



## Farewell, mā te wā

**This is my last week as Acting Chief Executive. I will be handing over the reins to Andrew Brant at the end of this week. We are both on deck this week to allow a full handover and orientation. On Thursday we have a Board meeting and Andrew will be getting out and around our health system to as many of our sites as possible over the next while.**

It's been an honour and a privilege to meet and work alongside so many of you over the past seven weeks. This has been a challenging year for many of you and I encourage you all to take time to look after yourselves and support each other. If you're able to, schedule some leave before the end of the year to give yourself a breather before Christmas and the holiday season.

I will be watching with interest as Christchurch Hospital Hagley comes to life when staff and patients start moving in. I am also mindful of those who won't be moving and will remain working in some of the older parts of Christchurch Hospital. Please be assured plans are afoot to refurbish and carry out essential repairs and develop further new facilities on the site.

It's been interesting, challenging and inspirational to be part of a large



Having Radiology situated in the heart of the new Emergency Department will speed up diagnosis and treatment for some of our most critical patients

integrated health system where everyone comes to work to make it better for the people in the Canterbury and Chatham Islands community as well as supporting care on the West Coast as part of the TransAlpine agreement, and also providing significant care for those across the South Island.

Thanks again for being so generous and supportive to me over these past weeks and I wish you all the best as you reset as a health system and see the arrival of a new Chief Executive and executive team.

## In this issue

- › Regulars – Kōrero ai... pg 4-9
- › Surgical approach during lockdown recognised... pg 10
- › New Service Continuity Manager... pg 11
- › Teamwork a passion for retiring speech language therapist... pg 12
- › Fit testing of N95 masks being carried out... pg 13
- › Stroke Study Day 2020... pg 14
- › South Island Allied and Public Health Career Framework now released... pg 15
- › One minute with Mark Byers... pg 16
- › Notices – Pānui... pg 17-22

## Parking

Recently a review of who was using the staff car park was carried out and as a result more than 130 people who usually work daytime hours have agreed to relocate to the new Deans Avenue Park & Ride car park. I appreciate that this change is unexpected and means a change to your usual routine. I want to sincerely thank everyone who has changed their parking location to free up space for those who work shifts and arrive or leave when it's dark. Your cooperation is much appreciated.

We are still looking for additional options to allow more staff to park closer to work.

You will soon receive a short survey to help us gather information on how people get to work and specifically learn more about the habits of those who drive to work. The aim of this is to help us understand behaviour to help guide informed and innovative solutions. I encourage everyone to contribute their feedback. This will help with our medium- and longer-term planning.

## Partial Provisional Audit for Christchurch Hospital Hagley

We're another step closer in our preparations to move into Christchurch Hospital Hagley following a Partial Provisional Audit, which was carried out last week with a team of auditors from TAS focusing on some key areas, including service management, medicine management, nutrition safe food and fluid management, safe environment and Infection Prevention and Control. These are all Health and Disability Service Standards.

The audit team commented on the new facility as being light, bright and spacious with stunning views from many rooms. They also expressed their thanks to everyone involved in the audit process for their warm welcome, work and enthusiasm. The team talked about the positive workforce, leadership, a true team approach and the overriding focus from everyone on a safe migration into the new building.

High-level findings were presented at the end of the audit on Friday. Verbal feedback indicated that the standards for governance, organisational management and infection



Curtains in the Paediatric areas feature a design sure to delight children and adults alike

control management were fully achieved. Some corrective actions were raised in other standards; most of these were already known to the teams and are included to ensure that orientation and some practical work is completed, as planned, over the coming weeks prior to occupation.

## The money's spent – there is no slush fund

Following the recent announcement by the Minister of Health of a \$180 million equity payment (aka a 'cash injection') for Canterbury I need to be very clear that this does not change our financial outlook, which is still very much 'in the red'.

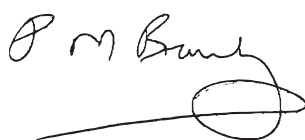
This \$180 million will simply allow us to keep paying our people and the bills.

We aren't suddenly flush with cash to splash out on new services or new equipment. We still have an ambitious savings plan with an expectation we will save \$56.9 million before June next year. Despite what you may have heard or read elsewhere, this additional and most welcome one-off \$180 million boost to our bank balance will only 'clear the overdraft' for a moment in time.

Our reality is that we still have the challenge of a sizeable deficit this financial year and we all need to continue to focus on the *Accelerating our Future* savings plans.

Have you visited the *Accelerating our Future* web page yet? It's worth a look to understand the broad categories we're working on to realise the needed savings. There's also a place where you can submit any ideas you have for ways we can work differently to reduce or avoid costs.

Ngā mihi nui



**Peter Bramley, Acting CEO  
Canterbury District Health Board**

### To help put things in perspective

This year we will receive around \$2.1 billion dollars in health funding – and most of this is tagged to contracts to provide a certain level of specific services for our community and a large portion goes to pay our staff.

To illustrate:

