



New book *Rising from the Rubble* to be launched on Thursday

A new book telling the story of the Canterbury Health System's response to the 2011 earthquakes will be launched this Thursday night, and it's a fascinating read.

Rising from the Rubble has been written by Drs Mike Ardagh and Jo Deely and published by Canterbury University Press. It gives a compelling account of those who rallied to maintain and rebuild essential health services, maintaining continuity of care for the most vulnerable – from older people to those with kidney failure – as well as dealing with the significant ongoing impact on mental health.

Rising from the Rubble reveals the untold stories of local heroes.

The book is based on interviews with those who lived and worked through the Canterbury earthquakes. The book covers the period from the immediate emergency response after the earthquakes to sustaining health services over the following years, in challenging circumstances.

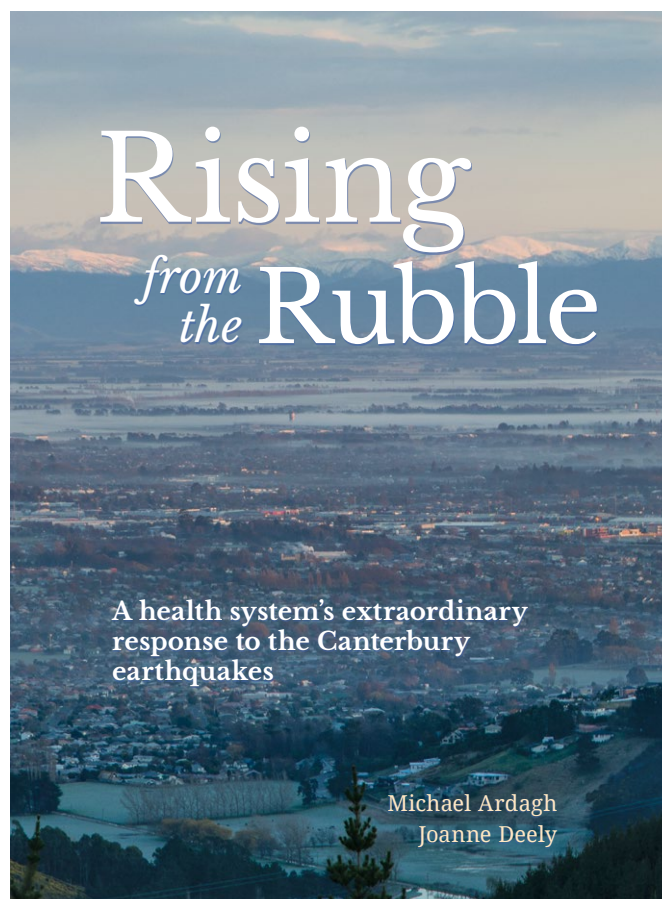
Rising from the Rubble also provides a record of how the injuries of the immediate aftermath gave way to a wave of quake-related surgical procedures over several weeks, through to the growth of long-term mental health issues over the years.

Rising from the Rubble is a very readable, inspiring testament to commitment and recovery.

There is also an exclusive offer for Canterbury Health System staff. We have a limited number of copies of *Rising from the Rubble* available at a discounted rate for Canterbury Health System staff. The RRP is \$40, but staff will be able to purchase at a discounted rate.

I'm sure you'll recognise some of your colleagues' stories featured in this 300 page gem of a book.

These are the stories that needed to be captured, and shared, with no spin. Mike and Jo tell it as it was for those on the ground. Gritty, real, exhausting, heart-breaking, and even joyful at times.



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It's an inspirational read and will be of interest to a wide audience, particularly those who work in health, and their families and friends. The book provides a unique insider's view of some of the challenges we experienced and I'm sure those who were there and read the book will feel pride in their part in the response to New Zealand's largest natural disaster and an unprecedented set of complex circumstances which added to the challenges.

The Health System's response was simply remarkable and this book contains a number of insights and new information which has never been shared publicly.

How to order:

1. Email

If you would like to order one or more copies of *Rising from the Rubble* please email communications@cdhb.health.nz with **RUBBLE** in the subject line.

2. Provide evidence of working in the Canterbury Health System

Tell us your DHB staff ID number or where you work and let us know how many copies you'd like and we'll provide the details for payment (via online banking).

3. Make the online payment - we'll provide all the details you need

4. Collect

Once payment has been received your book/s will be available for collection at Canterbury DHB's Corporate Office.

Healthy Commute programme

The Healthy Commute programme is in full swing at the moment, with members of the Healthy Commute team talking to staff on the Christchurch campus about giving biking, bussing, carpooling or walking a go. Not only can doing this save you money, leaving your car at home is also good for the planet.

And on the subject of saving money, for a limited time the Healthy Commute team are giving away free MetroCards, with three days of free bus fares, for staff who work on the Christchurch campus. All you need to do is go to the [Metro Bus Journey Planner webpage](#) and send a screenshot of your journey plan to healthycommute@cdhb.health.nz along with your address.

For more information on the Healthy Commute programme go to the Max Service Portal and enter the search word 'commute.' And if you'd like the Healthy Commute team to talk to you and your workmates about getting to and from work, [just drop them a line via email](#).

