



## Look after yourself, so you're better able to look after others

As an industry we are very good at putting other peoples' needs ahead of our own. We know that working in health can be emotionally and physically demanding at times, which is why we think it's so important to invest in your health.

During 2014 and 2015 Canterbury DHB ran over 50 Staff Wellbeing Workshops with more than 1000 staff taking time out of their busy lives to attend. The 2014 workshops were held for managers/supervisors and in 2015 they were made available for all staff. All workshops have been very well attended and feedback has been extremely positive. This year we are running more of these 'Staff Wellbeing Workshops' across Canterbury DHB sites.

Due to feedback from those who have attended Wellbeing Workshops we've also decided to offer a new 'Character Strengths Workshop' for managers/supervisors during 2016. If this new workshop proves successful we hope to offer it to all staff in 2017.

The focus of the workshops is on self-care, self-awareness and supporting / enhancing relationships with others in a complex and high change environment. The workshops are designed to enhance all aspects of your wellbeing – not just the work component of your life.

If you managed to have a break at Easter, I hope you spent time doing things that made you happy and you are feeling refreshed for the week ahead. If you worked through, why not sit down with the calendar and think about when you can take a break. Many of you have a lot of leave owing, so plan ahead and you'll have something to look forward to as we head into another busy few months.

Thanks to those who worked over the long weekend. I know it was a busy time for those in our hospitals, so thank you for your work.

If you haven't looked at the staff wellbeing page on the intranet for a while, you might be surprised at the wide range of courses and activities on offer – many are free of charge, and some at low cost.



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### Staff Wellbeing Workshops

These workshops were designed to address the emotional and psychological challenges faced by Canterbury DHB staff through the earthquake recovery process, and the ongoing environmental changes. They continue to provide an opportunity for staff to increase their knowledge and self-awareness of their own and others' mental wellbeing, with an emphasis on building positive relationships, effective connections and communication, and a positive and productive work environment. Participants are able to learn and take away tools for sustaining long-term positive mental wellbeing for the good of themselves, those they interact with and care for, the Canterbury health system, and the whole community.

### NEW Character Strengths Workshops

designed to extend the foundation of positive mental and emotional wellbeing developed in the Staff Wellbeing Workshops, through placing a greater emphasis on the role of the individuals in terms of who they are and what they bring to their interactions with others, through harnessing their personal strengths. These evidence-based workshops continue to use the principles of positive psychology. They are highly practical and interactive, to ensure both the embedding of new learning as well as making it applicable to the context of daily life. Participants can expect to develop a greater understanding about the science of strengths, recognise and identify their own unique range of character strengths, and learn how to apply them to best effect.

Register [here](#) for the Character Strengths workshop for managers and [here](#) for a Staff Wellbeing Workshop – remember to discuss with your manager to agree a suitable date and time.

### Healthy minds & bodies

If increasing your physical and mental wellbeing feature in your list of goals for this year check out the [Staff Wellbeing page](#) on the intranet for details of a wide range of physical activity classes (including yoga, Zumba and Pilates), mindfulness sessions and many other wellbeing initiatives and support services. And remember, free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more information.

Keep an eye on the global emails later this week as times are being set for influenza immunisation clinics across our sites. Our patients rightly expect to be coming into a safe environment when they enter our facilities, and that safety extends to being cared for by staff who are fully immunised and not going to pass on influenza to patients who are already in a vulnerable state due to illness or injury. Having a protected community of people who work in health is vitally important for the smooth running of our health system. With almost 10,000 people employed directly by Canterbury DHB, and a further 8,000 in the community we're a big team of role models who can remind friends and family of the benefits of getting the best protection against influenza - immunisation.

Finally, look after yourself and be kind to your colleagues, you are our most important resource. Make sure you take time out when you're not working to relax and enjoy the balmy autumn days before winter sets in.

*Creativity* HONESTY  
Fairness *Teamwork*  
PERSEVERANCE *Hope*  
JUDGEMENT *Prudence*  
*Humour* LEADERSHIP  
BRAVERY GRATITUDE  
Kindness Humility  
Zest Forgiveness  
Perspective *Curiosity*

## Volunteers wanted for Burwood Open Days

Volunteers are required for the upcoming open days being held at Burwood.

If you can spare a couple of hours to help show off our new facilities please email [itsallhappening@cdhb.health.nz](mailto:itsallhappening@cdhb.health.nz)

We need volunteers for the staff open day being held from 10am-12pm and 3pm-5pm on Friday 27 May

and the public open day from 10am – 2:00pm on Sunday 29 May.

Take care,  
David



David Meates  
CEO Canterbury District Health Board

## Celebrating the millionth ERMS referral

With a click of the mouse and an 'accepted' message confirming the request has been received, the one millionth successful electronic request for specialist advice and assessment in the South Island was sent just over a week ago. One more person getting the right care at the right time in the right place.

More than a million everyday successes add up to one very significant one.

This is a tremendous achievement, together with our South Island Alliance DHB partners and other key players across our health system. I would like to acknowledge their collective contribution – especially Pegasus Health who were our development partner for ERMS and are instrumental in its ongoing success, with significant support from our other Canterbury Primary Health Organisations; Rural Canterbury PHO and Christchurch PHO.

For those who aren't familiar with ERMS, it makes sure a request goes only where it is meant to and that it gets a response. It also helps protect patient privacy (there's no chance it'll go astray), and cuts waste out of the system by saving everyone's time.

ERMS was another innovative Canterbury initiative launched back in 2009 near the start of our transformational journey. It was designed by clinicians, for clinicians - which is why it is so extensively used. It's been in use here the longest and Canterbury clinicians have clocked up an astonishing 741,000+ of those million referrals.

ERMS has been designed to support general practice to get the right care or advice for our people. A key component in its success, that we believe puts it head and shoulders above other referral models, is that requests can go to any part of the system, whether public or private and incorporate community-based as well as hospital-based services.

