



We've got this Canterbury!

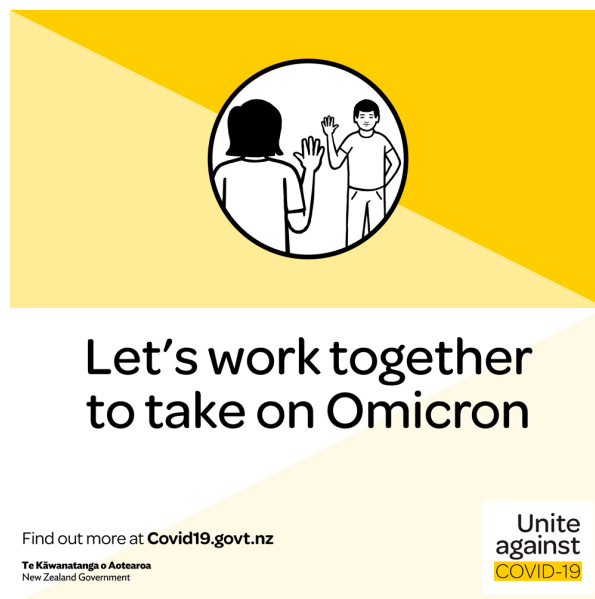
After months of planning and weeks of tweaking our response from Delta to Omicron, health professionals and others working in our health system are putting the finishing touches on plans, stocking the shelves with PPE and readying the rosters in preparation for the expected impact of Omicron on our system.

We plan for the worst and hope for the best.

For those who could, I hope you found time to rest and do things you enjoy this past weekend – the weather has been glorious and being able to get out in the fresh air can do wonders for your wellbeing.

If you haven't already, now's a good time to make a household plan to ensure you're ready and prepared if someone at your place gets COVID-19 and you all need to isolate. A planning check list is [available here](#) and contains ideas and lists of practical things you can do now to avoid a last minute panic. Having and sharing a plan now can give you all peace of mind.

Please check in with your neighbours, those who live alone and with whānau, to see that they are prepared. Send them a text, email or call. Perhaps an older person you know or a friend with a disability need assistance making a plan. Can you help set them up with technology, so they can make video calls to stay in touch with others? Now's the time to get things sorted, to ensure you can all stay connected if someone in your whānau needs to self-isolate.



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While so many things about COVID-19 and Omicron in particular, are tricky to predict, we do have the benefit of seeing what has happened overseas to inform our modelling.

Last week I talked about the numbers we expect to see becoming infected, and if you missed it, the PowerPoint presentation is available here for staff.

Our team of 23,500 people working in health throughout Canterbury will be doing their best for the 589,390 people we have responsibility for providing treatment, care and support to in our community.

Working through a COVID-19 Omicron pandemic is new for all of us, and together we will get through this. I have no doubt that in the thick of it there will be some challenging times. There are also opportunities for many of our people to work in a different part of our health system via the redeployment options currently being put together.

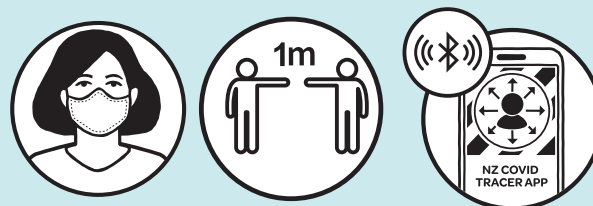
We will continue to provide planned (elective) care for as long as possible. Many outpatient and primary care (GP) appointments will become virtual. Essential treatment and care for people with cancer will continue with enhanced precautions, as will maternity and acute treatment and inpatient care. At its peak we expect to have around 120 people with COVID-19 in our hospitals.

Caring for and supporting people recovering at home is where we expect to be busiest, with thousands of infected households expected to be isolating at any one time.

Today we have four active community cases, with two of these confirmed Omicron infections. The Omicron variant is detected via Whole Genome Sequencing, however if one person has it, and a close household contact subsequently tests positive for COVID-19, there's a high likelihood they too will have Omicron, because it's so infectious. On average every person with Omicron is likely to infect 10 others.

Maintain the basics

Have your booster if you're eligible; wear a mask, keep up physical distancing and scan in using the COVID-19 Tracer app, when you're out and about. If you're indoors with others, open windows and doors to increase ventilation.



We've seen the bell curve, we know what to expect

Our modelling indicates a couple of weeks of rapidly increasing cases to a peak, four weeks across the top, and another couple of weeks where case numbers will decrease. Of course, like all modelling, several factors could change the time frames, and intensity.

I expect numbers of cases in the community to increase this week. When we reach 10 community cases of Omicron, we'll be standing up our seven-day-a-week Emergency Coordination Centre (ECC) and this time we'll be running a joint ECC with West Coast DHB.

In addition, there will be a number of EOCs (Emergency Operation Centres) reporting into the Canterbury Health System ECC.

Working as one health system team will help ensure visibility of pressure points and importantly will mean all available resources can be deployed to where they are most needed as we move through the various phases of the Omicron outbreak.

Boosters significantly increase protection against severe illness

Now that we know Omicron is in our community, there are some key things you can do to protect yourself and those you care about.

Boosters are top of the list.

To reduce the chance of needing hospital level care due to COVID-19, you need to have your booster. Having a booster provides a significant increase in protection, and it also helps stop the spread.