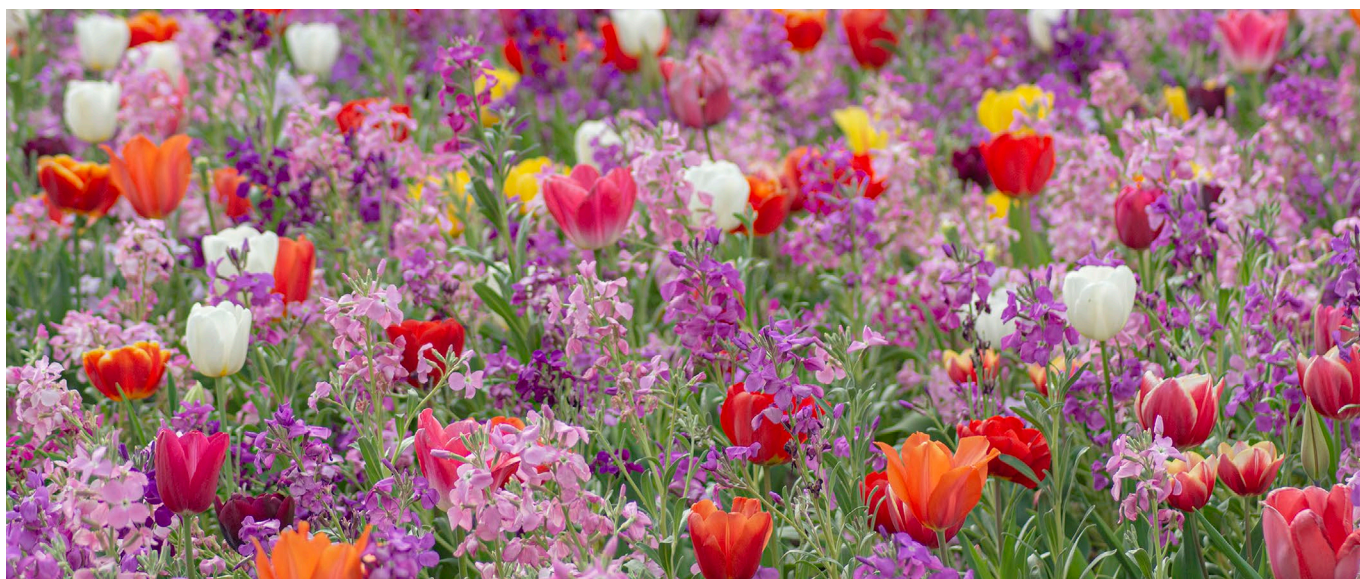
- › We have around 11,000 staff – our monthly salary and wage bill is around \$79 million.
- › Our power bill is more than \$500,000 every month.
- › Each year we spend \$23.3 million on pharmaceuticals for our hospitals and health centres with a further \$151 million spent on community pharmaceuticals and pharmaceutical cancer treatments.
- › Implants cost around \$23 million a year.
- › Payments to other DHBs for services to Canterbury residents cost \$37.9 million.

As the South Island's largest employer and one of New Zealand's biggest employers, our weekly outgoings are significant, which is why the \$180 million provides a timely cash injection to help us keep going. It's not going to help us balance the books long term and that's why we all have a part to play in achieving that.

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](#).





## Bouquets

### **Anna Swain, Clinical Nurse Specialist, Diabetes Outpatients**

What a wonderful nurse Anna is, with her calm voice, reassuring manner and clear easy to understand educating. I like coming here now and my results are improving with every visit. The team all do wonderful work.

### **Mikayla and Sarah, Gynaecological Ward, Christchurch Women's Hospital**

I would like to say thank you to my nurses, especially Mikayla and Sarah. They were extremely helpful and even made me laugh when I was so unwell. They were both on to it and did everything they could to make me comfortable. One of them was a student nurse but the level of care provided felt far beyond that of a student. It is so nice to have nurses who are kind and caring, and they went out of their way to make me comfortable and happy. I really appreciated the care I received and would like to personally thank them for this. Although I was in pain and very unwell I felt cared for and safe. They were the best nurses I have had. Thank you so much.

### **Ward 21, Christchurch Hospital**

I really want to say just how incredible everyone was. My son's nurses (Linda and Margy especially) were so supportive and understanding. They fully listened to my concerns. My son has autism and sensory processing problems and after originally being told we would be sharing a room, we were put in a room by ourselves which I believe had a massive (positive) impact on my son's stay. The night staff were great. They were all amazing with my son. The play room, again amazing! Megan was super

interactive with all the children, and genuinely cared about our situation. Also, a massive shout out to the kitchen staff, and to Medical Specialist Rachelle Love. She was lovely and accommodating with my son. Honestly these people are of true value to the Christchurch Hospital team, we are very lucky to have them, as well as everyone else working tirelessly through this crazy year and beyond. I really hope they know just how much they were all appreciated during our stay on Ward 21. Thank you so much.

### **Alex, Ward 19, Christchurch Hospital**

Alex the registered nurse who works on Ward 19 was my nurse and she was absolutely outstanding, very kind and caring. It made my time there a lot easier.

## Big Shout Out

### **To: Parkside Café staff, Christchurch Hospital**

I would like it known that the staff at Parkside Café do a fantastic, professional job. I had a bad day a couple of weeks ago and went to the café for a coffee. I was treated with the utmost respect and certainly felt better upon leaving. Isaac and Chiro are awesome. Please acknowledge all the staff who do a tireless job. It is sometimes our unsung heroes that need to be complemented on a job well done.

### **From: Orderly Jeanette Salisbury**

#carestartshere

### **Phlebotomist Honora Renwick, Blood Test Centre, Outpatients, Christchurch Hospital**

I was so pleased to have the lovely Honora Renwick do my blood test again. She is always bright, compassionate and an asset to your team. She makes a horrible procedure better. She's awesome.

### **Grace, General Surgery Outpatients, Christchurch Hospital**

I would like to compliment Grace who stood in for Sarah Abbott. Great approach, happy with the plan at the end of the consultation.

### **Registered Nurse Carmen Jermendi, Bone Shop, Christchurch Hospital**

My son and I came to the Bone Shop to have a cast review. Our Triage Nurse Carmen was amazing. Our family had a bad experience with the removal of a cast years ago in Australia and as a result when she brought out the plaster saw, my son showed alarm. I explained why. Carmen then proceeded to show him how the saw worked and how safe it was. She was very understanding and assured him by using the saw on her own arm. Well done Carmen. The department was so busy, but she was so patient. Thank you.

### **Jane and Tara, Plastics, Burwood Hospital**

My experience was first class. Both Jane and Tara King were very professional and put me at ease. I'm not sure that I should recommend others to come here, but they should be confident if they have to!

### **Eye Outpatients, Christchurch Hospital**

Great service.

