



David Meates

# ceo update

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## Friday 4 April 2014—Stopping April Falls

I'd like to take a moment to extend my sympathies on behalf of CDHB to the family, friends and colleagues of Sharla Haerewa, one of our student nurses on the DEU programme who was tragically killed in a road accident on Wednesday morning. It is always sad when a life is cut short prematurely, but particularly when it is someone like Sharla, who had a life full of promise ahead of her. Please support your colleagues on Ward 18 who will feel her loss particularly keenly.

Falls prevention remains a key focus for the Canterbury Health System, not only during a person's stay in hospital but for when they're at home too. Each week, there are about 40 falls-related visits to the Christchurch emergency department by people over the age of 75, those most at risk in our communities.

Achieving our goal of zero harm from falls, as well as preventing any sort of harm to patients both in a hospital or community setting, is going to take perseverance – not only from our staff but from everyone, including the people at risk, their whānau and neighbours. The responsibility is shared by us all, both in our work environment and when we are elsewhere.

Our overarching goal is to support people to stay well and independent at home. Our first priority then is to provide access to the right support to prevent those falls from happening in the first place. But if they do or the risk is high, to advise appropriately, or engage the Falls Champions through the community-based Falls Prevention Programme.

Falls Champions begin with a home visit and assessment. From that, they are able to:

- make recommendations to make the home environment safer – by removing tripping hazards, or making sure what they need is within easy reach for example.
- work with the person to create a safe, personalised set of exercises to help build strength and confidence, and improve balance.
- collaborate with other health professionals such as GPs, pharmacists, optometrists and physiotherapists to ensure the person has the right clinical support – medication and eye checks, etc.

Elderly people who are admitted to hospital due to a fall are at risk of having another one. Our second major task is to make sure they are well enough to return to their own homes if possible, but almost as important, that they are able to stay independent as long as they safely can.

In that sense, each and every one of us can be a 'falls champion', whatever our role.

In a hospital or other clinical setting, it's all about providing a safe environment, being vigilant, and taking advantage of our opportunity to advise people and their families. We need to make sure people and their whānau leave us equipped with the knowledge and support to stop those falls happening again.

It's April and time once again for the April Falls campaign, intended to raise awareness of the importance of preventing falls in our goal of achieving zero harm.

This year there are some creative initiatives to ensure that April Falls doesn't pass you by.

### The Grannies

There will be two 'Roving Grannies' (see promo poster in this update) visiting wards and cafeterias across the Canterbury DHB Hospital & Specialist Service to promote falls prevention with staff, patients and visitors. They will be:

- encouraging people to enter the HQSC Falls Quiz,
- encouraging people to nominate staff who they think are excellent role models when it comes to putting falls prevention into practice, and
- promoting the education and resources available to support falls prevention.

The concept behind this and the other fun activities is based around the FISH! philosophy, creating a fun, interactive and memorable learning environment for staff, patients and visitors.

*Continues on the following page....*

### ROVING GRANNIES

...walking the talk about falls prevention...



**COMING TO A HOSPITAL  
...NEAR YOU...**

Canterbury  
District Health Board  
Te Poari Hauora o Waitaha

Zero Harm


Find out more about April Falls at [www.cdhb.health.nz](http://www.cdhb.health.nz)

## The Quiz

The Falls Quiz competition will run for a second time this year with similar prizes, except this time only correct entries will go into the draw. The quiz tests knowledge and attitudes about falls and falls prevention, and enables the HQSC to compare the 2014 findings with the 2013 baseline results. The HQSC recommend that you review the published 10 Topics to be on top of the questions – it's research, not cheating! The Quiz will run from 10–29 April and can be entered online, via your smartphone, or by freepost.

## Falls Prevention Champions

We want to hear about all the Falls Prevention Champions working in our hospitals to keep patients safe. Nominate a staff member who you think is great at putting falls prevention safety strategies into action - a person who pays close attention to the specific falls risk for each of their patients, identifies the key falls prevention strategies for that person and puts those strategies in place.

There will be a weekly prize draw, so get your nominations in now. Send your completed  [nomination form to:](#)

Michelle Morland-McRae, Project Facilitator, Corporate Quality & Patient Safety, Level 5, The Princess Margaret Hospital or email [michelle.morland-mcrae@cdhb.health.nz](mailto:michelle.morland-mcrae@cdhb.health.nz)

## After April

Other, longer running initiatives include a whole suite of falls posters and a new flier and fridge magnet showing key strength and balance exercises that are safe for people at risk of falling to do at home. Look out for the colourful posters, and of course the roving grannies during April.

While we are having a bit of fun with this as part of April Falls, it's just a way of making the messages more memorable – falls prevention and other zero harm initiatives and what they aim to achieve are a very serious business indeed.

**Take care, David**

## Grand Round—Canterbury Hospitals' Friday Clinical Meeting

11 April 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: Rolleston Lecture Theatre

**Speaker: Dr Rob Ojala, Specialist, Emergency Department, Canterbury DHB**

**Topic: "Facilities Development Project"**

It's been a year since the CDHB was given the green light for the \$650 million plus redevelopment of Christchurch and Burwood hospitals. Progress has been swift and at Burwood the new Back of House is well underway with the first pillars marking the ward blocks to go up soon. At Christchurch we are nearing the end of Preliminary Design. Hear about the progress to date and take the opportunity to ask questions.

**Speaker: Dr John Garrett, Paediatrician Telehealth Clinical Leader Canterbury & West Coast DHB's**

**Topic: "Children – The further away they are the better they get"**

Paediatrics on the West Coast has for the last four years been run as a trans-alpine service. This session will outline how the service is delivered, concentrating on how telemedicine is used.

Chair: Lance Jennings, Scientific Officer Canterbury Labs

Video Conference set up in:

- Burwood Meeting Room
- Meeting Room, Level 1 PMH
- Wakanui Room, Ashburton
- Telemedicine Room, Admin. Building 6 – Hillmorton

**For more information contact:**

[Rosalie.porter@cdhb.health.nz](mailto:Rosalie.porter@cdhb.health.nz)

## Staff flu vaccination clinics now on



Annual influenza immunisation is strongly recommended for all healthcare workers to help protect yourself, your patients and your family.

[For full list of clinics click here.](#)

## Friday's Fast Facilities Facts

### Burwood

#### Farewell to...

All past and present staff and users of the Burwood Hospital Nurses Hostel are invited to an afternoon tea to officially farewell the hostel on Monday 14 April 2014 at 3:30pm. Tea will be served at the Pain Management Centre, Burwood Hospital. If you are interested in attending please RSVP by Friday 4 April 2014 to Melissa Davidson on 383 6831.