Boosters now included under the Mandatory Vaccination Order for everyone who works in health

All healthcare workers who had their second dose four or more months ago are now eligible for a booster. People who had their second dose six months ago must be boosted before 15 February. If your booster isn't due yet you will have up until 183 days after receiving your second dose to be boosted. If you don't receive your booster within the time frames in the Act, the DHB will not be allowed to have you continue to work for the organisation.

For most people, two doses of Pfizer vaccine will provide approximately 57 percent protection against serious illness (requiring hospitalisation) from the Omicron variant.

Having your booster on board for at least two weeks will increase your protection against serious illness (requiring hospitalisation) to more than 90 percent!

So please get boosted. If you need time off work to get your booster, please talk to your manager.

Old CHOC – Christchurch Hospital

Old CHOC staff vaccination booster clinics will be running on Monday 31 January to Friday 4 February, 09.30 until 4pm. If you require a COVID-19 vaccine booster you can book into the clinic via Book My Vaccine. Walk-ins will be accepted but booked staff will take priority.

Burwood Hospital

Staff vaccine booster clinics at Burwood Hospital, Ward GG, will be held during February on Tuesday 1, Thursday 3, Tuesday 8, Wednesday 9 and Friday 11 February. You can book into these clinics via Book My Vaccine.

Etu Pasifika

Etu Pasifika at 173 Montreal Street have capacity for Canterbury DHB staff to book their booster. Etu Pasifika is open from 9am to 3pm. The site is only 570 metres from Christchurch hospital and there is on-site parking available. Please book your vaccination via Book My Vaccine.

People aged over 60 who have had their booster are around 45 times less likely to be hospitalised than an unvaccinated person of the same age.

More information on where you can get vaccinated is here www.VaccinateCanterburyWestCoast.nz

Please encourage friends and whānau to get their boosters too. This will make such a difference.

A big shout out to our vaccination teams – they have been incredibly busy providing boosters and immunisations to 5 to 11 year olds.

Slowing the spread

We're still in the 'Stamp it out' phase designed to slow the spread in the early days of the outbreak. This is to buy time to ensure health services don't become overwhelmed. While Omicron is a mild illness for most, people with underlying health conditions are at greater risk of experiencing a more severe illness.

Wear a surgical mask at work

Wearing a disposable blue surgical mask will provide a good level of protection and now that we know Omicron is here, it's important that you wear these masks when you're out and about in the community. Fabric masks or cloth face coverings no longer cut it.

N-95 masks are only needed in certain areas and when certain clinical procedures are being performed. Everyone does not need to be wearing an N-95 at work – more information on mask use and tips on fit, can be found on the [COVID-19 portal here](#), and in this [useful video](#) published by Stuff last week.

We are also asking all visitors to wear a disposable blue surgical mask. Masks are available at all entrances to our facilities for those who need one. This is a simple thing we can all do to keep ourselves and others safe.

If you missed last week's staff webinar, it's available on the [COVID-19 portal](#) on the Prism home page.



If you're 18+ and
it's been 4 months
since your 2nd dose
your booster is due

► **Book now**



To Kāwanatanga o Aotearoa
New Zealand Government

Staff questions on leave, redeployment and working from home

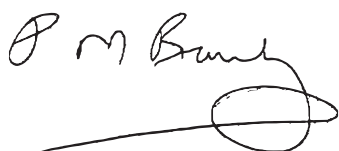
Thanks for all the questions that have come in over the past week. We are expecting a set of national FAQs to be finalised early this week which will address most of the questions that have cropped up in various forums about leave types available for staff and when they apply, CME and other professional development, training, redeployment, postponing pre-booked leave and detailed questions about who can work from home and when.

As soon as we receive these a link will be circulated to all staff.

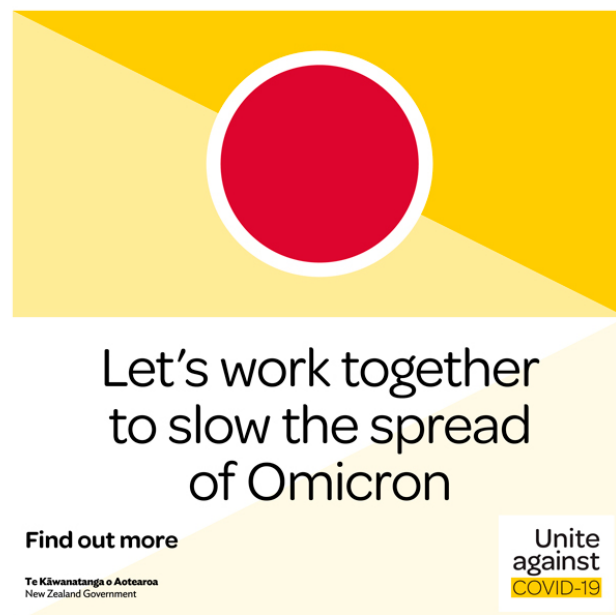
These are being prepared by TAS, the Technical Advisory Service who work on behalf of all DHBs.

Thanks again for your ongoing professionalism and commitment to support the health and wellbeing of the people of Canterbury – there are at least 589,390 reasons why the work you do is so important.

Kia pai tō koutou rā



Peter Bramley, CEO
Canterbury District Health Board



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

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

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

New COVID-19 testing clinic for all Canterbury Health System staff

This clinic is for staff who are symptomatic or have been identified as a close contact, with the aim of getting people who test negative back to work as soon as possible. Please identify yourself as health staff and show ID.

Booking is essential - we cannot accept walk-ins at present.

