we make wise decisions about how we use the resources available to us.

I want to thank those involved for their phenomenal work to date to ensure we're making progress and continuing to move towards becoming a financially sustainable health system. This has involved lots of work by our finance partners and it's been great to see those savings initiatives continue to come through. We're still looking for areas where we can deliver savings and smarter ways we can keep investing in our health system.

## 1000th kidney transplant recently carried out at Christchurch Hospital

A shout out this week to the South Island Transplant team who have recently carried out their 1000th kidney transplant. The team achieve excellent outcomes, and consistently complete the highest number of transplants per dialysis patient. What a fantastic team effort! You can read about the 1000th recipient, Tulu Andrews on [page 8](#) in this week's update.

A kidney transplant is life-changing surgery and can provide people with kidney failure the best quality and quantity of life. The first kidney transplant carried out at Christchurch Hospital was in 1972. The service has grown over the past 29 years and now carries out 30-40 transplants a year.

## Additional Managed Isolation and Quarantine Hotel for Christchurch

Last week the COVID-19 Response Minister Hon Chris Hipkins, announced another [MIQ facility would be opening soon](#) in Christchurch. The Quality Hotel Elms will be our 7th MIQ facility.

Since our first MIQ facilities opened in June 2020 we've now looked after around 21,929 individuals, including nearly 400 professional sportspeople as well as mariners and participants in the US Antarctic programme.

Thanks to everyone who is working to get this newest facility ready to take returnees in the next month or so.

## Canterbury Healthcare Challenge

The Canterbury Healthcare Challenge is an inter-professional learning opportunity that promotes teamwork and collaboration among current and future healthcare professionals.

Teams of six participants work through an identical, complex patient scenario to provide a short and long-term patient-centred management plan. The finale of the Challenge is the presentations to a live audience and judging panel on Wednesday 17 November at Manawa.

### ***The team are looking for participants – have you got what it takes?***

All healthcare professionals and students are encouraged to register their interest. It doesn't matter if they have 15 years' experience in their field or they're a second-year student.



We're after doctors, nurses, physiotherapists, occupational therapists, dietitians, speech language therapists, pharmacists, social workers, radiographers, and more. Individuals will be put into teams by the organisers.

If you're interested, check [Prism](#) for more information and to register.

# Accelerating our Future – delegations

As part of our efforts to better support our financial sustainability, we're tightening up some of our financial processes.

We're currently making changes to the financial delegations of some roles across the organisation to ensure consistency with our [delegations policy](#). We want managers who are responsible for the budget, activity or item being requested, to sign off on all financial requests.

These changes will see finance and senior management accountants no longer being the final approvers and the signing off of orders more aligned with the appropriate manager who is accountable for the corresponding budget.

Some delegation limits will also be increasing and some decreasing to better align with departmental budgets.



**ACCELERATING OUR FUTURE**

Hapaitia te ara tika pūmau ai te rangatiratanga mo ngā uri whakatipu

Finance Managers are working through the changes in partnership with the Executive Management Team and General Managers.

The aim of this work is to provide greater visibility and scrutiny of our spending and purchasing. Improving processes, policies, systems and controls to ensure we get the best value for each health dollar is just one of the ways we can set ourselves up to operate sustainably for the long-term.

I'd like to thank you all for your continued efforts as we work towards this goal.

## Congratulations to Fiona Pimm, appointed to the new Interim Māori Health Authority

Canterbury DHB Board member Fiona Pimm has been announced as a member of the interim Māori Health Authority. Congratulations Fiona, we know you're going to play an important role setting the direction for this new agency.

The Interim Board has been appointed to help drive the development of the permanent entity and its role within a newly transformed system. Appointments to Health NZ were also announced last week.

You can read all the details on the transition team's new Future of Health website [www.futureofhealth.govt.nz](http://www.futureofhealth.govt.nz).

Thanks everyone and I look forward to connecting soon.

Kia pai tō koutou rā

**Peter Bramley, CEO**  
Canterbury District Health Board



Please email us at [AskPeter@cdhb.health.nz](mailto: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](mailto: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

### Medical Day Unit, Christchurch Hospital

People here were not only polite and helpful, they succeeded in making me feel valued, not simply unwell or needy.