Christchurch GP Martin Seers provides an interesting

insight into how ERMS really works from a General Practice perspective. He thinks ERMS is a fantastic tool that improves the quality of care General Practice teams provide - because it is fast and easy it frees up more time for patients. It further improves the quality of care by providing patients with timely access to specialist advice or treatment as needed. Martin went on to say:

*"Before ERMS, I would often put referrals to one side and do them all together at the end of the day. Now they are often completed before the patient has left the practice and before I see my next patient. The electronic form pre-populates with key patient information such as past medical history and test results that help the specialist receiving the request to make an accurate assessment."*

ERMS has really strengthened the link between community-based care and specialist services. Building relationships and clinically led collaboration is the cornerstone for the success of our integrated health system. The success of pioneering systems like ERMS is compelling evidence of that strategy in action, and the benefits that come from it. With ERMS now available to assist in the care of well over a million people, it can't be too long before we hit 2 million referrals.

## The Great Christchurch Campus Zero Hero Commuter Travel Survey

There's less than one week to go to fill in the online survey. 1640 Christchurch Campus staff are in the draw for fabulous prizes (see below) - so get in quick, survey closes Friday 1 April.

- » Two \$250 dining vouchers from Westpac
  - » Two \$50 Boat Shed Lunch Vouchers
  - » Thirty \$5 dollar vouchers for Medici
  - » MacPac clothing vouchers
- and from John Bull

- » One \$129 Bike light set from John Bull
- » Two \$299 Voltra Reflective Vests
- » One \$149 Ultura Night Vision Jacket
- » One \$900 2016 Crossway Bike

The survey can be found at  
[www.surveymonkey.com/r/ZeroHerosChch](http://www.surveymonkey.com/r/ZeroHerosChch)

Any questions to Jackson Green  
[Jackson.Green@cdhb.health.nz](mailto:Jackson.Green@cdhb.health.nz)  
 or James Young  
[James.Young@cdhb.health.nz](mailto:James.Young@cdhb.health.nz)

## Facilities Fast Facts

### Fast Facts – Burwood

Staff orientation begins in early April – most staff are now signed up to attend an orientation session, but if you haven't booked your place yet, please ask your manager.

Part of the orientation is an online module in healthLearn. There's more about this module on the [Burwood migration intranet pages](#). It's particularly important for clinical staff to have completed this module before they attend their orientation on site.

The latest of Dan Coward's weekly videos for staff is also now available to [view](#). Only nine weeks to go before the big moves get underway! This week's video covers the medical library services, and what staff should do with any journals and textbooks.

### Fast Facts – Christchurch

Tower cranes are coming to Christchurch Hospital in April, but it's not the first time there have been large cranes on site, as this photo shows, taken during construction of the School of Medicine tower (background) and the Riverside building (foreground) in the 1970s.

The photographer is (we think) standing near where the current temporary dirty dock compactor is located, at the rear of the hospital site, looking south. Stage 1 of the hospital build began in 1971 and was completed in 1977, as recorded on two brass plaques on the wall on the lower ground floor of Riverside. Stage 2, Parkside, was built in the 1980s.



### Planning update

Both the Outpatients and Acute Services building projects are presenting their plans to the Clinical Leaders' Group on April 1. There will be about 15 separate presentations of plans – it will be a long and important meeting!

## Canterbury Grand Round

Friday, 1 April 2016 – 12.15pm to 1.15pm with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

**Speaker one: : Anthony Butler, Radiologist**

"MARS: A new form of medical imaging"

The goal of the MARS programme is to measure x-ray colour (aka. energy) of biomedical tissues. The x-ray colour provides information about the chemical and atomic constituents of the tissues. Images presented will show preliminary results from atherosclerosis, arthropathies, implants, and pharmaceuticals. Currently the team is in the processes of building a human scanner to enable clinical trials.

**Speaker two: Hamish Jamieson, Older Persons Health**

"Understanding data using the interRAI and big data"

New Zealand has implemented a standardised assessment for older people who have complex needs. It is called the interRAI and 50,000 of these assessments are performed

annually in New Zealand. Here, we explore some of the initial data in relation to mortality, fracture prediction and the utilisation of residential care."

Chair: Dr Natasha Smith

Video Conference set up in:

- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome

Talks will be available within two weeks on the [intranet](#)

Next Grand Round is on Friday 8 April 2016.

Convenor: Dr R L Spearing, [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)





## Bouquets

### **Children's Haematology and Oncology Centre (Paeds) (CHOC), Christchurch Hospital**

I just want to thank all the nurses and doctors and all the other lovely ladies including the bead lady and everyone else for taking the best care of my sister. We can't thank you all enough.... We are so grateful to be here and we can't thank you enough.

### **Orthopaedics, Ward 18, Christchurch Hospital**

Lovely service, very polite, cheers.

### **Catering, Christchurch Hospital**

I have just spent a week in Ward 28 for a 'traumatic brain injury'. The staff were excellent but I want to particularly recognise and acknowledge the exemplary care shown to me by Lorraine, from the catering department. It is a busy ward and can feel isolating, but Lorraine is the one constant face we see.

She knows all our names and food and drink needs without us having to say anything. She is bubbly and caring whenever she is on the ward.

It is people like Lorraine who make a horrible situation more comfortable and at all times her professionalism has been exemplary. Thank you so much for having Lorraine and the staff so aware of patient's needs.

### **Orthopaedic Outpatients Department, Christchurch Hospital**

Thanks so much for having wifi. All the staff are polite and friendly, keep up the good work

### **Christchurch Hospital**

Receptionist named Tracy helpful and

friendly. Good to see such a great attitude in such a difficult job. Thanks.

### **Ward 23/ 24, Christchurch Hospital**

Over the past three weeks we have spent time in both of these wards with my mother after having a stroke and then a fall. Both times the nursing care has been exceptional, the nurses great with Mum and passing on info to us. Doctors have been good with info and meal distributors very considerate and helpful.

### **Coronary Care Unit, Christchurch Hospital**

Would just like to say what great service that has been provided to my husband while being a patient in this hospital for five days. The staff have been so great and helpful anytime you need to find your way around. Also the shuttle service provided is marvellous, as coming from Ashburton each day it has made life so easy. Thank you all.

