



## While COVID-19 dominates much of our work, there's plenty more on the drawing board

I've appreciated everyone's warm welcome and patience as I work my way around all our facilities to meet and hear from staff.

COVID-19 continues to dominate so many aspects of our work. It's great to be back at Alert Level 1 – and to have the vaccination programme underway. Things are going to ramp up significantly as the vaccination programme extends to more groups, including health staff and then the public. We are involved at the Borders, in primary and community care, and have vaccinations taking place at a range of sites. Our public health unit continues to be involved in planning and contact tracing and work closely with the Border teams, our Community Based Testing Centres continue to test anyone who turns up, and our Labs team is working hard to turn around results as quickly as possible. Thanks to everyone involved – you are all continuing to do an amazing job.

I have a number of priorities, and they're all about people. Ensuring people are well supported to do their jobs well. Rebuilding the executive team is up near the top of my list and over the next couple of weeks I'm interviewing candidates for the Executive Director of Nursing and Chief Medical Officer roles. It will be great to have permanent appointments to these two important roles. Interviews for the remainder of the executive team roles will be in the near future.



Next Monday marks two years since the mosque attacks. A national remembrance service is being held on 13 March – see [page 14](#) for more details.  
Image courtesy Christchurch City Council

We are working on our Annual Plan and Budget for 2021/2022 and I'm keen to see a strengthened focus on closing the equity gap for our most vulnerable. I'm also keen that we work with clinical teams to strengthen our clinical governance.

Last week I had a tour of the Christchurch Hospital campus, with Executive Lead for Facilities Rob Ojala. Looking at things first-hand from a facility and infrastructure perspective was an eye-opener. It's one thing reading reports about work underway but seeing the level of disruption in Parkside as earthquake repairs and remediation are underway brought home the realities of working in a construction zone. In Waipapa we will have a

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programme of work to replace 680 valves in ceiling cavities before winter. I want to reassure you that we have taken great care to ensure that the buildings we occupy are safe for staff and the delivery of patient care.

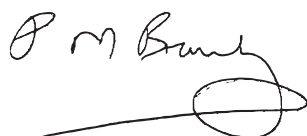
I also had my first visit to West Coast DHB since being appointed as CEO to both DHBs. One thing I love is the partnership and support of services as part of our TransAlpine services. Canterbury DHB is a significant contributor to services on the Coast, however, it's not all one-way traffic – there is much we can learn about delivering care in rural and remote areas with innovative models of care, including the Rural Generalist model being introduced on the Coast.

Once again, we are in the lead up to another anniversary of a significant event that impacted the Canterbury community, and those who work in health. Next Monday

marks two years since the mosque attacks which killed 51 people and involved a massive health system-wide response, including primary and community care as well as treatment and care provided in our hospitals and health centres.

Publicity in the lead up to the anniversary, and memories of 15 March and the days that followed may be upsetting, so please make use of the many supports available through work – or take some time to talk to a friend or colleague. To mark the second anniversary of the mosque attacks, a national remembrance service, [Ko Tātou, Tātou We Are One](#), will be held at Christchurch Arena, on Saturday 13 March from 3pm. Anyone is welcome to attend and it will be live-streamed.

Ngā mihi nui



**Peter Bramley, 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](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

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

## Want to talk to someone about how you're feeling?

It's likely that for some people memories of 15 March 2019, the day of the mosque attacks, will stir up a range of emotions, and that's all right. If you're feeling upset or overwhelmed, take a breather – whether it's a walk, a coffee with a friend or just time out to reflect, do what's right for you.

If you want to talk to a professional about how you're feeling, there are several options available – and all are free for staff and volunteers.

### › Explore Specialist Advice NZ/ Gains Wellness and Psychology

offer confidential support to all Canterbury DHB staff, both non-clinical and clinical and to our volunteers. The support is provided independently by its

team of registered psychologists, in partnership with the Ministry of Health.

You can contact the team to make an appointment from 9am–7pm, Monday to Friday on 0800 820 080 or email anytime on [hcnz.wellbeing@healthcarenz](mailto:hcnz.wellbeing@healthcarenz).

More information is available on <https://www.healthcarenz.co.nz/wellbeing-service/>

- › You can also get in touch with our dedicated **Workplace Support staff**. You'll regularly see them on the wards and around our facilities. They can refer you to specialised services such as counselling. Alongside this, their 24/7 phone line 0800 445 443 is there to provide round the clock support

IT'S  
ALL RIGHT  
TO TALK  
IT OUT.

all  
right?



ALLRIGHT.ORG.NZ

for you. Details for the **Employee Assistance Programme (EAP)** and Workplace Support can also be found on [Prism](#).

- › You can also **phone or text 1737 anytime seven days a week** to talk to (or text with) a trained counsellor or talk to a peer support worker. The service is completely free, and confidential.

## Waipapa

Following recent publicity, I want to reassure staff that Waipapa is safe to occupy. All Building Act requirements have been met, allowing Code of Compliance and Building Warrant of Fitness certification to be issued by the Christchurch City Council.