#### Welcome to...

Portacoms to temporarily house the Pain Management Centre during the redevelopment work have been craned into position this week. Thanks to staff at Orthopaedic Outpatients for sending in the photos.

### Christchurch

Intensive Care and AMAU user groups have been at the Design Lab this week to test the layout and functionality of some staff space areas e.g. clinical workroom, reception and the staff support area for 12 Intensive Care beds.

The design team has met with user group representatives to review the design principles for the patient bedrooms and to test ideas to maximise the functional space in the rooms. The bedroom layouts will be reviewed with user groups next week at a series of Design Lab sessions.

The group looking at amenities for the Acute Services Building have agreed on a “mud map” concept plan of what goes on what floors and in what proportions. Now they are progressing to the layout of those spaces. There has been a lot of focus on the change rooms, in particular the numbers of showers and toilets.

The Emergency Department is in a revised planning process which is looking promising for producing a plan that all are happy with. ED has adopted the “skunkworks” process whereby a small number of staff are working directly and intently with the design team over three days and reporting back to the wider user group daily.

Skunkworks? Wikipedia defines a **skunkworks project** as “a project developed by a small and loosely structured group of people who research and develop a project primarily for the sake of radical innovation.” The term originated during World War II when the P-80 Shooting Star aeroplane was designed by Lockheed in Burbank, California. A closely guarded design lab was set up in a circus tent next to a plastics factory. The strong smells that wafted into the tent made the Lockheed workers think of the foul-smelling “Skonk Works” factory in Al Capp’s Li’l Abner comic strip.



# ceo update

## Get flu strong for yourself, your whānau and your community

Youth in Canterbury are being thanked for last year's efforts in getting their flu vaccination and reminded to do it again this year at a special event held at Jellie Park, Christchurch this Saturday 5 April.

Summerzend Youth Fest is a free, fun day out organised by the Canterbury Refugee Council. Canterbury District Health Board is supporting the event by providing a fun bungy run and sponsoring a headline appearance by Kiwi boy band, Titanium.

As part of the fun aimed at young people, event visitors will be invited to don a velcro jacket and take the bungy run 'flung flu' challenge. They then need to complete a horizontal bungy run while their friends throw sticky balls disguised as 'flu bugs' at them.

The not so subtle message is that flu is hard to avoid and that getting protected is far better than trusting to luck.

Canterbury Medical Officer of Health, Dr Ramon

Pink says that last year our youth were the best in the country at getting their flu vaccination and we hope to do better still this year. We are asking people to once again do it for themselves, their whānau and their community - flu immunisation is about taking care of others by making sure you can't get or give the flu.

"Even if you are normally fit and strong, flu can still hit you hard - but what might hit you harder, would be knowing you had given it to someone more vulnerable such as a young child, a pregnant mother or an older relative or neighbour," says Dr Pink.

This year is the second in a three year Canterbury commitment to helping general practice protect our young people. Dedicated teams from the Public Health Nursing Service are offering free flu vaccinations to students in most Christchurch high schools. Look out for notices in school newsletters or posters in schools to see if your child's school is participating.

"Alternatively, any Cantabrian under 18 can be vaccinated by their general practice team if you'd rather they had it there. It's also free for many, such as pregnant women, people over 65 or under 18s or people with a chronic illness. All you need to do is ring your normal GP number and ask about getting your flu shot. If you do have to pay, it's likely to be the best \$30-50 dollar investment you'll ever make," says Dr Pink.



## BE ACTIVE



### Programmes Term 2, 2014

BE ACTIVE is suitable for people new or returning to activity.

Participation in BE ACTIVE assists individuals improve their activity levels and health. In addition through the engagement with others, the programmes support an increase in community cohesion and wellbeing. We welcome referrals into the programmes, details of which are below.

Be Active Spreydon, St Martins Church, Lincoln Road—Mondays, 6:30pm – 8:00pm

Be Active Bishopdale, Bishopdale YMCA, Bishopdale—Tuesdays, 11:00am – 12:30pm

Be Active Lincoln, Lincoln Events Centre, Meijer Drive—Wednesdays, 10:00am – 11:30am

Be Active Linwood, Linwood Avenue Union Church, Linwood Ave—Thursdays, 10.30am-12.00pm

Read the Green Prescription newsletter: [The Inside Word](#) Issue 17: April 2014 newsletter.

## ceo update

### Donations make big difference to two young mothers in need

Two young mothers in desperate need are the latest people to benefit from CDHB staff generosity.

One of the women had been living in car with her preschool child and another was sleeping on a friend's sofa.

The young mothers are overwhelmed and "extremely grateful" for gifts given to them by CDHB staff which will enable them to feel settled in their new social housing units, says Methodist Mission Director, Mary Richardson.

"The fact that people they don't even know care means a lot to them."

The gifts, which included knitted clothing, nappies, tinned food, shampoo, cleaning products, and toys, would make a huge difference as the women moved with their children into what would be their first stable home, Mary says.

Rather than hosting a communal Christmas dinner, which it had done for over ten years, the Methodist Mission last year decided instead to ask for sponsorship to create Christmas hampers for families to enjoy Christmas at home.

Sponsors were given a profile of a family in need and made up a Christmas food hamper and a small gift for each of the children in the family. Many CDHB staff contributed to this and many received thank you cards from the recipients.

Those messages have prompted some to continue to help, including the Finance, Payroll and Nursing workforce development teams, based on the fifth floor at TPMH, which have co-ordinated donations from staff all over CDHB.



The donations were collected last week by Mary who said they filled up a whole jeep-type vehicle. Nurse Coordinator, Post Graduate nursing education Jenny Gardner, says it shows that you only need to give a little bit each for it to make a difference.

If anyone would like to donate to people in need contact Annie Smith 027 8187112 [annies@mmsi.org.nz](mailto:annies@mmsi.org.nz)

*Pictured- some of the donated items.*

### Celebrate International Nurses Day and enter the Recycled Arts Awards

On 12 May nurses around the world celebrate International Nurses Day. The Canterbury Region celebration will take place on Wednesday 14 May.

We invite all nurses from across our health sector to attend the celebration. This year's theme is ***'Nurses: A Force for Change – A Vital Resource For Health'***.

More information about International Nurses Day can be found on the International Council of Nurses website: <http://www.icn.ch/publications/2014-nurses-a-force-for-change-a-vital-resource-for-health/>

### The Florence Nightingale Recycled Arts Awards are back!

The awards were very successful pre-earthquake and the International Nurses Day working group is running it again this year.