### Ward B1, Burwood Hospital

We greatly appreciate the team of staff in Ward B1, for the care of our husband and father. They are hardworking, efficient and caring. Charge Nurse Debbie has always been approachable and open. All the staff including cleaners, physiotherapists and therapists work well together, we felt confident with the care they provided. The doctors are professional, caring and have excellent communication with patients and families. A special mention of Speech Therapist Morgan, for outstanding work, she was dedicated and efficient. We also appreciated having the hairdresser at the hospital. Our sincere thanks to all.

### Brodie, Emergency Department (ED), Christchurch Hospital

My mother was taken to the ED, her nurse Brodie was exceptional – kind, patient, efficient and caring. She is also a great communicator and made my mother feel calm and comfortable.

### Christchurch Hospital

I am writing this as a thank you to all the staff at Christchurch Hospital for the amazing care they provided me when I came to visit. I was a first-time patient, long-time visitor, and from the moment I arrived till the time I left, and across the departments that I needed to go to, both when I stayed, and now with the after-care, every single nurse,

doctor, orderly, and security personnel (you get the picture) have been absolutely amazing. The nurses especially, are second to none, they were all just so nice and professional while still being able to have laugh and small chat etc. I found that to be brilliant. So once again, to everyone at the hospital, thank you so much for all your past and future efforts. You are all amazing people.

### Chris Ward, Urology Outpatients

I have never had such a good experience with a doctor as I did with Dr Chris Ward. I could not feel the injection when it was administered. You are so lucky to have a doctor like this.

## Big Shout Out

### To: Equity and Diversity team

I really want to acknowledge and commend the Equity and Diversity team for their incredible work and ideas for Te Wiki o Te Reo Māori. The activities were fun and accessible, and I felt safe to give things like recording my pepeha, for others to see, a go. If this is what the team can do in the short time they had to get it done I predict great things ahead. Ka rawe!

**From: Fiona McCormick, Allied Health Assistant, Ward BG and Physiotherapy Department, Burwood Hospital**

#carestartshere

### Gynaecology, Christchurch Women's Hospital

I just want to say a huge thank you to the hysteroscopy team that did my procedure today. I was so blown away with the whole service. Firstly, the appointment was right on time. Secondly, I felt so looked after by the nurses, they explained everything to me, and made sure I was comfortable. They were so friendly and attentive. My gynaecologist was fantastic. She made me feel like she really listened to my concerns and that she cared about me as a person. I was feeling quite anxious about the procedure, but she made me feel so reassured. She explained everything and answered all my questions. She and the lovely nurse kept talking to me and checking on me the whole way through. I just so appreciated the warmth and care, even right down to post-procedure, being taken to a private room with a comfortable lazyboy chair, dimmed lights and a milo and cookie afterwards to kind of decompress. It was such a caring touch. Such a small thing, but it went a long way to show care. I am Māori, and in our culture, food is such an important way of showing care, so I applaud this also on a cultural inclusion front. Even the receptionist I dealt with was great. She was so helpful and informative and friendly. So, thank you so much! Your department is a shining example of how to look after patients with gold standard care! It's such an achievement.

### Ward A4, Christchurch Hospital

I spent two weeks in Christchurch Hospital in Ward A4. The attention I got from the nurses and doctors was more than one could expect, and the meals were very good. I wish to thank everyone for the care they all gave me. It was excellent.

### Radiology, Christchurch Hospital

I had a phone call to postpone my Radiology appointment because of the constraints of level 4 lockdown. A week later I had another phone call re transferring my appointment to Christchurch. I really appreciate this under the current circumstances and commend the people involved for their communication and efficiency.

### Dental Department, Outpatients, Christchurch Hospital

A great service, the nurses are amazing. Thank you so much for your amazing service.

### Abbey Corbett, Dental Department, Christchurch Hospital

Very appreciative of the children's hospital dental service with Specialist Paediatric Dentist Abbey. We found her warmth, friendly gentle explanations, and child-friendly communications reduced stress and anxiety for my daughter. This has resulted in her looking forward to dental treatment and having a successful experience.