### **Level 4, Outpatients, Christchurch Hospital**

Excellent computer booking system.

### **Surgical Assessment and Review Area (SARA), Ward 16, and Ward 11, Christchurch Hospital**

I want to say how thankful I am to all the staff at Canterbury DHB. I spent time in SARA and Ward 16 for post-operative care and, finally, in Ward 11. It was an extremely anxious and nervous time for me, but the staff (too many to mention), helped me and put me at ease the entire time. I could not have recovered without them. Thank you to Lib, Pradap, Kaimana, Logan, the surgeons, and others whose names I have forgotten.

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

Excellent service by excellent staff.

### **Emergency Department, Christchurch Hospital**

My husband came in as advised as he was feeling very unwell and needed a check-up. Thank you for the care Dr Martin Than, Nurse Su Yong and X-ray staff. Thank you so much for your kind, loving care.

### **Ward 27, Christchurch Hospital**

The staff caring for our sister have been absolutely wonderful and treated her with dignity and compassion. They have listened to our concerns and advised us and supported us at all times. Wonderful team work.

### **Kern and Cara, Medical Day Ward, Christchurch Hospital**

I had a bone marrow biopsy. I have to say that I was not looking forward to this procedure, however, under the care of Haematology Registrar Kern Chai and Registered Nurse Cara, I was left with a positive experience. Explanations were accurate and concise. The offer of coffee or tea at the end was much appreciated. Thank you both.

### **Abby, Surgical Assessment and Review Area, Christchurch Hospital**

Lovely Abby, a special nurse. Thank you.

### **Ward 11, Christchurch Hospital**

A great experience, could not have been better. Treated like a king.

## *Big Shout Out*

### **To: Paediatric Outpatients Nurse Chrissy Bond**

I want to express my thanks and appreciation to Chrissy Bond from Paediatric Outpatients for her wonderful assistance in helping me with a situation regarding a child. She went over and above her role in navigating a complex situation, the result of which I have been able to pass on to a very thankful family.

### **From: Public Health Nurse Catherine Dowle, Rangiora Hospital**

#carestartshere

# Hīkina to Hagley

## MIGRATING TO CHRISTCHURCH HOSPITAL HAGLEY

The first week of orientation has tracked along well, with some great responses to new workspaces. Staff are generally impressed with the new building and excitement is starting to mount to get in and start working there.

As more people are in the building at any time, it's essential some simple rules are followed when on orientation tours. Please remember to stay with your group at all times. This is essential from a health and safety perspective – we need

to be able to evacuate everyone quickly and efficiently in the event of a fire or other emergency event – and also to save you the embarrassment of having to call for a rescue. There are plenty of doors that need swipe access in the building, and only the trainers or Hagley Operational Transition (HOT) team representatives on the tours, who double as our fire wardens, have that access. You don't want to be the one having to beg for release.



New spaces in Christchurch Hospital Hagley are coming together nicely, including the new x-ray room and hybrid theatre

## Orientation by the numbers

- › 2499 staff have completed the healthLearn package. The target is 90 percent of the 3000 staff who need to complete this package so, at 83 percent, we are well on our way to meeting this target
- › 2811 staff have booked onto ward/department/group specific tours
- › 505 staff attended a tour in the first four days or orientation

### Don't take everything with you

A note from Supply: please make sure that all dispenser stock and consumables are left on the ward on the day of your move. Everything you need will already be in place, ready for your arrival. Any large pieces of furniture or equipment that isn't tagged as being moved should also be left behind. These will be dealt with by the Decommissioning Coordinator.

## Clearing the way for moving

Those wards and services preparing to move should be well into their clean-up phase, following the 5-S structure. Through this process, you will undoubtedly uncover a fair amount of rubbish or things that can't be reused or recycled.

A skip is now on site for collecting all the rubbish from wards and services. If you put everything in one place, you can call the orderlies to dispose of it for you. Please note that any metal rubbish, such as old poles or traction equipment, needs to go to Maintenance and Engineering who will collect and dispose of it for you.



## Defect vs change request

As you get into your workspace and figure out your work flows, there may be a desire to change the way things have been set up or set out.

At this stage, however, we encourage you to wait until you get into the spaces permanently and try things the way they have been designed. A change request needs to be lodged for anything you want added, changed or moved that was not initially signed off and agreed to. Any change requests need to go through Yvonne Williams, and will be assessed and reviewed by the Facilities Governance Group. Please don't be disappointed if your change request is denied – there are good reasons for things being set the way they are.

A defect is something that was supposed to be in the building and isn't, or something that is broken or not working. There is a set process for reporting defects – see the graphic below. This must be done through the Charge Nurse Manager or your HOT team representative.

A change request is not the same thing as a defect, and it's important that you know the difference. If in doubt, ask your Charge Nurse Manager or HOT team representative.

If you see an urgent defect, such as a tap spouting water, call Maintenance and Engineering immediately on ext. 80220.



## New videos available now

There are some new videos on the [Hikina to Hagley Prism page](#) that will give you a sneak peek at the new Emergency Department, and an important training video about Clinical Emergencies – how to activate one and how to respond to one. If you're likely to be in the building during Apps training in the first couple of weeks of November, please make sure you view this video and familiarise yourself with the process.



## TE HUARAHI HOU – A new journey

### Hillmorton Campus - North car park

Work is continuing on the north car park in preparation for construction of the Integrated Family Services Centre and the High and Complex Needs buildings, which are due to begin in December.

In addition to the north car park work, drilling will soon begin for wells in the main green space of campus. This is

essential as it will provide an efficient and environmentally friendly heating and cooling source for our new buildings. Neighbours have been notified and, once a lead contractor has been appointed, we will work with them to ensure our neighbours are kept up to date and are the first to know of any early or upcoming works.