Please see the poster at the end of the update for more information and download and save the [Entry Form here](#). These need to be submitted by Wednesday 16 April.



## **Ward 2A, The Princess Margaret Hospital**

The team on Ward 2A was outstanding in their care for my husband. Nothing was too much trouble for them and they were always bright and smiling and had unlimited patience. Being there for so long... I was able to observe their care of other patients and they were all treated with the same care and positive attitude. This ward worked as a team from the cleaners to the tea lady from the orderlies and all other members. There was no discrimination anywhere and I referred to it as 'my other home'. When my husband was discharged he was able to say a few things and was able to manage a few steps with a walking quad stick. He was also able to make a sandwich and a cup of coffee. This was all because of the dedication of everyone..... I cannot speak too highly of the team...who made us so welcome. ...we really were like one big family. They couldn't do enough for me and our two daughters which we will be ever grateful for.

## **Ward 2A, The Princess Margaret Hospital**

I wish to express my grateful thanks to all those people who did such a wonderful job in helping my daughter after her recent stroke....thanks for the caring attention that she received.

## **Ward 19, Christchurch Hospital**

I just want to comment on Kahu who has been cleaning my room. She has done a great job of making me feel comfortable in a nice clean environment which has helped me feel better with my current disability. She has been very friendly and took time to talk with me as a real person. I think the hospital and other patients are lucky to have her.

## **Ward 18, Christchurch Hospital**

As a visitor from the UK, sincere thanks to the ambulance who rescued me from Purau Reserve when I broke my leg in February. Also special thanks to Paul on Mr Schouten's team for his kindness and for explaining everything, to the lovely ladies in the Bone Shop and to an exceptional young nurse, Erin, for her expertise and compassion.

## **Oral Health Centre, Christchurch Hospital**

I'd like to compliment the service on their level of care. They were always respectful and willing to accommodate me as a wheelchair user. Certainly made a stressful time much easier to handle. Thank you.

## **Hagley Outpatients, Christchurch Hospital**

Thank you again for an on time appointment. Very good client/ doctor relationship.

## **Ward 27, Christchurch Hospital**

Wonderful staff and lovely Dr Lauren. So caring to a patient who is dying. Great respect and interest shown in her. Special word of thanks to Helen (red smock). Very caring lady – so kind to us and the patient. Thank you to all the nurses.

## **Emergency Department and Acute Medical Assistance Unit, Christchurch Hospital**

I am not usually a wordy person but to sum up my treatment as a patient and formerly as a visitor the staff attitude has been well above excellent. My present stay in the above wards has given motivation for the future.

P.S A warm smile and welcoming comment at all times greatly assisted my outlook to overcome this confounded unwelcome norovirus! Special thanks to my initial charge nurse and also registered nurse, Margorie.

## **Ward 15, Christchurch Hospital**

I have no complaints of the hospital, only admiration and praise for their care, efficiency and dedication. Thank you.

## **Ward 10, Christchurch Hospital**

Great service, very friendly staff. Made my stay most pleasant. Thanks to all whom I met. Much love from a now mobile patient.

## **AMAU, Christchurch**

I'm pleased to say I have no complaints. Thank you for all your help.

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## ECG, Christchurch Hospital

Very efficient, thank you.

## Pain Management Centre – Burwood Hospital

Just wanted to say thank you for the wonderful service you provide. I felt listened to, not judged, and felt empathy. We are so lucky to have such a wonderful service here in Christchurch.

## Burwood Birthing Unit

My husband and I are very appreciative of the care that my son and I received. All of the staff were extremely helpful and I always felt well looked after and supported. I also liked that we had the opportunity of staying for up to five nights as I found the hardest day to be day 2 so leaving to go home on this day (like other hospitals make you do) would have been very hard. Thank you again. We will definitely be back here for baby #2. PS: The handmade gifts are beautiful. Thanks so much!

## Burwood Birthing Unit

I cannot sing the praises of the staff at BBU enough through the week of the 17th -20th March. ALL the midwives and aides were incredibly supportive with great advice and tips and went, in my opinion, well beyond their roles as support people for women and babies. They ALL deserve the recognition of the Canterbury DHB for the outstanding work they do.

## Lyndhurst Day Clinic

Really warm empathic and respectful staff. Worked well as a team and looked after the support people of patients. Thanks!

## Ward 22, Christchurch Women's Hospital

Always so impressed with the dedication and kindness of all the staff. The nurses work so hard to ensure that we are informed, and happy with treatment. Their smiles and kindness are so appreciated.

## Gynaecology

I don't usually leave feedback, but I feel the level of support, service and compassion shown by Lesley Potigeter and the other attending members of the team deserves to be highlighted.

## Paediatric Medicine

We have really appreciated the amazing service we have received from all the wonderful staff here. The nurses have been wonderful, the admin staff great, and an especially big thank you to Dr Rachel Clarke. It was an especially challenging time when our 16 month old was admitted to hospital in November 12 and through that initial period and on our regular check up visits everyone has shown such wonderful care of us all. Thank you so very much.

## Calling all RMOs – new medical education and training unit site

As the Medical Education and Training Unit (METU) is expanding, it is only appropriate for a flash new website to be developed.

Please check out the new METU website by clicking [HERE](#).

It can be accessed on the left hand navigation pane of the intranet home page.

The website is regularly updated with the latest METU information and any other important information RMOs need to know. It has the [PGY1](#) and [PGY2 Teaching programme](#), [career planning](#) information, [forms](#) RMOs require regular access to, information for PGY1s on their [Intern Supervisors](#) and for PGY2s and above (including Registrars) not in a vocational training programme there is information on their [Medical Clinical Training Supervisors](#). You can also find [articles of interest](#), [FAQs](#), [useful links](#) and much more.

So show your support for METU and visit the site.



General Surgery Registrar Greg Turner, won the prize for best paper given by a registrar not engaged in a higher degree, at the New Zealand Association of General Surgeons (NZAGS) meeting in Dunedin last weekend.

Greg's award winning paper was entitled "Endoscopic Large Balloon Sphincteroplasty is a useful, safe adjunct for difficult to treat Choledocholithiasis", which he did with Surgeon, Saxon Connor, and General Surgery Registrar, Andrew Ing. It will be published in the Australia and New Zealand Journal of Surgery in the coming months.

"In lay-man's terms it was about using a relatively new technique for extracting gallstones stuck in the bile duct.," Greg says.

At the same meeting Surgeon, Philippa Mercer, became the first female president of NZAGS in its 20-year history. Philippa says NZAGS is the professional organisation representing the majority of New Zealand General Surgeons and is also responsible for co-ordinating training for New Zealand general surgical trainees. She is proud to be a General Surgeon and happy to be working in Christchurch.