### Patricia Goulter, Senior Physiotherapist, Christchurch Hospital

What a pleasure to be seen by someone as lovely as Patricia. She was very caring and a pleasure to deal with.

### Ward 27, Christchurch Hospital

To the nurses, hospital aides, doctors and other staff of Ward 27, on behalf of my mum and I, we wanted to write in a big thank you for your care and help during my stay on the ward. All your understanding about my deafness, was, and is, greatly appreciated, and helped to ease my anxiety. I would also like to give thanks to those who tried to cheer me up over the three weeks I was there. All your encouragement about my mobility and health was reassuring. A special shout out to Andrea, Rachel, Gale, Rube, Emily, Sam and Julie, (I am sure I've missed some). Thank you to the hospital aides and Nigel for not only doing your job but being the face I saw each day, especially throughout the Level 4 lockdown. Being under everyone's care on this ward really made me feel at ease about my care and health.

### Burwood Spinal Unit, Allied Health and WellFood, Burwood Hospital

WellFood staff went out of their way to provide suitable food for my dietary needs. Full marks to the nursing staff. They do an excellent job. No complaints whatsoever. The physiotherapists and occupational therapists also do an excellent job and are so helpful. Social Worker Paul Howard, if you have a problem that needs sorting, tell him and it's done. Overall, I find it hard to find fault with anything. The help you get is amazing.

## Big Shout Out

### To: Fa Vaoga, Security Guard, Christchurch Outpatients

The team at Christchurch Outpatients would like to nominate Fa Vaoga (our security guard) for a mention in the CEO update. Fa provides a cheerful welcome to all staff and visitors to the building every day. He has also provided ongoing support to the team based on the ground floor to ensure people find where they are going, have a mask and have scanned in. Every day Fa goes above and beyond what is required, we are so grateful to have him as part of our team and we would love his calm and constant cheerful support to be acknowledged.

From: The team at Christchurch Outpatients

#carestartshere

### **Intensive Care Unit (ICU), Christchurch Hospital and Brain Injury Rehabilitation Service, Burwood Hospital**

I was advised that my daughter had been admitted to the ICU. I would like to congratulate all the staff in that unit, and in the hospital generally, for the wonderful care she received and the support I received, as it was difficult living a long way away. I was able to phone anytime and was regularly updated. My daughter was then transferred to the Brain Injury Service at Burwood Hospital (Ward CG). Because of her illness my daughter had 24-hour one-to-one nursing in this ward and was given wonderful care by all involved. I was kept informed and communicated with regularly. I was able also to book a catch-up by phone with the medical staff which was very valuable. Eventually I was able to visit the ward and meet some of the nurses and the medical staff. They were all very professional and caring and obviously enjoyed caring for their patients. I would also like to particularly mention the ward Social Worker Tracy Norman, who has gone beyond the call of duty and been of tremendous support to me. Nothing was too much trouble. I was constantly kept informed and later as my daughter improved, Tracy set up Zoom meetings for us which was invaluable as I couldn't personally be there. So, a big thankyou to all involved.

### **Medical Assessment Unit and Ward 27, Christchurch Hospital**

Thank you to the dedicated and wonderful staff who cared for [patient name] during her last days. We so appreciate each and every one of you. Thank you for your dedication. To the nurses, thank you for choosing nursing as your vocation.

### **Ward B6, Christchurch Hospital**

I had my first chemotherapy session and have nothing but praise for Cindy and the rest of the team. I have to go back again, but no problem now. It was much easier than I thought. Thanks team.

### **ICU, Christchurch Hospital**

I would like to thank the staff of ICU for the way they communicated with my mother, who was next of kin for a patient who passed away. My mother received phone calls to keep her informed and she said everyone was lovely. The final lovely surprise was a phone call a few weeks later from ICU staff who had a lovely chat and listened to Mum's story. I work in Radiology, today I am a patient and I know how busy everyone is. Thank you for caring so beautifully.

