



## Exciting times ahead – new people and changes for the NZ health system

**I was delighted to be able to announce the appointment of two excellent people to roles on my Executive Management Team last week: Tracey Maisey (nee Adamson) to the position of Executive Director, Planning, Funding & Decision Support for Canterbury & West Coast DHBs, and Helen Skinner to the position of Chief Medical Officer for Canterbury DHB.**

They join other recent recruits, Executive Director of Nursing for Canterbury DHB Becky Hickmott and Chief People Officer for Canterbury & West Coast DHBs Mary Johnston. You can read more about Tracey and Helen on [page 3](#).

These four recent recruits bring fresh perspectives to the team, and all share similar values that will help ensure we remain a great place to work. We are still recruiting for the Chief Financial Officer and Chief Digital Officer roles.

On Wednesday this week, the Minister of Health will be announcing planned changes for the New Zealand health system as a result of the NZ Health and Disability System Review. We'll be sharing whatever information we receive as soon as we receive it so keep an eye on your inbox on Wednesday. Background information, including Heather Simpson's review report, can be read on the Health & Disability System Review [website](#).

Be assured that regardless of whatever is announced, change will take time and, in the meantime, for most of us, you will need to keep doing exactly what you're doing now – delivering great health care for our community in a range of settings – or supporting those who provide the care. Change will take time and need to be planned. I'll keep communicating any changes, so we can all work through any transitions together. Please keep doing the amazing things that you do every day in support of our community.

### Ask Peter

Send your questions, comments, suggestions, ideas – anything!

[askpeter@cdhb.health.nz](mailto:askpeter@cdhb.health.nz)

Canterbury  
District Health Board  
Te Poari Hauora o Waitaha

I'm keen to hear from you

Now that Autumn is upon us, we're refining our winter plans to ensure we can manage the expected increase in acute demand for health services. Our Emergency Department is seeing more than 50 more patients every day, so we need to work with primary care and our own teams to improve flow through our services to ensure people can access acute care from a range of settings when they need it. We're looking closely at the flow of patients between Christchurch Hospital/Waipapa, Burwood and Ashburton to see how we can work differently to free up hospital beds for those who need them.

Today's the first day of Quarantine Free Travel with our neighbours from across the ditch. A special thanks to the public health team for all their preparatory work to ensure a smooth and safe first day.

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This week, I've made a [short video](#) to help share some of the things I've been thinking about. I welcome your feedback and questions. You can send them in to [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz) and, where appropriate, I will answer in my next video or via email.

We have another long weekend with ANZAC Day observed next Monday. It's slap bang in the middle of the school holidays. I hope many of you are able to take a longer break, and I hope this stunning weather continues.

Finally, a shout out to all our Administrative Professionals who keep the place running. Frequently doing your mahi behind the scenes while some of you interact with patients on a daily basis – regardless of your role thanks for everything you do! Ensuring our work is supported by efficient and effective administrative processes and systems is vital to the success and smooth running of our health system – we'd be lost without you! You can find out more about Administrative Professionals Day, which is celebrated this Wednesday, on [page 8](#).



Click on the image above to hear from Peter

Ngā mihi nui

A handwritten signature in black ink, appearing to read 'Peter Bramley', with a large circular flourish at the end.

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

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz). Please note the deadline for story submissions is midday Thursday.

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

# Executive appointments

I am very pleased to announce two appointments to the Executive Management Team.

Tracey Maisey (nee Adamson) has been appointed to the permanent position of Executive Director Planning, Funding & Decision Support for Canterbury & West Coast DHBs, and Dr Helen Skinner to the role of Chief Medical Officer.

Tracey has previously held roles at Hawke's Bay DHB and was Chief Executive of Wairarapa DHB for almost four years. She has also worked in health systems in Australia, the UK and the Middle East. She's currently working for NHS where she has supported the national electives and vaccination programmes, so she brings a wealth of experience and fresh thinking to Canterbury and the West Coast.

Tracey will start with us (virtually) from Monday 7 June, and we expect she will be in the office from Monday 14 June.

Dr Helen Skinner will start in the role of Chief Medical Officer from 1 June 2021 and work alongside clinical and non-clinical colleagues to ensure that clinical care is safe and of a high quality.

Helen will be a familiar face to many of you, having worked at the DHB since 2017, most recently as Chief of Service and General Manager for Older Persons Health and Rehabilitation (OPH&R), responsible for Burwood Hospital, including Older Persons Health, Older Persons Mental Health, Community Services, Pain Management, Adult Rehabilitation and Community Dental Services.