Work is underway on the north car park in preparation for the new buildings on Hillmorton campus

### Our green spaces

We are working very hard to minimise the impact of construction work on our trees across the Hillmorton campus. The removal of some exotic trees has been necessary to provide the space we need for the car park development, which will then enable development of the new High and Complex Needs building (to replace Seagar). The development includes replanting with primarily native trees (Kahikatea which grow to 30 metres), extensive native shrubs and Magnolia Grandiflora.

The wider site masterplan is underscored by the need to maintain as many greenspaces and our trees as possible. We have reviewed the location of all protected trees across the site also. Protecting these trees is paramount. We have had assessments carried out on the health of our protected trees and to date we have moved the new Integrated Family Services Centre building to maintain the health of trees in this area.

### Keeping staff informed

There will be a fair bit of information coming your way soon about the developments across the Hillmorton Campus, including lots of details about the new Integrated Family Services Centre and High and Complex Needs builds. We're planning some static displays in staff areas in Hillmorton and The Princess Margaret Hospital along with

some information leaflets to share with our consumers and whānau. Please keep an eye out for these and feel free to ask any questions about what's happening by emailing [itsallhappening@cdhb.health.nz](mailto:itsallhappening@cdhb.health.nz). We'll share more on the key projects here very soon.



# Looking after yourself

## Optimistic October

Action For Happiness has officially renamed the month Optimistic October.

Have a look at their downloadable calendar [here](#) for some tips on what you can do to be more optimistic daily.

*The Positive Psychlopedia refers to some of the benefits of Optimists.*

- › **They're happier:** Optimistic people imagine positive events more vividly and expect them to occur sooner. Having a sense of hope and a positive attitude about the future makes us more content in the present.
- › **They have more positive emotions and better relationships:** Optimists feel more in control of their destiny and tend to be better liked by others.
- › **They have fewer negative emotions:** Optimists experience less depression and anxiety by bringing a sense of agency and confidence.

- › **They're healthier:** Optimists are physically healthier, with research showing that an optimistic outlook not only boosts our immune system, but also makes us more likely to live longer.
- › **They have better coping mechanisms:** "Optimism and hope relate to how we think and feel about the future. If we really do believe that things will work out for the best, all the setbacks become easier to deal with" – Michael J Fox.
- › **They're better performers:** Optimists are more likely to exert effort toward their goals and persist in the face of obstacles.

Visit the [Positive Psychlopedia website](#) to find out more about the benefits of optimism and how to cultivate it.

  **ACTION CALENDAR: OPTIMISTIC OCTOBER 2020**  

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Choose to be optimistic. It feels better" - Dalai Lama			1 Write down your most important goals for this month	2 Look for reasons to be hopeful even in difficult times	3 Take the first step towards a goal that really matters to you	4 Be a realistic optimist. See life as it is, but focus on what's good
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted	17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to
19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently	24 Recognise that you have a choice about what to prioritise	25 Plan a fun or exciting activity to look forward to
26 Start the week by writing down your top priorities & plans	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Find a new perspective on a problem you face	30 Set a goal that links to your sense of purpose in life	31 Think of 3 things that give you hope for the future	

**ACTION FOR HAPPINESS**     

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at [www.actionforhappiness.org/optimistic-october](http://www.actionforhappiness.org/optimistic-october)

## Surgical approach during lockdown recognised

The coordinated surgical planning response in Christchurch during the COVID-19 lockdown has been recognised for its innovation by the Health Roundtable.

A presentation by Urology Clinical Director Giovanni Losco titled 'All of city coordinated surgical response to COVID-19 lockdown' has been chosen by the Health Roundtable for its 'Beyond 2020' (virtual) innovation event in Melbourne in November.

The Health Roundtable was founded in 1995 as a knowledge-sharing collective and health service improvement organisation.

Giovanni's presentation was on the Surgical Group's journey, how Canterbury DHB brought together all of Christchurch's hospitals, including the private ones, during COVID-19 to ensure equitable access for patients.

Health Roundtable Programme Lead Steve Bickford says Giovanni's presentation was among the top-voted and it has qualified for progression to the Health Roundtable annual innovation finalists' event called 'Beyond 2020'. The event will showcase to the entire Health Roundtable membership of 205 hospitals across New Zealand, Australia and the United Arab Emirates.

COVID-19 protocols interrupted normal surgical flow, and the Christchurch response was about ensuring a uniform approach to providing safe and equitable care, Giovanni says.

"During the COVID-19 lockdowns there were both community and national hospital frameworks that required various levels of prioritisation of our activity.

"Surgical services in Canterbury agreed a range of approaches that ensured we had a uniform approach to prioritising and delivering services across all surgical departments and hospitals, both private and public, in Christchurch."

This was developed and managed by creating a small 'surgical executive' group, with the various members carrying responsibilities for a range of key tasks, he says.

"One of our objectives was to ensure safety of staff and patients while taking a uniform and equitable approach to service delivery that avoided provision of services based on who provided the most forceful argument on the day."

To achieve this, they:

- › Asked each clinical director to provide a schedule in consultation with their senior medical officer colleagues
- › Had a small working group representing small and large specialties, Intensive Care Unit and Anaesthesia to provide overview and comment
- › A final overview and sign-off was then undertaken by the surgical executive group and approved by the Chief of Surgery.

"The process was robust and designed to achieve equity between all specialties. It acknowledged that in COVID-19 times some specialties required greater access to theatre than others. This was acknowledged and respected," Giovanni says.

This resulted in a spreadsheet of surgical procedures, covering 10 service areas, grouping each procedure into one of four categories



Clinical Director, Urology, Canterbury DHB, Giovanni Losco

that would proceed under different conditions. It was well accepted by all services at Christchurch Hospital and was adopted by the city's private hospitals for both Canterbury DHB funded and privately funded work.

The close liaison between services and sectors throughout the period also enabled a quick restart of service provision following the opening up of alert levels. This is shown by the fact that while planned theatre events were at 44 per cent of forecast during April they rose quickly to 93 per cent and 104 percent of forecast in May and June.