## **Reporting COVID-19 vaccine misinformation or scams**

All staff are reminded to report any instances of COVID-19 vaccination misinformation to CERT, the government organisation working to stop the spread of mis and disinformation about the COVID-19 vaccine.

They are interested in reports of any emails, social media posts, leaflets, etc. There's more information on [their website](#).

It only takes a minute to forward emails, scans or images of vaccination misinformation to [covid@ops.cert.govt.nz](mailto:covid@ops.cert.govt.nz).



## Kidney transplant milestone a “fantastic team effort”

The 1000th kidney transplant was recently carried out at Christchurch Hospital.

The recipient, Tulu Andrews, says she is grateful to the amazing surgeons, sonographers, doctors and Ward 14 nursing staff for the way they have advocated and looked after her.

“They are exceptional and unmatched. I have so much admiration for the people who work in this space. It takes some very special humans to do this job. I’ve experienced amazing service, knowledge and expertise in this place. There just aren’t enough words to express the depth of my gratitude.”

A kidney transplant is a life changing surgery.

“I’ve always enjoyed living without restraint or conditions, and essentially dialysis sentenced me to something that felt like home detention. I don’t take for granted the opportunity to live in this freedom again,” Tulu says.

Chair of the South Island Transplant Group John Irvine says the 1000th transplant is a remarkable achievement and a fantastic service for our patients.

The first kidney transplant at Christchurch Hospital took place in 1972, by Surgeon Bill Utley. Since then the service has grown and carries out 30-40 transplants a year of the 200 done nationally, and this continues to increase.

“Kidney transplantation provides patients with kidney failure, the best quality and quantity of life. The South Island transplant team have excellent outcomes and success when compared with the rest of New Zealand, he says.



From left, Nephrologist Suetonia Palmer, 1000th kidney transplant recipient Tulu Andrews, and Registered Nurse Lia Nicholls-Bonnington. Suetonia is holding a slice of the celebratory cake wrapped and appropriately tied with mask strings in a kidney-shaped dish

“We consistently complete the highest number of transplants per dialysis patient. There are four recipient transplant surgeons, three donor surgeons, six nephrologist and two transplant coordinators as well as a part-time clinical psychologist on the team and a donor advisor.

“Our success is the result of a fantastic team effort, including other Canterbury DHB departments such as Radiology and Cardiology, and the Psychiatric Consultation Service, as well as our colleagues in Dunedin,” John says.



# Little everyday conversations important

Today marks the start of Mental Health Awareness Week in New Zealand.

The theme of this year's event is "Take time to kōrero" Mā te kōrero, ka ora. Iti te kupu, nui te korero: A little chat can go a long way".

The Mental Health Foundation chose this theme because it is the little, everyday conversations we have with others that are actually very important and make a big difference to our mental health. Think about the kōrero you enjoy, the conversations that make you smile and feel good.

Over time, these small chats that brighten your day also help to create meaningful connections, improve our understanding of each other and ensure we have people we can count on when times are tough.

Work, family, health, finances, relationships, lockdown, can all apply pressure to our lives. Good mental health and wellbeing doesn't mean that we don't face challenges or distress. It means we have the tools, support and environment to help us be who we are and to build and sustain the lives we want to live.

To learn more about Mental Health Awareness Week and access resources or support, please refer to <https://mhaw.nz/>.

Keep having those kōrero that make you laugh and bring you joy; they're the best. Try a kōrero with a stranger; it might make the day a little better for both of you.

Mental health support is available.

Free confidential counselling is available for Canterbury DHB employees and their immediate family through the [Employee Assistance Programme](#) (0800 327 669)

More information on other wellbeing and support services is available [here](#).

## FIVE WAYS TO WELLBEING



**TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED**



**Your time,  
your words,  
your presence**



**REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY**



**EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF**



**DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD**

**INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO  
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.**

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mauri tā, mauri ora OF NEW ZEALAND  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

# Working together to vaccinate the Rakaia community

A collaboration between Life Pharmacy Ashburton and Rakaia Medical Centre saw 232 people in Rakaia receive their COVID-19 vaccinations last week.