"The president's position will be hard work but well worthwhile," she says.

Professor Frank Frizelle recently became the first surgeon in Christchurch to be awarded the University of Otago Gold Medal for research on the surgical management of colorectal disease.

Frank is one of the country's foremost bowel cancer surgeons.

He heads the Department of Surgery at the University of Otago, Christchurch, and is a dedicated researcher. Frank and his team are studying data on bowel and colon cancer surgical patients from Canterbury and comparing their outcomes with patients in Sydney, Melbourne, Leeds and London.

Clinical Director of General Surgery Ross Roberts says on behalf of the department he would like to congratulate Greg, Philippa, and Frank.

"Well done to all and it is very special to see success in so many areas".



### **Health Excellence\* survey extended to 11 April—one last push**

Many of you have already helped by completing the survey, but we still need more people to give us as complete a picture as possible of what we are doing well and where we can improve. Please, the more the merrier!

We are using the general *Health Excellence\** survey to gain insight into how things currently work in Canterbury. This simple survey takes just 15 minutes and will enable us to gauge how we are doing in comparison to other health systems and track progress over time.

The survey is **completely anonymous** - total and brutal honesty is welcomed. Your personal perspective is valuable to us, even an n/a response or a partially completed survey tells us something.

By 9am April 4, we had received 743 responses:

Med surg and radiology has streaked into the lead, but given the size and scope of the division, more responses would be very welcome. Community and Public Health have come in with an outstanding performance, as has Corporate Services which includes managers and clinical directors. Labs have come through on the rail with a late spurt and there have been strengthening performances from Mental Health and Older Person's Health.

Women and Children's has been a wee bit quiet, we are still a bit light on rural input and there's a brave lone voice from facilities redevelopment.

Don't miss this opportunity to make sure this survey truly captures what's a happening in our Canterbury Health System. You still have **until 11 April** (next Friday) to make a difference by having a crack at the survey.

Please see the link below to the online survey.

<https://www.surveymonkey.com/s/PBRSFK6>

The Executive Management Team will use the survey results in their workshop on the *Health Excellence* criteria in June this year.

\* *Health Excellence* is an internationally recognised framework for driving high performing, person-centred health care.





## Support for “Go Spotty Day”

Spotted dresses, shirts, tops, tunics, hats, cardigans and jackets were all the rage last Friday as CDHB staff took part in ‘Go Spotty Day’ to raise awareness of melanoma.

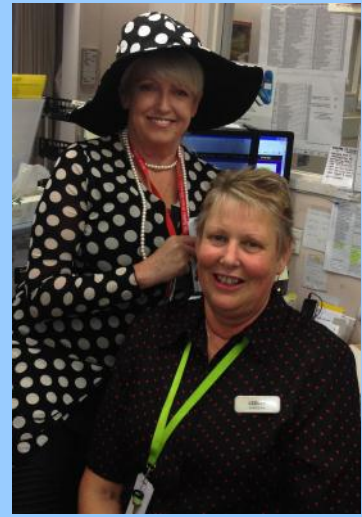
The day aims to get Kiwis thinking about melanoma and checking their own skin for spots or changes that could lead to melanoma. It is part of the Melanoma Foundation’s annual campaign, inviting schools and workplaces to wear something spotty to show their support.

Cancer Nurse Co-ordinator, Tracey King, says when she saw the day advertised she thought it would be a great opportunity to raise awareness of melanoma, and raise funds for the Melanoma Foundation.

Oncology outpatients decorated its nursing area with huge spots, made spotty cookies and had spotty lollies. Staff, including administration, nurses, doctors, and receptionists dressed up in spotty clothing.

Staff from the Radiation Department, Medical Day Unit, the Department of Plastic and Reconstructive Surgery and Ward 20 dressed up for the day. About \$140 was raised.

Melanoma Foundation CEO, Linda Flay says ‘Go Spotty’ day was initiated last year to raise awareness of this type of skin cancer affecting more than 4000 Kiwis every year, and killing more than 300. Funds raised for the Melanoma Foundation will go towards the Foundation’s goals to create awareness, education, prevention, treatment and research of melanoma in New Zealand.



*Left, Social Worker, Valerie McDonald, right, Ward 20 Ward Clerk, Leslie Howard, looking stylish in their polka dot outfits.*



*Above: Staff of the Radiation Department enjoy wearing spotted outfits for the day*



*Above: Oncology Outpatients Department staff wearing spotty clothes*

## Registered Nurses undertaking Postgraduate nursing study in Semester 2, 2014

Applications are open for a limited number of Health Workforce New Zealand funded places in Semester 2, 2014. The link to the online application form is:

[Application form: HWNZ funding for Postgraduate Nursing study - CDHB nurses](#)

Further information is available on the Postgraduate Nursing Education website:  
[Postgraduate Nursing Education](#)

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)

**Closing date for applications is Friday 25 April 2014**

## Orion align their stars for your software challenges at “Scratcharama 2014”

Next week, from Tuesday 8 to Thursday 10 April, our strategic partners Orion Health will have a team on site at Christchurch Hospital, based down in the Innovation Lab (lower ground floor of Parkside, Christchurch Hospital).

Orion will be there, ready to apply their innovative and world-leading software expertise to solve some of the technical challenges or issues you face in delivering excellent healthcare.

Orion client Director Matt Hemens says they will have some software developers who will, if possible, start working on solving some of the issues you bring to them, then and there.

“We’ll be demonstrating technology and writing software, possibly including Google Glass wearable technology. There’ll be Business Analysts and Implementation Consultants, who are all keen to understand what technology, software and applications CDHB clinicians want.”

“We will also have training and support for the latest version of HCS available, so if you have any questions, feedback, issues, suggestions or anything on the upgraded version of HCS, we will be happy to help and there to listen.

Stella Ward, Executive Lead- Innovation works closely with our strategic partners Orion and is keen for both partners to get the most from their symbiosis.

“I have been impressed with Orion from the start of our strategic relationship, but don’t think we have got the best from one another yet – which is where you come in!

“This is a once a year opportunity for our own visionaries and fussy customers (problem spotters) to talk to real live innovators (problem solvers) about how we can do things better and smarter. Here is an opportunity, all it needs is you.”

The Orion team are also keen to attend clinics, ward rounds, visit departments or engage with you or your teams over your software needs.

“We want to engage with you and ask that you spare some of your valuable time for us, in the hope it will benefit you, the DHB or the wider health system one day soon,” says Matt from Orion.