Originally from the UK, Helen brings diverse expertise to the role of Chief Medical Officer. Helen has contributed to the wider Canterbury DHB work in her role in the



Helen Skinner has been appointed to the role of Chief Medical Officer will start on 1 June



Tracey Maisey has been appointed Executive Planning, Funding & Decision Support for Canterbury & West Coast DHBs Director and will start on 7 June

Canterbury DHB Clinical Governance Group, Deteriorating Patient Steering Group and the Privacy Governance Group. She is also an active member of Chiefs and Chairs and sits on the Clinical Leaders Group.

She qualified as a doctor in the UK in 1996, trained in Care of the Elderly and General Internal medicine and became a consultant in 2006. Her specialist interest was in stroke medicine and as Clinical Lead for Stroke and Care of the Elderly, she led the development of a hyperacute Stroke unit and a frailty service.

I am looking forward to partnering with Helen who will bring wonderful skills, experience and a deep commitment to compassionate care.

Finally, I thank and acknowledge the tremendous job Ralph La Salle and Richard French have done in the interim roles.

The recruitment processes for the Chief Finance Officer and Chief Digital Officer is underway and I look forward to being able to announce these permanent appointments in the not too distant future.

## New COVID-19 vaccination website for Canterbury & West Coast DHBs

A new website has been set up to provide local information as we start to provide vaccinations to more people in our community. At present the vaccination team's focus is still on Border workers and their household contacts along with frontline healthcare workers in Tiers 2A and 2B.





Additional content will be added over the coming weeks and months as new groups are offered the opportunity to have their vaccinations.

The website can be viewed at [www.vaccinatecanterburywestcoast.nz](http://www.vaccinatecanterburywestcoast.nz).

You can also find useful information on the Ministry of Health [COVID-19 Vaccine Resources page](#), including fact sheets in multiple languages.

The Ministry of Health has also set up a dedicated web page for [COVID-19 vaccine clinical information and vaccine updates for health workers](#). You can keep up to date with the national picture by [subscribing to regular email updates](#) prepared specifically for those working in the health sector.

## On tour with the Department of Anaesthesia at Christchurch Hospital

Thanks to the team from the Department of Anaesthesia at Christchurch Hospital who hosted me last week. After meeting with some of the team at their weekly CME (Continuing Medical Education) meeting, Clinical Director Ashley Padayachee, together with Service Manager Carole Stuart, showed me around their department and talked about the important work of this team.

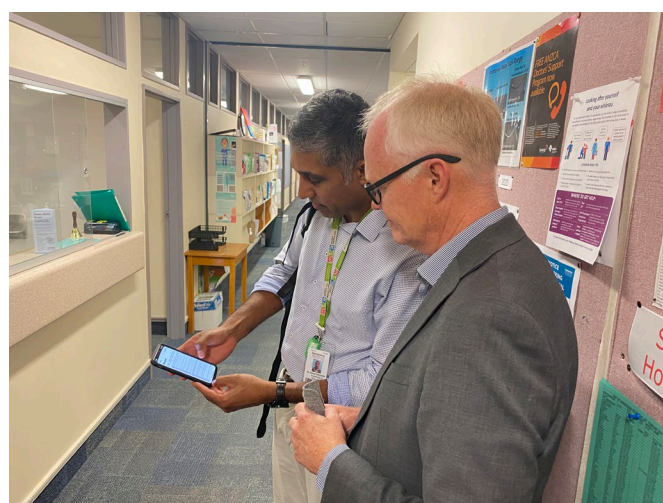
Canterbury DHB employs approximately 180 anaesthetists, registrars and anaesthetic technicians who provide services across all Canterbury DHB campuses, both in the operating theatre (as part of the theatre team, noting we now have 32 operating rooms), but also in out-of-theatre locations, such as Radiology and Gastroenterology and in outpatient clinic settings.



Checking out the Rogues Gallery in the Department of Anaesthesia. In all more than 180 people work in this service. From left, Service Manager Carole Stuart, me and Clinical Director Ashley Padayachee



Dressed up to meet some of the theatre team. Meeting with Jon Jarratt who was the Duty Anaesthetist on the day that we visited



Ashley's showing me how they can access all the Anaesthetic Department staff (photos and contact details) plus the weekly roster via the CADHub app on their phones



## Bouquets

### **Paul Cashman, Dental Outpatients, Christchurch Hospital**

We are so grateful for you. Thank you for your incredible work, care and consideration as you have been restoring mum's palate and teeth after all the surgeries for cancer these past months. We are continually amazed at how well she can speak and eat as well as she does this soon after such drastic change. Thank you again for all that you do to restore dignity and quality of life to all your patients. With immense gratitude from the family.

### **Ward D1, Burwood Hospital**

My grateful thanks to all those who contributed to my return to healing and wellbeing.

### **Kathryn Baggot, Outpatients, Christchurch Hospital**

I would like to say a big thank you to Kathryn Baggott in administration in John Fink's clinic. She is amazing at her job. Nothing is a problem. Thanks again for a job well done Kathryn.