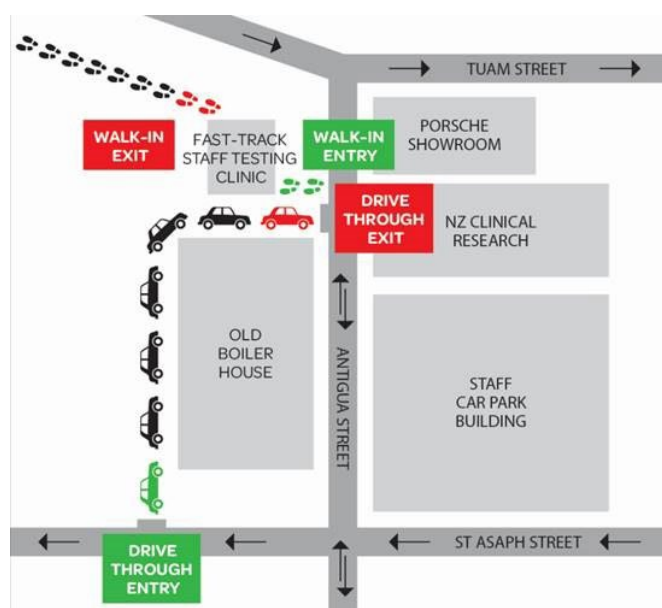
Bookings can be made by emailing staff.testing@cdhb.health.nz with your full name, date of birth, NHI number and a contact phone number. Someone will be in touch as soon as possible to arrange an appointment.

Opening hours are 9am – 3.30pm Monday-Friday.

Access on-foot or by wheelchair is from Antigua Street, opposite the Porsche showroom.

- › Drive-through access is from St Asaph Street only.
- › There is no parking on-site as it is set up as a drive-through.

Please see map below, which has also been posted on the [COVID-19 Portal](#).

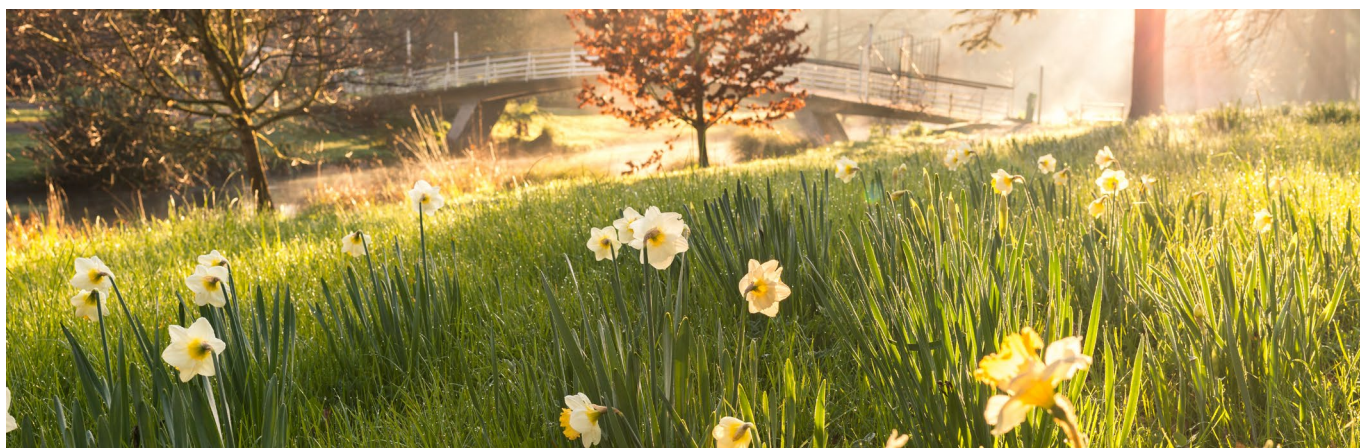


Omicron phases 1 -3

- › We're at phase one of New Zealand's Omicron plan which is **'stamp it out'** through vaccinations, widespread testing for people who are symptomatic and close contacts, and self-isolation for at least 14 days for those who test positive and 10 days for their contacts.

This will be in place until as a country, we reach around 1000 daily cases at which time, the pressure on services will increase.

- › Under phase two, **'flattening the curve'** we try to slow the spread. PCR tests will still be widely available but most support and contact tracing will move online.
 - Self-isolation periods will reduce to 10 days for most and seven days for close contacts.
 - Critical workers including those in the health system will have Rapid Antigen Tests or RATs available, so they can continue to work while testing negative.
- › Once we reach daily cases in the thousands, it will mean moving to phase three or **'manage it'**
 - PCR tests will be prioritised for the vulnerable with most of the population using self-administered RATs.
 - Contact tracing and notifying close contacts will become the individual's responsibility and there will be new technology to support people to self-help.
 - Self-isolation periods will remain at 10 days for most and seven days for close contacts but essential workers who do not have symptoms and return a negative RAT, will be able to return to work early.



Bouquets

Fouad Nahab, Emergency Department (ED), Christchurch Hospital

I attended the Emergency Department with my daughter. She was seen by a Plastics doctor, Fouad Nahab. I just cannot say enough about how amazing he was. He treated my daughter with respect and compassion and I felt like we were in extremely capable and experienced hands. He spent hours picking out glass and meticulously searching for remaining pieces before stitching her up. My daughter has a needle phobia and required multiple injections for anaesthetic which he navigated brilliantly. This man is an absolute asset to the hospital. What happened to my daughter was an horrific event for us but because of the treatment we received from Fouad we were able to deal with it. It's not often I will take the time to provide feedback however Fouad was so exceptional I just felt it had to be recognised. My sincere thanks to Fouad.