The vaccination event catered for appointments as well as drop-ins.

"Some people, because of their type of employment or other commitments, don't know for sure where they're going to be at a certain day or time, and I think 20 percent of those that got vaccinated were drop-ins," said Simon Church, co-owner of Life Pharmacy Ashburton.

A team of four delivered the vaccinations over five hours.

Rakaia Medical Centre Business Manager Emma Jaillet-Godin says they are very grateful for the support from the Life Pharmacy team.

"We are still in the process of becoming a vaccination site, and it's just taking a bit of time to get set up. In the meantime, we really wanted to start vaccinating the Rakaia community and Simon kindly offered his team's help."



Members of the Rakaia community attending the vaccination clinic

A real collaborative effort to get the community vaccinated, Emma acknowledges the organisations that supported them.

"We are very grateful to the Life Pharmacy team, we could not have done it without them. Thank you to the Waitaha PHO team who called patients and booked them in, and the Ashburton District Council for the opportunity to use the Rakaia Hall."

## Have you scanned in today?

Everyone, including all DHB staff, should scan in at work every day using the **COVID-19 Tracer App**.

Unite  
against  
**COVID-19**



# New health doctorate caters to working professionals

The University of Canterbury (UC) has created a new doctoral degree specifically designed to suit working professionals with a background in health.

The Doctor of Health Sciences (DHSc) will have the first intake of students in February 2022. The DHSc caters to those employed in the health sector through a part-time study workload.

The qualification is designed around a cohort model during the first two years of study, where a group of students who focus on individual topics, progress through the programme together.

It combines the opportunity to pursue an area of interest through doctoral study with the collegiality of being in a cohort of other students.

Associate Professor Cathy Andrew, the programme's designer, says she hopes the DHSc will provide the opportunity to study a doctoral level qualification to more people.

"We've thought really hard about how we can best support people who are in employment through a doctoral

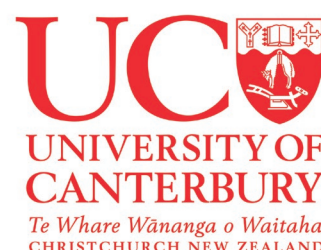
degree. The cohort model allows us to support the students through areas related to their study, such as a literature review or methodology, at a pace that is manageable for them."

Cathy says the DHSc is likely to be popular with professionals in the health industry.

"People who work in health are passionate about making a positive difference. Some of those people will want to pursue a topic for their study that will make meaningful change and positively affect people's lives. This programme is a perfect opportunity to do that."

During the first two years, DHSc students are further supported through attending three workshops per year. These workshops provide students with opportunities to present on their study, receive formative feedback and engage with academic leaders who will discuss key research-related topics.

For more information on the DHSc degree, visit: <https://www.canterbury.ac.nz/health/brochures/postgraduate-brochures/DHSc->



Associate Professor Cathy Andrew,





# Increasing the awareness of Fetal Alcohol Spectrum Disorder

Alcohol is the leading preventable cause of birth defects and developmental disorders in Aotearoa/New Zealand.

Fetal Alcohol Spectrum Disorder (FASD) is a group of physical and neurodevelopmental impairments experienced by people who were exposed to alcohol during pregnancy. The outcomes for those affected and their whānau can be tragic and lifelong.

September is International FASD Awareness Month.

All agencies and services, in the health sector and beyond, have a role to play in preventing alcohol-related harm such as FASD, says Health in all Policies Advisor Chantal Lauzon.

"In support of this, members of the Alcohol Strategy Working Group worked with their Christchurch Alcohol Action Plan (CAAP) partners to produce two posters to help raise awareness that there is no safe time or safe amount of alcohol to drink during pregnancy."

The CAAP is a joint strategy led by Christchurch City Council, Canterbury District Health Board and New Zealand Police, developed in response to community concerns about harmful alcohol use.

Although the COVID-19 outbreak created slight delay in sharing the posters, they have been distributed to the council, primary health organisations, education providers and many other businesses and organisations in Canterbury.