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

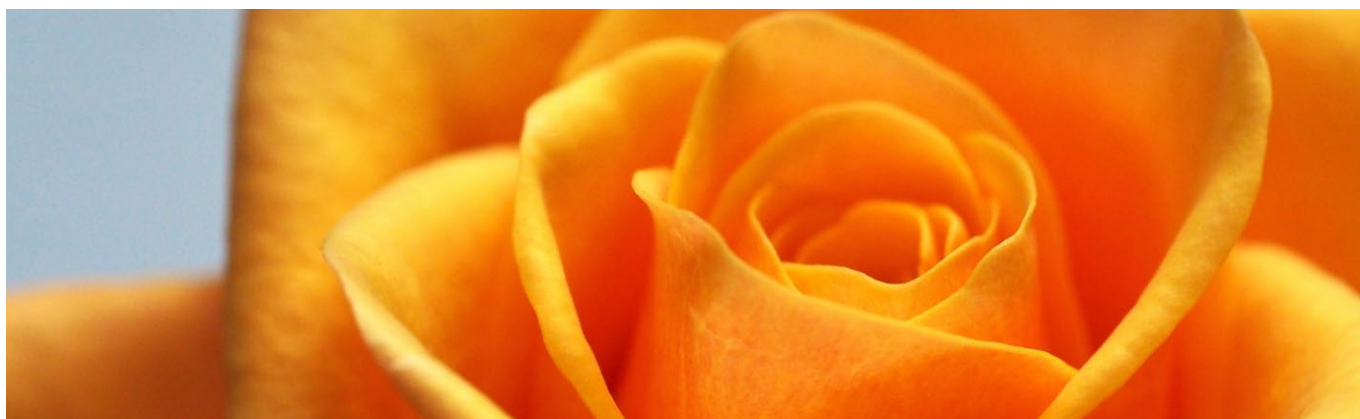


David Meates
CEO Canterbury District Health Board



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 a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

Eye Outpatients

To the doctors and nursing staff and to Ali and all the team who assisted [patient name] in his critical moment in your department with kindness and professional help, thank you all so very much.

Cardiology, Christchurch Hospital

I write to express my thanks and appreciation of the Cardiology department at Christchurch Hospital. The service is wonderful, especially the Outpatient department. The three clinical nurse specialists are excellent and extremely caring and knowledgeable. I am very stable at present so hopefully will not see them all for a while. Please convey my gratitude for all they have done including the new cardiac specialist Dr Melton and the clinical nurse specialists in Outpatients, the Anaesthetic department and Theatre. Thank you.

Acute Medical Assessment Unit and Ward 12, Christchurch Hospital

I had the misfortune to have a heart attack on Friday night. What was fortunate was that I was visiting family in Christchurch and ended up in acute care, then Ward 12. All of the staff were completely amazing and I wouldn't have room to list all of their names. You should be extremely proud of them all.

Emergency Department, Acute Medical Assessment Unit and Ward 24, Christchurch Hospital

A short note to say how wonderfully well the staff of Christchurch Hospital treated my mother when she was admitted. All staff, from doctors to cleaners, treated her (and us) with dignity and compassion. Ever grateful, thanks.

Rod, Mortuary, Christchurch Hospital

Ehara rā i te korowai hou te korowaitara o Aituā ki a Ngāi Tāua engari ko te aroha o te tangata e whakamāmā ake i ngā wai karekare o te mate.

The tattered korowai of bereavement is nothing new to humankind but the compassion of the people who help us navigate the choppy waters of death.

The whānau would like to express our heartfelt thanks to Christchurch Hospital and in particular, Rod Smith (Mortuary Technician) who has, and continues to, provide incredible support and manaaki for our treasured mother, sister, aunty and cousin. His compassion, professionalism and willingness to accommodate our every wish is very much appreciated by the whānau – so much so that we felt compelled to write this letter in acknowledgement of all that which he has provided us in this time of need. We hope that Rod is acknowledged

for this and that Christchurch Hospital continues to support his approach.

Ward 20, Christchurch Hospital

Medical staff and service staff are simply amazing! I could not have received better treatment. I cannot say thank you enough to all. So appreciated.

Jodie, Security Department, Christchurch Hospital

I was really impressed with the way Jodie interacted with a patient. She was very professional, friendly and uplifting. We need more people like Jodie. Thank you.

Raz, Plastic Department, Christchurch Hospital

Thank you to Raz for stitching my face up and doing such a great job and for being so kind. Thanks.

Gina, Ward 23, Christchurch Hospital

A nurse named Gina was very nice and caring on my last day at the hospital.

Ward 15, Christchurch Hospital

All nurses have been really kind, caring and shown empathy towards myself and other patients who I have seen them interact with. I have been impressed with the proactive manner of the nurses in keeping me informed when my anti-nausea and

other medications were due which I found personally very helpful due to feeling nauseated most of the time. The nurses have all been very understanding and compassionate.

Ward 20, Christchurch Hospital

I can't thank your staff enough for their kindness. The nurses and doctors are wonderful; I cannot find fault with anyone. I thank the cleaners, cooks etc who were running after me and the lovely lady who is all smiles when she brings my meal in, also the nurses who showered me. It's been so nice being here. Thank you all. I hope you all have a wonderful Christmas and Santa brings you all what you want.

Ward 20 and Food Services, Christchurch Hospital

I found the food and presentation has been exceptionally good. The choice of food is excellent. The doctors and nursing staff have been excellent.

Emergency Department, Christchurch Hospital

Service and professionalism was amazing. The doctor who saw us

(Hyperbaric Specialist) was fantastic, a credit to the hospital and her profession. She put my daughter at ease. Thank you.

Ward Unspecified, Christchurch Hospital

Nurse Ryan was very pleasant and helpful as were the front desk staff, well done.

Nephrology Department, Christchurch Hospital

Lovely Receptionist and Nephrologist. Absolutely fabulous new building. I took up the suggestion made by Jenny and lay down in the sun and watched the clouds rolling by in three layers... so stunning. I like and admire all that I have experienced this morning, the first patient in here to be seen. Please keep up the good work. Fabulous.

Alistair, Radiology Department, Christchurch Hospital

A massive thank you to Alistair (MRI Technician) for taking the time to explain and show our son what tricks the MRI scanner could do. It put his wee mind at ease and your kind humorous nature helped reassure him.