In fact, Waipapa is one of the safest buildings in New Zealand. It's built to Importance Level (IL) 4, which is the highest rating for a building. It's been designed to withstand a major earthquake and allow essential health services to continue running from the building.

An extensive passive fire review was undertaken during the construction phase, and defects identified were remediated. Canterbury DHB sought reassurance that the remediations would meet Building Act and Council requirements at the time of occupation and also during future inspections – especially after a moderate earthquake.

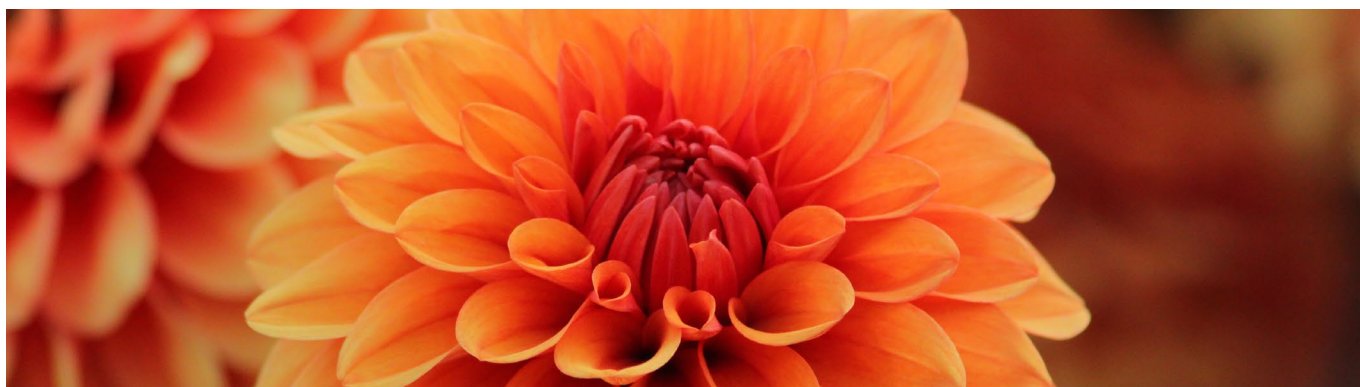
We continue to work alongside the Ministry of Health and its contractors and sub-contractors as they remedy known defects in Waipapa, such as the faulty valves that will be replaced. If there are any further defects identified in any of the buildings systems or construction, including any passive fire matters these will be remedied and Canterbury DHB will not be expected to pay for any retrospective repairs or remediation.

It is also important to note that passive fire systems are in addition to sprinkler systems, smoke stop doors and a host of other safety features which are part of the overall design of the building.

### \*What is passive fire protection (PFP)?

[Passive fire protection](#) is the combination of a number of features in a building that work to slow or stop the progression of a fire or smoke and allow safe evacuation if necessary, and the various layers or elements of protection work to preserve the integrity of the building for future use. PFP includes use of materials that are fire resistant, along with a range of other design features which combine to protect lives and the building itself.

Please be assured that we would not have staff and patients in a building if we didn't think it was safe. As many of you will be aware, Waipapa took longer than planned to complete, and as quality issues were identified, these were rectified throughout the build process by the Ministry of Health and its contractors. This process is ongoing.



## Bouquets

### **Radiation Clinic, Oncology, Christchurch Hospital**

Excellent treatment from all staff. Greeted with a smile. Quite an emotional experience, the arrival, anxiety and the multiple treatments. Thank you, from a grateful patient.

### **Special Care Unit, Ward FG, Burwood Hospital**

The team at Burwood Hospital are fantastic from the minute you walk in the main entrance through to surgery and discharge, you are treated with care and respect. I cannot say enough about the staff who looked after me. Their dedication is simply wonderful. Bill, the pre-admitting nurse on level one is a wonderful man. To the surgeon, Paul Phillips, a huge thank you. My utmost thanks to one and all, you are amazing.

### **Ward 25 (Respiratory), cleaning and WellFood staff, Christchurch Hospital**

All staff were helpful and caring. Procedures were explained, and all avenues explored to find the cause of my breathing distress. This specialised team do a great job. From the cleaner, to the meal person, to the nurses and consultants, all staff were excellent. Not only did they help me get well but they did it in such a caring and friendly manner.

### **Cardiology, Christchurch Hospital**

I had my exercise ECG yesterday morning and would like to pass on my sincere thanks to all involved. I know the hospital has gone through hard times, but this has definitely not filtered down to the staff. The nurses were excellent, as was the doctor who went through the ECG results with me. His manner and explanations were superb and certainly gave me peace of mind. Thanking you all again and well done to the Cardiology department.

### **Plastics Outpatients, Christchurch Hospital**

I would like to say many thanks to Registered Nurse Stacey Forbes and her colleague in Plastics, whose name I can't remember. Stacey was very pleasant, kind, helpful and informative as was her colleague who helped out with

changing my difficult dressing. Even though it was a painful experience at the time, they both made it that much easier to cope with, due to their professional, yet caring and understanding attitude.