### **Ward 20, Plastic Surgery, Christchurch Hospital**

Wow, I had help from an amazing, helpful woman called Faye. She is so friendly and helpful.

### **Radiology, Christchurch Hospital**

Visit to Dr Ho was most efficient and professional as have been all previous radiology treatments. Many thanks.

### **Ward 16 and Surgical Progressive Care Unit, Christchurch Hospital**

My father was in hospital for surgery and stayed for six days. We have both found the nurses, doctors, nurse assistants and all staff to be of great help. The nurses' bedside manner (and the doctors') have been absolutely perfect.

They have been caring and helpful every step of the way. It's really nice to see a bunch of people looking like they actually enjoy their job. Keep up the great work and a big thank you to everyone who helped in getting my dad back on his feet.

### **Eye Outpatients and Christchurch Women's Day Surgery**

I'd like to thank all the doctors and medical staff for the fantastic treatment I've had over the past 18 months. Everyone has been very helpful and considerate and I am very grateful to everyone concerned. Thank you.

### **Ward 24, Christchurch Hospital**

I was discharged from Ward 24 after three days of observation, treatment and diagnosis. I received first class attention and care from all I came in contact with and am most grateful to all. May I make special mention of the following...Nurses Lucy Levett, Joe and Jock.

### **Lindsay Clement, TPMH Gardener**

Our gardener Lindsay Clement always makes sure that our grounds look at their best. I've lost count of the number of times that patients and visitors have commented to me about how well the hospital grounds are kept and to thanks those responsible, so I thought it was about time he got a mention, well done Lindsay... and team!

# Flu can be anywhere – give yourself the best chance to avoid flu

Aaron Hapuku is one of our Māori Health Promoters and is passionate about his culture and sport.

His love of Kapa Haka led to him competing at Te Matatini which was held in Christchurch last year, and his image used for [Te Waiorotanga](#), part of the AllRight? Campaign. The powerful image of Aaron and his daughter Kaahu bursts out from its promotional material and can also be seen on the back of some buses (much to his dismay!).

Aaron has been getting his annual flu vaccination ever since returning to New Zealand from London in 2009 and says he believes the vaccination is vital to the health of his whānau.

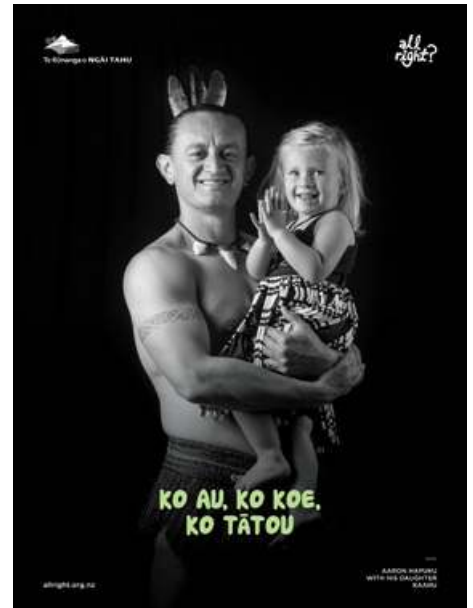
"I'm lucky in my role as a health promoter. It means I can get the vaccination free and I can also ask my fantastic colleagues about any myths or rumours I've heard. I know people, many of them Māori, who don't get vaccinated because they've heard something that is just not true," says Aaron.

Fear of catching the flu from the vaccination, not wanting to put chemicals in their bodies and thinking they'll be right because they look after themselves in other ways seem to be the main culprits. Helping people distinguish myth from fact is a key focus of this year's campaign promoting the flu vaccination.

Aaron, personally, has many reasons why he gets vaccinated. He wants to protect his partner, Gina and their two children – three year old Kaahu and four month old Mere. This means he has to look after himself.

"I'm the main income earner, I can't afford to be off work, either through being unwell myself or having to stay home to care for my whānau, for long periods of time," says Aaron who is a firm believer in businesses supporting their workers by offering free or subsidised vaccinations.

He also doesn't want to miss out on doing the things he loves. Going to the gym, doing Kapa Haka (training for the next Te Matatini) and Taiaha (a martial art) are all things he couldn't do if he was unwell with flu.



Above: Aaron with daughter Kaahu



Above: Aaron Hapuku protects his whānau by getting his flu vaccination each year.

"I hate being sick and not being able to participate, so I give myself the best chance I can to stay healthy, I get the flu vaccination," says Aaron.

Staff vaccination clinics begin early April. Details will be in next week's CEO Update, daily global email and on the intranet.

## Facts about the flu and the vaccination

- » Influenza vaccination is provided free for those who need it most.
  - \* All Canterbury DHB staff
  - \* People with certain medical conditions
  - \* People 65 and over
  - \* Pregnant women (any trimester)

- » Influenza can be anywhere, so you can easily catch it or spread it to other people.

Contact with the influenza virus is almost unavoidable, and while it does not always mean you'll be infected, it does mean the risk is never far away. You can infect other people even before you know you're sick. Even if you are not in one of those groups most at risk from complications, it is important you do not pass the virus onto those who are more likely to get sicker from influenza – including young infants, pregnant women, the elderly and people with certain medical conditions such as asthma or heart problems.

- » Being young, fit or healthy will not protect you from influenza.

Influenza can make healthy adults, children and infants seriously ill or cause death. A healthy diet and regular exercise may help support your immune system but they will not protect you from influenza. Unvaccinated pregnant

women are at particularly high-risk of influenza, even when they are fit and well.

- » Influenza is more than just a 'bad cold'. Although some of the symptoms are the same, influenza is usually much more severe and lasts for longer. Symptoms of influenza include a cough, headache, fever or chills, body aches and pains, fatigue and generally feeling miserable. Influenza can also lead to serious complications, particularly in people with certain medical conditions such as heart or lung conditions. Complications of influenza include pneumonia, heart failure, and worsening asthma. Each year more than 400 New Zealanders on average are estimated to die from influenza or influenza related conditions (e.g. pneumonia, heart failure, lung failure).