Maui COVID-19 Vaccination Clinic

I just wanted to give some great feedback on the Maui clinic. I went there for my booster shot. From the start the staff were fantastic. Quick check-in prioritising those of us with bookings. Painless injection from a very kind technician. Caring waiting area manager. Sweets, drinks and music. It was a really positive vibe for a busy clinic, so I want to commend the team on a top effort.

Maui COVID-19 Vaccination Clinic, South City

Earlier this month I had my booster shot and today my seven-year old twins had their first paediatric COVID-19 vaccination. We wanted to share with you the incredible experience our whānau had at this clinic. Nothing was a problem, where it was obvious demand was high, solution seeking that matched our needs on both occasions were considered and supported in a mana-enhancing approach. The sense we came away with was that all the team are paddling in the same waka in a considered way.

We observed the elderly supported in a kind and patient way regardless of their race, considerations made for anxiety and disability. If this is a standard model of clinic for Canterbury DHB then you guys have knocked it out the park! He mihi nui ki a koutou!

COVID Immunisation Register Superuser team, Orchard Rd

Many thanks for your help. We have nothing but admiration for the way that all of you in the many divisions of the health service are working so hard to keep everybody safe and to keep the country's wheels turning. You are all navigating in uncharted waters, and the system does so well in spite of this, is to everyone's credit. Your tireless work and that of your many colleagues is appreciated.

My wife and I are so often saddened and angered by the ill-considered, and ill-informed reactions we so often hear in the mainstream and social media about the management of the COVID-19 response.

Where would we be without the armies of dedicated people like you, working in so many ways to minimise the dreadful health, social and economic impacts of this virus? Perfect systems are something to aspire to but the road to perfection will often have potholes, just keep doing your best to fill them in!

Ward 12, Christchurch Hospital

The care I received from the nursing staff, and others on the ward, was fantastic. I would like to especially thank Claire and Kate for their willingness to engage in real explanations regarding the procedure I was undergoing. Their input was most reassuring and their communication excellent and very good humoured. Receptionist Jenny was also very helpful.

Parkside Ground Medical, Christchurch Hospital

My dear mum was a patient in the Parkside Ground Medical ward until her death. I wish to state how happy I was with the care and compassion Mum received from all staff at this time. I couldn't have wished for more. Also, I was very appreciative of the phone calls I received from Dr Rob and Dr Jenny following Mum's death. Our health service is in good hands with people like this.

Eye Outpatients, Christchurch Hospital

Over the past two years I have been a semi-regular patient at the Eye Outpatients Clinic and have nothing but good things to say about the staff. They are so kind and empathetic, they always look happy to be at work and appear to work so well as a team and they always try to make each visit a positive experience for the patients. They are a real credit to Canterbury DHB and I hope this message is passed on to them. They are a wonderful bunch and I am very grateful that my care is in their hands.

Ward B5, Christchurch Hospital

I am 84 years old, and in August last year I was admitted to Christchurch Hospital for surgery. Because of COVID-19 restrictions, there was no visiting allowed. This was a difficult time both for patients, cut off from their families, and families who were unable to visit. I cannot speak highly enough of the care and empathy I received from all staff on Ward B5 during this period. I'd like to make special mention of Win McKay who was very caring and very kindly took some photos which she sent via phone to my husband at home. This was much appreciated. Win paid several visits to Ward B5 and talked with me and provided much comfort at a difficult time.

A doctor, whose name I think was John, in the course of his rounds must have sensed my low ebb and distressed state after major surgery. He knelt down, took my hand in his, and gently massaged it for a few minutes. Then taking a piece of paper, he drew three concentric circles and said, "the outer circle you can do nothing about, the next circle you can't do much about either but need to know about, but the inner circle is what you need to concentrate on – the important things that you can do something about." This love and empathy sustained me for days. I wish all doctoring folk had John's special qualities.

I was later re-admitted a second time to Ward B5, and my special nurse was named Shy - a nurse with five years of experience in inserting needles in preparation for a canula. Shy is an expert at this and with great empathy she gave me confidence and cared for me in a very nurturing way.

Thank you all so much for your empathy and kindness.

Radiology, Burwood Hospital

Service and staff were good.

Neurology Outpatients

Welcoming, helpful, efficient, and clear communication. Thank you.

ED and Recovery, Christchurch Hospital

I came to hospital with a hand laceration. I was seen by Nurse Jody. She was lovely, calm, thoughtful and professional. I was then seen by a nurse practitioner. He was also kind and pleasant. This young man is incredibly skilled, and a very nice person. I would like to say how lucky the hospital is to have both these members of staff. Please let them both know, how impressed I was. Later I was seen by a doctor from the hand department and Plastics and I had surgery the following day. Everyone involved in my care was great. I wanted also to say a special thank you to the nurse in Recovery, she was very gentle and kind and took very good care of me.

Paediatric Surgery, ICU and Ward B7, Christchurch Hospital

Having just come back from Christchurch Hospital after my son had surgery, I would like to pass on our thanks for the amazing care we once again experienced. This has been our eighth surgery between two cleft children and we cannot speak highly enough of the kindness, professionalism and 'approachability' of all the staff. From the surgical administration staff, through to ICU and Ward B7, every person we encountered was fantastic. The new facilities were incredible too. Sam, the ICU nurse, who came to meet us before the surgery and provided wonderful on-going care, made us feel very supported. Huge appreciation from our family.