"Our work with our private hospital colleagues was key to this, with Canterbury DHB funded or provided theatre events at private hospitals at 18 per cent in April and then 122 per cent in May.

"This reinforces the approach taken, of early engagement across the whole of the health system, transparency about objectives, and the sharing of settings, which enabled us to provide services in a safe and consistent way for both staff and patients across the region.

"It enabled an equitable approach independent of surgical specialty or setting and maximised our ability to hit the ground running as alert levels were lifted," Giovanni says.

# New Service Continuity Manager

Deborah Callahan started in the role of Manager Service Continuity (TransAlpine) at the end of September and will be in the job until 30 June 2021.

She is replacing Megan Gibbs, who has been leading the Service Continuity team and the Managed Isolation and Quarantine Facility programme.

Deborah has been working on the COVID-19 response on behalf of primary care. She has worked on previous emergency responses over the past 12 years, as a member of the Canterbury Primary Response Group, working out of Pegasus Health on behalf of Canterbury DHB and all three Canterbury public health organisations.

"My other day job up till now is Canterbury Clinical Network Integrated Services Programme Manager, working with the Community Respiratory Service. Last year I covered the role of Respiratory Service Manager at Canterbury DHB for six months, which has been a big help in knowing my way around the facilities," Deborah says.

In her new role she hopes to continue the work that Megan and the Service Continuity team are working on, supporting Sue Nightingale in her role as Executive Lead for Service Continuity, integrating emergency plans across the health system, and implementing any recommendations from



Manager Service Continuity (TransAlpine) Deborah Callahan

COVID-19 debrief reports to ensure we're ready for the next emergency.

"In Canterbury we are getting plenty of experience in managing emergency responses!"

She is looking forward to working with her Canterbury and West Coast DHB colleagues as well as local and regional emergency planners and agencies.

## Heading to Christchurch Hospital? The Hospital Shuttle has moved

**Park at the new Deans Ave Car Park**

**The free Hospital Shuttle runs seven days a week to Christchurch Hospital and Outpatients**

[cdhb.health.nz/parking](http://cdhb.health.nz/parking)





# Teamwork a passion for retiring speech language therapist

When Viviane Mulgrew was in her last year of high school she decided she would like to have a career helping young children with communication difficulties to talk.

"So, I trained in Christchurch and worked in education for five years as a speech language therapist (SLT) and as an itinerant teacher of the deaf," says Viviane, who retires today from her role as Clinical Manager, Speech and Language Therapy.

However, after seeing the profound effect of loss of communication on an older person when her next-door neighbour suffered multiple strokes, Viviane decided to switch to working with adults in a health environment.

She was employed by the North Canterbury Hospital Board in 1985 and her early clinical years involved working with stroke patients in what later became the Brain Injury Rehabilitation service. In 1989 Viviane became Acting Senior SLT at Burwood Hospital and soon after started in the role of Burwood Spinal Unit SLT, where she has continued with a clinical caseload to this day.

Viviane was appointed Charge SLT at Burwood in 1990 and then became SLT Clinical Manager for Christchurch and Burwood hospitals. She held this role until 2003 when she moved into her current position.

When she began work there were no computers, "just electric typewriters and twink," Viviane says.

By the mid-1990s computer technology was expanding rapidly and Viviane was a foundation member of the Burwood Assistive Technology Service which provided a variety of computer-based technology to assist people with a disability.

A key highlight of her career has been her work in the Burwood Spinal Unit.

"I'm a clinician at heart, and my clinical work has always kept me grounded and got me through the difficult managerial times.

"I am especially proud of being one of the original multi-disciplinary team that set up the weaning service for those with tetraplegia on ventilators unable to wean in ICU. The thrill is still there for me when we manipulate equipment and restore speech by allowing air over the vocal cords which allows patients to talk, often after months of no verbal communication.

"It can be very moving and emotional for all involved. Nothing can match these moments."

Throughout her career she has worked in partnership with Canterbury University's Department of Psychology, Speech, and Hearing.

"In more recent years one of the key highlights has been my involvement in the planning for the new wards at Burwood Hospital and the new fluoroscopy suite for Burwood Radiology."

Viviane says she reflects on her time at Canterbury with much pleasure.

"I love being a SLT and team work is a passion for me. I have always found the people I work with to be skilled, committed to maximising patient outcomes and extremely hard working. It's the people and their commitment that has made my time so enjoyable."

Director of Allied Health Claire Pennington says it's been a privilege to work with Viviane.

"She has the most amazing reputation. We will really miss her. She is an absolute legend."

Former Director of the Speech and Language Therapy Programme at Canterbury University, Jo de Seriere, says Viviane did a tremendous amount in supporting student placements and was always willing to help. Viviane stood out for her understanding of the profession and belief that supporting students was vital for its future.



Clinical Manager, Speech and Language Therapy Viviane Mulgrew

# Fit testing of N95 masks being carried out

To support keeping people safe in their work, the Wellbeing Health and Safety team is helping make sure clinical staff are properly fitted for N95 masks.

The Ministry of Health require fit testing of all staff who need to wear an N95 mask, should the need arise, says Health and Safety Manager Zoe Brangwin.

"What this means is that we're checking to make sure the masks fit and produce a tight enough seal to protect those who need to wear them."

A 'fit test' tests the seal between the mask's facepiece and the face of the person wearing it. It takes between 20 and 45 minutes to complete and needs to be performed annually. A fit test shouldn't be confused with a user seal check which is a quick check performed by the wearer each time the mask is put on to ensure it is properly sealed to the face.

Not everyone needs to be fit tested for a N95 mask. Most of the time a surgical mask is sufficient in clinical settings. This is because surgical masks act as a barrier to splashes and droplets whereas N95 masks protect from exposure to airborne particles. That's why they need a tight seal to the wearer's face.