“We would love to spend some time working with you,” he says.

Matt can be contacted on 027 220 9783, or pop down to the Innovation Lab next week.

## Department of Psychological Medicine, University of Otago, Christchurch & SMHS, CDHB Clinical Meeting

Tuesday 8 April 2014, 12:30pm – 1:30pm

Venue: Beaven Lecture Theatre,

7<sup>th</sup> Floor, University of Otago, Christchurch School of Medicine Building

### “The Mental Health Consequences of the Canterbury Earthquakes”

Presenter: Professor David Fergusson

Chaired by: Associate Professor Joe Boden

#### **SPECIAL NOTES:**

These meetings will be held on a weekly basis (except during school holidays) and the details of the next meeting will be emailed to you in advance.

A light lunch will be served at the School of Medicine venue from 12 noon.

**Psychiatrists can claim CME for attending these meetings.**

The sessions will be broadcast to the following sites:

For TPMH attendees the venue is the **Child, Adolescent & Family Inpatient Unit, Ground Floor**. Access is from the main reception at TPMH.

For **Hillmorton** attendees the venue is the **Lincoln Lounge, Admin Building, Hillmorton Hospital**

The dial in address is: **Psych Med Grand Round**.

If you have difficulties dialling in please call **0800 835 363** to be connected.



Tangata Atumotu is a Pacific NGO who hold a contract with CDHB to deliver Pacific Mobile Disease State Management support to Pacific people in Canterbury.

They work in partnership with primary care and CDHB to optimise health outcomes for Pacific people. Their nutritional and physical exercise programme includes weekly exercise classes at the St Bernadette's Catholic Hall in Hornby.

Operations Manager Malo Ioane says the advent of Wellness Plans has made a huge difference to their work.

"Wellness Plans provide our people with a profile of their health. They're written in the patient's own language, and allow them to become the master of their own health," says Malo.

"It can be the first time our clients actually feel they have some control of their own health. The Wellness Plan helps them see that what they do makes a difference. Our patients love them."

Wellness Plans help clients understand:

- why they are prescribed medication and why it's important to take it as instructed
- when and why they have scheduled appointments
- the importance of healthy nutrition and exercise

Nurses from Tangata Atumotu regularly visit patient's homes' and enter that day's blood pressure recordings and/or blood sugar levels into the Wellness Plan.



"Both blood sugar lab results and blood pressure measurements clearly show that Wellness Plans are making a difference to the health of our clients," says Malo.

Malo says that feedback from health professionals is that Wellness Plans are very useful as they contain blood pressure measurements, weight charts, and blood sugar results over a period in time rather than a one off measurement.



## Staff Wellbeing Programme – Wellbeing workshops for managers/supervisors

### Wellbeing Workshops for managers/supervisors

Are you a manager/supervisor with responsibility for other staff? Do you want to know more about how you can manage and promote your own wellbeing?

If so, register for one of the new Wellbeing Workshops for managers/supervisors.

For more information on what the workshop covers and details about how to register,

visit the Staff Wellbeing Programme intranet page <http://cdhbintranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

### Tracksuit-inc – health questionnaire

If you've missed the start of the "sugar crash" health challenge you and your family members can still sign up to tracksuit-inc and complete a detailed personal health questionnaire. It'll provide you with some feedback on what you're doing well and what areas might need a bit of work.

To register, go to [www.tracksuitinc.co.nz](http://www.tracksuitinc.co.nz) and enter the CDHB code 'dhubstaffwellbeing' – then click on YOUR HEALTH (in the menu across the top of the page) to access the questionnaire.

### Staff Wellbeing Programme intranet page!

<http://cdhbintranet/corporate/HealthandSafety/SitePages/Staff%20Wellbeing.aspx>

Check out this page for information on yoga, Zumba, Pilates, mindfulness, 30 minute walk 'n workout groups, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

There's also a link to the Something for You employee benefits page containing a large number of discounted products and services available to CDHB staff.



Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

Be Active is an eight week programme for people wanting to establish or restart their activity, and have fun along the way.



# BE ACTIVE

Programmes Term 2, 2014



## Spreydon

St Martins Church  
60 Lincoln Road, Spreydon  
Monday 6:30pm-8:00pm  
Starting Monday 5 May

## Bishopdale

Bishopdale YMCA  
13a Bishopdale Court, Bishopdale  
Tuesday 11:00am-12:30pm  
Starting Tuesday 6 May

## Lincoln

Lincoln Events Centre  
Meijer Drive, Lincoln  
Wednesday 10:00am-11:30am  
Starting Wednesday 7 May

## Linwood

Linwood Avenue Union Church  
378 Linwood Ave, Bromley  
Thursday 10:30am-12:00pm  
Starting Thursday 8 May

For more information and to register please contact Jenny:

P 03 373 5055

E [jennyr@sportcanterbury.org.nz](mailto:jennyr@sportcanterbury.org.nz)

[www.sportcanterbury.org.nz](http://www.sportcanterbury.org.nz)

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle and enjoy the support of others in the group. Cost is \$3 per session.



Canterbury  
District Health Board  
Te Pori Hauora o Waitaha



Together supporting an

**active**  
CANTERBURY

## Nurse Maude Campbell Ballantyne Fellowship

Applications are open for the Nurse Maude Campbell Ballantyne Fellowship, sponsored by the Nurse Maude Foundation for the benefit of the Canterbury community.

The Fellowship, established in 1999 and awarded yearly, recognises the contribution of Mr Campbell Ballantyne, former board member of the Nurse Maude Association.

It provides an opportunity for those working for and associated with Nurse Maude to undertake research and development projects which are of application and benefit to Nurse Maude, its consumers and community based health care.

It is intended that these activities will add to the body of knowledge available within New Zealand, particularly with regard to innovative and progressive methods or models of health service within the community that would contribute to best practice and improved patient outcomes.

The New Zealand Institute of Community Health Care manages the application process, all administration and monitors the progress of Fellowship projects, on behalf of the Nurse Maude Foundation.

The Fellowship will provide to a successful candidate funding for research activities or projects, airfares, accommodation (including living expenses) and other direct costs up to a limit of NZ\$30,000 (plus GST if applicable) in any one year.

For more information go to

<http://www.nzichc.org.nz/What+we+do/Nurse+Maude+Campbell+Ballantyne+Fellowship.html>



## The Canterbury health system Quality Improvement and Innovation Awards are back!

Entrant Materials for 2014 are now available, please visit the Awards page at [Quality and Patient Safety](#). We are accepting Expressions of Interest from project teams until Friday 25 April.