### **Emergency Department (ED), Medical Assessment Unit and Ward 14, Christchurch Hospital**

The team that looked after me, from the ED, in the Medical Assessment Unit and finally on the ward, were exceptional.

### **Outpatients, Christchurch Hospital**

Very good and prompt service, thanks.

### **Eye Clinic, Christchurch Hospital**

Fabulous care and service, kind, organised and very fast. Thank you.

### **Security, Outpatients, Christchurch Hospital**

Many thanks to your security man for finding my car keys and contacting me as soon as possible.

### **Ward B3, Christchurch Hospital**

Dr Robin was phenomenal. He went above and beyond to help in every way he could. He was warm and kind. Everyone was amazing. Thank you.

### **Cardiology Day Unit, Christchurch Hospital**

Wonderful staff, really looked after me, well done.

### **Day Surgery Unit, Christchurch Hospital**

Thanks to the fantastic staff. The team we had at the Day Surgery Unit couldn't have been any better.

### **Gynaecology Ward, Christchurch Women's Hospital**

Pat on the back to all staff. The nurses are amazing. Keep up the good work team. It's always a pleasure to have such wonderful people caring for you.



**ED, Christchurch Hospital**

I attended the ED and the care was absolutely top notch. The staff genuinely listened to how I was feeling and made me feel comfortable. The new building is also very impressive.

**Wards B3 and A10, Christchurch Hospital**

I would like to thank Nurse Rosie on Ward B3 and the staff of Ward 10. Also, Zoe, who I think was on the operating team of nurses. Please pass on my thanks. Christchurch Hospital is so better off having them on an epic team.

**Christchurch Hospital**

I want to give credit to the people here at Christchurch Hospital, the hardworking nurses and other staff for everything they did for my husband and I.

**Medical Assessment Unit, Christchurch Hospital**

Very happy with my care by all, especially Julia. Thanks.

**Eye Outpatients, Christchurch Campus**

Fantastic service, staff were so helpful and polite. My appointment was kept to time. Superb facilities. All my needs met. A special thank you to all the staff.

**Canterbury Health Laboratories**

Best blood collection procedure ever, well done.

**Jude and Karen, Christchurch Outpatients**

Jude is a very nice lady, she helped me so much, smiling and welcoming and listening. I hope that many people are helpful like her. Also, Karen the receptionist gives the right information at the right time.

**Tatum, Security, Christchurch Hospital**

I met the most wonderful lady in Security, Tatum. She is so amazing at her job, an absolute asset to this hospital.

**Christchurch Women's Hospital**

I just wanted to say a huge thank you to the amazing team who did everything possible to make the experience as pleasant as possible. I was really nervous going into theatre, and the anaesthetic assistant was so reassuring and kind. I can't remember her name unfortunately but I would really love a massive thank you to be passed on to her. She talked me through everything, kept me calm and had a great sense of humour. It made a huge difference to me and my nerves. The anaesthetist Chris was also amazing, I am very needle phobic, but it was the least scary/painful needle I have ever had. Thank you also to the nurse who was there, and the doctors Francesca and Georgina (and all the others doctors who helped whose names I can't remember). The nurses who helped me after surgery were also very helpful. Thank you so much to everyone involved in any way, I feel so grateful to have had such a kind team of people helping me.

*Big Shout Out***To: The COVID-19 vaccination team  
immunising MIQ and border staff**

I just wanted to send a big virtual bouquet to you and the vaccination team. My "customer" experience yesterday afternoon could not be faulted. It is a very smooth, efficient and professional operation.

I have the greatest admiration for how you and the team have done all the work it takes to put something that looks so effortless together (because I know it isn't really).

Please pass on my thanks and compliments to the team.

My arm is a little sore today but the whole experience was otherwise painless!

**From: Canterbury Medical Officer of Health Dr Cheryl Brunton**

#carestartshere

*Big Shout Out***To: Warehouse Manager Steve Jones**

I would like to do a 'Big Shout Out' for Steve Jones who works in Supply. Steve and his team helped supply and source the supplies we needed to get underway with COVID-19 vaccination clinics for the managed isolation staff. Nothing seemed to be a problem and he worked miracles with logistics ensuring everything was supplied and delivered on time to the right locations. A big thank you to this often invisible but very important part of the wider team.

**From: Canterbury DHB and West Coast DHB  
Service Development Manager, Primary Care,  
Rachel Thomas**

#carestartshere

# TE HUARAHĪ HOU – A New Journey

## Work begins on the new facilities at the Hillmorton Campus

The excavation/ground improvement works for Building 14 (which will house the Child and Youth Inpatient unit, Mothers and Babies and Eating Disorders Inpatient unit and Mothers and Babies and Eating Disorders Outpatients) is well underway. This is expected to take a further three weeks to complete.