"The poster messaging builds on the Te Hiringa Hauora's Don't Know? Don't Drink? campaign. Many women reduce their alcohol use in pregnancy but [NZ research](#) has reported that 71 percent of women drank alcohol before they knew they were pregnant," Chantal says.

Alcohol can harm a baby's development at any stage of the pregnancy. Like many drugs, alcohol crosses the placenta from the mother to the unborn baby and reaches concentrations in the developing baby as high as those in the mother. It can change the structure and function of a baby's developing organs, especially the brain.

"The child is then at risk of lifelong physical, behavioural and learning disabilities."



Depending on the amount consumed, alcohol can also cause problems such as miscarriage, premature birth, stillbirth and slow growth. It may also harm the developing baby in specific ways and so the extent of the damage depends on when the alcohol is consumed.

If a woman is drinking alcohol during pregnancy, it is never too late to stop. The sooner drinking stops, the better it will be for both her and her baby, she says.

"The awareness campaign complements other work in Canterbury DHB. This includes a professional's group with Oranga Tamaki, FASD-CAN, Māori consultants, Corrections, the University of Canterbury, secondary school learning centres, and psychological assessment centres."

Together they are rolling out several training, awareness events and programmes to increase understanding and prevent FASD in the wider community.

Although national challenges exist with a need for increased funding, diagnosis, and recognition, as well as an updated New Zealand FASD Action Plan, there is a growing local FASD movement, Chantal says.

Both A4 posters are available to download from the Community Health Information Centre (<https://www.cph.co.nz/order-resources/>).

Further information:

- > [Learn more about FASD facts](#)
- > [Download a resource for frontline professionals: FASD Essentials Strategies](#)
- > [Download a pamphlet with information on the risks of drinking alcohol during pregnancy and while breastfeeding.](#)



# Ranui House breaking ground on new apartments

A blessing took place last week to mark the start of construction of extra Ranui House accommodation.

Last Thursday supporters, builders, trustees and staff gathered at the construction site as Maaka Tau from Ngāi Tūāhuriri Taumata blessed the land at the building site, the construction team, trustees and staff.

Ranui House is a charitable trust that was founded over 30 years ago by the Bone Marrow Cancer Trust. It is generously funded by the people of New Zealand. Ranui means 'big warm house' which is what the trust provides for babies, children, young people, adults (and their whānau) who live outside of Christchurch, while they are undergoing medical treatment here.

Currently Ranui House provides 26 purpose-built apartments a two-minute walk from Christchurch Hospital, says Ranui's Business Development Manager Leanne Ryburn.

"But demand continues to exceed availability and Ranui House is having to turn away two to three families a day."

In 2016, the trust took a bold leap and raised funds to purchase a freehold block of land on Selwyn Street. Construction has begun on a new purpose-built home with 42 self-contained apartments (Ranui Apartments) to be completed by 2023.

With warm rooms, fully-equipped kitchens and welcoming family areas, the Ranui House apartments are a home-away-from-home for people who have travelled from all over New Zealand because they, or a family member require medical care.

Patients of all ages and from all hospital departments can stay at Ranui House, says Leanne.

"They travel hundreds of kilometres to Christchurch for various lifesaving medical treatments such as chemotherapy, bone marrow transplants, heart surgery, difficult pregnancies, neonatal care, kidney transplants, dialysis, general surgery and a host of serious illnesses and accidents."

If the patients are well enough, they can stay at Ranui House with their loved ones and return to Outpatients or the hospital for their treatment and overnight stays as required.

The important thing is that patients can have their loved ones with them during what can be a difficult and frightening period. They also get to stay in a comfortable, homely environment, close to the hospital, she says

To learn more about Ranui House visit the Bone Marrow Cancer Trust website [here](https://www.bmct.org.nz).



Ranui House Trustees, from left, Chairman Max Bremner, Jeremy Flood, Emma Davis, Geordie Hooft, Patron June Leeming, Phil de Joux, Cilla Glasson, Sean MacPherson, Lew McIvor and Sir John Hansen

## Ranui Apartments

A home away from home for those with cancer and life-threatening illnesses.

www.bmct.org.nz

Contact 03 377 2515

# An update from Canterbury DHB's Via Innovations team

Via Innovations is a small team whose role is to foster innovation at Canterbury DHB and out into the wider national healthcare sector.