The contribution of experienced Mentors and Assessors is essential to the success of the Awards programme. We are now recruiting Mentors for the April-July period.

Important points about the Mentor role:

- Each Mentor is paired with a project team to provide guidance and assistance while they prepare the written submission
- The time commitment varies from project to project, however you may spend up to two hours a week working with your project team
- Mentors must first gain approval from their line manager
- All mentors must attend a training workshop. The entry process, including the written submission will be covered in detail. Workshops will be held at the following times:

Tuesday 15 April 2-4pm	5 <sup>th</sup> Floor Boardroom, TPMH
Thursday 17 April 10-12am	5 <sup>th</sup> Floor Boardroom, TPMH

Do not hesitate to get in touch with me [amanda.mehrtens@cdhb.health.nz](mailto:amanda.mehrtens@cdhb.health.nz) if you have questions or would like more information about the Mentor role. If you are interested in being a Mentor, please let me know the workshop time you prefer to attend. We will begin the process of recruiting Assessors in June.

See also the posters at the end of this update.



## One minute with... Phillip Pellett, Mail Clerk, Christchurch Hospital

### What does your job involve?

Here in the mailroom we receive, sort and deliver thousands of letters a day. We have three main delivery routes that service the various sites; Run 1 services Christchurch Women's Hospital and Christchurch Hospital's Parkside Building, Run 2 services Christchurch Hospital's Riverside Building and the Resident Medical Officers Lounge, and Run 3 services the Hagley Outpatient building, the Oral Health Centre, the Canterbury Health Laboratories building and several other sites situated off campus but nearby.

We also courier dozens of parcels around the country to patients and other DHBs. I primarily work on Run 3 and do administration work in the Mailroom.

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

At the end of 2012 I had just finished my senior year at Hillmorton High School and wanted to jump into the workforce and get some experience before heading off to university. I tried out for this job and it was just a natural fit. It has been a great learning opportunity and I have made lots of friends as well.

### What do you love about it?

Being on Run 3 gets me outside a lot and on nice days is a refreshing break from being stuck indoors. I also get to meet a lot of really friendly people when out on deliveries.

**What are the challenging bits?** Some departments ask us to arrange highly complex deliveries in the shortest timeframe possible for critical patients. The result is me having to make a dozen phone calls to staff and courier companies to try and arrange a successful delivery. It can be a bit stressful but we always manage to find a way.

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

My colleagues are a diverse group ranging from musicians to marines and I admire them all, they each bring their own bit of character to the mailroom. All are older than me and I have made the most of listening to their stories and experiences.

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

Prey by Michael Crichton

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

Japan, I missed out on a trip there a few years ago and would love a chance to test my language skills.

### My ultimate Sunday would involve...

Going to the market followed by lounging around playing Xbox and ending with a Sunday roast.

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

Raw onion, I can't stand it any way except grilled.

### My favourite music is...

I like The Beatles, Daft Punk, Coldplay and everything in between. I also listen to a lot of movie scores and soundtracks.

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).

*Right: Phillip Pellett.*





## CDHB nurses compete at Dragon Boating championships

The Waimak Thunder women's dragon boating team, which includes six CDHB nurses, competed in the South Island Dragon Boating Championships at Lake Hood in Ashburton on 22 March.

After a season of hard training, along with a few ups and downs, the team came home with three medals; bronze for both the 500 metre and 2,000 metre races and silver for the 200 metre race.

Last weekend they returned to Lake Hood for the New Zealand National championships. Karen Bradley, team member and Hillmorton Hospital nurses says, "we paddled very hard at the weekend but sadly no medals this time. Never mind, we know what we need to do next season."

The nurses are all registered nurses: Peti Toomalatai - CREST (Community Rehabilitation Enablement Support Team), Cath Read - Mothers and Babies and the Eating Disorders Unit, Maxene Kiesanowski - family history assessor in the gastro-familial cancer department, Gail McDonald - Psychiatric Emergency Services, Leeann Stringer and Karen Bradley - South Inpatient Unit at Hillmorton Hospital and Michel Ennis - North Inpatient Unit at Hillmorton Hospital.

"Peti Toomalatai first joined the team because she enjoys paddling, meeting new people and the social gatherings. Cath joined for the challenge of doing something new and physical away from work," says Karen. "She then talked Leanne into joining who then talked Michel into joining who then talked Gail into joining and a year later they talked me into joining."

"We all love the paddling and pushing ourselves physically and its great exercise for getting that heart rate pumping. We love being part of an awesome women's team and cheering on our colleagues in the mixed team, it's nice to be involved in a fun and competitive team sport. There is a lot of hard work but we have lots of laughs too and it has been a great way to meet new people and have some new adventures," says Karen.



*Above: Left to right - Peti Toomalatai, Cath Read, Maxene Kiesanowski, Gail McDonald, Leeann Stringer, Karen Bradley and Michel Ennis.*



*Left: Waimak Thunder (boat two) mid race at the Akaroa Regatta.*



12662—Research Nurse Coordinator - Oncology  
 126837—Receptionist – “The Bone Shop” Orthopaedic Outpatients  
 126880—Patient Information Officer  
 126769—Gardener

16177—Community Mental Health Nurse – West Team

[Click here to see more opportunities on the careers website](#)

## CDHB Consumer Council

The CDHB Consumer Council aims to ensure consumers have a strong voice in planning, designing and delivering services in the Canterbury Health System.

At a recent meeting the council chose to concentrate on the following areas:

1. Commitment to aligning themselves with the CDHB Annual Plan and being pro-active when looking at priority areas for 2014.
2. Continue to actively support growing the consumer network.
3. On-going training is being investigated to ensure the effectiveness of consumer representatives.

If you are looking for consumer participation for your projects, working groups or work streams please contact [Wayne.turp@cdhb.health.nz](mailto:Wayne.turp@cdhb.health.nz); Phone 364 4130 for assistance.



## Primary Care Liaison Team – Health of Older People Workstream

### Who are we?



Robyn Bayly  
Physiotherapist



Ginny Brailsford  
Pharmacist



Donna Hahn  
Registered Nurse

### What do we do?

The Primary Care Liaison team's role is to advise, challenge and educate at the **interface between hospital and the community**, building strong **working relationships** between all parties, including the patient. We achieve this through a clinically led, **multidisciplinary** approach. We are charged with posing innovative suggestions to improve continuity of care and working within the existing budget to enable **access to healthcare** in the most **appropriate setting for the patient**. We aim to maximise the ability to manage older people effectively in community settings.