Work also began on Building 12 (replacement unit for the Seager Clinic) early last week. This first set of work involves excavation and compacting of existing material on site.

Piling works started on 3 March. Around 560 timber piles will be driven onto the site. There will be testing of the way the piles are driven to minimise disruption as much as possible.

Piling work is expected to begin at 7am and will continue through until 5pm each weekday. The pile driving work will be intermittent during the day with around 10 minutes of activity every 20 minutes or so.

The impact of the pile driving will be closely monitored – the work is needed to get the building underway.



Excavation/ground improvement works for both sites has included a lot of heavy machinery and is expected to last another three weeks

## What about our trees?

The trees and greenspaces on the campus have significant value in terms of adding to the therapeutic space and general wellbeing.

There are designated protected trees within the compound of both buildings. There is a specific tree management plan for the protected trees, which is monitored by an external arborist.

In addition to the protected trees there are other significant trees which Canterbury DHB has worked with the architects and civil team to maintain.

There will be some trees that have to be removed, due to the placement of the buildings, but these have been minimised as much as possible. The landscape plan around the new buildings includes many new trees and shrubs.



Hillmorton campus has a number of protected trees which will be retained

## Parking

There has been a change to car parking around campus with the facilities constructions now underway. Details of the changes and current parking options available on the [PRISM site](#).

New site maps of the campus are being produced which will assist visitors to our site to find our buildings and parking options. These will be added to the PRISM site and distributed when they're finalised.



*all  
right?*

**IT'S  
ALL RIGHT  
TO NEED  
A HUG.**





# Confirmatory testing by Canterbury Health Laboratories for saliva drug tests a New Zealand first

An easier and more efficient drug testing alternative to urine samples is now available for the first time in New Zealand through Canterbury Health Laboratories.

A saliva drug test, also known as an oral fluid or a mouth swab drug test, can replace traditional urine tests to detect recent drug use. Many workplaces use urine tests to detect drug use as part of their health and safety efforts. Typically, these are done at specific testing locations to make sure the sample is correctly gathered and not tampered with.

Canterbury Health Laboratories Head of Toxicology Grant Moore says the saliva test offers significant benefits for employers and is more convenient for those being tested.

"Employers can have their own swab kits and do it themselves on site rather than using an external testing agency. They can also directly observe the test.

"For those being tested it means they aren't having to travel for their test and it is less invasive to collect a mouth swab than a urine sample," says Grant.

Saliva drug tests are more common overseas, but Canterbury Health Laboratories is the first laboratory in New Zealand offering confirmatory testing for saliva/oral fluid tests. They also supply the swab collection kits for taking the samples.

Use of amphetamine-type substances, opiates, cannabis and cocaine within a preceding 24-hour period can be detected by the saliva test, depending on the substance.

"The advantage of testing saliva is that urine testing picks up drugs that have passed through the body whereas saliva registers drugs that may have just been taken but have not yet been fully processed internally.

"This means that, depending on an organisation's employment policies, it could be used straight away if impairment was suspected or a workplace accident has occurred, and the test is sent away for testing with results within four to five days," Grant says.

The initial screening test will indicate if a substance is detected. However, just as with urine testing, if a screening test result doesn't come back as negative, it needs to be confirmed by an accredited laboratory, which is the service Canterbury Health Laboratories can now offer.



A swab collection kit for taking saliva samples for saliva drug testing



Senior Scientists in the Toxicology and Workplace Drug Testing department at Canterbury Health Laboratories, Mark Lewis and Sharon Paterson, demonstrate taking a saliva sample for saliva drug testing

Saliva drug tests are more common overseas, but Canterbury Health Laboratories is the first laboratory in New Zealand offering confirmatory testing for saliva/oral fluid tests. They also supply the swab collection kits for taking the samples.

"People want their loved ones coming home safely from work.

"By making drug screening easier and more convenient we hope we can help make workplaces safer for more Kiwis," says Grant.

For further information on the saliva drug test kits and confirmatory testing by Canterbury Health Laboratories, contact [info@workplacedrugtest.co.nz](mailto:info@workplacedrugtest.co.nz).



# New radiation treatment available at Christchurch Hospital

Patients whose cancer has spread to the spine (spinal metastases) are benefiting from a radiation technique available for the first time at Christchurch Hospital's Radiation Oncology service.

With the latest innovative technology and imaging capabilities, it is now possible to provide alternative options for patients with spinal metastases, says Clinical Manager Radiation Therapy Philippa Daly.

"Rather than treating with low dose conformal radiation treatment [which shapes the radiation beams to closely fit the area of the cancer], Stereotactic Body Radiation Treatment (SBRT) can safely deliver higher doses of radiation treatment that provide superior pain and local tumour control."

The technique also, importantly, helps limit the level of radiation dose to the delicate spinal cord.

"SBRT is an extremely resource intensive technique which was previously referred to the private cancer centre. However, with the two new linear accelerators (treatment machines) arriving at Christchurch Hospital in 2020/21 to replace two 10-year-old machines, we can now deliver this in-house for the first time.

"Patients benefit due to faster treatment times as our treatment machines have the newest technology, and it is rewarding for the team involved with new technique development."

When undergoing SBRT the patient needs to keep still for up to 40 minutes, which requires state of the art immobilisation techniques. This

involves having patients lie down in large bags with drapes over them. A vacuum pump is used to remove air from the drapes, helping the patient stay very still and secure.

In 2019, with the support of Oncology Trust funds, two medical physicists and two radiation therapists visited Toronto to learn from the experts in this field, Philippa says.

"Sending a multidisciplinary team to attend this course helped ensure the team involved were all on the same page with what was required to ensure successful implementation locally."

Despite the disruptions of COVID-19 and other priorities that needed the limited resource, in December 2020 the multidisciplinary team were successful in planning for and treating its first two patients, Philippa says.

"This was a real accomplishment to end the year on and testament to a lot of hard work."

The multidisciplinary team includes Radiation Oncologists Brendon Anderson and Avtar Raina, who helped the team with their experience from private work and devised clinical guidelines to instruct the team; Medical Physicist Anna Arns, who had many late nights and weekend work doing measurements on the machines to ensure the plans could be safely delivered; Radiation Therapists Vivi Parkinson and Julie Groen, who established the complex planning technique and related documents; and Radiation Therapists Tess Maitland and Natalie Davidson, who perfected the immobilisation and treatment stability for this procedure.



A radiation therapist setting up a patient for SBRT in the bag and drapes

"These are just a few key names that contributed, many other staff members were instrumental in starting this advanced treatment," says Philippa.

The Radiation Therapy department also wishes to thank the staff in the Magnetic Resonance Imaging (MRI) department, who helped immensely with ensuring the MRI images would be of the highest quality, Philippa says.

Special thanks to all members of the SBRT spine team: Radiation Oncologists Avtar Raina and Brendon Anderson, Medical Physicist Anna Arns, Radiation Therapists Tess Maitland, Natalie Davidson, Mary Van Schalkwyk, and Jade Brown, Radiation Therapy Treatment Section Head Jo Maggs, Radiation Therapists Julie Groen and Vivi Parkinson, and Brachytherapy Specialist Hayley Bennett.

# Te Ara Whakapiri – new resources now available

Te Ara Whakapiri, care in the last days of life, is a national programme aimed at improving the care of dying patients using international best practice guidance.

Te Ara Whakapiri is roughly translated from Te Reo Māori as 'the unifying path'. This emphasises the need to draw everyone onto the same page, patient, whānau and staff, during this critical time. It encompasses ensuring that all the unique elements and preferences for that particular patient are covered, along with maximising comfort and dignity with excellent medical management.

Te Ara Whakapiri was rolled out across all wards and services in Christchurch and Burwood hospitals and Ashburton Hospital in 2017. It is used by the Nurse Maude hospice and in many aged care facilities across Canterbury DHB. It is also available to general practices and district nurses.

It was recognised that the Te Ara Whakapiri 'toolkit' released by the Ministry of Health in 2017 required updating, and this was undertaken by a working group within the South Island Alliance. The revised resources were finalised in late 2020 and are now available on a new internal Canterbury DHB PRISM site – [End of Life Care and Bereavement](#).

The updated Te Ara Whakapiri resources include a shortened Baseline Assessment, which incorporates a section on preparation for care after death, says Palliative Care Physician Kate Grundy.

"This form will soon also be available on Cortex and there's new symptom management guidance, which includes holistic care considerations and anticipatory prescribing flow charts for the five main symptoms encountered at the end of life."

This guidance will be particularly useful for new staff, healthcare assistants, and students, and for anyone as a refresher.

"There are tips and tricks for providing people with the best care possible. The dying patient observation chart (ACE chart) is unchanged, as is the discharge checklist," she says.

An important component of end of life care is support of the whānau after their loved one has died. A set of bereavement resources has been developed, some of which are already being used.

"These are detailed on the PRISM site and can be explained further by the Palliative Care team if needed."

Any community-based provider wishing to find out more about Te Ara Whakapiri should contact the Nurse Maude Hospice.

Over the next few weeks, the Palliative Care team will be visiting all wards to answer any questions and provide guidance regarding the new resources, Kate says.



# A welcome cuppa and kai thanks to St John

Emergency Department (ED) and St John ambulance staff enjoyed free snacks and drinks last Thursday courtesy of a St John welfare truck parked in the car park for the day.

Staff came out when they had a moment to spare to say hi, have a coffee and something to eat.

The truck was there to support staff and recognise the ongoing work they do. It will be at ED again on Thursday 18 March, Thursday 1 April, and Thursday 15 April.

Nurse Manager Anne Esson says that the ED staff appreciate the St John hospitality and provides an opportunity for the two groups to mix and relax in a social setting.