I know you had a busy day and we are very thankful to you for taking the time to make us all feel comfortable and have a giggle! Thanks again for your great effort.

Acute Medical Assessment Unit (AMAU), Christchurch Hospital

My husband was admitted on Thursday evening. With very good care of your staff in the AMAU we are now resting quietly at home. We are very appreciative of the expert care he received. We cannot speak highly enough of your skills and that you patiently explained every procedure to us. We feel very lucky to have been gathered under your care. We are aware that this has been a warning and plan to follow your clear advice under the advice supervision of our family doctor. Thank you.





The Library

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

["Identifying and Engaging Neuronal Oscillations by Transcranial Alternating Current Stimulation in Patients with Chronic Low Back Pain: A Randomized, Crossover, Double-Blind, Sham-Controlled Pilot Study"](#) – There is new hope for people suffering from chronic lower back pain. Researchers at the UNC School of Medicine (North Carolina) found that targeting the somatosensory region of the brain – the part that responds to physical sensations – with a weak, non-invasive alternating current of electricity enhanced the naturally occurring alpha oscillations (the same ones associated with meditation or daydreaming), significantly decreasing symptoms associated with chronic lower back pain. From *Journal of Pain*. Published online: 27 September 2018.

["Twenty years of research on attention-deficit/hyperactivity disorder \(ADHD\): looking back, looking forward"](#) – This paper provides a summary of the last twenty years of research on attention-deficit/hyperactivity disorder (ADHD), covering what the researchers deem to be some of the most important advances in terms of diagnostic definition, epidemiology, genetic and environmental causes, neuroimaging/cognition and treatment of ADHD. Future research areas are also discussed. From *Evidence-Based Mental Health*. Published online: 9 October 2018.

["Insufficient Sleep Duration Is Associated With Dietary Habits, Screen Time, and Obesity in Children"](#) – In order to examine sleep duration and the association between insufficient sleep duration and life-style factors, researchers from Harokopio University (Athens, Greece) carried out a school-based health survey in 2015 among 177,091 students aged eight to 17. Results show that insufficient sleep duration was associated with unhealthy dietary habits such as skipping breakfast, fast-food consumption and regularly consuming sweets. Insufficient sleep duration also was associated with increased screen time and being overweight/obese. Results support the need for interventions to help students improve sleep duration. From *Journal of Clinical Sleep Medicine*. Published online: 15 October 2018.

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

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

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

Facilities Fast Facts

Acute Services building and the Link

Piling work for the Link corridor between Christchurch Women's Hospital and the new Acute Services building is now complete. The site is being "dewatered" – this is a standard process in areas close to rivers where the water table is high – to allow foundations work to begin.

As with any build, the groundworks take a long time and then suddenly the building rises out of the ground. Scaffolding for the Link will soon start to be erected next to the Oncology department. This work will be quite close to the Oncology consult rooms on Level 1. The first steel framing is expected to go up in early December.

The Acute Services build continues with lots of ceiling installs currently being done across many levels of the building.



Christchurch Outpatients – a reminder about how to report a defect

With the building now fully occupied, a reminder to all staff that the building is under warranty.

If staff notice something not working in the new building, there is an agreed defect reporting process:

- › Users should send a description of the defect to Outpatients Building Coordinator Donna Handy (donna.handy@cdhb.health.nz).
- › Donna will log this onto the Maintenance & Engineering (M&E) system.
- › M&E will decide if the issue is a building finish issue for Leighs during the building defects period or not.
- › If it is a building finish issue, it will be managed by Leighs.
- › If not, it will be managed by M&E.

If staff want to request something different to what is designed or installed, this is known as a **change request**.

Please note that the building is under an agreed change moratorium for six months after opening. During this period, change requests can be made – but they are unlikely to be met unless they concern issues of patient or staff safety.

There is a separate process for change requests:

- › First, staff should speak to or email their line manager to get support for the request.
- › Their line manager should then escalate the request to General Manager Pauline Clark, who will consult with the Outpatients Project Governance Group for approval.

The Nuka System: Reversing some of the worst health statistics

Last week, Doug Eby and Donna Galbreath visited Canterbury DHB, representing Alaska's Southcentral Foundation to speak about the Nuka System of Care (the Nuka System), and how it might be applied to improve health in vulnerable populations.

Over the last two decades, the Nuka System, developed by Alaska Natives (the term for the indigenous people of Alaska), has turned the population with the worst health statistics in North America into one of the best.

It is recognised as one of the world's leading examples of healthcare redesign.

The whole system is set up to focus on the consumer, and Alaska Natives are considered the 'customer-owners' of this healthcare system.

Southcentral Foundation is a non-profit organisation created to improve health and social conditions of Alaska Natives.

Its vision is "A Native Community that enjoys physical, mental, emotional and spiritual wellness." It aims to achieve this by working with the community, not doing things 'to' it or 'for' it.

The Foundation provides a wide range of behavioural, dental, medical and community services including primary care, outpatient services, residential services, traditional healing, and health education.

While most consumers are based in or near the city of Anchorage, clinical teams regularly travel to remote villages only accessible by air or boat.

The Nuka System is based strongly on relationships, which research shows influence health outcomes over time. Each healthcare provider has the responsibility to work with customer-owners to establish long-term relationships.

As well as healthcare, these relationships influence everything else in the system, including strategic planning, hiring, facility design, information support, quality improvement, and financing.

The Foundation believes that before the Nuka System, there was an ingrained belief among Alaska Natives that they had no control, because the healthcare system took



Donna Galbreath



Doug Eby

the 'we will look after you' approach.

In 1996, only 25 percent of the local Alaska Natives were enrolled in primary care. Now that number is over 95 percent.

Doug and Donna believe the principles of the Nuka System can be applied in other countries, including New Zealand, to improve outcomes for indigenous and minority communities.