In the March newsletter:

- ‘April Falls’ across Canterbury
- 16th April is ‘Conversations That Count Day’
- SixtyFive Alive – Seniors Alcohol and Drug Service

[Click here to read the full March newsletter](#)



## Spotlight on Your Development



The Learning & Development Team has crafted some great courses to support you in the workplace. Read what some of our recent participants have to say:



### Presentation Skills

**Alan Bavis: Facilities & Engineering Manager**

#### What did you value the most from the course?

I met people on the course who face similar challenges and as this was a non threatening environment it was okay to make mistakes and try a few things out that you would not normally. In the past I was taught that if you need to cut down a forest spend a few hours sharpening the tools first. That was what the course did, it covered off in some detail the importance of preparation, and how to impart detailed information quickly and in logical terms without bogging people down in irrelevant technical data. Also how to make the butterflies in the stomach fly in formation and so control the nerves.

#### How has it changed the way you work?

The course has enabled me to use different techniques for different audiences and find out what they really need to know not what I think they need to know. This has simplified my preparation and eased the performance anxiety knowing that it doesn't have to be perfect.

#### Why should a colleague do this course?

The course is very worthwhile for anyone in a similar position who has to carry out presentations from time to time but is not comfortable doing it. There is a lot of helpful content and supporting material available on this course and you take away lots of useful tips and strategies that not only benefit the organisation but also help in your personal development.



### Practical Project Management

**Anthony Fallon: Clinical Information Analyst**

#### What inspired you to do this course?

I am currently working on a CDHB wide project relating to cancer referrals and wait times for treatment. The project requires time management, project planning and a great deal of education and staff engagement.

#### How has it changed the way you work?

It has completely transformed my approach to the project. I firstly understood the importance of clear documentation and how important stakeholder engagement was. And secondly the two days taught me that projects are a long process and need to be constantly reviewed and reported on in order to assess progress. In essence, it has sharpened my awareness of the bigger picture of projects and has also given me 20 other contacts to network with on projects.

#### Why should a colleague do this course?

The course is pitched at a level that allows a gradual introduction to project management and then moves into specific analysis of what is required. The instructors are approachable and encourage debate in the sessions. A very useful aspect is the practice project plan where an idea is developed over two days by group work, this will give you an excellent understanding of how intricate the project planning, procurement and auditing can be if you fail to plan.

**The Development Calendar is for ALL staff**

**Click on this link or check out the HR intranet home page to search our courses.**



## Issue 8 [10 March–30 March 2014] Spotlight on the Northern Region

### NEWS: [Stop and Watch to prevent falls](#)

An early warning system to recognise the signs of conditions that may cause falls and other problems is being trialled in aged-related residential care homes in Auckland. The Stop and Watch system is designed to recognise the signs of medical conditions requiring intervention earlier, so older people can be treated by a GP where they live rather than potentially requiring hospitalisation.

### NEWS: [Music video spreads the word on falls prevention](#)

There can't be many hospital wards where health care workers start their shift with a dance practice, but that's how the working day begins for staff at Whangarei Hospital's stroke unit and rehabilitation ward. Ward 15 staff are honing their singing and dancing skills in preparation for producing a music video clip aimed at sharing falls prevention messages.

### NEWS: [Counties Manukau launches patient safety workshop](#)

An innovative new workshop at Counties Manukau Health has given first-year house officers training in improving patient safety. Every year, the district health board (DHB) runs three two-day workshops for house officers on subjects ranging from time management to medical ethics. This year, for the first time, a workshop on patient safety was included.

### NEWS: [Falls audits lift performance at Waitemata](#)

A new improvement process has enabled Waitemata DHB to significantly lift its performance on risk assessment and care planning for older people at risk of falls. The process uses audits by frontline staff to provide robust data that helps health care workers make rapid improvements in their work to reduce the harm caused by falls.

[Read the full newsletter](#)

## MSD's proposed health & disability longer term work programme – invitation to give feedback

The Ministry of Social Development (MSD) is inviting feedback on its proposed health and disability longer term work programme through a survey. For information about the work programme and to answer the survey go to [www.msd.govt.nz/health-disability](http://www.msd.govt.nz/health-disability). The survey is open now until Tuesday 29 April 2014.

The work programme sets out what MSD is planning to do to support people who are disabled and people with health conditions into work. This plan sets out what they are planning to do through until 2018 and the changes already made in 2013/14.

MSD developed this work programme based on the feedback from the meetings, workshops and an online survey held between November 2012 and February 2013, and working with a stakeholder group that included representatives of health and disability groups, service providers and health professionals during 2013/2014.

MSD wants feedback from people and organisations throughout New Zealand to check it is on the right track. Please pass this link to others in your networks and encourage people to give feedback by completing the survey.

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Read the [March 2014 newsletter of Talk hands](#) from Deaf Aotearoa New Zealand

## March against Synthetic Drugs - Saturday 5 April, 1pm

Cashel Mall Re:START

[Facebook](#)



New Zealand Association  
for Simulation in Healthcare

Visit [nzash.co.nz](http://nzash.co.nz) for details

### NZASH Symposium and AGM

*Improving Safety and Quality in Healthcare through  
Simulation*



**Date:** 20<sup>th</sup> -21<sup>st</sup> June 2014

**Time:** 0900hrs – 1600hrs

**Location:** University of Otago  
Medical School, Christchurch  
Hospital, Christchurch, NZ

#### Keynote speakers

**Demian Szyld** – Assistant Professor; Assoc Med Dir NY Simulation  
Ctr Health Sciences. Departments of Emergency Medicine and  
Simulation Center

**Leone English** - Dean - Faculty of Health Science & Community  
Studies, Holmesglen Institute; Chair - Victorian Simulation Alliance

Two day Symposium (+ cocktail evening) Fee: **\$120.00**  
(This will include annual membership fee for NZASH)



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# #SUMMERZEND

## YOUTH FEST

FREE MUSIC, SKATE JAM AND PERFORMANCES



**SATURDAY**  
**5TH APRIL 2014**  
**12 PM**  
**JELLIE PARK**  
**GREERS ROAD**

★FEATURING★

# TITANIUM

...and many more!!!

Canterbury  
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Te Pōti Hauora o' Ōtago

The Tindall Foundation  
Contributing to a stronger New Zealand



Canterbury Refugee Council Inc.



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE MANATŌ WHAKAMĀTIO ORA





# Need help with Earthquake Issues?



## Free Earthquake Support Coordination Service

Earthquake Support Coordinators are available to help people and their families directly affected by the Canterbury earthquakes.

### Earthquake Support Coordinators can:

- Support you to work out what needs to be done for you, your family and/or a family member and make a plan
- Provide relevant information
- Support connection with relevant services
- Coordinate meetings between you and the experts.