### **Emergency Department (ED), Christchurch Hospital**

Wonderful experience on my recent visit to the hospital, caring and supportive staff on all occasions. Well done to them under very difficult and busy circumstances.

### **Aron and Charise, Ward B8, Christchurch Hospital**

I wanted to take some time to thank Nurses Aron and Cherise in Ward B8 for their outstanding care of me while I was in hospital. Their care went above and beyond and made me feel so incredibly comfortable in a scary and uncertain time. There was no request that was too big or small and my dignity was always kept. I think it takes really special character to do what they do day in and out and I

was always met with a huge smile and laughter that helped me fight the tears away. I also really appreciated the way that I could ask questions and get things clarified that I didn't understand from the doctors, it was no trouble at all from Aron and Cherise to ask questions and investigate on my behalf. Thank you so, so much from the bottom of my heart.

### **Intensive Care Unit (ICU), Christchurch Hospital**

All the staff, particularly the nurses who cared for my partner, were absolutely incredible. Not only were they patient of him they were also patient with the family and always checking in. I would love if this feedback could get back to them as they deserve all the praise they get!

### **ED, Christchurch Hospital**

The emergency doctor (unfortunately I can't remember her name) was kind, friendly, and very professional, the nurse we had was also the same. We are very grateful for the wonderful care and think how fortunate we are to have such kind and dedicated professionals when we need it most. Please convey our sincere thanks to all concerned.

### **Gastroenterology, Christchurch Hospital**

I was impressed with the staff that dealt with my colonoscopy. Dr Sharma and team (including the recovery team) were great value.

### **ED, Christchurch Hospital**

Yesterday I unfortunately had to spend a prolonged period in your ED as I had broken my hand. I would like to recognise Dr Vinny Karunasekera and the team of nurses who were working as they were simply sublime!



### ED, Cardiology, and Medical Radiation, Christchurch Hospital

I presented to the ED with chest pain... I want to say a big thank you to the following staff for doing their best to make my stay in ED more comfortable: St John staff Pip and Dean, at Christchurch Hospital, Nurse Kelvin and Dr Kieran, Nurse Ivy, CT Medical Radiation Technologists Brenna and Basil, Nurses Bronwyn, Georgie and Jodie, ED Consultant Dr Scott Pearson, Cardiologist Mohammed Moharram and Registrar Beh, Transit nurse Jo and Orderly Allan Majendie.

### Fiona and Chanel, Acute Ward and Bone Shop

I would like to compliment a nurse called Fiona on the Acute Ward on Good Friday who helped me after my cycling accident. She was kind, attentive and enjoyable to chat to. Also, Occupational Therapist Chanel who looked after me in the Bone Shop and explained to me clearly what I needed to do going forward with my injury. Very grateful to both women. Outstanding care.

### ED, Christchurch Hospital

I want to commend the ED staff for their great service and empathy and the new facilities are fantastic.

### Outpatients, Christchurch Hospital

Outstanding consult with all staff, Anna-Marie, Harmony Thompson and Belinda. Very informative, clear explanations, reassuring in terms of ongoing treatment. Receptionist very pleasant too.

### Radiology, Christchurch Hospital

Front desk staff and volunteer were amazing.

### Ward 3B, Christchurch Hospital

Thank you nursing staff for looking after [patient's name].

Day of Surgery Admission, Christchurch Hospital

I really appreciated the lovely care and treatment of our son who has autism. The staff treated him well and I appreciated that he was first in the morning, less stressful for him. Thanks.

### Neurology, Christchurch Hospital

Wonderful place.

### Trish Physiotherapy, Christchurch Hospital

I have suffered with a respiratory cough for 16 years. I have had three appointments with Trish from the Physiotherapy Department and was amazed my cough, although not completely gone, has improved 80 percent. Friendly, knowledgeable, wonderful service. Thank you, Trish.

### Ward DG, Burwood Hospital

This lovely bouquet of flowers was received on Ward DG at Burwood Hospital last week. The flowers came with an accompanying card which said:



"You've been nominated by Diane as a suburban Superhero. Happy belated Easter, from Petals & Teleflora Florist Networks and Newstalk ZB"

## Big Shout Out

### To: Operations Manager Felicity Woodham and all outpatient booking administrators

Just wanted to pass on a big thank you to you and your team on behalf of rural the communities in Canterbury and the Chatham Islands.

There are fewer and fewer rural patients with appointments before 10am and after 2pm and this is:

- › improving equitable access to healthcare
- › reducing time and cost of travel for rural residents and
- › improving productivity of clinical staff with a reduction in late attendance to appointments and/or "do not attends"

Where appointments are scheduled outside of these times it is generally to match clinical staff availability or for clinical need. It is also notable that where multiple appointments are scheduled for the same patient with different specialties, where possible, these are being scheduled on the same day.