Read more about the Nuka System on the [Southcentral Foundation website](#).

Collaboration produces highly effective solution

What do you get when you combine a cheap Android tablet, some skilled wood carving, grey paint, an old bedside hospital locker, and a good dose of clever software engineering?

The answer is a simulated X-ray control panel that looks and acts like the real thing at a fraction of the price that radiology students can use to practice their X-ray technique in a safe, radiation-free environment in the Manawa Simulation Centre.

The panel was created by the Medical Physics and Bioengineering department at Christchurch Hospital, in collaboration with staff from Ara Institute of Canterbury (Ara).

Manawa, the health research and education facility, is a collaboration between Christchurch's health and tertiary education sectors, bringing together the Canterbury District Health Board (Canterbury DHB), Ara and University of Canterbury (UC).

Canterbury DHB, Ara and UC share the building to help create and train the health workforce.

The simulation floor at Manawa enables large-scale simulations in real world healthcare environments and access to advanced clinical equipment that students would normally only see during placements.

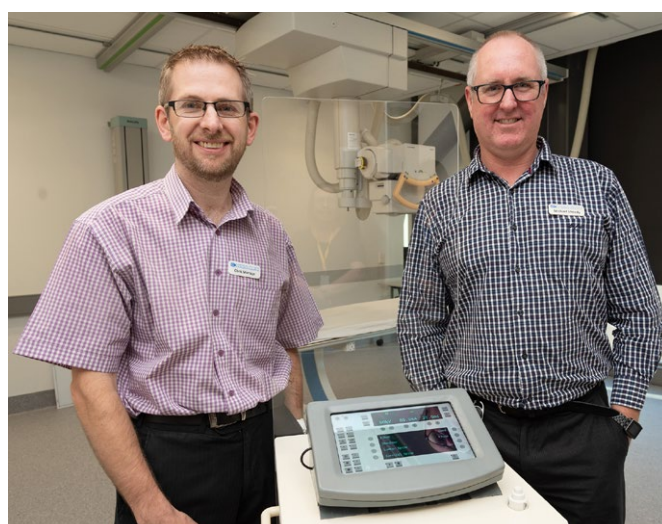
The Medical Imaging area needed a fully functioning X-ray control panel, says Biomedical Engineer Michael Sheedy.

"These are very expensive but in a few weeks we were able to design and produce a replica at an extremely reduced cost that emulates everything the real one can do."

Team Leader Chris Morison and Electronics Technician Lawrence Quek wrote an application to mimic the X-ray controls, with help from Emergency Department (ED) medical imaging technologists who showed them how the real panel works.

Mechanical Technician Johann Bader "hand sculpted" the case from MDF and mounted a sheet of plastic to simulate the leaded glass. Michael and Electronics Technician Rob Willan wired up the electronics, including a real X-ray exposure button for added realism.

"We are very pleased with the result," Michael says.



From left, Team Leader Chris Morison and Biomedical Engineer Michael Sheedy with the simulated X-ray control panel created by the Medical Physics and Bioengineering department at Christchurch Hospital

The team have really worked their magic to meet the needs of the Ara teams, says Clinical Skills Coordinator Christine Beasley.

"This enables students to get the full experience before they use them on clinical placement."

Bachelor of Medical Imaging Clinical Coordinator Donna Mabin says she is thrilled at the outcome.

Chris says creating the X-ray control panel was "a real team effort, but pretty easy stuff" for them. A lot of people are unaware of what the team can do.

"The message is if there something you need come and talk to us and see what's possible."



Real X-ray control panel



Simulated X-ray control panel

Our Accessibility Charter commitment, one year on

With the recent opening of our new Outpatients facility, now is perhaps a good time to reflect on how truly accessible our buildings are for patients, staff and visitors.

One year ago, Canterbury DHB became a foundation signatory to the Canterbury Accessibility Charter: Te Arataki Taero Kore. This signalled our leadership and organisational commitment to the goals set by the Charter, which challenges those responsible for the regeneration of Canterbury to go beyond the minimum accessibility compliance requirements.

This initiative encourages Canterbury's large organisations to design and build facilities that meet the needs of people of all ages and abilities.

We are very aware of the older age profile of our service users, and for many years have used accessibility design and actively sought consumer advice. In implementing the Accessibility Charter, we take this to the next level, by establishing an Accessibility Charter Working Group under the stewardship of the Disability Steering Group.

This Group is reviewing our current build programme, how we design and build, how we best use technical accessibility advice, how we listen to our people and make improvements over time.

We have now welcomed Jacqui Lunday-Johnstone, the new Executive Director Allied Health, Scientific and Technical, who will provide leadership for this work, building on that of her predecessor Stella Ward who made a strong commitment on behalf of Canterbury DHB to accessibility and universal design.

These photos, taken before the Outpatients opened, show the building is spacious, with fixtures and fittings located with accessibility in mind

Equitable access to physical spaces, services and information are critically important to the people of Canterbury, and our health system, Jacqui says.

"I am looking forward to working with the Disability Steering Group to progress accessibility initiatives that answer to the changing needs of our diverse community."



Christchurch PhD student named in Black Sticks

University of Otago, Christchurch postgraduate student Leah Butt has been selected for New Zealand's national hockey team, the Black Sticks.

The team was announced in mid-November which means the Christchurch-based scientist will move to Auckland to continue her studies and train with the national squad.

For her PhD Leah is studying the side effects of new cancer immunotherapy drugs in patients with melanoma.

She says the new drugs are proving to be "life-savers" for many patients; winning their inventors a Nobel Prize for medicine this year.

"However, some patients experience nasty side effects such as skin rashes and other autoimmune-like conditions while taking the medicines."