- » The influenza vaccine cannot give you "the flu".

There is no live virus in the influenza vaccine. It has an excellent safety record and has been proven to provide effective protection for most vaccinated people, including pregnant women and their unborn or newborn babies.

- » Get immunised early for the best protection.

More than a million New Zealanders have their influenza vaccination each year. Getting vaccinated as early as possible each year, before winter hits, gives the best protection.

## Professor Spencer Beasley new Vice President of the Royal Australasian College of Surgeons

**Congratulations to Professor Spencer Beasley (Clinical Director Paediatric Surgery), who has been elected the new Vice President of the Royal Australasian College of Surgeons (RACS).**

His appointment commences May 2016. Professor Beasley has been a Councillor with the RACS for over seven years. The RACS is responsible for surgical education and training in both Australia and New Zealand, and for the maintenance of surgical standards in both countries.

In addition to providing support to the President, the Vice President is responsible for the Relationships portfolio which includes Governance and Advocacy. Previously Spencer has been the Chair of Professional Development, the Chair of the Board of Surgical Education and Training and the Chair of the Court of Examiners.

Sally Langley, Plastic and Reconstructive Surgeon at Canterbury DHB is also a Councillor of RACS and will be taking over as Chair of Professional Development. It is unusual to have two councillors from the same institution. Their involvement in professional college activities reflects well on Canterbury DHB, and promotes the contribution of its surgeons on the regional and international stage.

It also reflects the support given by other members of their departments who help provide cover for them while they are fulfilling their College obligations.



Above: Professor Spencer Beasley



# April a time to increase focus on preventing falls



It's almost April, and each year DHBs and community-based health services providers use the opportunity to raise awareness and engage staff in reducing the harm caused by falls in hospital and in the home.

The overall theme for April Falls 2016 is prevention, review and learning from falls. This reinforces the underlying message that "falls prevention is everyone's business". This theme applies in all care settings – in hospital, primary and community care, and aged residential care.

This year each region has been given its own local theme by the Health Quality and Safety Commission. The South Island Alliance's is 'partnering with patients and families'. HQSC provides some great, mostly free, resources to help us provide good quality information and get the message across.

[Visit here.](#)

In the past we have promoted initiatives during April such as display competitions and asking you to nominate the falls champions among you. We then rewarded those people by making sure their efforts were recognised, and shouted a lucky few morning tea.

We liked the 'win morning tea' idea, so we've kept that! This year we want to focus on topping up that collective knowledge bank by making sure staff have completed the Falls Prevention module in healthLearn recently. If you have, morning tea could be just a scone's throw away.

During April look out for the new posters, screensaver, a banner on Health TV and as always, our ever-resourceful staff will have their own ideas about how to grab your attention. We'd be happy to feature any particularly creative April Falls initiatives in future updates – you just have to tell us what's going on and where (email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz)).

There is also a series of webinars scheduled during April, courtesy of the Health Quality and Safety Commission Falls clinical lead at HSQC, Sandy Blake and a number of local and international experts will inspire you and share their experience online.

## Webinar one

Tuesday 19 April 2016, 8–9am "Human factors and learning from falls events"

## Webinar two

Tuesday 26 April 2016, 5–6pm "Falls prevention and primary care partnerships"

## Webinar three

Friday 29 April, 8–9am "An international perspective: Managing falls and fractures in care homes for older people in Scotland"

To register for the webinars please email [bridgette.connor@hqsc.govt.nz](mailto:bridgette.connor@hqsc.govt.nz)

Search "April Falls" on our intranet homepage for more information, including how and when to tune in to the webinars: Venues are being organised at Christchurch Hospital, The Princess Margaret Hospital, Burwood Hospital, Ashburton Hospital and the Specialist Mental Health Service.

 The poster is black with a yellow corner graphic. It features several white icons of people falling and yellow checkmarks. The text is in yellow and white. Logos for Canterbury District Health Board, Stand up to FALLS, and health Learn are in the top right.
 

**CELEBRATE APRIL FALLS MONTH BY REFRESHING YOUR FALLS KNOWLEDGE**

Show you have recently completed the Falls Prevention module in HealthLearn and you could win a coffee card for you, or morning tea for your team!

For the four \$25 coffee cards, names will be drawn at random from those who have successfully completed the course during between 1 Nov last year and the end of April 2016. For your team, morning tea shouts are up for grabs for wards with the highest percentage of staff entering.

**TO ENTER** If you haven't yet done the FP module simply go straight to healthLearn. Email or send a copy of your completion certificate to Margaret Jarrett, Corporate Quality & Patient Safety, L5 TPMH [Margaret.Jarrett@cdhb.health.nz](mailto:Margaret.Jarrett@cdhb.health.nz).

Don't forget to mark each entry with your ward and division.

Above: Look out for these printed posters for details of how to win a morning tea.



## European Commission support for urgent Zika research

**Zika is a mosquito-borne viral disease caused by the Zika virus (ZIKV) that has recently been spreading through the South Pacific and Latin America.**

In November 2015, preliminary evidence emerged that ZIKV may be associated with an observed increase in neurological complications (Guillain-Barré syndrome) in adults and severe congenital brain malformations in newborns born to mothers infected during pregnancy.

At this point a causal link with ZIKV has not been confirmed. The EU swiftly responded by initiating a series of consultations within the framework of [GloPID-R](#), a global network of major public and private funders of preparedness research. Funders, public health authorities from the affected countries, as well as experts and researchers in relevant fields from the affected countries and GloPID-R members were invited to establish research priorities, track research capacity, and share any research activities that are ongoing or under development.

The importance of a rapid research response to the Zika outbreak is highlighted by the WHO's declaration on 1 February 2016 that the recent cluster of microcephaly cases and other neurological disorders is a Public Health Emergency of International Concern.

### The call to address Zika research gaps

The EU has released €10 million for research on the Zika virus, currently affecting large parts of Latin America. The funding, which comes from the EU's [Horizon 2020](#) research

and innovation funding programme, will first be directed towards proving the link between the virus and severe brain malformations reported in newborn children. If proven, researchers could then move on to look at ways of combatting the Zika virus, including developing diagnostics and testing potential treatments or vaccines.