Thank you!

**From: Transition Programme Manager Rural Health Services Win McDonald, on behalf of rural communities in Canterbury and the Chatham Islands**

# Health protection officers ready to welcome our Aussie neighbours as trans-Tasman travel bubble opens

Our hardworking health protection officers at Christchurch Airport are anticipating emotional moments as the trans-Tasman bubble bursts open to allow travellers from Australia to arrive here without having to quarantine.

"It will be surreal. With passengers being able to visit family after such a long time and border staff seeing the airport almost back to business as usual after 12 long months, I'm sure there will be a lot of emotion," says Health Protection Officer Debbie Smith.

In long-awaited news the government recently announced that from today travellers from Australia will be able to arrive in New Zealand without having to quarantine. The first flight into Christchurch from across the ditch touched down today at 2.20pm with the second due to arrive five minutes later.

"We are feeling rather lucky at this point that there are no early morning flights on the first day, but we do have some days with flights arriving at midnight and just after," she says.

The flights from Australia require a significant increase in staff and shifts during the day. As a result, a new team is being stood up with some new people coming on board to manage the team.

She and fellow Health Protection Officer Jimmy Wong will be handing over a lot of the logistics/airside operations to this team and moving back into their usual roles, around liaison and maintaining stakeholder relationships at the border, developing standard operating procedures (SOPs), training, public health risk assessment of travellers and ill traveller response.

"Of course, we'll also be helping the new team get up and running and supporting them."

Debbie says everyone is hoping for a successful first day of many with no unwell passengers, the team working well, SOPs (Standard Operating Procedures) working as intended with no gaps being identified, and for the passengers to have an excellent journey through to their holiday.



Health staff awaiting the arrival of the first flight from Australia in Christchurch International Airport earlier this afternoon

Being fully vaccinated adds another layer of confidence.

"But it doesn't mean we don't keep up a high standard of adherence to Infection Prevention and Control guidelines, etc, and we are also still subject to the mandatory testing requirements."

Passengers are provided information at the time they book tickets about the symptoms of COVID-19. They have to complete a health declaration pre-departure and on check-in, there are passenger announcements onboard encouraging hand hygiene, and information on downloading the COVID-19 Tracer app (or keeping another record), wearing a mask on all public transport, and contacting Healthline and staying put if they develop symptoms.

Information cards for their wallets are available if they want them.

There are many layers of health messages throughout their journey through the airport including sanitiser and fresh masks if needed, Debbie says.

Thank you



## Administrative Professionals Day 21 April 2021

Administrative Professionals Day is a special day when we get to recognise and show our appreciation for the valued contribution administrators make to our health system day in and day out

*... they are the glue that holds the system together!*

Please take time out to thank your amazing administrator(s) for all they do.



**8295**  
Inpatient  
Bookings



**44966**  
Outpatient Bookings



**9473**  
ED Arrivals



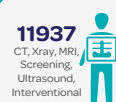
**2517**  
Surgery Events



**98438**  
Outpatient  
Attendances



**9743**  
Inpatient  
Bookings



**11937**  
CT, X-ray, MRI,  
Screening,  
Ultrasound,  
Interventional

All data is from 1/04/2020 to 31/03/2021 (12 months)  
NB: numbers were down during covid so those months were lower



# A little test that could save your life, and a giant inflatable bowel

Last Tuesday nurses, programme managers, doctors, specialists, Ministry of Health guests, members of the Equity Advisory Group and other staff and guests got to walk through a giant inflatable bowel in the Waipapa foyer.

A number of small children found 'the weirdest bouncy castle you ever did see' impossible to resist.

About 50 people attended the launch of the Canterbury rollout of the National Bowel Screening Programme (NBSP) to celebrate the success of the programme to date and acknowledge and thank all those people who have made it happen.

After a warm mihi whakatau by Executive Director Māori and Pacific Health Hector Matthews, Chief Executive Peter Bramley thanked all the Canterbury DHB staff, other health professionals and organisations, and members of the community who have helped set up, run and ensure our Māori and Pasifika people, in particular, know about and take part in the programme.

"In Canterbury we have put in months and months of planning, preparation and sheer hard work to ensure this programme would be a success from the start. Most importantly for our whānau here today, we have worked with our Equity Advisory Group and others to ensure it will reach the right people and meet our Te Tiriti obligations to provide equitable care for Waitaha Māori," Peter said.

Kits started being delivered in volume in December last year, and by the end of March 16,705 kits had been sent out.

The faecal immunochemical test (FIT) is easy and simple to do in the privacy of your own home. It can detect tiny traces of blood present in a small poo sample which may be an early warning sign that something is wrong with your bowel. Only a tiny amount is needed, about the size of a pinhead.