That is because while the immunotherapy drugs "kick-start" patients' immune systems to fight off cancer, they may also cause immune cells to attack or affect other healthy cells.

Leah is getting blood samples from patients in Christchurch Hospital who are taking the new immunotherapy medication. She will analyse the blood using a new state-of-the-art mass spectrometry machine to find differences between those experiencing side effects and those who do not.

As part of the national hockey squad, Leah will train six days a week in the morning and evening, at the Black Sticks' base on Auckland's North Shore. While she is with the national squad she will continue her PhD study part-time.

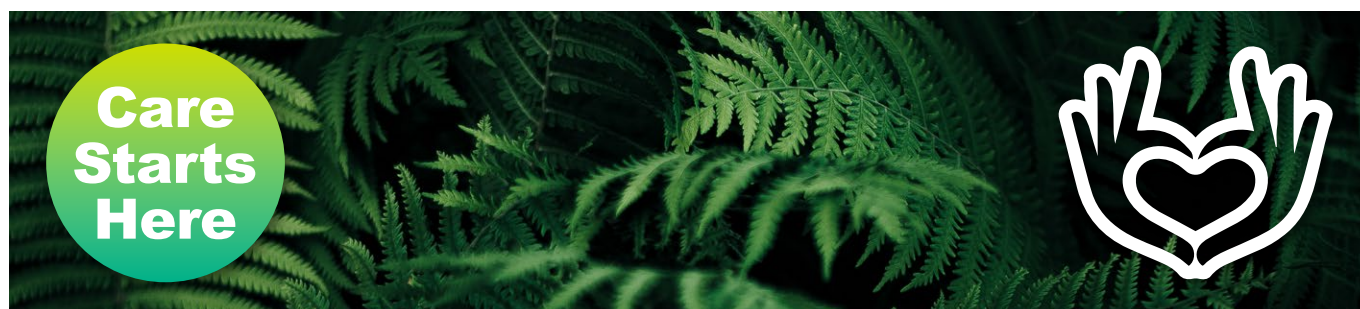


Leah Butt

The University of Otago Bachelor of Science graduate says she is thrilled she can continue her study while pursuing her dream of representing her country in hockey.

"I really enjoy studying in the field of human health; in cancer and immunotherapy. It is very stimulating and immunotherapy is a hot topic at the moment with developments happening all the time."

After graduating from Otago with her undergraduate science degree, Leah moved from Dunedin to do a Bachelor of Biomedical Science with Honours at the University of Otago, Christchurch – a full-time year of research. Leah says this gave her the skills to do her PhD, and paved the way for this clinically relevant research.



Eat Well to Be and Stay Well this November

[Care Starts Here](#) is about how each of us can help make our health system even better by *Doing the Right Thing*, *Being and Staying Well* and *Valuing Everyone*.

This month's focus on Being and Staying Well continues, and the Care Starts Here team wants to highlight the importance of Eating Well. Consider whether there's anything you need to change in what you eat to support your wellbeing and encourage others to eat healthy too.

Here's some simple things you could do:

- › Hold a competition – such as 'best salad'. Get someone who knows their stuff to judge – like a dietitian.
- › Bring fruit or veges for morning tea instead of biscuits and cake.



Consider how you can liven up your tea room and encourage people to mingle, break down hierarchies and silos, and build more connected relationships. Some ideas are to:

- › Introduce yourself to someone while you're there.
- › Use posters and table toppers to spread the message of connection.
- › Bring in some baking to share across the team/unit/department.
- › Celebrate each team member's birthday like the Outpatients department, for example, do.
- › Sign up to a fundraising event or awareness challenge that brings people together, like a Pink Breakfast or Crazy Shirt Day.

If you have a story to share about how you keep well, we'd love to hear about it. Email carestartshere@cdhb.health.nz or share it on the staff [Care Starts Here Facebook page](#).



THE 2018 QUALITY ACCOUNTS EDITION OF YOUR COMMUNITY HEALTH MAGAZINE IS OUT NOW!

Keep an eye out in your mailbox, or check it out on our website.

cdhb.health.nz



Tā Tātou Ora to drive better support for our people

Some words from Chief People Officer Michael Frampton:

It was a real pleasure last week to host 100 leaders from across the Canterbury Health System to take the next big steps in expanding the ways we support our 10,000+ people to be and stay well.

This gathering was the launch of Tō Tātou Ora [Our Health] Alliance, a collective of healthcare leaders, professionals and providers from across Canterbury. We were meeting to begin co-designing the transformation of our occupational health service.

Tō Tātou Ora is about better supporting our people to be and stay well. It anchors our commitment to putting people at the heart of all we do as outlined in our People Strategy – Care Starts Here and its launch follows our comprehensive [review of our Occupational Health Service, released in March](#).

Tō Tātou Ora is tasked with ensuring that our approach to delivering an expanded range of services and support to our people to be and stay well, and to recover from injury and illness:

- › is integrated, sustainable and fully connected with the wider health system
- › focuses on our people – keeping them at the centre of everything we do
- › enables clinically-led service development
- › makes the best use of resources and capacity to achieve improved outcomes for our people.

Wellbeing isn't just about the absence of sickness or injury. Unsurprisingly, much of last Monday's discussion focused not only on occupational health services but on the other things that make a real difference to people's wellbeing. Leadership, flexibility at work, culture, and the way work is designed and organised were all part



Michael Frampton

of the conversation. I'll be out talking some more about these things in the coming months.

Finally, I'm delighted to announce the arrival of Tania Beynon, our new Head of Wellbeing Health and Safety. Tania's focused on accelerating the momentum we have underway to transform our occupational health service so we can better support our staff to be and stay well. She'll also be working with me and the team to deliver on our broader wellbeing agenda. Because care does need to start here.

Ngā mihi
Michael.