The deadline for submission of proposals is **28 April 2016**.

For further information and links to guidance on proposal submissions please [click here](#).

OR contact the CDHB Research Office

**Level 5 Research Office,  
2 Riccarton Ave,  
PO Box 4345,  
Christchurch Mail Centre,  
Christchurch 8140.  
Tel +64 3 364 1513  
DD 81513**

[www.otago.ac.nz/christchurch/research/researchoffice/](http://www.otago.ac.nz/christchurch/research/researchoffice/)



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## National Health Workforce Survey

Complete this brief survey and be in to win a \$100 shopping voucher from a retailer of your choice!

This National Health Workforce Survey is collecting valuable information about how you support clients to make positive nutrition and physical activity choices. We're also finding out more about your attitudes to e-learning.

The survey is distributed by Gravidag's Healthy Start Workforce Project. We're using this information to improve and enhance our professional development programmes to better suit your needs.

The survey takes 5 to 10 minutes to complete and once complete, you'll go in the draw to win a \$100 shopping voucher from a retailer of your choice!

Thank you so much for your support.

Take the [survey here](#).

# World Health Day - 7 April 2016

The World Health Organization (WHO) has chosen Diabetes as its focus for [World Health Day 2016](#).



New Zealand will be one of the first countries to see in [World Health Day](#) on 7 April so Diabetes New Zealand is taking this opportunity to draw attention to the rise of diabetes in our communities.

We are encouraging businesses, clubs and community groups to gather together early on Thursday morning 7 April to send a message to the world that New Zealand is taking action.

Be a part of our new awareness event #dawn4diabetes, see below for how to do that.

Diabetes affects more than 250,000 New Zealanders with 40 people a day diagnosed with the condition. Please help us to help them.

## Get involved!

Encourage your work mates, team mates, friends and family to join you for a group photo at your local landmark on 7 April and share it on social media with the hashtag #dawn4diabetes for the world to see!

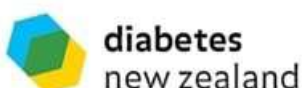
**Talk about** #dawn4diabetes with your friends, family and networks.

What would make a great group photo in your town? Then get planning!

## Tell us about your event!

Email your event details to [rose@diabetes.org.nz](mailto:rose@diabetes.org.nz) so we can share event details on our website and social media networks - let's get the word out!

[Download an event poster](#) from our website to display in your town - we have left a space for you to include your event details.



PROUDLY ACTIVATED BY  fitbit.

## WHO Hand Hygiene Day on 5 May

Thursday 5 May is WHO (World Health Organization) Hand Hygiene Day, a worldwide initiative to encourage us to refocus on the importance of good hand hygiene.



Our main focus for Hand Hygiene across our health system

- » make correct hand hygiene the social norm
- » empower patients and visitors to speak up by asking staff caring for them if they have washed their hands.

We have a number of hand hygiene-related activities planned for May to help us achieve those objectives, but we'll save those for a later edition.

While WHO Hand Hygiene Day is an important opportunity to raise the profile of the importance of hand hygiene, correct hand hygiene is an everyday objective for us. Within our Canterbury Health System we need to be looking for ways we can achieve the expected national compliance standard for hand hygiene. We are tantalisingly close to achieving the target of 80% but are not there yet.

More about how close we are getting on later, after the official audit cut-off date of 31 March.

|  |   |
|--|---|
| <b>1</b> Before Patient Contact                      | <b>WHEN?</b> Clean your hands before touching a patient when approaching him/her.<br><b>WHY?</b> To protect the patient against harmful germs carried on your hands.  |
| <b>2</b> Before Procedure                            | <b>WHEN?</b> Clean your hands immediately before any procedure.<br><b>WHY?</b> To protect the patient against harmful germs, including the patient's own, from entering his/her body.   |
| <b>3</b> After Procedure or Body Fluid Exposure Risk | <b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal).<br><b>WHY?</b> To protect yourself and the health-care environment from harmful patient germs.   |
| <b>4</b> After Patient Contact                       | <b>WHEN?</b> Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side.<br><b>WHY?</b> To protect yourself and the health-care environment from harmful patient germs.  |
| <b>5</b> After Contact with Patient Surroundings     | <b>WHEN?</b> Clean your hands after touching any object of furniture in the patient's immediate surroundings, when leaving - even if the patient has not been touched.<br><b>WHY?</b> To protect yourself and the health-care environment from harmful patient germs. |



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Supporting the health workforce  
to develop CALD Cultural Competence

### eCALD® 4th Special News Edition

In this edition of eCALD® read about the newest issue of the "Asian Health Review" and publications relating to the effectiveness of cultural case workers for refugee population and an effective research method. Reminder also to those who wish to register for the ACMA Chinese Health in Australasia Conference and the PADA Asian Perinatal Health Service Seminar, registrations are closing soon!

CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African (MELAA) backgrounds.

Read the [full newsletter](#).



e-update

[Issue 24 \[20 February–20 March 2016\]](#)

Included this issue:

- » NEWS: Clinical leadership crucial for safe surgery programme success
- » NEWS: Dr Henry Marsh forum discussed leadership, consumer engagement
- » MEDIA RELEASE: Commission calls for surgical data to be publicly reported
- » NEWS: Successful quality accounts workshop held
- » Reducing Harm from Falls
- » NEWS: Let's PLAN health literacy tool supporting Work and Income clients
- » NEWS: Scholarships for infection prevention & control quality improvement training

Read the [full issue here](#).



## Recruitment Update

### Service Manager - Christchurch Hospital

The Canterbury District Health Board's vision is to promote, enhance and facilitate the health and wellbeing of the people of Canterbury. We are looking for a suitably qualified person who understands this vision to join us as a Service Manager for Christchurch Hospital.

This is a key role, where you'll partner with senior clinical staff to effectively lead and manage medical and/or surgical specialties. Your objective is to develop and maintain a quality, effective and efficient clinical service, which meets patients' needs whilst minimising waste, and supporting the overall strategic direction of Canterbury DHB.

We're looking for a manager from the health system with excellent interpersonal skills and leadership qualities.

You will have a high level of competence with

- » • Managing staff
- » • Enabling collaboration
- » • Planning and analysis
- » • Quality improvement
- » • Preparing operational and business plans
- » • Preparing budgets and reporting

Experience with change management, leading projects within a complex system

will be an advantage.

Alongside the requirements to continue developing the service, there is a high level of demand for effective decision making and problem solving to ensure we reach our long term goals.

This is an exciting opportunity to work with some amazing people and to play your part in achieving good things for the people of Canterbury.

We do have a current vacancy for this role, and we are also interested in talking with people for a similar opportunity later this year. Please contact Kathryn Clark – Recruitment Team Leader on 0212470471 for a confidential discussion.

### Chief of Service Older Persons Health

Be part of an innovative health system that is in the process of significant transformation. The Canterbury health system has been internationally recognised for its collaboration and integration.

Older Persons Health & Rehabilitation (OPH&R) group of services are extremely important for the Canterbury DHB especially in regard to the ageing population. This is an expanding service, currently based at both The Princess Margaret and Burwood Hospitals, which will move into purpose built facilities on the Burwood Health Campus early 2016.

OPH&R is one of the largest in New Zealand and is internationally regarded for its wide range of services including community and inpatient geriatric

medicine, orthogeriatric medicine and rehabilitation, stroke and brain injury rehabilitation, a regional spinal service, pain management service and a comprehensive range of psychiatric services for older people.

We are seeking a Chief of Service to provide leadership, direction and governance across the OPH & R services to provide high quality healthcare services for our patients. This is a clinical leadership role and reports to the General Manager. A specialty in one of the OPH&R areas would be an advantage but we would also like to hear from Consultants from other disciplines who are innovative and proven leaders. Whilst this role includes a substantial clinical leadership component you may also retain an active ongoing clinical commitment in your area of speciality. We are open to exploring fixed term or secondment opportunities for this role.

Key performance objective areas include: clinical leadership; clinical service delivery; planning; financial management and budgeting including providing clinical advice re capital expenditure; quality assurance and clinical risk management; and human resource tasks with respect to medical staffing.

For further information please contact Liz Hill on ++64 3 37 7954 or email on [liz.hill@cdhb.health.nz](mailto:liz.hill@cdhb.health.nz)

## Nurses undertaking CPIT courses in Semester 2, 2016

Applications for funding for nurses undertaking CPIT courses in Semester 2, 2016 are now open. Please apply using the on-line application form:

[CPIT Funding application form](#)

Applications close on Friday 29 April, 2016

Further information is available from Jenny Gardner on [jenny.gardner@cdhb.health.nz](mailto:jenny.gardner@cdhb.health.nz)

## Registered Nurses undertaking Postgraduate nursing study in Semester 2, 2016

Applications are now open for HWNZ funded places in Semester 2, 2016. The link to the online application form is: [CDHB Online Application Form, Semester 2 2016 - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website: [Postgraduate Nursing Education](#)

Closing date is Friday 29 April 2016. Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or [margaret.bidois@cdhb.health.nz](mailto:margaret.bidois@cdhb.health.nz) or to Jenny Gardner, Nurse Coordinator, PG Nursing Education on 68679 or [jenny.gardner@cdhb.health.nz](mailto:jenny.gardner@cdhb.health.nz)

## One minute with... Jackie Cuthbert, Community Mental Health Nurse

### What does your job involve?

I work in the North Sector Adult Community Mental Health Service as a nurse and case manager, primarily covering the North Canterbury area. That includes being part of a smaller team running a clinic at Rangiora Hospital for clients. I see them both there and in their homes/community.

A number of my clients have come from the inpatient setting (Hillmorton Hospital) and the rest are referred to our service via Single Point of Entry.

Generally I work with my clients on attaining/maintaining wellness using a holistic model, promoting a healthy lifestyle both physically and mentally. For many clients it's beneficial to assist and support them to manage their health in a setting they find most comfortable – their homes and community.

As well as the above we work with our clients on housing/accommodation, work/return to work, benefit requirements, physical health, formulating new support networks and educating clients and their families.

We also liaise with non-governmental organisations, general practices and other organisations as a part of our follow up with clients as they provide a variety of important services to our clients.

Since the beginning of 2015 I have also been the Clinical Liaison Nurse in North Sector, working with CPIT students who come here for clinical placements.

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

I've worked as a nurse for more than 30 years, 20 of those in mental health. Originally I worked at Christchurch Hospital as a theatre and surgical nurse but I became curious about how people felt, thought and managed their mental health while physically unwell. That led to a career change in my late twenties after bridging from Enrolled Nursing to Registered.

I've done a lot of Specialist Mental Health Service inpatient work but find the community work really satisfying as it's working with clients in surroundings they feel more relaxed in. I also like the challenge of the work and the need to think outside the square at times. I enjoy working with clients as they work towards and achieve good or improved outcomes for themselves.

I have to admit that personally another bonus is that I work "normal" hours and this means my evenings and weekends are free for my family and interests/hobbies.

### What do you like about it?

The autonomy, responsibility, client interactions and the informal nature of the work. By that I mean it's not necessarily work carried out within a specific building or area. I have visited clients in the inpatient setting and then followed them up on discharge. Sometimes that's in their homes, an outpatient clinic, sitting in a café or meeting them at their work place. I like the flexibility of working in with the client



Above: Jackie Cuthbert

according to their needs and de-stigmatising what mental health care might mean to a client.

### What are the challenging bits?

The occasional verbal aggression from clients, the anger/distress/frustration from clients and their families when we can't meet their needs quickly or as they might hope. Trying to find accommodation and resources for clients who have either "burnt their bridges" elsewhere or don't quite fit with what's available. Sometimes there simply aren't the resources available for our clients.

The work can be demanding and we work hard and do our best, but it can be a bit demoralising when resources such as housing aren't there for our clients. It's hard not to feel the needs of our clients are undervalued during those times.

### Who do you admire in a professional capacity at work and why?

The team I work with! They are professional, caring, fun to work with and supportive. On a day to day basis: Kate (North Sectors' CNS), Lisa, Nyetching, Kirstin and Cath (case managers). I value their opinions, experience, feedback and support.

### 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?

They are a reminder that each and every client is important and deserves the best care we can give them.

### The last book I read was...

Breakdown, by Jonathan Kellerman. I really enjoy psychological thrillers. But I typically have 3-4 books on the go at a time!

» Article continues on page 15

» Article continued from page 14

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

Italy. I've been there before and love the art, history, culture and people. Later this year I plan to spend a fortnight in Florence painting and drawing.

### My ultimate Sunday would involve...

A morning with my family and then painting all afternoon – usually with some students.

I have a Diploma with Honours in Art and Creativity and love to paint - having regularly exhibited and sold works. In my spare time I offer tuition to others in painting, as I believe art and the act of creating is so important to our mental wellbeing.

My students are primarily those who work within Canterbury DHB (and family/friends), where people often can't get to classes or are expected to pay in advance for lessons that they might not be able to attend (due to their schedule). I want

art to be available to those who want to explore and develop their creativity. It's been so exciting for me, and my current students, to see their progress.

### One food I really dislike is...

Liver, there's no way to make it taste better.

### My favourite music is...

Virtually anything except rap and heavy metal. I'll listen to 92.1 (and recent releases) during the day, the concert programme in the evening and then whatever's on in the weekend.

If you would like to take part in this column or would like to nominate someone please contact

[Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz)

## Staff Wellbeing Programme: New Wellbeing Workshops & Financial/retirement & home loan clinics



### Wellbeing workshops – 2016 programme starts April

- 1 New strengths based workshop – available to Managers / Supervisors. [Click here](#) for more information and [click here](#) to register.
- 2 We are also running another series of the very popular Staff Wellbeing Workshops – this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register – available to all staff.

### Financial/retirement & home loan planning

Following the success of last year's programme we are again teaming up with Westpac to offer free onsite appointments (30 minutes) with a registered financial advisor or home loan expert. [Click here](#) for more information and to book an appointment.

### Understanding Incontinence

Next presentation is at Burwood Hospital - Wed 30 March.

[Click here](#) for more information or [click here](#) to register.

See [www.continence.org.nz](http://www.continence.org.nz) for more information on incontinence.

### One for the Blokes: Men's Mental Health workshop – CHCH Campus and Rangiora

Due to the success of these workshops over the past two years we are offering another two workshops in April.

[Click here](#) for more information and [click here](#) to register.

### Over 30 classes a week across main DHB sites – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#).

### Free counselling available to all staff

Free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more information.

### Andy Hearn

Staff Wellbeing Coordinator

Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924

[andy.hearn@cdhb.health.nz](mailto:andy.hearn@cdhb.health.nz)

## News from the Canterbury Medical Library

For links to the Canterbury DHB Quality and Patient Safety Presentations, web resources for surgeons and articles...

[read full newsletter](#).



## In brief



**#dawn4diabetes**

WORLD HEALTH DAY  
Thursday 7 April

**Show the world we're taking action to beat diabetes**

Rise early on 7 April and take a group photo at your local landmark to share on social media with hashtag #dawn4diabetes



YOUR LOCAL EVENT:

PROUDLY ACTIVATED BY 

Raise awareness in our communities about the need for healthy lifestyle choices to prevent and manage cases of diabetes

### CDHB – Investment/retirement planning & house buying April / July 2016

Results of the Staff Wellbeing Survey 2014 show that many staff would like support relating to financial/retirement planning and buying a house.

We have therefore arranged for Westpac to provide free 30 minute appointments to help you better understand and plan your finances related to Retirement Planning and Housing Matters (first home buying, selling up and buying a new home, building or refinancing).

- Retirement Planning – you will meet with an Authorised Financial Advisor
- Housing Matters – you will meet with a Home Loan Expert

Westpac staff will be available to assist you between 0900 and 1600 at the sites and dates listed below – appointments will commence on the hour and at 30 minutes past the hour. To make an appointment please contact Greg Mander [greg\\_mander@westpac.co.nz](mailto:greg_mander@westpac.co.nz) and be sure to include the following information:

- the hospital you work at
- whether you want an appointment to discuss 'retirement planning' or 'housing matters'
- the 30 minute time slot that would suit you best

These sessions are available on a first come, first served basis.

| Hospital    | Topic               | Date                   | Day       |
|-------------|---------------------|------------------------|-----------|
| Hillmorton  | Retirement Planning | 5 <sup>th</sup> April  | Tuesday   |
| Hillmorton  | House/Home          | 14 <sup>th</sup> April | Thursday  |
| CHCH Campus | Retirement Planning | 10 <sup>th</sup> May   | Tuesday   |
| CHCH Campus | House/Home          | 11 <sup>th</sup> May   | Wednesday |
| TPMH        | Retirement Planning | 14 <sup>th</sup> June  | Tuesday   |
| TPMH        | House/Home          | 15 <sup>th</sup> June  | Wednesday |
| Burwood     | Retirement Planning | 5 <sup>th</sup> July   | Tuesday   |
| Burwood     | House/Home          | 6 <sup>th</sup> July   | Wednesday |

Note: appointment locations/rooms will be confirmed when your appointment is confirmed.