Ward 12, Christchurch Hospital

I would like to thank all staff who took care of me during my stay in Ward 12.

Christchurch Hospital

I would like to say that I am very grateful for the care I received from all staff at the ward I was in, and for the care I received from the HeliOtago air ambulance.

ED, Christchurch Hospital

From start to finish I was treated with the utmost kindness and care. The nurses, receptionists, doctor and X-ray staff were all lovely, and despite having to wait a few hours I was well looked after and enjoyed my short time there. It was very pleasant! Please pass this on to the staff as I am sure it's an insanely stressful job with lots of ups and downs! Thank you to everyone.

Medical Assessment Unit (MAU) and Ward 24, Christchurch Hospital

A huge thank you to the MAU and Ward 24 staff for their care during my stay recently. In particular, AMAU nurses Haley and Ange, Ward 24 nurses Kirsty, Sebi and Leonie and Registrar Georgia. I was well informed and you all made my stay a bit easier, thank you!

ED and Ward B3, Christchurch Hospital

I am very pleased with the attention and care I received and wanted to say thank you.

Ward 15, Christchurch Hospital

Thanks to the whole team of Christchurch Hospital, especially, Mr Saxon Connor and team, also the Anaesthetic nurses.

ED, Christchurch Hospital

Thank you so much for the kind compassionate care I received from doctors Aaron and Stewart, Nurse Ella and the receptionists. May you be blessed for your kind compassionate care.

Christchurch Hospital,

Thank you all so much. I survived a stroke at age 27. Thank you.

ED and Ear Nose and Throat, (ENT), Christchurch Hospital

I am very grateful for ED and ENT. I had a severe, painful ear and couldn't sleep. The nurses and doctors were brilliant – outstanding, caring and thoughtful, they touched my heart.

Wards 18 and 15, Christchurch Hospital

Our mum came in for skin cancer surgery. In talking and dealing with 15-20 staff, all were fantastic to deal with. Very professional in discussing health and care of Mum. The outcome has been great.

PEG Nurses, Gastroenterology, Christchurch Hospital

Absolutely top service when you ring and come in the next day. We really need this service.

Registered Nurses, (RNs), Beth and Anna, Ward 23, Christchurch Hospital

I would like to thank the two delightful RNs who looked after me while I was unwell on Ward 23. They had such a kind nature and distracted me with 'dad jokes' when they knew I was anxious about being in hospital. Its nurses like them that keep our families and loved ones safe and cared for. They were truly angels sent from above. Thank you, Beth and Anna, keep up the great work.

Gary Sword, Social Worker, Christchurch Hospital

I would like to thank Gary Sword for helping my mother transition from the hospital to respite care. Gary was amazing and spent time with my mother to address all the issues at hand. This gives my partner and me peace of mind that she will be cared for in the most appropriate setting.

Day Surgery Unit, Christchurch Women's Hospital

Thank you so much for all your help. The nurses and doctors are lovely and kind. I was always in the loop and everything they did for me was done with a smile. Thank you to everyone.

Accessing emails, Microsoft Teams or applications remotely

ISG has created a simple guide to assist with the different levels of remote access available. To see more, [click here](#). If you already have remote access, please make sure to regularly check your access. If you need any assistance please contact [ISG Service Desk](#).

Local research on stroke treatment recognised with international award

Consultant Neurologist Teddy Wu and his clinical research team have won an international award for research on stroke.

Their paper, written by neurology trainees Cathy Zhong and James Beharry, entitled, 'Routine Use of Tenecteplase for Thrombolysis in Acute Ischemic Stroke' has been chosen by the American Stroke Association as the 3rd prize winner of the 2021 Stroke Progress and Innovation Award.

The award recognises new approaches, methodologies, and interpretation of existing data, or new data with far-reaching implications.

Tenecteplase is a blood thinning drug used to dissolve clots in heart attack patients and is not widely used for stroke with alteplase being the standard drug, says Teddy.

"Recent clinical trials have shown tenecteplase provides similar outcomes to alteplase and is superior at dissolving larger clots, resulting in improved patient outcome."

The clinical research carried out by the team examined the feasibility of adopting tenecteplase as the standard thrombolytic agent to treat acute ischaemic stroke. The article describes the initial experiences in the real world setting and demonstrates that this transition can be easily implemented to help improve patient outcomes.

Teddy says his team are thrilled to receive the award and hope the experience will help others around the world to implement changes to improve the outcome for patients who have a stroke.



From left, Advanced trainees in Neurology Duncan Wilson and Cathy Zhong, and Consultant Neurologist Teddy Wu



Member of the clinical research team, former Christchurch Hospital Neurology trainee James Beharry, who is now a stroke fellow at the Royal Melbourne Hospital

Each year, about 9000 people in New Zealand have a stroke. People who have high blood pressure and smoke are at a much greater risk.

Ischaemic strokes occur when a blood clot completely blocks an artery in or to the brain. They are the most common type of stroke, occurring in about 85 percent of cases.

Know the signs of a stroke - think FAST:

- › **Face:** Is it drooping on one side?
- › **Arm:** Is one arm weak?
- › **Speech:** Is it mixed-up, slurred or lost?
- › **Take Action:** Call 111 immediately.

New Māori and Pasifika rangatahi inducted

Following on from the successful Māori and Pasifika Rangatahi Recruitment Campaign held in Waitaha (Canterbury) and Tai Poutini (West Coast) late last year, we are proud to welcome an enthusiastic group of new kaimahi (staff).