Local optometrists help raise funds for premature babies



From left, Māia Health Foundation CEO Michael Flatman; Neonatal Nurse Manager Debbie O'Donoghue; Specsavers Papanui Co-owner Daniel Joplin; Clinical Nurse Specialist Hazel McGregor; Specsavers Shirley Co-owner May Young; Specsavers Rangiora Co-owner Shawn Tai; Specsavers Shirley and Specsavers Rangiora Co-owner Jenny White; and Specsavers Riccarton Windmill and Riccarton Westfield Co-owner Meagan Glover

A team of Christchurch optometrists has committed to fundraising for a key piece of medical technology that will help hundreds of new mothers in Canterbury.

Māia Health Foundation, charity partner of Canterbury DHB, has partnered with Christchurch's six Specsavers practices to help fund projects at the Neonatal Intensive Care Unit (NICU) at Christchurch Women's Hospital.

Māia Health Foundation CEO Michael Flatman says the funds raised will add significant value to the health of the community.

"We are on a mission to enhance the health experience in Canterbury – taking it from good to great."

To mark World Prematurity Day on 17 November, which raises awareness of issues around premature births, six Canterbury Specsavers stores organised to donate \$5 from every glasses sale to Māia Health Foundation.

Their aim was to raise \$3000 to purchase a Symphony Breast Pump for NICU.

With an average of 1000 babies admitted to the NICU each year, there is occasionally a struggle to have enough breast pumps for mothers to take home with them when they are discharged from hospital.

Having equipment such as a Symphony Breast Pump accessible is crucial to ensure the unit can keep up with the demand and reduce stress for new mothers.

Clinical Nurse Specialist, Neonatal Infant Feeding, at Christchurch Women's Hospital, Hazel McGregor says the majority of infants admitted to NICU are initially unable to feed directly from the breast due to prematurity or illness.

Mothers are therefore dependent on a breast pump to establish and regulate their milk supply until their baby is mature enough to effectively and efficiently fully breastfeed.

"This can only be achieved when mothers have access to a hospital grade pump that is effective, efficient, comfortable and convenient to use."

The provision of high quality pumps is especially important for mothers of extremely low birth weight babies who are pump dependent for many weeks, she says.

Specsavers Shirley Co-owner William McGrath says it is great to be behind such a good cause that is often overlooked unless someone is in a situation where they have a premature baby.

"We are pleased to be raising funds for the breast pump, but also raising awareness about infant prematurity in the Christchurch community."

New courses on offer at next year's Public Health Summer School

What does planning your first public health research project involve? What does 'health-related quality of life' mean exactly? What will it take to reduce drug harms in New Zealand? Where is our country at in terms of current rheumatic fever prevention and control methods?

If you're interested in answering these sorts of questions, learning more about the health sector, or you're seeking a day of professional development, we have good news: the Public Health Summer School at the Wellington campus of the University of Otago has range of one to four-day courses on offer from 11 February – 1 March 2019.

There are 30 courses to choose from – including 16 new courses and 14 of the school's most popular core topics.

A number of courses have limited numbers so [register early](#). You have until 20 December 2018 to register and receive a 25 percent early bird discount!

There are also a number of Māori and Pacific Scholarships available – find out more [here](#).

To view a summary of all the courses available, click [here](#). To view more detailed information on each course, click [here](#).

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11 February – 1 March 2019

Courses 1-4 days long
Register now.
Early bird available until 20 December 2018

otago.ac.nz/uowsummerschool

30 great courses
1-4 day duration
16 new topics



Hospital HealthPathways – New pathways available

We trust you're enjoying the new mobile-friendly version of [Hospital HealthPathways](#).

Our clinical editors have been working hard on developing some new pathways. The first is a pathway called **Writing discharge summaries – hints and tips**. This includes the implementation of a new discharge summaries template, aimed at improving the clarity of discharge information and informing better communication between the hospital and community with the goal of supporting better patient care.

There is also a new **Elective Preoperative Management pathway** which aims to provide guidance on which tests to do and which not to do, and dovetails with Canterbury

DHB's Choosing Wisely programme. This pathway is an essential guide for supporting clinical decisions.

Remember the **Cc Rule: Copy to with Care**. The Cc Rule pathway discusses the requirement to Cc test results to another clinician only when you have specifically advised the clinician of your expectations about follow-up responsibility and communication with the patient.

If you have any questions or comments about any content on Hospital HealthPathways or feedback on the new design, click '**Send Feedback**' from within any page of Hospital HealthPathways. You'll find the send feedback button at the bottom right of your screen.

Is your patient being discharged soon?

A good transition back into the community is an important part of hospital care.

- Look at the pathway for your patient's reason for admission as it might have important discharge advice
- Follow the tips for writing a discharge summary in the new pathway; writing discharge summaries - hints and tips
- Make sure what you ask for can be done in the community (especially for rural patients)

One minute with... Ashika Chandra, Technician, Sterile Services

What does your job involve?

My everyday duties include collecting re-usable medical and surgical instruments and devices from wards, clinics and operating theatres; taking apart pieces of equipment for cleaning; and cleaning and sterilising equipment. Communicating with customers in sorting out priority instruments is also a task I carry out on a daily basis.

Why did you choose to work in this field?

Although my job is behind the scenes, I get a huge sense of satisfaction knowing that I'm playing a crucial role at Canterbury DHB and I am doing something vital for patient care.

What do you like about it?

That I learn something new every day, for example a new procedure or a new instrument. As a caring person I've always wanted to do a job that makes a real difference and I feel very lucky to be contributing to such an awesome industry.

What are the challenging bits?