Not everyone can get a good fit with one specific mask, she says.

"Which is why it's important to fit test those who are required to wear them."

Fit testing is also being carried out on people who may be exposed to hazardous substances during the course of their work such as engineers working for/with Maintenance and Engineering.



Fit tester, Registered Nurse James Frost, checks Emergency Department Registered Nurse Zoe Baker's mask

The Wellbeing, Health and Safety team has taken on the management of the programme with endorsement from the Infection Prevention and Control Executive Committee, and the help of clinical staff, nurse educators and Personal Protective Equipment champions.

"So far over 500 clinical staff have been fit tested, across Anaesthetics, Intensive Care and the Emergency Department. And we've been training people to be fit testers in each area as we go. This will help us fit test the remainder of the 700 plus staff who need to be tested in the next few months. The Acute Medical Assessment Unit and Respiratory will be the next areas to be fit tested and we are working with managers across the DHB to schedule fit testing for all of the other areas where N95s are required to be worn."

# Stroke Study Day 2020

Health professionals will focus on improving quality of care for stroke patients at the annual stroke study day on Tuesday 10 November 2020.

The event is being held in Christchurch and delivered jointly by the Stroke Foundation of New Zealand and the South Island Alliance's stroke services team.

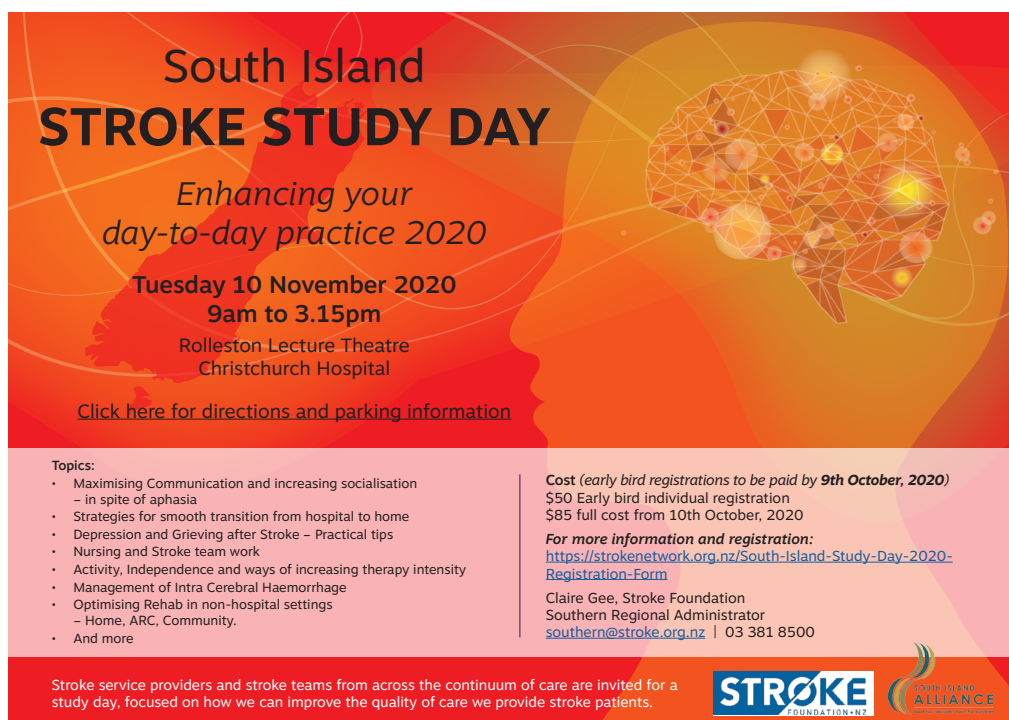
South Island-wide stroke services providers, stroke teams, general practitioners and practice nurses will learn about a wide range of stroke-specific topics, including post-stroke depression and grieving, maximising communication and increasing socialisation for patients with aphasia, as well as strategies for a smooth transition from hospital to home.

The strong line-up of multi-disciplinary speakers are from nursing, speech-language therapy, physiotherapy, social work and occupational therapy.

One of the key note speakers is Dan Harvey, a physiotherapist from Southern DHB, who will talk about encouraging independence in rehabilitation and increasing practice outside of therapy.

Geriatrician and Stroke Physician at Burwood Hospital in Christchurch and Clinical Senior Lecturer in medicine at the University of Otago, Christchurch, Carl Hanger, is part of the team organising the event.

He says health teams need to encourage patient practice, not only during their rehabilitation sessions, but in-between.



**South Island  
STROKE STUDY DAY**

*Enhancing your  
day-to-day practice 2020*

**Tuesday 10 November 2020  
9am to 3.15pm**

Rolleston Lecture Theatre  
Christchurch Hospital

[Click here for directions and parking information](#)

**Topics:**

- Maximising Communication and increasing socialisation – in spite of aphasia
- Strategies for smooth transition from hospital to home
- Depression and Grieving after Stroke – Practical tips
- Nursing and Stroke team work
- Activity, Independence and ways of increasing therapy intensity
- Management of Intra Cerebral Haemorrhage
- Optimising Rehab in non-hospital settings – Home, ARC, Community.
- And more

**Cost (early bird registrations to be paid by 9th October, 2020)**  
\$50 Early bird individual registration  
\$85 full cost from 10th October, 2020

**For more information and registration:**  
<https://strokenetwork.org.nz/South-Island-Study-Day-2020-Registration-Form>

Claire Gee, Stroke Foundation  
Southern Regional Administrator  
[southern@stroke.org.nz](mailto:southern@stroke.org.nz) | 03 381 8500

Stroke service providers and stroke teams from across the continuum of care are invited for a study day, focused on how we can improve the quality of care we provide stroke patients.

**STROKE** FOUNDATION NZ

**SOUTH ISLAND ALLIANCE**

"Being actively involved helps to rewire the brain."