St John Area Executive Manager, Christchurch Alice Earnshaw-Morris says in the years following the earthquakes, St John Christchurch has regularly rolled up to Christchurch Hospital's ED to provide welfare and recognition for the St John staff and volunteers who are out on the road.

While the campervan is primarily for the St John team's benefit, the close working relationship between ED staff and the St John road crews is highly regarded on both sides.

"The welfare truck provides a place for these teams to have short, more social interactions outside of the ED's walls.



From left, St John Area Executive Manager Alice Earnshaw-Morris and Paramedics Jake, Andrew, Vanessa and Bev with the welfare truck at Christchurch Hospital's Emergency Department carpark

"Given the nature of Emergency ambulance services, the ED at Christchurch Hospital is the only place where their crews consistently meet up (briefly) during the day, making it the ideal place for St John to bring mobile welfare services to their otherwise isolated teams."

The charity fundraises to cover the camper van's running costs and provide the food and beverages on offer. It is staffed by people from across the rest of St John (paid and volunteer) who reach out to recognise their road team's efforts, Alice says.

St John Christchurch schedules the campervan several times throughout the year. It can also turn out at short notice should an incident occur where they become aware that their staff need some additional care and attention.



# Getting physical and active – Pasifika styles

A month of free activities to get Pasifika people moving together has kicked off in Christchurch.

The Pasifika Fitness Challenge is being led by the Tangata Atumotu Trust with support from the Ministry of Pacific Peoples and Christchurch City Council.

Tangata Atumotu Team Leader Suli Tuitaupe says the first Pasifika Fitness Challenge, held in November last year, was such a big success that the three organisations have teamed up to do it again.

"The Pasifika Fitness Challenge is great at bringing our community together. In November nearly 700 Pasifika people from Ōtautahi came together to move, laugh and be together. This year we want to see even more of our community getting active together," says Suli.

Suli says the programme is all about creating better outcomes for the community and breaking down barriers to fitness – like cost.

"This free fitness challenge makes getting fit fun. While we know that Pasifika have some of the worst health outcomes in New Zealand, we also know that making exercise fun and social gets our people moving and can make big changes to peoples physical and mental health."

The Fitness Challenge has something for everyone, with different free activities each day ranging from Zumba to aqua aerobics, and from Waka Ama to Island Dance Beats – with classes being run by volunteers from the Pasifika community for Pasifika.

A huge success last year, Darren Folau, a professional exercise and fitness coach, is bringing back his Outdoor Jungle Gym – a programme he developed in the Solomon Islands.

"It's about having accessibility to something that is simple, affordable and close to home. Going to a gym can be very scary but doing things together in a natural environment takes away those barriers."

For the full calendar of events, check out the [Tangata Atumotu Trust](#) on Facebook.



Week Two			
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11
<b>OUTDOOR JUNGLE GYM</b> 6.30pm Cranmer Square	<b>ISLAND DANCE BEATS</b> 6.30pm Te Kōmanawa Rowley School	<b>ZUMBA PASIFIKA</b> 5.30pm Aranui Wainoni Community Centre	<b>ISLAND DANCE BEATS</b> 11.30am St Pauls Trinity Pacific Church
FRIDAY 12	SATURDAY 13	SUNDAY 14	
<b>PACIFIC OCEAN AQUA AEROBICS</b> 6.15pm Graham Condon Pools (Papanui)	<b>POLYFEST</b>	<b>ALAMAI WALKING GROUP</b> 7am Dyers Pass Road to Sign of the Takahe (Meet at the Corner of Dyers Pass and Cashmere Road)	
Christchurch City Council		TAT TANGATA ATUMOTU TRUST	

# One minute with... Sharon Gardiner, Antimicrobial Stewardship Pharmacist

## What does your job involve?

As the Canterbury DHB Antimicrobial Stewardship (AMS) Pharmacist, I work with a group of like-minded but differently-skilled folk from a range of services (including Infectious Diseases, Pharmacy, Microbiology and Clinical Pharmacology) to help optimise antimicrobial use in our hospitals and in wider Canterbury. AMS aims to get the most benefit from antimicrobial medicines, while minimising the harms that may result from their use, especially the development of antimicrobial resistance (AMR). We use a variety of approaches, including guidelines and education, to promote use of the 'right' antimicrobial (if one is needed at all), at the right dose, route and duration. I spend a lot of time coordinating meetings to get the right mix of people in the same space at the same time to make decisions about antimicrobial use for their service or for Canterbury DHB. The collaborative model underpinning our approach to AMS is important for the success of our work.

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

I applied for this job in 2013 because I thought the work would be varied, interesting, and brain-stretching (it is). Seven years down the track and I have acquired a passion for doing 'my bit' to slow development of AMR through supporting judicious antimicrobial use. Currently, 700,000 people die each year from resistant infections globally; this figure is predicted to swell to 10 million people by 2050 if we do not

take effective action now. It is a huge threat to human health as we know it – we all need to be as 'smart' as we can about antimicrobial use now to help preserve their effectiveness for future generations.