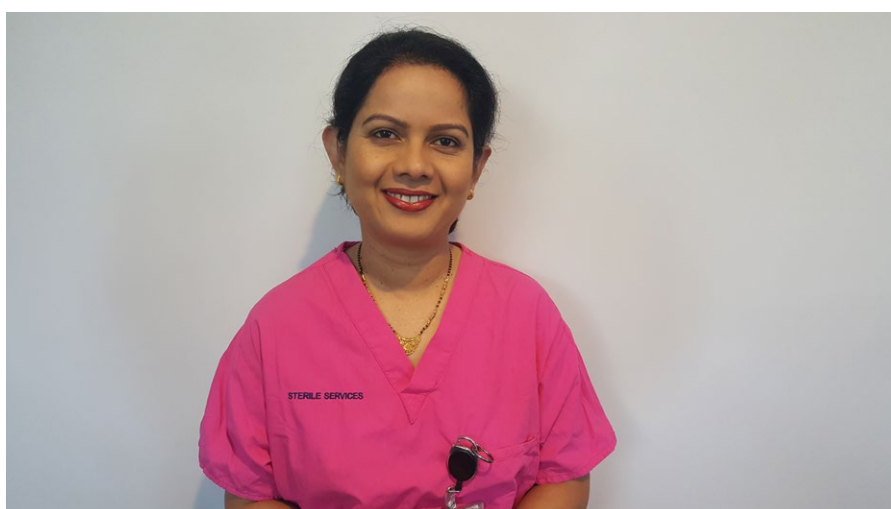
The demand from our customers which are theatres, wards and clinics, such as needing quick turn around on their equipment. Despite the pressure, I enjoy my job.

Who inspires you?

My family.

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?

It means everything to me. Doing my job to the highest quality assures me that I have honoured and respected Canterbury DHB's values and built it into my everyday work ethic. I am proud to be working with such high values.



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

On a beach in Singapore.

What do you do on a typical Sunday?

Cook my favourite dishes, watch movies, listen to music – basically relax.

One food I really like is...

Thai.

My favourite music is...

Bollywood.

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

Canterbury Grand Round

Friday 23 November 2018 – 12.15 to 1.15pm with lunch from 11.50am

Venue: Rolleston Lecture Theatre

Speaker 1: Colin Woodhouse, RN, Ward 28 Neurosciences

"The need for non-religious pastoral support"

Spiritual care is a fundamental part of holistic care for patients and their relatives. But is spirituality only part of religious belief? The proportion of people who state they are not religious is increasing so, if there are only religious chaplaincy staff available, are we meeting peoples' spiritual needs and giving them the holistic care we say we are?

Speaker 2: Amanda Lyver, Paediatric Oncologist
"Paediatric Oncology in Fiji"

An overview of the challenges and gains made in helping Fiji treat paediatric cancers for more than 10 years.

Chair: Siobhan Cross

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

Video Conference set up in:

- › Burwood Meeting Room 2.3b
- › Wakanui Room, Ashburton
- › Administration Building, Hillmorton
- › The Princess Margaret Hospital, Riley Lounge
- › Pegasus, Room 1.02

All staff and students welcome

Next is – Friday 30 November 2018

Rolleston Lecture Theatre

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

Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.



healthinfo.org.nz





**Is your phone
emergency alert ready?**



Emergency Mobile Alert is designed to keep people safe by sending emergency messages to all capable phones from targeted cell towers.
No need to sign up or download an app.

Check if your phone is compatible at civildefence.govt.nz



Noho ora pai ana i te korokeke
Living well with Dementia

Community Education Evening Seminar

27th November 2018

BEHAVIOURS AND DEMENTIA

Increase your understanding about why certain behaviours may occur when a person has dementia and helpful ways to respond.

Mackenzie Ebbett, Clinical Nurse Specialist from Older Persons Mental Health, will discuss behaviours associated with dementia that may challenge others, causes of these behaviours, and appropriate strategies for responding.

There will be time for questions.

Everyone welcome, but please ensure you register!

PH 379 2590 OR 0800 444 776

Date: Tuesday 27th November

Time: 7.00 – 8.30pm

Venue: Dementia Canterbury Seminar Room

3/ 49 Sir William Pickering Drive, Burnside, CHCH

(Evening Parking available on site)

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



3D Printing in Medicine Summer Course 2019

Open
now for
registrations

For health professionals, bioengineering or health-research students, and allied health industry innovators.

- 3D printing basics
- Additive manufacturing of medical devices
- Biofabrication and bioprinting
- Challenges facing clinical and commercial translation
- Discussion of clinical case studies

Learn from international and national experts, clinicians and MedTech professionals leading 3D printing research as well as clinical - and commercial-translation:

- Visiting Chaffer Fellow, Professor Jason A. Burdick, University of Pennsylvania
 - Professor Peter F. M. Choong, University of Melbourne
 - Professor Simon Fraser, Victoria, University of Wellington
 - Professor Jürgen Groll, University of Würzburg
 - Professor Gary Hooper, University of Otago
 - Mr Paul Morrison, Ossis Ltd
 - Professor Tim Woodfield, University of Otago
- Plus more confirming soon

www.otago.ac.nz/3dprintmedicine

11-14 February 2019

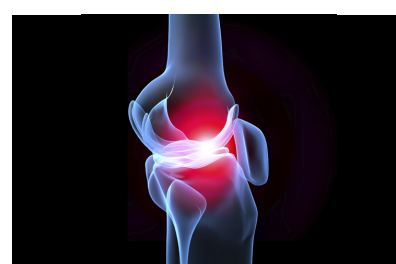
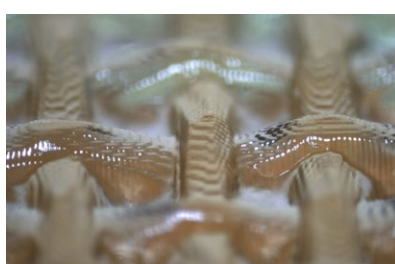
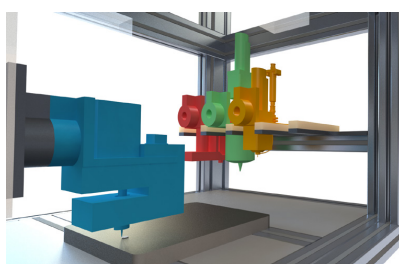
University of Otago, Christchurch
2 Riccarton Avenue,
Christchurch,
New Zealand.