**Andy Hearn**  
Staff Wellbeing Coordinator  
Canterbury and West Coast DHB

Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924  
[andy.hearn@cdhb.health.nz](mailto:andy.hearn@cdhb.health.nz)



 **Alzheimers Canterbury**  
Living Well with Dementia  
*presents:*

## HEALTHY BRAIN WORKSHOP SERIES

With Professor Yoram Barak and other inspiring guest speakers

Interactive, practical & informative sessions on  
maintaining and improving brain health

3  
May

Workshop 1: Brain Maintenance

9am - 12pm, Te Hāpua Halswell Centre, 341 Halswell Rd, CHCH

17  
May

Workshop 2: Stress Reduction, Mindfulness, Social Networks

9am - 12pm, Te Hāpua Halswell Centre, 341 Halswell Rd, CHCH

31  
May

Workshop 3: Diet, Exercise, Challenging the Brain

9am - 12pm, Te Hāpua Halswell Centre, 341 Halswell Rd, CHCH

### Cost

\$45 per session  
\$120 for all three

### Registration

Open March 14- April 26. To register contact  
Karen Bell at [admin@alzcanty.co.nz](mailto:admin@alzcanty.co.nz)

0800 004 001 [admin@alzcanty.co.nz](mailto:admin@alzcanty.co.nz)



## SEX AND CONSEQUENCES A New Zealand Update

**Wednesday 13 April 2016**

**1.00pm – 5.00pm**

Community and Public Health  
310 Manchester Street, Christchurch

**1.00pm - 1.15pm**

### WELCOME

Facilitator: David Miller, HIV/AIDS Specialist, ex UNAIDS and WHO

**1.15pm - 2.15pm**

Siaosi Mulipola, Sexual Health Advocate, Village Collective, Auckland

### Pacific People and Sexual Health

Siaosi will talk about the work of Village Collective in supporting Pacific communities with sexual and reproductive health. He works especially with Pacific Lesbian, Gay, Bisexual and Transgender young people.

**2.15 - 3.15pm**

Philippa Muza, Community Engagement Co-ordinator (African Communities, Christchurch), New Zealand AIDS Foundation

**Love Cover Protect: an HIV prevention programme for Africans by Africans living in Aotearoa**

**3.15 - 3.45pm**

### Afternoon Tea

**3.45 - 4.45pm**

Catherine Healy, National Co-ordinator, New Zealand Prostitutes Collective

**Sex Workers Take the Lead: An update on sex work in New Zealand and other countries**

**5.00pm**

### CLOSING

Please RSVP by Friday 8th April to Diane Shannon by  
email: [diane.shannon@cdhb.health.nz](mailto:diane.shannon@cdhb.health.nz) or  
phone (03) 378 6755



New Zealand AIDS Foundation  
Te Kōwhiri Māori Aotearoa o Aotearoa

**Canterbury**  
District Health Board

## Wellbeing Workshops

ALL STAFF

For All Canterbury District Health Board Staff

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are continuing to run a series of 2.5 hour wellbeing workshops.

You play a crucial role in the delivery of high quality care to the Canterbury community. It is more important than ever to take time to focus on your own wellbeing.

We are running a number of workshops in 2016 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients – will also benefit.

**2.5 hours to focus on YOUR wellbeing!**

### Workshop Overview:

- The importance of wellbeing; psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Enhance positive relationships and social connections
- Improve your health and wellbeing: 5 Ways to Wellbeing, Staff Wellbeing Programme

### Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Prior MSc Psycho, B.Comm, BA Hons, C.A.T, MNZAPP
- For dates and to register for a workshop – [click here](#)

[Click here to register](#)



**Canterbury**  
District Health Board  
Te Pahi Hauora o Waitaha



### For more information contact:

Lee Tuki  
[Lee.Tuki@cdhb.health.nz](mailto:Lee.Tuki@cdhb.health.nz)  
027 689 0285  
Andy Hearn  
[Andy.Hearn@cdhb.health.nz](mailto:Andy.Hearn@cdhb.health.nz)  
027 218 4924



**YOU COULD COME IN CONTACT WITH INFLUENZA ANYWHERE, ANYTIME. GET IMMUNISED. THE VACCINE IS FREE FOR ALL STAFF.**



presents:

Visiting Professor Yoram Barak

## MAINTAINING BRAIN HEALTH

All you ever wanted to know about:

What to eat  
Managing stress  
How much to exercise  
Social & mental stimulation



**CHRISTCHURCH**  
Tue April 19th  
12pm - 2pm  
South Library  
66 Colombo Street

**ASHBURTON**  
Wed April 27th  
5pm - 7pm  
MSA Club  
231 Burnett Street  
Nibbles provided

**RANGIORA**  
Wed 15th June  
5pm - 7pm  
Town Hall  
303 High Street  
Nibbles provided

0800 004 001 [admin@alzcanty.co.nz](mailto:admin@alzcanty.co.nz)

## Strengths Workshops

MANAGERS  
SUPERVISORS

NEW for 2016 - Strengths Workshops for Managers/Supervisors

In the current Christchurch environment it is more important than ever that we take time to focus on our own wellbeing.

With this in mind the CDHB Staff Wellbeing Programme and MHERC are running a NEW series of 2.5 hour workshops focusing on 'Harnessing our Strengths'.

### On completing the workshop staff will have:

1. A theoretical understanding of the strengths based framework.
2. Tools to enable a greater understanding of themselves and others which can help improve personal wellbeing and interactions with others, both at home and in the workplace.

This NEW workshop is designed to extend the foundation of positive mental and emotional health developed in the Wellbeing Workshops run throughout 2014 and 2016. Managers/Supervisors are therefore encouraged to attend a Wellbeing Workshop before attending the NEW Strengths Based workshop (although it is not a requirement to do so).

### Workshop Overview:

- Increase understanding of character strengths as personal resources
- Identify and measure personal strengths
- Experience strengths-based conversations
- Engage strengths in everyday life
- Recraft tasks to increase wellbeing

### Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Prior MSc Psycho, B.Comm, BA Hons, C.A.T, MNZAPP
- For dates and to register for a workshop – [click here](#)

[Click here to register](#)

**Creativity** **HONESTY**  
**Fairness** **Teamwork**  
**PERSEVERANCE** **Hope**  
**JUDGEMENT** **Prudence**  
**Humour** **LEADERSHIP**  
**BRAVERY** **GRATITUDE**  
**Kindness** **Humility**  
**Zest** **Forgiveness**  
**Perspective** **Curiosity**

**Canterbury**  
District Health Board  
Te Pahi Hauora o Waitaha



### For more information contact:

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