Another keynote speaker, Canterbury DHB Psychiatrist for Old Age Chris Collins will cover grieving and depression after a stroke – at what point does it become abnormal? He will also discuss apathy and tiredness vs post-stroke depression.

Social worker Tracy Norman will speak about preparing for the transition from hospital to home, which will cover preparing carers for their role, changing roles within the family unit, ensuring realism vs maintaining optimism, and taking care of yourself.

Carl says many people who experience a stroke struggle with the transition from hospital to home.

"Getting it right is essential."

Andrew Buxton is this year's consumer, who will speak about his post-stroke experience and journey to recovery.

Carl says the speaker line-up this year is impressive.

"I'm really looking forward to listening to all of the presentations. The South Island Stroke Study Day is a great opportunity for health professionals who are wanting to learn more, share ideas and upskill themselves."

Attendees can join the event via video conference if there is a key contact for their local group who can take registrations and support the local running of the Study Day.

For more information and to register visit the [South Island Alliance website](#).



# South Island Allied and Public Health Career Framework now released

In the 2018 settlement of the Public Service Association's (PSA) Allied, Public Health and Technical MECAs (Auckland and 'Rest of New Zealand'), it was agreed that Allied Health Career Frameworks would be developed. This work would be done in collaboration with the PSA.

As a starting point, the five South Island DHBs (West Coast, Canterbury, Southern, Nelson Marlborough and South Canterbury) and PSA have worked together to create an Allied and Public Health Career Framework that recognises the unique and diverse working environment of the Allied and Public Health professions in Te Waipounamu.

The Allied and Public Health Career Framework applies to all professions covered by Allied and Public Health Scale (Clause 5.2 and 5.3) of the DHB/PSA Allied, Public Health, and Technical MECA and supports the growth and development of the Allied Health workforce through the development of advanced clinical and/or leadership roles.

The Framework has a focus on ensuring allied and public health staff are equipped to meet current and future health care needs of our population in line with innovative and evidence-based practice.

It is designed to be used across different professional groups and specialty (including generalist) areas so that a consistent approach to career progression is used for Allied Health professions across the five South Island DHBs.



Initial meeting of the South Island Allied and Public Health Steering Group (joint DHB and Public Service Association members)

The Allied and Public Health Career Framework is presented as a living framework. It may change and develop as models for delivering advanced clinical practice are implemented and reviewed across the five SI DHBs.

We are now delighted to be implementing the framework within the Canterbury and West Coast DHBs.

To view the framework and to keep up to date on the implementation, read this [knowledge article](#) on max. or visit max. and search 'Career Framework'.

# One minute with... Mark Byers, Services Engineer, Maintenance and Engineering (M&E) Department

## What does your job involve?

The hospital assets and environments that enable staff to do their jobs, patients to be safe and comfortable, and running costs to be managed, underpin my work.

I have studied Asset Lifecycle Utilisation and Management, Abnormal Situation Management, Building Management Systems, and Project Management, which are skills that help me, and our valued team, drive effective operation of the hospital assets and environments.

## We do have challenges from time to time, so building resilience into our systems is very important.

Our systems are growing with each new building or health hub that is provided for the community, so eliminating 'noise' from our systems, reducing the reactive requirements on staff, and getting systems to do what they are supposed to do, cost effectively, are key drivers.

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

I remember vividly, to this day, as a 10-year-old at home watching an electrician at work, with many different wires hanging out of a switchboard, somehow make everything function. I wanted to do that. I did, but learnt it was much more interesting to understand why things worked and why they didn't. Then an opportunity came along to work in the hospital environment, a place that offers so much good to our community. I was lucky to secure this dream job which I love.

## What do you like about it?

I have a terrific manager in Terry who enables me to focus on key aspects of our operation. The people in the hospital system seem to have this focus on doing good – something I really noticed coming from private enterprise. Our M&E team's banter, and of course the satisfaction of being part of our successes, which doesn't come easily at times, but we drive to win.

## What are the challenging bits?

Bringing many different but interlinked processes and organisations together to get successful outcomes. Good proactive communication seems to be the best way to solve this challenge.

## Who inspires you?

My wife Clare and David Richo. David is a psychotherapist, teacher, writer, and workshop leader whose work emphasises the benefits of mindfulness and loving kindness in personal growth and emotional wellbeing.



Mark with Juliet-Rose – one of his five granddaughters

## What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

They are my role, and every day I try to remember to walk these values.

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

I have a tattoo somewhere of the Rolling Stones' tongue logo!

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

New York City on the Lower East Side in 'Katz diner', people watching.

## What do you do on a typical Sunday?

Church, gym, bacon and eggs, then a family adventure – walking the Port Hills.

## What's your favourite food?

Italian.

## And your favourite music?

Late 60s and 70s Blues and Rock.

## 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.



### CHAMPIONS OF THE WORLD



#### Champions of the World

Christchurch Central & Wigram

Receive 10 percent off all merchandise (excluding freight or items already on sale or promotion). Show your CDHB ID in store to redeem, or use the code found under the 'Fashion and Beauty' section under [Something For You](#).



#### Porse In-home Childcare

Discounts off Porse in-home childcare. Quote Canterbury DHB when enquiring.



#### MTF Finance Carlton Corner

2 Papanui Road, Merivale

All Canterbury DHB staff that take out a new loan with MTF Finance Carlton Corner will receive the option of \$250 petrol vouchers, \$250 off a new loan, or \$250 retail vouchers. Quote Canterbury DHB when enquiring.



#### BurgerFuel

Ferrymead, Sydenham, Christchurch Central, Upper Riccarton, Papanui, Airport

Receive FREE spud fries with BurgerFuel aioli when you purchase any large gourmet burger. Show your Canterbury DHB ID instore to redeem.

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



**we're  
talking  
health...**

**A fun evening of talks from  
Canterbury researchers  
Wed 14th Oct, 5.30pm – 7.30pm**

Attend in person at Manawa Foyer,  
276 Antigua Street or join us online.