Ten Māori and six Pasifika rangatahi (young people) have joined Canterbury DHB in roles including healthcare assistants, dental assistant, orderlies, operating theatre assistant, sterile service technicians, ward clerk, and administrators. Five new Māori rangatahi have been employed as healthcare assistants at the West Coast DHB.

A robust induction programme was developed for them by the Learning and Development team and implemented in both Canterbury and the West Coast over three days this month. The induction included whakawhaungatanga (relationship building), onboard learning, hospital tours and workshops that provided tools for their kete (basket/kit).

The Mana Taurite (Equity) Team say even though all the new recruits are working in their own individual roles it was important to induct them together as a rōpū (group) so they could build relationships and feel the tautoko (support) of each other. The new kaimahi will have regular catch ups along their journey to make sure they are well supported.

Mana Taurite Team Manager Rebecca Murchie says it was heart-warming to see the growth of the rangatahi from the

initial information day to when they walked out the door after the induction with their heads held high and ready for mahi.

"This inclusive induction process is new for the DHB and from the positive feedback of those involved proved it was very successful," she says.

Feedback from the rangatahi includes:

"Mana enhancing process. Not scary, felt safe"

"Being a whānau rōpū – not feeling alone really helped"

"Love having a network of 'people like me' to call on"

"I have new skills from the induction to take in to my role"

"Never thought I would have this opportunity at the DHB – I didn't go to uni"

"Grateful for the career opportunity"

"Ready to promote to my communities and encourage others to join the DHB"

The Mana Taurite Team want to thank all those who were involved, including the Recruitment Team, Learning and Design, Organisational and Learning Development, Administration and hiring managers.

If you would like to learn more about this please contact: Rebecca.murchie@cdhb.health.nz.



The new recruits at their induction

Dedicated technician calls time after long career

When Karen Burgess began her career in health as a 19-year-old, she walked on creaky, old, lino-covered, wooden floors, past doctors in white coats.

"Christchurch Hospital was vastly different then. The main hospital was a red brick building and Riverside, where we are based, was the newest part – now it's the oldest," Karen says.

Thirty-four years later, she has "so many memories" and the hospital feels like a second home, however the time has come for a change of direction and to explore new adventures.

Karen started in the role of Neurophysiology Technician in 1987 after seeing a position advertised in The Press.

"I was working in Queenstown in an office. My twin sister had just started her nursing training in Christchurch, so I thought I'd look for a job in the health sector there. I drove up for the interview and over three decades later here I am."

Neurophysiology technicians see inpatients and outpatients of all ages, performing a variety of tests, including electroencephalograms (EEGs) which detect electrical activity in the brain using small, metal discs (electrodes) attached to the scalp.

"We do all our own appointment bookings, stock ordering, equipment sterilisation and numerous other admin tasks, so our role is very busy and sometimes unpredictable," Karen says.

She has seen huge changes in technology over the years with the move from analogue to digital machines.

"It used to be very labour intensive with every machine setting having to be changed manually. The pens needed calibrating, and paper and ink had to be continually restocked. If we were busy and forgot, the paper or ink ran out halfway through a recording.

"The ink blotting roller on the machine needed replacing and cleaning frequently too. If we didn't, the paper ended up being saturated in ink and the EEG was unreadable. The EEGs were recorded on screeds of paper which we had to bind and store. It was not uncommon to find the odd silverfish or other insect in amongst the paper archives.

"Another issue was that the machine wasn't portable, so inpatients had to come to us. It was a huge logistical exercise to transport an ICU patient, escorted by doctors, nurses, and anaesthetists. With all the accompanying equipment we barely had room to move in our EEG room.

"Thank goodness we have a portable EEG machine these days and can see patients at the bedside."

Back then, the video-EEG system was recorded on an "ancient" computer which took up quarter of the small room. The EEG was recorded on a large tape spool which had to have its direction reversed every day or the tape would run off the spool and need to be rethreaded.

"Now everything is digital, and we can access and view our recordings remotely too," she says.

Consultant Neurologist Roderick Duncan says despite having long experience of the job Karen has been very ready to embrace new technology and roles and has had



Neurophysiology Technician Karen Burgess

a strong interest and ability in the technical side of the role.

"This has been invaluable on a number of occasions, good examples being the introduction of intra-operative corticography, and her novel role in delivering nerve conduction testing, at which she excelled."

Neurophysiology Technician Wendy Hawke says Karen has made an invaluable contribution to the Neurology Department.

"She has always put the patients' needs first and foremost and her skills and vast experience in the field of Neurophysiology will be sorely missed."

Karen says the job has been a huge part of her life, and the highlight was working with patients, helping to improve their lives. After a break she will return on a short-term contract, filling the gap until a new technician is employed.

"I'd like to get our outpatient waiting list down as my last hurrah," she says.

A brave and strong Lunar New Year

Tomorrow - Tuesday 1 February 2022 - is Lunar New Year, the Year of the Tiger, and many of our kaimahi (staff) will be celebrating this special occasion, which is steeped in tradition and meaning.

The word Lunar is more inclusive as the occasion is not just observed in China but in many Asian countries. As well as being based around the phases of the moon, Lunar New Year also signals the beginning of Spring.

The third animal in the Chinese zodiac, the tiger, is considered a symbol of strength, exorcising evils and demonstrating braveness. Those born in the year of the Tiger are said to be brave, competitive, unpredictable and confident.