Lead clinician for the Canterbury programme Teresa Chalmers-Watson says through earlier detection, more lives will be saved.

"Canterbury has found 20 people with bowel cancer since we started in October 2020, many who had no symptoms."

"By picking up these issues early as part of our screening programme, we dramatically increase the chance we can treat cancers and pre-cancerous growths successfully."

Canterbury Programme Manager for the Canterbury DHB rollout Rachael Haldane says at this early stage about 58 percent of all test kits are being used and sent back.

"Although we are happy with the return rate we're looking at what we can do to continually improve that."



Malu Tulia and Wendy Dallas-Katoa from the Equity Advisory Group



Some of the National Bowel Screening team, from left, Specialty Clinical Nurses Megan Ensor and Nichola Olds-Read, Clinical Director Anatomical Pathology Chris Hemmings, Nursing Lead, NBSP Kirsten Carey, Nurse Co-ordinator Nikki Baird, NBSP Project Manager Rachel Haldane, NBSP Clinical Lead Susan Parry, Gastroenterologist Catherine Stedman, Consultant Gastroenterologist Teresa Chalmers-Watson, Equity Advisory Group members Wendy Dallas-Katoa and Malu Tulia and Nurse Manager Gastroenterology Gendy Bradford



From left, Canterbury DHB Chief Executive Peter Bramley, Nursing Lead, NBSP, Kirsten Carey, Educator - Māori Health / Kaiwhakaako Hauora Maori, Nga Ratonga Hauora Maori Iranui Stirling, Project Manager NBSP Programme Rachael Haldane and Nurse Co-ordinator Nikki Baird

It would be very helpful if people were encouraged by family to do the test, fill in the forms, and send them back as fast as possible, she says.

Visit [www.timetoscreen.nz](http://www.timetoscreen.nz) for more information.

# Becoming a 'Dementia Friend'

Staff and volunteers at Burwood and The Princess Margaret hospitals have proudly graduated as 'Dementia Friends'.

So far about 180 people have completed the short course to become a Dementia Friend, which is available as either online or face-to-face training. It teaches participants about dementia, simple ways to be helpful and kind, and tips on how to communicate with someone who has the condition.

In a Twitter post Dementia NZ said: "it would be awesome if every hospital in New Zealand followed suit"

'Dementia Friends' is an Alzheimer's New Zealand initiative that aims to build a kinder, more supportive dementia-friendly country that is inclusive and understanding of people living with the condition.

It can form part of the Dementia Friendly Recognition Programme, an international accreditation and recognition framework for any business or organisation to become dementia-friendly. Burwood Hospital is the only public hospital in New Zealand to have achieved the 'Working to be Dementia Friendly' award.

Registered Nurse Lara Hitchcock says the hospital began the Dementia Friendly Recognition Programme process in 2019 with the creation of its Dementia Friendly Steering Group.

"We started this because we have a lot of staff who are very passionate about wanting to improve the lives of people with dementia and make their experience of being in hospital as easy as possible.

"We found out we were already meeting a lot of the criteria but want to be as dementia friendly as possible so that we can reflect best practice.

"One of the standards for DFRP is having a dementia friendly educated workforce so for Brain Week last month we decided to promote the Dementia Friends Programme, and we are encouraging more people to do this."

The steering group now has a data base of those who have completed the Dementia Friends programme.

"Those who have are proudly wearing their Dementia Friend badge or bracelet and this can identify to people with dementia that they are aware of some of the challenges they may face," she says.

Dementia is a progressive disorder where there is a decline in a variety of mental functions. The number of Kiwis with the condition is growing rapidly as our population ages. Right now, 70,000 Kiwis are living with dementia and this is expected to grow to 170,000 by 2050.



Some of Burwood Hospital's Dementia Friends, from left, Hospital Aide Judith Buller, Clinical Nurse Specialist Jane Foster, Nursing Director Older Person's Health Caroline McCullough, Cashier/Receptionist Joyce White, Former Director of Nursing Diana Gunn, Nursing Director Jo Townsend, Registered Nurse Lara Hitchcock, Medical Secretary Rosanne Clark, Project Manager Kay Foster, Pharmacist Nicky Jonker and Registered Nurse Katarina Teepa



Dementia Friends at The Princess Margaret Hospital, from left, Occupational Therapist Ros Rossiter, Geriatrician Jackie Broadbent, Occupational Therapist Rachel Watt, Physiotherapists Lynda Tucker and Di Latty, Social Worker Kate Nelson, Administrator Sandra Stirling, Medical Secretary Deirdre Lynch, Clinical Manager South West Community Service Team Margaret Sargent, and Community Gerontology Nurse Carolyn Cox. Front, from left, Clinical Nurse Specialist Julie O'Halloran and Social Worker Madison Ridge

Different types of dementia have different underlying disease processes and usually present with a different pattern of cognitive symptoms. Alzheimer's Disease is the most common form. All forms of dementia are associated with a decline in the ability to function day-to-day, emotional distress or behaviour changes.