## What do you like about it?

I love working in a wider multidisciplinary team and learning from colleagues. I enjoy the challenge of juggling a variety of projects concurrently. I like nutting out how to make a big organisation like Canterbury DHB change in terms of antimicrobial prescribing practice and feel 'rewarded' when we have successful initiatives that improve patient care and bring savings to our organisation. You can read some of our research on our initiatives [here](#) and [here](#).

## What are the challenging bits?

The challenges are also part of my 'joy' in this job – nutting out how to make things work (see above).

## Who inspires you?

My mother, who is the kindest and most generous woman I have ever known.

## What do Canterbury DHB's values mean to you in your role?

Respecting and valuing the viewpoint and knowledge of others is essential to reaching decisions in our collaborative model for AMS. We strive to review the quality and outcomes of our own work to identify areas for improvement.



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

I gave up my paid-for car-park so I would be 'forced' to walk to and from my car, parked somewhere in Riccarton. I am sure that the extra 5000 steps I walk each day to and from work mean I can now eat more cake!

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

I am not choosy - anywhere that enables me to have 48 hours of uninterrupted time doing nothing.

## What do you do on a typical Sunday?

Sleep in, jobs, and hanging with my family.

## What's your favourite food?

Anything that I do not have to cook.

## And your favourite music?

Something my children put on a playlist just for me (although I am curious to know why they chose for me music that predates my date of birth by a couple of decades!).

## Mosque attack remembrance service on 13 March

A national remembrance service is being held on Saturday 13 March starting at 3pm to remember and honour those who died in the mosque attacks and build on the spirit of unity that came out of the tragedy.

Fifty-one people died as a result of the shootings at the Al Noor and Linwood mosques on 15 March 2019 and many others were injured and traumatised.

The service, Ko Tātou, Tātou We Are One, will be held at Christchurch Arena.

Students from Burnside High School and Cashmere High School will perform music at the service. The two schools were heavily impacted by the mosque attacks. Cashmere High School lost two current students and a past student in the attacks, and one student from Burnside High School died.

Local Muslim leaders, and the Mayor and other dignitaries will also take part in the service, which will be jointly led by

the local Muslim community, Christchurch City Council, the Government and Ngāi Tūāhuriri as mana whenua.

The event is being held on 13 March, rather than the actual anniversary, as it's hoped holding it on a weekend day will allow more people to attend. It will be live-streamed for people to view worldwide, particularly as COVID-19 border restrictions mean people from overseas will not be able to travel to Christchurch to attend the event.

In the interests of sustainability and minimising waste, people wanting to leave tributes around the city are asked to make sure the tributes are entirely compostable, with flowers left unwrapped, and any ties or attachments able to be composted.

The service is free to attend however due to limited capacity in Christchurch Arena, bookings will be required. Tickets are available [here](#). A livestream of the service will be run [here](#).

## Something For You

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



### Purr. Meow. Woof.

Get 15 percent off your online orders, including custom laser engraved pet tags, collars, electronic cat toys, leads, harnesses, and lots more. Use the code displayed in the Pets segment of "Home Life and Maintenance" section.



### The Crossing Preschool

Level 7, 166 Cashel Street, Christchurch

Get free fees for your children aged over 2.5 years regardless of hours enrolled, find out more information [here](#) or email [info@thecrossingpreschool.co.nz](mailto:info@thecrossingpreschool.co.nz).



### Orange Theory Fitness

86 Moorhouse Ave, Christchurch Central

Receive 20 percent off your membership fees for your first 6 months, sign up now and you will also get your first week free and free heart rate monitor (valued at \$85) – show your Canterbury DHB ID when signing up.



### Castros Tapas and Bar

100 Oxford Tce, Riverside Market, Christchurch Central

Get 20 percent off food only, and special deals on large gatherings or events (enquire within). Ensure tables are [booked online](#) or by phone and mention Canterbury DHB at time of booking. Show your Canterbury DHB ID to redeem.

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



## Latest edition of eCALD news

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

The latest edition includes:

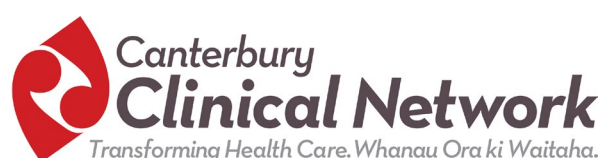
- › An eCALD® cross-cultural interest group seminar "Addressing the needs of Chinese with dementia: a cross-community organisation and academic approach" will be held on 16 March

- › An update on the Chinese support service development project
- › Free counselling and psychological services in multiple languages [DCNZ]
- › eCALD® courses and resources.

Read more [here](#).



## News from the Canterbury Clinical Network (CCN)



CCN's first newsletter of 2021 includes articles on:

- › Integrated primary mental health and addiction services in general practice

- › A service in Hurunui and North Canterbury to transport patients to appointments

[Read more.](#)

## It's PRIDE Week

There are many events organised by Christchurch Pride and anyone is welcome to attend.