**FREE  
PUBLIC  
EVENT**





# PT in the Park

PT in the Park is a charitable organisation run by a small group of individuals and professional trainers that gift their time.

It offers Cantabrians the opportunity to improve their physical and mental wellbeing by spending an hour in the park on a Saturday morning working out with others.

When: Every Saturday morning in the Carlton Corner end of North Hagley Park from 9–10am.

Who's it for? PT in the Park really is a fitness program for everyone. With qualified trainers, exercises are altered to suit all people of all abilities.

Cost: It's FREE to attend, but we're happy to accept donations which assist with purchasing new equipment.

Is it hard? The hardest part is deciding to get out the bed on a Saturday morning – the exercise will make you feel great about the decision you have made.

For more information, check out the [PT in the Park website](#) or [Facebook page](#).





## FREE Saturday morning Team training sessions

- 9–10am, every Saturday
- Carlton Corner end of Hagley Park
- Donations are appreciated, all proceeds go toward new training equipment
- Check out our website for more information  
<https://ptinthepark.nz>

 Visit our website <https://ptinthepark.nz>

 Send us an email [info@ptinthepark.nz](mailto:info@ptinthepark.nz)

 Follow us on Twitter @PTintheParkNZ

 Find us on Facebook PTintheParkNZ



NEW ZEALAND  
EXERCISE  
INDUSTRY  
AWARDS 2015

WINNER  
COMMUNITY  
EXCELLENCE  
AWARD





## Waka Toa Ora

*You are invited to a Waka Toa Ora seminar:*

### Tell us what's important for Greater Christchurch in 2050

The Greater Christchurch Partnership is creating a new plan - **Greater Christchurch 2050**. It will describe the kind of place we want for future generations and the actions we need to take over the next 30 years to make it happen. These actions will be real and achievable actions that can be delivered by the partner organisations - Christchurch City Council, Selwyn District Council, Waimakariri District Council, Environment Canterbury, Te Rūnanga o Ngāi Tahu, Canterbury District Health Board, NZTA Waka Kotahi and Greater Christchurch Group, Department of Prime Minister and Cabinet.

***Come along to this Waka Toa Ora workshop and tell the Greater Christchurch 2050 team what you think should be in the plan...***

**Date:** Thursday 22 October 2020

**Time:** 12:30 to 2:00 pm

**Location:** Spark Place, Tūranga (Central Library)

### Register online here

*A calendar appointment will be emailed following registration.  
Attendance is limited to the first 50 registrations. If there is more interest, we will hold another workshop.*

#### **If you can't attend but would like to contribute you have some other options:**

**Survey:** Tell the Greater Christchurch 2050 team what you want for 2050 by answering a few quick questions [here](#).

**Toolkit:** Use this toolkit to run a workshop with your community organisation. The toolkit can be accessed [here](#).

**Talk to the team:** If you have any questions about Greater Christchurch 2050, email [2050@greaterchristchurch.org.nz](mailto:2050@greaterchristchurch.org.nz)

**Keep updated:** [Sign-up now](#) for updates on Greater Christchurch 2050.



**Greater Christchurch  
Partnership**  
**Te Tira Tū Tahī**  
One Group, Standing Together



# Invitation



For you and your family to attend this year's  
International Baby Loss Awareness Remembrance  
Service at Christchurch Women's Hospital

Date: Thursday 15 October

Time: 10am

Where: Nurses Chapel in front of Christchurch  
Women's Hospital



Followed by friendship and picnic morning tea

In memory of the babies taken too soon

In support of the staff who care for families





**NZASH 2020 Webinar**  
**5th & 6th November**



# Save the Dates

## Lock them in **now....**

**Thursday 5 November 2020**

**1.00pm - 4.30pm**

**and**

**Friday 6 November 2020**

**9.00am - 1.00pm**

**Registrations open**

**Monday 12 October at 5.00pm**

**[www.nzash.co.nz](http://www.nzash.co.nz)**

# This event will proceed at Alert Level 1 only

## NZHSOA Conference 2020 The Bevan Lecture Theatre

### Friday 23<sup>rd</sup> October

**All Welcome** scientific staff, researchers, clinicians



Session 1. COVID-19 NZ Experience		
9:00-09:05	Welcome	
9:05-10:00	Dr Euna Sahng & Dr Meik Dilcher CHL Virology	COVID19 and the Diagnostic laboratory response
10:00-11:00	Dr Alex James, Te Pūnaha Matatini, University of Canterbury	Mathematical modelling to support New Zealand's COVID-19 response
11:00-11:30	Morning tea	
11:30-12:30	Dr Nikki Moreland, University of Auckland	The 3A's of COVID serology: Antigens, Accuracy and Applications
12:30-14:00	Lunch	
Session 2. Open Session		
14:00-14:30	Dr Berit Jensen CHL & Dr Sharon Gardiner CDHB	Beta-lactam monitoring at CDHB – optimising treatment of antimicrobial infections
14:30-15:00	Dr Vivienne Bickley CHL & Dr Emma-Jane McDonald CDHB	Development of Next Generation Sequencing panel for myeloid disorders
15:00-15:30	Dr Kit Doudney University of Otago Christchurch	Environmental triggers in an expanding story of rare cases of sudden cardiac death
15:30-16:00	Chris Sies CHL	The Equilibrium between Science and Change
16:00-16:15	Dr Lynley Lewis University of Otago Christchurch	The relationship between glycosylation of pro-BNP at Threonine 71, BNP, BNP1-32 and obesity in patients with heart failure
16:15-16:45	Ian Phillips CHL	Characterisation of the adrenal steroid metabolome by gas chromatography-tandem mass spectrometry (GC-MSMS) in dolphin urine samples obtained post-mortem
17:00	Close	

Please register using the QR code – free event.

## NZHSOA Conference 2020