Business Systems Analyst Sheema Khan says Lunar New Year means bidding farewell to the past, whether it was good or bad, leaving negative energy and sadness behind, the beginning of new life and starting a new chapter.

"If I was back home, I would spend the eve with my immediate family and have a feast together and spend the Spring Festival day visiting extended family and enjoying more delicious food.

"The gathering of family also assembles all the best wishes for the upcoming year, the forces are at their strongest when joined. Since I normally don't get to go home and will not be able to for several years now, I often involve my colleagues and celebrate this special time with them instead."

Administrator Kelly Gin says Lunar New Year is a special time for family celebration.

"To me, the Lunar New Year is when I catch up with all my relatives, including those I don't get to see often, and to have amazing home cooked food prepared by Mum. As a kid, I remember the days leading up to the New Year when my mum and grandmother would put in huge amounts of effort and energy preparing the family feast.

"I also remember all the family getting together and the traditional red packets given to the kids. This year, due to COVID-19, my immediate family will have a small dinner together and video-chat our loved ones overseas."



Workforce Development Partner Equity and Diversity Akira Le Fevre says being able to sit with those from another culture and learn about their unique beliefs and traditions, but also realise how similar they can be, is amazing.

"To see the important role that kai, family and whānau play reinforces, particularly during these COVID-19 times, how difficult it is to be apart from them. I hope that if you're able to be with your loved ones or not that you can take time to connect and celebrate Lunar New Year and that it brings you the strength and braveness of the Tiger."

To learn more interesting facts about Lunar New Year visit: www.chinesenewyear.net.

Khadag's recovery journey – “You have to believe in yourself”

Khadag Bista was born in Hariyon, Nepal.

He was a chef and worked for many restaurants around the world. An active man, he had a love for travelling, swimming and most of all, food.

On 31 January 2018, Khadag had a serious car accident on Arundel Rakaia Gorge Road near Mayfield. He sustained a traumatic brain injury as well as many broken bones. Following his accident, he spent 22 days in a coma in Christchurch Hospital.

Ten days after the accident, his wife Sabita arrived in New Zealand from Nepal.

“His whole body was like a statue; he couldn't walk, talk or eat. Little by little, there was progress. Slowly, slowly over a long time,” she says.

After 41 nights minimally conscious in Christchurch Hospital, Khadag moved to the rehabilitation unit at the Laura Fergusson Brain Injury Trust. He saw many therapists over his six-month stay: speech-language therapists to help him relearn how to speak and eat again; occupational therapists to help him practice everyday activities; physiotherapists to help him stand and walk; psychologists to help him adjust to his new life; and nurses to help him with his day-to-day life.

“Everyone tried hard to help me, and I slowly improved,” he says.

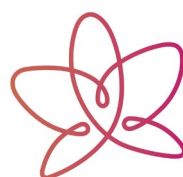
Khadag has put an incredible effort into his rehabilitation.

He is a very resilient and perseverant man, says Rehab Coach Naomi Siva.

“I have never seen Khadag give up on any task we attempt. He is always keen to give a task his best go, no matter how hard it is.”

In August 2018, Khadag, Sabita, and their two sons moved into a house in Christchurch. Khadag remains in ongoing rehabilitation but can now walk with a walker, eat, drink and communicate again.

He became an essential member of the Can Do Catering service, a social enterprise that employs residents and clients of the Laura Fergusson Brain Injury Trust.



Laura Fergusson
Brain Injury Trust



Khadag Bista with a meal he created



Khadag Bista working hard on his rehabilitation

Can Do Catering allowed Khadag to rekindle his passion and to achieve what had seemed impossible, by once again becoming a chef.

"Khadag started working with the Can Do team as a volunteer," says Vicky Harris, Catering Manager at Can Do Catering.

"In those days, even peeling a carrot was challenging for him. However, it gave him great joy to be involved with food preparation again. In 2021 he became a paid employee and would often provide his own recipes. With support from our rehab staff, he prepared a main meal for our small group living clients. Cooking feeds his soul!"

After an incredibly challenging few years, Khadag has a positive outlook on life and encourages people to stay positive.

"I think my positive thoughts help me to recover. Whatever happens, happens. What will be, will be. What can I do? You need to accept help from others. You have to believe in yourself – if you do, then you can do it!"

ACC estimates that up to 36,000 people suffer from a traumatic brain injury (TBI) each year in New Zealand.

Of this group, nearly 14,000 are treated for their TBI. In the 2015 financial year, the cost of the treatment was \$83.5 million. It is second to stroke in impact on a person's employment and income.

Each year, 1750 TBIs are classified as moderate to severe, and no recovery is ever straightforward.

Laura Fergusson Brain Injury Trust is a local, independent charity, providing specialised assessment, rehabilitation and support services for people with brain, spinal and other complex injuries. Employing over 200 specialised staff, at any one time they support around 1000 people in Canterbury.

ACC Traumatic Brain Injury Strategy and Action Plan (2017 – 2021) <https://www.acc.co.nz/assets/provider/1bf15d391c/tbi-strategy-action-plan.pdf>

Please get tested if you have any symptoms of Omicron – and encourage your friends and whānau to do the same

The most common early symptoms of the Omicron variant are a sore or scratchy throat and a runny nose. If you or anyone you know has these symptoms, please get a test, and stay at home until you get a negative result.

All the symptoms of COVID-19 are [here](#).