For more information on becoming a Dementia Friend and the Dementia Friendly Recognition Programme visit the Alzheimer's New Zealand website [here](#) and [here](#).



# Tree planting “a privilege” – ISG staff

Three ISG staff mucked in with shovels and spades recently to help plant 750 kahikatea seedlings in what is planned to be Christchurch’s largest suburban nature reserve.

Business Systems Analyst Christina Wong, Systems Engineer Francisco Palmeira and Systems Administrator Damien Franklin took part in the ‘Ricoh Big Green Day Out’ at Cranford Basin, off Phillpotts Rd, near QEII.

The area will be transformed over the next decade into a multi-purpose forested wetland, with enhanced waterways and passive recreation areas that will benefit ecosystems and the surrounding community.

The plan is for 35,000 kahikatea seedlings to be planted in the area over the coming years which will grow up to become the largest forest of kahikatea in Ōtautahi Christchurch since pre-European times.

The team from ISG say it was a privilege to contribute to the reserve, they enjoyed meeting like-minded people and the opportunity to meet some Crusaders rugby players. It was a great team building and wellbeing exercise.

This planting project is a Matariki Tu Rākau: living memorial, initiated under the One Billion Trees Programme, in conjunction with Christchurch City Council, Trees for Canterbury, and with support from the Department of Conservation’s Community Fund.

Conservation Volunteers New Zealand is offering regular planting days each month between April and September, to local businesses and organisations. They provide all the tools and planting expertise for the day at no charge to the organisation, although a koha is appreciated.

Contact Donna Lusby at Conservation New Zealand on [dlusby@cvnz.org.nz](mailto:dlusby@cvnz.org.nz) or 021 457 568 if you would like more information.



Business Systems Analyst Christina Wong and Systems Engineer Francisco Palmeira at work planting the kahikatea seedlings



The planting underway



From left, Crusaders rugby player Codie Taylor, Systems Engineer Francisco Palmeira, Business Systems Analyst Christina Wong, Systems Administrator Damien Franklin, and Crusaders rugby players Dallas McLeod and Mitchell Drummond



# Improving maternity standards in Mongolia recognised

Ashburton Hospital Charge Midwifery Manager Julie Dockrill's work in maternal health in Mongolia has been honoured by Rotary International.

She has been acknowledged as one of six worldwide 'Rotary People of Action: Champions of Health'. Rotary funds the Mongolian Maternal Child Health programme which Julie has been integral to for six years.

Julie says she is thrilled and humbled to receive the award.

"The work means a lot to me. I have seen what a huge difference simple changes can make, and it reaches deep into my soul. I feel completely privileged to have been part of something that has enabled women and families in Mongolia to be offered much better care. It has been a huge team effort."

Since the programme started it has significantly contributed to the mortality rates for mothers and babies in Mongolia reducing, with infant mortality dropping up to 66 per cent and the number of mothers dying in childbirth reduced up to 70 per cent.

The death rate for babies in their first month of life had previously been 14 times higher than the developed world, and the mortality rate for mothers six times higher.

Julie is part of a team of New Zealand and Australian midwives, and childbirth educators whose work involves teaching and contributing to the Mongolian Maternal Child Health programme manual which educates midwives, obstetricians and students.

They created a 'train the trainer' curriculum and made numerous trips to Mongolia to help educate about safety practices and protocols of childbirth.

The focus was on antenatal education, but it has evolved to include obstetric emergencies as a need was identified during their project visits, she says.



Ashburton Hospital Charge Midwifery Manager Julie Dockrill with the Rotary International award

"I'm lucky to be part of an amazing team that was able to help when this door opened. It's been very much a collaborative process and without Rotary it couldn't have happened."

The education manual and training programme has been translated and adopted for use around the country, which is bordered by China and Russia.

In 2019 Julie was nominated by the Ashburton Zonta Club to be one of 100 Women of Achievement recognised nationally in the organisation's centennial year.

*To mark Administrative Professionals Week on Wednesday 21 April we introduce Anna Evans from Oncology/Palliative Care.*

## One minute with... Anna Evans, Oncology/Palliative Care Administration Team Leader

### What does your job involve?

Coordinating the Oncology and Palliative Care services to ensure an efficient and effective service is provided which meets the needs of clinical staff, patients, their whānau and referring medical specialists. I am responsible for the operational management of the Oncology/Palliative Care Services administration team and the Outpatient clinics. Most importantly I am 'Camp Mother and fixer of all'!