Community Outreach Coordinator for Christchurch PRIDE Akira Le Fevre commends the Community Law Canterbury Info Session at Tūranga focusing on the trans community and how they can go about changing their names legally, as an informative session.

New Zealand's first trans movie *Rurangi* is screening tomorrow at 4.20pm and still has tickets available. And there are a number of celebration/party events people are encouraged to participate in.

This is a great week to learn something new. Check out the links below:

- › Data to understand access and equity issues for rainbow tangata: <https://tinyurl.com/szbbfkn> OR <https://countingourselves.nz/>
- › Takatāpui resource hub <https://takatapui.nz/>



- › Healthinfo links: <https://www.healthinfo.org.nz/index.htm?gender-identity.htm>
- › Ministry of Health guidance on health care for trans and non binary patients: <https://www.health.govt.nz/your-health/healthy-living/transgender-new-zealanders>
- › Massey University resources: <https://tinyurl.com/sa7arnl>
- › Supporting Aotearoa's Rainbow People <https://www.rainbowmentalhealth.com/download-resources>

At work you could consider having a [Rainbow](#) shared kai with your colleagues this week, and have you added your personal pronouns to your email signature yet? Here's some great information from the Public Service Commission on why [displaying your personal pronouns](#) is a good thing to do.



## Future Leaders Programme - think, connect, transform

Te Papa Hauora is excited to offer the Future Leaders Programme in 2021 to health students in their final years of study.

Explore your leadership potential within health.

Health systems in New Zealand are shaped, and will continue to be shaped, by health professionals who look beyond their functional roles to make it better.

Are you a health student in your final years of study?

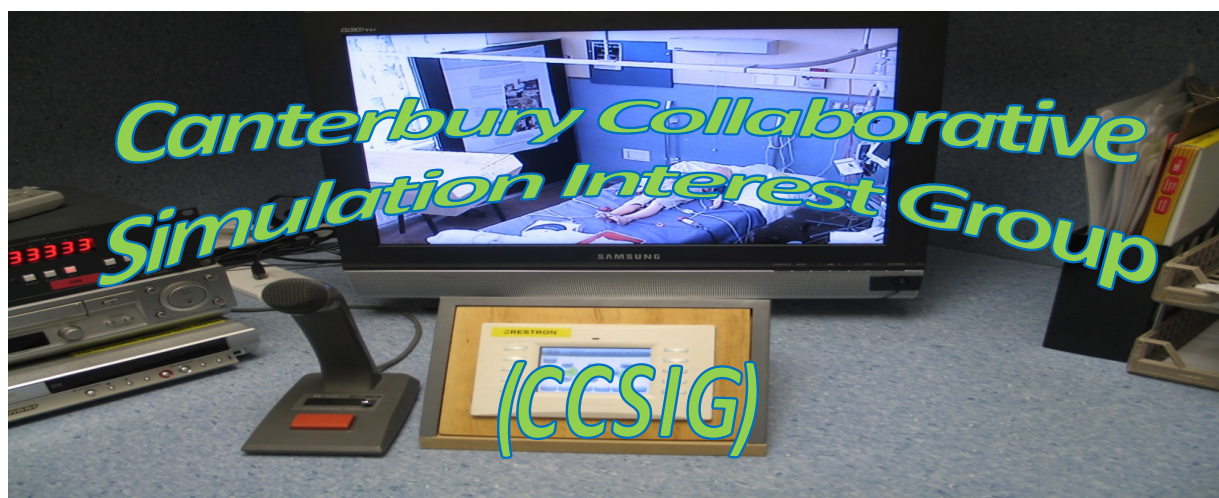
Join us on this free five-day programme built on the award-winning Xcerlr8 leadership programme.

- › To be held at the Canterbury District Health Board's Design Lab
- › Monday 17 to Friday 21 May
- › 8.30am to 5.30pm.

We all have the capacity to lead, but we are often not exposed to exploring opportunities relating to leadership. This course is designed to encourage you to extend your boundaries and to explore your leadership potential within the health industry.

For more information and to apply visit - <https://www.healthprecinct.org.nz/future-leaders-programme/>





### **Canterbury Collaborative Simulation Interest Group (CCSIG)**

**Date:** 10<sup>th</sup> March 2021

**Time:** 1300-1600hrs

**Venue:** room 315. Level 3. Manawa 276, Antigua Street, Christchurch

Christchurch

**Registration fee:** No charge

#### **Draft Programme:**

- **Sim in the Fire Service – Colin Russell – Area Commander**
- **System simulation CDHB – Dan Hartwell – Anaesthetist**
- **Blue Mirror Artificial Intelligence Chris Beasley – Simulation Coordinator**
- **Simulation is there room for improvement? - Chris Beasley – Simulation Coordinator**
- **Simulation Updates – Open Forum**

**TO REGISTER PLEASE CONTACT: Professional Development Unit**