***All staff and visitors
are required to wear
a paper surgical mask
in all DHB facilities.***

Fabric masks are not permitted.



New Zealand COVID-19 Protection Framework

One minute with... Julia Henson, Senior Communications Advisor (Primary Care COVID-19 Vaccination and COVID-19 Care in the Community)

What does your job involve?

Leading the COVID-19 vaccination and testing communication to our primary care vaccination and testing sites. This includes all new updates that are applicable to the vaccination and testing programmes (for example boosters, the introduction of AstraZeneca, the introduction of rapid antigen testing). I also am newly responsible for the communications to community and primary care providers with regards to caring for COVID-19 positive people in the comfort of their own homes as well as creating resources for COVID-19 positive people. I also sprinkle in Canterbury's Primary Response Group communications twice a week for good measure.

Why did you choose to work in this field?

I feel like I am making a positive difference in improving health outcomes especially for vulnerable populations. Health outcomes of our most under-served populations is a true measure of how our success as a nation is tracking.

What do you like about it?

I love being able to see people who wouldn't have otherwise engaged with their respective health system do so with clinical decision support tools in place to improve both diagnostics and treatment.

What are the challenging bits?

Communications is not a strictly 8.30am-5pm job and this means that you often find yourself responding to media or developing key messages in light of changes to a health situation

at 11pm or throughout the weekend (as well as working your normal hours). It can also be challenging to ensure the communications you develop resonate with a number of populations both in language, tone and channel and are applicable for a broad age range.

Who inspires you and why?

My Nanny (Marj) inspires me every day. She turned 90 last month and still participates in dance classes, still drives, is a staunch feminist, and is the sharpest person I know. My life motto is "If I wouldn't be proud enough of my actions to share them with Nanny Marj, I probably shouldn't do them".

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

In a small village in the U.K called Acle. My Nanny (Marj) lives there and I used to spend two weekends of the month with her drinking mulled wine and eating good food, when I lived in the UK.

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 people-centred and ensuring we deliver the best support and care possible. In my role this means ensuring relevant, accurate and concise information is delivered to the right people at the right time.

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

I am a former Zumba instructor, a pub quiz master here in Christchurch, a former National Barbershop chorus champion, a former on-road cook



for Contiki through Europe, a former English language teacher in Vietnam and have been known to cheat in Monopoly.

What do you do on a typical Sunday?

We start every Sunday with a hearty breakfast of pancakes, bacon and banana. It is our Sunday thing and it is amazing. Following this, I normally head off to F45 (#health), then either get stuck into our huge jungle section or head off on a mini road trip. We love adventuring to new parts around New Zealand.

What's your favourite food?

My partner Anthony is the best cook and does most of the cooking in our house. Anything he makes, is a favourite food of mine.

And your favourite music?

I am the biggest fan of the Spice Girls. I grew up in a time where they were the symbol of 'girl power' and they have resonated with me ever since. Also love George Michael, Prince, and Gorgol Bordello – some might say I am living in the past!

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

Something For You

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



Ōpuke Thermal Pools and Spa - 47
Mount Hutt Station Road, Methven

Get 20 percent off all experiences (Tranquillity pools, Discovery pools and Ōpuke Spa). You can see the information brochure [here](#).



Noel Leeming

Present your Canterbury DHB Staff ID with [this offer](#) to receive preferential pricing in store nationwide at Noel Leeming.

OPSM

OPSM

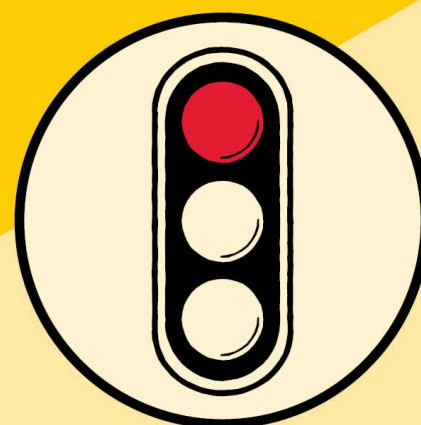
OPSM are offering a special 'Back to Work' \$100 off a complete pair of prescription glasses and prescription sunglasses to our staff. See [here](#) for more detail.

Get 15 percent off all prescription eyewear, please see more information [here](#). Promotional Code must be presented at time of appointment and ordering.

We have several hotel chains like CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering discounted accommodation for Canterbury and West Coast staff. Visit the [Something for you](#) page to get the discount codes.

Currently at Traffic Light Setting RED

At Red, we need to take action to protect our vulnerable communities and our health system from COVID-19.



New Zealand COVID-19 Protection Framework

Today, **83 Kiwis** will need
lifesaving blood or plasma.

Unseen emergencies happen every day.

DON'T WAIT TO SAVE A LIFE.

NEXT BLOOD DRIVE



Chch Hospital
Annex Room by the
Great Escape Cafe



Tuesday 8 February
10:00am – 3:00pm

Eat & drink plenty before you donate & bring your donor card or photo ID

0800 448 325
nzblood.co.nz

scan to
download
our app



NZBLOOD
Te Ratonga Toto O Aotearoa

Life at Red



Make sure you have your My Vaccine Pass ready to be checked -
most places will have restrictions in place



Workplaces are open – where appropriate staff may work from home



Everyone can go to school – public health measures will be in place



Wear a face covering whenever you leave the house



Keep scanning QR codes and record keeping everywhere you go



Keep physically distanced where possible



If you have cold or flu symptoms isolate immediately and call
Healthline for advice about a test