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

It gives me an opportunity to contribute to the Canterbury Health System and help make sure we are doing our best for our community and providing excellent care. It allows me to make a difference in the background for the amazing patients who are referred to our service.

### What do you like about it?

I enjoy the challenge of each day never being the same. It is like constantly putting a jigsaw together, but the jigsaw pieces change daily. I am lucky enough to be the Lead of the most incredible administration team, who all work extremely hard for our patients. I am so proud of them and their contribution to the exceptional care that patients and their whānau receive. It keeps me coming back.

### What are the challenging bits?

Making all the puzzle pieces fit every day, so that our amazing patients get the care that they deserve.

### Who inspires you and why?

My daughters, as the world we live in now is so different from when I grew up, and yet they are growing up to be the future I will be proud of. My administration team, who come in each day and give it their all, when at times it can be challenging for them, it inspires me to continue. The patients who still smile at me when I walk past them, yet they have a quiet battle of their own, it makes me want to come back tomorrow and work harder for them.

### 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?

These are two values that I hold in very high regard. If staff treat each other with care and respect, then the team will be happy in their jobs. Staff who are happy in their jobs provide excellent care to patients – it is a 'win-win'. Without responsibility there is no accountability. This should be what ensures that we give it our best. Integrity is something that all teams must have to ensure they're working together to provide the best outcome.

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

No LinkedIn profile – but I am the founder of the Brydie Lauder Charitable Trust that supports children with a neurological disorder and their whānau and continued education for the outreach nurse and keto dietician.



The trust was started following the passing of my youngest daughter Brydie from epilepsy, aged four in 2012.

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

Akaroa or Hanmer Springs.

### What do you do on a typical Sunday?

Sleep in, relax and spend time with my beautiful family.

### What's your favourite food?

Sushi or Indian. My husband is also an incredible cook, especially his pork Pad Thai.

### And your favourite music?

Macklemore and also 60s and 70s music.

If you would like to take part in the column or would like to nominate someone please contact [Naomi.Gilling@cdhb.health.nz](mailto:Naomi.Gilling@cdhb.health.nz).

## 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.



### Win a free three-month membership at Flex Fitness!

Canterbury DHB employees who sign up for a free 10-day membership at Flex Fitness Riccarton, Lincoln or North Canterbury between 19 April and 31 May will go in the draw to win a free three-month membership at their preferred club.

To sign up for a 10-day membership you can pop into your preferred club or email to organise a time to go in: [riccarton@flexfitnessgym.co.nz](mailto:riccarton@flexfitnessgym.co.nz), [lincoln@flexfitnessgym.co.nz](mailto:lincoln@flexfitnessgym.co.nz), [northcanterbury@flexfitnessgym.co.nz](mailto:northcanterbury@flexfitnessgym.co.nz). Winners will be drawn by 5 June 2021.

#### Terms and Conditions:

- › 10-day membership can only be used during staffed hours, unless a \$40 deposit is paid for the key tag which is refundable at the end of the 10-day period if you decide not to join
- › Current members can enter the draw by offering a free 10-day membership to a family member or friend. If your referral claims the 10-day free membership, you'll be in the draw!

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

## MAKE THE SWITCH

IN 2019 OVER 350,000 WASTE ITEMS FROM BEVERAGES ALONE WERE SOLD THROUGH CANTERBURY DHB CAFES

**131 K**  
PLASTIC DRINK BOTTLES



**213 K**  
TAKE AWAY CUPS



2/3 of all hot beverages sold

### WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup



**CURRENTLY TAKE AWAY CUPS CANNOT BE RECYCLED OR COMMERCIALY COMPOSTED LOCALLY.  
ALL WENT TO LANDFILL – OVER 3000 KGS OF WASTE.**

**SWITCHING TO REUSABLE CUPS WOULD SAVE 88 TREES WORTH OF CARBON**

Brought to you by the Transalpine Sustainability Governance Group



## STAFF INNOVATION WORKSHOP

# Speed dating ideas for better healthcare



Have you got a burning idea for how technology could help solve problems in your work area?

Would you like a rare opportunity to connect one-on-one with 15 key DHB stakeholder representatives to shine a light on your idea and to explore pathways to implementation?

**Wednesday 5 May 2021**

**1pm-4.30pm**

**Level 3, Manawa Building, Health Precinct,  
276 Antigua St, Christchurch**

To register, please visit the [eventbrite](#) site

All Canterbury Health System employees are eligible to attend subject to Line Manager approval, numbers limited.

Canterbury DHB's **Via Innovations** team, in conjunction with **Te Papa Hauora**, **ChristchurchNZ** and the **New Zealand Health Innovation Hub**, are sponsoring a fast-paced innovation workshop for Canterbury Health System employees to explore innovative ways to improve our healthcare system using digital technologies.