Recently, Clinical Innovation Director Helen Lunt and Innovation Director Anya Hornsey were interviewed by the national Consortium for Medical Device Technologies (CMDT) who were keen to find out more about the innovation activities happening at Canterbury DHB.

Local medical device remanufacturing company Medsalv and Canterbury DHB's own Hartwell Simulation venture – with their novel training system for vital signs monitoring used by nursing, Theatre and first responder teams across Australasia – were both profiled.

Read the article on CMDT's website [here](#).

The CMDT is led by a partnership of AUT, universities of Auckland, Canterbury and Otago, Victoria University of Wellington and Callaghan Innovation. It is New Zealand's national research-industry medtech network providing easy access into the ecosystem and facilitates collaborations in the sector.



The organisation provides leadership in new initiatives to strengthen and connect New Zealand's medtech innovation ecosystem. Its focus areas are building capability and capacity in translation expertise to create sustainable new medtech solutions for health outcomes and economic productivity impact and to support the growth of early stage medtech companies.

Via Innovations and Canterbury DHB's Medical Physics and Bioengineering teams also recently presented at a joint health sector industry event run by Canterbury Tech, Canterbury Health Innovation and Te Papa Hauora Health Precinct.

A video of the event can be seen on YouTube [here](#).



Sparklers

# New Zealand Speech-language Therapy Awareness: 'Week of Connection 2021'

Rangatiratanga is the theme for this year's New Zealand Speech-language Therapy (NZST) Awareness Week.

Rangatiratanga is one of the New Zealand Speech-language Therapists' Association's core values and is associated with sovereignty, leadership, autonomy to make decisions, and self-determination. The word rangatiratanga was used in article 2 in Te Tiriti o Waitangi to ensure Māori maintained control over their whenua/lands, culture, and taonga/treasures.

What does that mean for speech-language therapists? Rangatiratanga captures people's right to participate in decisions about their health, education and well-being. It's about them leading their own journey.

Speech-language therapists are qualified health practitioners who support people with communication and swallowing needs. They are uniquely trained and qualified to:

- › Undertake in-depth assessment of an individual's current, and likely future ability to communicate, including their ability to understand, express themselves, retain and recall information, and reason (weigh-up different options)
- › Contribute to multidisciplinary capacity assessments of people with communication needs

- › Support people with communication needs to demonstrate their decision-making capacity
- › Support people to express their preferences and wishes in relation to any decision made on their behalf, regardless of whether they are deemed to have capacity
- › Advise and train people on the best means by which someone with a communication disability might overcome their disability so they can make and communicate informed decisions about their treatment and care
- › Support people to understand how to communicate with individuals who have been found to lack decision-making capacity
- › In New Zealand, speech-language therapists can be appointed as communication assistants in court, which ensures that communication adjustments are made to enable people to participate fairly in the court process. For more on this role, see the Court Appointed Communication Assistant Guideline.

**Read about one of our own amazing speech-language therapists, Tessa Starr, in 'One minute with...' on the next page.**

## Speech Language Therapy Awareness Week

Monday 27 September  
to Sunday 3 October



New Zealand  
Speech-language  
Therapists' Association  
*Te Kāhui Kaiwhakatikatika  
Reo Kōrero o Aotearoa*





# One minute with... Tessa Starr, Speech Language Therapist, Christchurch Hospital

## What does your job involve?

I work with adult inpatients across the hospital, assessing communication and swallowing. There is a massive variety of people who benefit from speech language therapy input: not just those who have had a stroke, but also people with brain and spinal injuries, respiratory and neurodegenerative conditions, ear/nose/throat issues, maxillofacial problems, and much more.

## Why did you choose to work in this field?

I first studied speech language therapy because I love linguistics. I originally wanted to work with children in schools but from my very first placement with an adult stroke survivor, I was sold on working in healthcare!