They can meet with you anywhere you choose - your home, workplace or ...

They can connect you to services that provide (but are not limited to):

- Legal, EQC and insurance help
- Repairs
- Accommodation assistance
- Counselling support and social services
- Financial assistance or information
- Health services
- Winter heating advice
- School or childcare support
- Translation services
- Environmental and infrastructure information.

The support provided is based on your individual circumstances.

**Free Service  
for CDHB Staff  
and their  
Families.**

For advice or to request an Earthquake Support Coordinator,

**Call: (03) 371 5598**

After hours assistance available

or

Email: [earthquake.support@richmond.org.nz](mailto:earthquake.support@richmond.org.nz)

## Wellbeing workshops

“  
The greatest  
wealth is health  
-Virgil”

### For CDHB Managers/Supervisors

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are running a series of two-hour wellbeing workshops for managers/supervisors.

The CDHB acknowledges the crucial role you, as a manager/supervisor, play in supporting your staff and facilitating the delivery of high quality care to the Canterbury community. In the current Christchurch environment it is more important than ever that you take the time to focus on your own wellbeing.

#### Two hours to focus on YOUR wellbeing!

We are running a number of workshops in 2014 to allow 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.

#### 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
- Appreciate the progress of recovery for communities and individuals
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Improve your health and wellbeing: 5 Ways to Wellbeing, All Right?, Staff Wellbeing Action Group
- Enhance positive relationships and social connections

#### Workshop Details:

- All workshops run for 2 hours and conclude with a further 30 minutes for refreshments and informal conversation
- For dates and to register for a workshop – [click here](#)

Facilitated by Alison Ogier-Price MSc Psyo, B.Comm, BA Hons, C.AT, MNZAPP



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 **MHERC**  
Mental Health Education & Resource Centre

#### For more information contact:

Lee Tuki  
Lee.Tuki@cdhb.health.nz  
027 689 0285  
Andy Hearn  
Andy.Hearn@cdhb.health.nz  
027 290 0937

[Click here to register](#)



## Celebrating International Nurses Day 2014 "Florence Nightingale Recycled Wearable Arts Award"



Could you turn some of these.....



Into something like this.....



or even  
Florence  
Nightingale's  
attire



Nursing Showcase  
Wednesday 14<sup>th</sup> May 2014  
3.00 – 5.00pm  
Rolleston Lecture Theatre, Christchurch Hospital

Rules for the competition are:

- Theme – "Nurses are a Force for Change"
- Only recycled / reused products may be used
- 2 Categories – 1) Gallery – a piece of recycled art for the gallery e.g. jewellery, accessories, art, sculpture  
2) Wearable – a piece of recycled clothing to be modelled
- Get your staff together and put in one design per area – if your design entry is wearable it must be a single item and be modelled by one person only

Be creative.....

- Source out products you could use from your workplace, e.g. plastic cloth from dressing packs; plastic tops from IV ampoules, paper etc...
- You can choose to make an item of clothing or a piece of art ...it's really up to you
- Entry forms available via <http://www.cdhb.health.nz/Hospitals-Services/Health-Professionals/Pages/default.aspx>
- Entries close Wednesday 16<sup>th</sup> April 2014
- Gallery entries to be on display in the Rolleston Theatre Foyer by no later than 1.30pm on Wednesday 14<sup>th</sup> May 2014
- Wearable entries to be modelled at Nursing Showcase on Wednesday 14<sup>th</sup> May 2014

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# ROVING GRANNIES

...walking the talk about falls prevention...

MAVIS

BETTY



## COMING TO A HOSPITAL ...NEAR YOU...

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Zero Harm

Find out more about April Falls at [www.cdhb.health.nz](http://www.cdhb.health.nz)





# QUALITY IMPROVEMENT & INNOVATION AWARDS

## 2013 Supreme Award Winners



### Reducing pneumonia in the stroke population

This project evaluated the effectiveness of introducing a standardised cough reflex test protocol, which combined with intensive nursing and therapist education, has changed clinical practice with acute stroke patient at Christchurch Hospital. The clear clinical management protocol has contributed to more than halving the pneumonia rate from 26 percent to 11 percent. With aspiration pneumonia adding \$9000 to an individual stroke patient's cost of admission and with more than 1000 strokes per year in the Canterbury DHB, this change in clinical practice has potentially saved \$1.4 million to the organisation. More importantly for the patient, this means there are fewer complications to a dysphagic stroke patient's care.

### eSCRv

The 2011 Canterbury earthquakes motivated the Canterbury health system to work together to create a secure electronic, patient-centric view of data to provide a 'single-source' of up-to-date patient information, allowing timely safe and effective care of the patient through more informed decisions.

The goals of eSCRv are to:

- provide access (to patient data ) for community care users and ultimately the patient
- collect patient data from primary and community care providers and
- make the data visible in a single patient record

## Category Winners:

### Improved Health & Equity for all Populations

**Award Winner:** eSCRv- Shared Care Record View

**Runner-up:** The Wellbeing Game

### Improved Quality, Safety & Experience of Care

**Award Winner:** Classification and Communication of Caesarean Section

**Runner-up:** Canterbury Ski Fields Project

### Best Value for Public Health System Resources

**Award Winner:** Shorter Turnaround Time for Urine Analysis in Microbiology

**Joint Runner-up:** Reducing Pneumonia in the Stroke Population

**Joint Runner-up:** Cardiac Catheter Laboratory Optimisation Project

### Highly Commended:

- Script 4 Change,
- From High Tea to the Empowered Me,
- Collaborative Care Programme

**Consumer Council Award:** Collaborative Care Programme

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

For more information email [amanda.mehrtens@cdhb.health.nz](mailto:amanda.mehrtens@cdhb.health.nz)





# QUALITY IMPROVEMENT & INNOVATION AWARDS

**The Awards recognise, reward, and publicly acknowledge the excellent quality improvements and innovations taking place within the Canterbury health system.**

**Become a mentor, assessor or enter your project in 2014:**

Expression of Interest form due	<b>25 April</b>
Mentor Workshops	<b>15 or 17 April</b>
Assessor Workshops	<b>22 or 24 July</b>
Written Submission due	<b>25 July</b>
Assessor Site Visits	<b>8 - 19 September</b>
Awards Ceremony	<b>3 November</b>

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The awards are open to all DHB staff and providers whose services are funded by the DHB.

For more information visit the Awards page on  
<http://cdhbintranet/corporate/CorporateQuality/SitePages/Home.aspx>  
or email **amanda.mehrtens@cdhb.health.nz**

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