Following the workshop participants can apply to **Via Innovations** for further support including one of up to three proof of concept contracts.

## Our challenge to you

**What pressing problems in your work area could digital technologies or automation tools potentially:**

- better protect the health workforce and patients by reducing the risk of human error
- save an hour a day of health workforce time to focus on patient facing activities
- improve health equity and access to healthcare for vulnerable people
- reduce hospital bed stay days through getting people home earlier and staying well at home
- improve patients' understanding of their own health and how to access advice and services, and

are likely to echo similar problems experienced in other parts of the health system nationally.

**via**   
**innovations**

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

 **TE PAPA  
HAUORA**  
The future of health

**ChristchurchNZ**

 **health**  
innovation hub

**Applications open Monday 12 April, contact Via Innovations to find out more**

Tel 021 247 7982 or email: [anya.hornsey@cdhb.health.nz](mailto:anya.hornsey@cdhb.health.nz) or visit [www.viainnovations.co.nz](http://www.viainnovations.co.nz)

# Answers to your COVID-19 vaccine questions



Here are the answers to your most frequently asked questions about the COVID-19 vaccine, the plan, and how it will roll out for our whānau, and our communities:

## How does the COVID-19 vaccine work?

The Pfizer vaccine teaches your own immune system to recognise and fight off the virus. The vaccine can't give you the disease. It does not contain the virus itself, or anything that can affect your DNA. The vaccine is gone completely from your body within a few days, leaving your immune system stronger, and ready for action if COVID-19 comes near you. Find out more about the Pfizer vaccine, and how it works at [Covid19.govt.nz/vaccines](https://covid19.govt.nz/vaccines)

## How were the COVID-19 vaccines created so quickly but also safely?

Creating the COVID-19 vaccines took a global effort. The world united to take on the challenge. We didn't have to start from scratch. Similar research was already well underway for similar diseases. As a result, the vaccines could be made faster, whilst still ensuring they went through all the safety checks.

## How has the COVID-19 vaccine made our borders stronger?

Our border is our first line of defence against COVID-19. We've already rolled out the vaccine to border and MIQ workers, and the people they live with. By shielding those most at risk of catching COVID-19 in their workplace, we reduce the risk of future outbreaks, and lockdowns. By making our border stronger, we've made Aotearoa stronger too.

## What happens when you get the vaccine?

You'll be asked to confirm who you are by answering some simple questions. Getting the vaccine is your choice, so you'll be asked to give your consent. Remember, you can ask questions at any time. A fully-trained vaccinator will give you the vaccine in your upper arm. You'll need to stay for at least 20 minutes so we can make sure you're okay. You might experience some mild side-effects 1-2 days after getting your vaccination. This is common, and a sign that your body is learning to fight the virus. We'll record your visit in the COVID Immunisation Register. Getting two doses of the vaccine, at least 21 days apart, is important to give you the best protection. Be sure to check your second vaccination is booked, and keep a note of where and when your second appointment takes place.

## Is it safe to take the COVID-19 vaccine when pregnant or breastfeeding?

Based on how the vaccine works, experts believe it is as safe for pregnant people as for everyone else.

The Pfizer vaccine doesn't contain the live virus, so can't give you or your baby COVID-19 – but it can offer protection against the disease for you and your baby. As with all vaccinations, be sure to talk to your midwife, GP or healthcare professional before you get the vaccine, to make sure you have the right information for you and your baby. It is also safe for you and your baby to breastfeed after you've been vaccinated.

## When do you get vaccinated?

See what vaccination group you are in at [Covid19.govt.nz/vaccines](https://covid19.govt.nz/vaccines). Group 2 are currently being vaccinated. If you are in Group 2 you don't need to do anything. You will be contacted directly to book your appointment. This will most likely be by your employer or health provider.

Each district health board (DHB) is managing the rollout of vaccine in their area. So exactly how and when people are contacted may differ between regions. In some cases, we're still working out the details. If you are in Groups 3 or 4, you don't need to do anything for now. We'll let you know when it's your turn.

Whatever group you are in, the vaccine is free for everyone aged 16 and over, and no-one will miss out.

## Thanks for your support Aotearoa

The COVID-19 vaccine rollout is the largest vaccine programme the country's ever had to manage. It's a massive undertaking, with thousands of New Zealanders involved – from vaccinators to medical specialists, logistics experts, courier drivers, receptionists, volunteers and many more people. Everyone is pulling together to get the vaccine administered as quickly as we can.

We want to thank everyone in Aotearoa for your continued patience and support.

*The stronger our immunity, the greater our possibilities.*

**Find out more at [Covid19.govt.nz](https://covid19.govt.nz)**

[New Zealand](https://www.govt.nz) Government

**Unite  
against  
COVID-19**