## What do you like about it?

I love all the incredible people I get to meet and talk to every day. The feeling of helping someone with a communication disability finally get an important message across is unmatched. Likewise, when someone gets to drink that first tea or coffee after being unable to, I'm always reminded of how important our little daily joys are.

## What are the challenging bits?

Getting past all the speech language therapy myths! Like that we want everyone to have perfect grammar or that people with swallowing disorders can only eat puree and soup.

## Who inspires you and why?

My amazing colleagues across Canterbury DHB who I have learned more from than I could ever put into words. Every day they move mountains to help the people they work with. Hosting our up-and-coming speech language therapy students is also inspiring and reminds me of why I got started.

## 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 word that stands out to me most in this list is respect. In this role, helping people to communicate to the best of their ability allows their wishes to be respected so that they can receive the healthcare they want, live life the way they wish to, and march to the beat of their own drum – not anyone else's.



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

I love learning about true crime and study forensic linguistics outside of work.

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

On a South Island road trip – including a climb at Sebastapol Bluffs.

## What do you do on a typical Sunday?

Sleep in with my cat Ida and catch up on study.

## What's your favourite food?

Anything Mexican. My specialty dish is vegan enchiladas!

## And your favourite music?

I love New Zealand music, especially TEEKS, and inspiring female artists such as Phoebe Bridgers, Mitski and The Japanese House.

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



### Mi-Pad Hotel

- 4 Henry Street, Queenstown

Mi-Pad hotel is offering 20 percent discounted accommodation for Canterbury and West Coast staff. Visit the Something For You page to get the discount code.



### Black Cat Cruises

- Akaroa Main Wharf, Akaroa

50 percent off the Akaroa Harbour Nature Cruise, note you must pre-book this cruise. Visit the Something For You page to get the discount code.



MIDNIGHT  
SHANGHAI

### Ramen Ria, Midnight Shanghai

- 96 Oxford Terrace, Riverside Market, Christchurch Central

Get 10 percent off your food order for both family and groups - show your Canterbury DHB ID to redeem. Discount applies to both dine and takeaways, on food only. Visit the Something for you page for more information.



### Kjole Style

- 8 Chisholm Crescent Hanmer Springs 7334

Get 15 percent off full priced items instore and online - show your Canterbury DHB ID instore to redeem. Visit the Something For You page to get the discount code.

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

# Have you scanned in today?

Everyone, including all DHB staff, should scan in at work every day using the **COVID-19 Tracer App**.

Unite  
against  
COVID-19



# Nice bike!



**Lock it securely.  
It's worth investing in a solid lock,  
especially when you consider  
the inconvenience of having  
your bike stolen.**

**Bike thefts are on the rise in Ōtautahi-Christchurch – here's what you can do to protect your bike:**

- Use a D-lock or 8-10mm chain lock.
- Lock your bike frame (not just a wheel) to an immovable object.
- Choose a busy place to lock your bike.
- Photograph your bike and take note of its serial number (located underneath your bike by the pedals). This will help Police identify your bike if it is recovered.

**Check out Consumer NZ's feature on bike locks:**

**[consumer.org.nz/articles/bike-locks](https://consumer.org.nz/articles/bike-locks)**

**To report something that has already happened,  
call 105 or go online to:**

**[105.police.govt.nz](https://105.police.govt.nz)**

**Call 111 in an emergency.**

**For other cycling tips and tricks visit:**

**[ccc.govt.nz/cycling-tips](https://ccc.govt.nz/cycling-tips)**

POSTGRADUATE



CHRISTCHURCH

# Considering a career in **Public Health?**

Postgraduate study in Public Health information sessions.

Public health is a diverse and vital area, encompassing all aspects of our lives. The issues that influence public health are often changing and knowledge is constantly evolving. If you would like to know more about studying Public Health at our Christchurch campus, please join us for a virtual information session where you will be able to talk directly to one of our staff members.

Wednesday 27 October, 6:30pm

Thursday 28 October, 12:30pm

[Join us online](#)

To register visit:

[otago.ac.nz/populationhealth](https://otago.ac.nz/populationhealth)