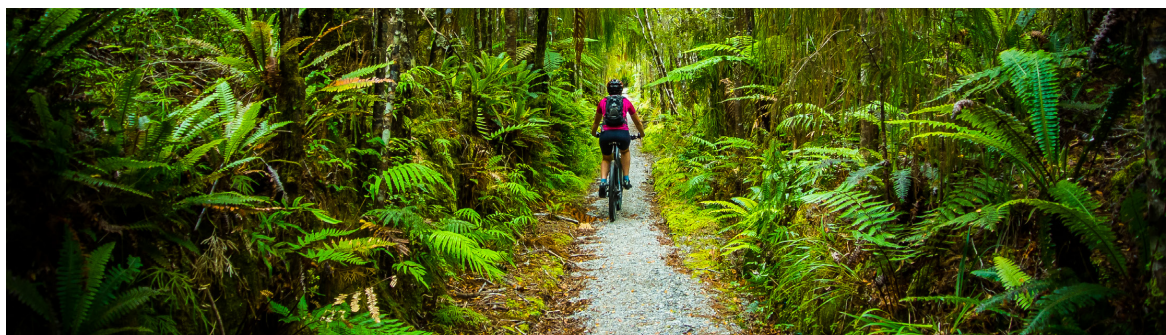
Retaining our
special inaugural
registration fee
structure:

- \$600** gst incl. standard registration
 - \$400** gst incl. student registration
- Morning/afternoon teas and lunches provided



Register before
December 18th 2018
to avoid late fees





West Coast DHB offers a supportive environment with competitive remuneration, flexible working hours and opportunity for internal and external training. Working and living on “the coast” offers a unique lifestyle. The spectacular native forests, mountain rivers, lakes and seacoast offer outstanding recreational opportunities such as fishing, skiing, tramping, kayaking and mountain biking.



Project Manager / Change Manager – The Hub Project

Our team here at the WCDHB are looking for a skilled change manager to take the lead on the planning, consultation and implementation of a core function of the new Community Health Model of Care. This is a new role which is vital to the success of our model of care and will be integrating a variety of different services into one centralised hub of information and coordination.

This role is a very unique role within New Zealand and you will be leading and driving the change throughout this project and bringing together a variety of different complex services from across the DHB and Community into one.

This role is based in Greymouth and is a 1yr fixed term & full time role within our team.

What you will do with your time:

- Review the Roadmap for The Hub’s design and ensure that this suitable
- Engagement with the governing team and other stakeholders of the project to ensure that the correct path is being followed.
- Supporting & leading the change process to centralise the Hub’s Services. .
- Overseeing a variety of different work streams for the project.

What you will need:

- Excellent Emotional Intelligence
- A skilled communicator
- Ability to build people and process capability
- Build effective relationships and mobilize support
- Ability to think operationally and bring a fresh perspective to the services and project.

Naku te rourou nau te rourou ka ora ai te iwi.
With your basket and my basket, the people will live.

To find out more information, please contact
Simon Liddy – Recruitment Specialist, WCDHB on Simon.Liddy@cdhb.health.nz



MT KILIMANJARO CLIMB IN MEMORY OF DR STEVE WILLIAMS TO
RAISE MONEY FOR CHARITY RADIATING HOPE

BAKE SALE MONDAY 26TH NOVEMBER
Main Entrance Chch Hospital
(opposite ATM) 9.30AM – 11.30PM.

THERE WILL ALSO BE A RAFFLE, TICKETS \$5 EACH. GREAT PRIZES!

1ST PRIZE:

- \$150 CAKES BY ANNA VOUCHER
- NEW WORLD HAMPER
- \$100 BALLANTYNES VOUCHER
- \$100 SWINGTOWN REBELS 5 WEEK BEGINNERS DOUBLES DANCE PASS
- \$69 SHAKTI MATT

2ND PRIZE:

- \$100 WHITE CHALK VOUCHER
- NEW WORLD HAMPER
- \$50 TOWN TONIC VOUCHER
- \$50 CO LAB HAIR ART VOUCHER

3RD PRIZE:

- \$100 RAEWARD FRESH CAFÉ VOUCHER
- 1X GRASSROOTS YOGA CLASS AND KEEP CUP

YOUTH HUB *variety concert*

featuring
THE CSO
JOEL AMOSA
JULIA DEANS
TE RADAR (MC)
THE EASTERN
SHAY HORAY
ALI HARPER
LINDON PUFFIN
BRENDAN DOOLEY

TICKETS: \$70 from www.eventfinda.co.nz

5th dec: 2018 7.00pm to 10pm

**Charles Luney Auditorium
St Margaret's College**

Enjoy a fabulous night of entertainment and help us raise funds for the development of the Youth Hub Christchurch Te Hurihanga o Rangatahi. This will be the place where young people will feel accepted and experience warm loving support in the development of their identity, and physical, mental, social and spiritual health.

Raising funds for the new ChCh Youth Hub!
www.youthhubchch.org.nz





WHANAU FUN SKM

Sunday 2nd December

1:00pm – 3.00pm

Donnell Sports Park, Brooker Ave, Burwood, Christchurch

**Free Event for Whānau
Christmas Dress Up
Foam Slide Finish**

<https://www.hewakatapu.org.nz/register>



HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau

