



# ceo update

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## Friday 13 June — Another Dry July for me

I've signed up again for Dry July this year. Dry July is a nationally run, on-line fund-raising and health awareness campaign. An individual or team signs up to the challenge of a month-long sponsored abstinence from alcohol.

When Dry July was first launched in New Zealand in 2012, 2,000+ Kiwi's jumped on the bandwagon, raising over \$550,000. The Canterbury Regional Cancer & Haematology Service (CRC&HS) took part for the first time last year and we had a fantastic response with more than 984 participants who raised \$186,719 in total.

Here's how some of the money is being spent:

- iPads for Chemotherapy regional patients and day ward
- Chemotherapy chairs
- Murals on radiotherapy bunker exterior wall and ceilings
- Wireless paging system (for patients attending clinics)
- Electronic beds for the Bone Marrow Unit



I'm in good company this year with Christchurch Mayor Lianne Dalziel and Kiwi sports star and coach Marg Foster also signing up as DJs. It won't be an easy month to abstain as I have a lot of social engagements but I'm hoping my friends and colleagues can help me out with some [golden tickets](#) – effectively a 'get out of jail card' for special events.

Join me now as a dry july-er (DJ) or donate to a DJ at [www.dryjuly.co.nz](http://www.dryjuly.co.nz). You can even join up as a team, like our Communications Team – the Spin and Tonics. There will be lots happening throughout the month as well as an [official launch on Monday 30 June](#). Come along and help us start off on the right foot – there'll be mocktails, nibbles and entertainment.

Check out [www.cdhb.health.nz/dryjuly](http://www.cdhb.health.nz/dryjuly) from time to time for news on ambassadors, events and motivational tips. If you need more convincing you'll find Josh's story later in this update. Josh has been treated in our CRC&HS and shares his story to lend support to the campaign.

## Thank you and farewell to Wayne Lawson

When CDHB construction and property manager, Wayne Lawson, leaves the office for the last time next Friday, 20 June, he will be taking a vast amount of institutional knowledge with him. No-one knows our buildings like Wayne. Every nook, cranny, crack and crevasse are etched in his brain. He can tell you about the reinforcing, the cladding, and the repairs to date. Wayne, I would like to personally thank you for the leadership you have shown, particularly since the quakes, and for the calm, measured way you have made things happen, often under enormous pressure and against competing priorities. You will be missed.

Read more about Wayne's world on page [five](#).



## Wellbeing survey reminder

Our Staff Wellbeing survey has been going for a week now and I would like to thank nearly 1000 staff who have already taken part. There's two more weeks to go so if you haven't had your say yet there's still time. By doing the survey you'll help us get an accurate picture of how our staff are doing and how we can support you better. A link the survey can be found on the CDHB intranet or alternatively you can [click here](#).

### Burwood

This week, the first parts of the new ward blocks have been assembled – precast concrete columns and steel-work. There are around 100 columns still to go! This view looks north to the trees on the campus boundary.



### Christchurch

**Staff presentation – all welcome:** There will be a staff presentation by David Meates at 2 pm on Monday 16 June in the Great Escape Cafe, Christchurch, about progress on the Acute Services Building project. This is ahead of two public presentations of our progress so far, on Wednesday 18 June in the Canterbury Horticultural Centre at 5.30 pm, and on Saturday 21 June in the Cardboard Cathedral at 3 pm. These public presentations will also be made by David Meates.

**Developed design:** The Developed Design phase now begins for Christchurch Hospital, in which the actual detail of what goes in each room is added into the preliminary designs. The Perioperative, Sterile Services, Adult, Haematology and Oncology Wards groups have all had their first sessions with the design team, as well as the Staff Amenities group. ICU and Emergency Department staff have also visited the Design Lab this week to mock up specific rooms in preparation for the Developed Design meetings.

**Locker survey:** Our online staff survey about locker provision at Christchurch Hospital attracted a record 628 responses. Thanks to all who have had their say. This survey is now closed. The results will be fed back into the user group process.

### General

**The digital hospital vision:** Find out more about our “Digital Hospital” vision at a drop-in session during Digital Hospital Week from 23 – 27 June.

There will be a short presentation on the Digital Hospital environment, comment by international experts on how this has been achieved in other hospitals, and then the opportunity to ask any questions you may have about how technology can improve our patient journey.

The introductory sessions are from 12:00 – 1:00pm at the following locations:

- Monday, 23 June: Padua Lecture Theatre, LGF Christchurch Hospital.
- Tuesday, 24 June: 5<sup>th</sup> Floor Lecture Theatre, Princess Margaret Hospital.
- Wednesday, 25 June: Hagley Outpatients Seminar Room, Christchurch Hospital.
- Thursday, 26 June: Marshlands Room, Burwood Hospital.

See the intranet for details of the workshop most convenient for you or text FUTURE to 8808 for meeting times and venues (texts cost 50c). If you can't make it, the presentation will be available to view on the intranet.

## CHRISTCHURCH HOSPITAL – AN UPDATE ON OUR REDEVELOPMENT WORK



Later this year, work is scheduled to begin on an exciting new development at Christchurch Hospital – a brand-new Acute Services building.

It's part of the \$650 million government investment in Christchurch's hospitals announced last year – the largest healthcare building project in New Zealand's history.

The new Acute Services building is being designed to meet the future needs of Cantabrians, and people across the South Island, for top-quality public hospital care.

Last week, the preliminary designs for the building were signed off, so the project can now move into the developed design phase.

When complete, the new Acute Services Building will have:

- New operating theatres,
- Around 400 beds, including purpose-designed facilities for children,
- An expanded intensive care unit,
- A state-of-the-art radiology department,
- A new emergency department,
- A rooftop helipad.

### FOR THE FULL PICTURE, ALL CDHB STAFF ARE INVITED TO A PRESENTATION ABOUT PROGRESS TO DATE ON THE ACUTE SERVICES BUILDING PROJECT.

Come along to hear from CEO David Meates about how the design and preparations are going. Includes an update on progress at the Burwood Health Campus.

**MONDAY 16 JUNE, 2-3 PM,**  
at the Great Escape Café, Christchurch Hospital.



Please note that pictures are artists' impressions only.

### Burwood Health Campus

Across the city at Burwood Hospital, construction work is already in full swing. When complete, the hospital will have 230 new inpatient beds, an extended radiology department and a new outpatient department able to manage 80,000 outpatient visits a year.

You can also view our progress online at  
**CDHB.HEALTH.NZ**

New Zealand Government

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

## Winter 2014 edition of WellNow Canterbury, due to arrive in your mailboxes soon

Canterbury's community health magazine will be arriving in your mailboxes some time during the next week. WellNow is posted on the website so if you want a sneak peak before it arrives in the mailbox go to [www.cdhb.health.nz/News/Publications/Pages/Well-Now-Canterbury.aspx](http://www.cdhb.health.nz/News/Publications/Pages/Well-Now-Canterbury.aspx) or [www.cdhb.health.nz/wellnow](http://www.cdhb.health.nz/wellnow) speaking of which, we are doing a mini audit to check that WellNow is being circulated as widely as it should be. If you get an email next week asking if you received it, please take the thirty seconds or so it will take to respond – all we need to know is if you received it, and where you live.

Some of the highlights from WellNow: The front cover shows a dance class at St Chad's, Linwood having fun staying active and this links to an *AllRight?* short inside that reminds us how important it is for your wellbeing to let your hair down now and then. Be inspired to go Dry for July, to feel healthier while raising money to provide those extra 'comforts' for people being treated for cancer. Read about one woman's journey through post natal depression and how asking for help was such an important step. Learn how contact tracing helps stamp out disease outbreaks - the team at Community and Public Health are certainly getting plenty of practice at the moment with recent cases of Hep A and leprosy in mid Canterbury and more recently still, Strep A in Christchurch. There's an excellent four page feature on the Christchurch and Burwood redevelopment. Also, check out AllRight's Canterbury roller coaster on the back cover – life is indeed full of ups and downs. Visit [www.allright.org.nz](http://www.allright.org.nz) to see the whole ride and other Allright? Initiatives, tips, research, down-loads and uplifting shananigans.



### Congratulations David Meates, MNZM

On behalf of the executive leadership team, and general managers, I would like to acknowledge David's recent recognition for his services to health, when he was awarded a Member of the New Zealand Order of Merit, MNZM in the Queen's Birthday honours.

The New Zealand Order of Merit is an order of chivalry established by the Queen "for those persons who in any field of endeavour, have rendered meritorious service to the Crown and nation or who may have become distinguished by their eminence, talents, contributions or other merits."

We're proud to be part of your team and are delighted that your vision, courage, passion and determination have been recognised. Canterbury and West Coast DHBs are lucky to have a leader who cares so much about doing the right thing for people who need health care, treatment and support.

Mary Gordon, Executive Director of Nursing

CDHB Construction and Property Manager, Wayne Lawson, has an exceptional knowledge of CDHB's buildings.

On February 22, 2011 shortly after the earthquake, Wayne, a Chartered Engineer, was going up the stairs at Riverside block in darkness to check its safety, just as patients and other staff were coming downstairs.

"Because of the September quake and previous engineering analysis we had an idea of the areas most susceptible to earthquake damage so I immediately went off to check our buildings," he says.

Other members of his team checked other buildings. An ever increasing workload with all the building checks, rebuild projects and repairs, and thousands of engineer's reports quickly became the new normal for Wayne and his team following the earthquakes.

Over 26,000 reports have been commissioned by CDHB, from onsite engineers visits to surveyor's reports. From those, final Detailed Engineering Evaluation (DEE) reports for around 198 buildings have been received. They now sit neatly filed on shelves above his desk.

Costs of engineering reports, inspections and building works meant the annual construction turnover overseen by the team increased from \$25-\$30 million per-annum pre-quake to a peak of approximately \$100 million.

"The forward workload suggests that this may continue at around \$90M per year."

At the same time that various earthquake related works progressed, it was necessary to carry on with his "day job" of routine projects that were required, he says.

Wayne, who joined CDHB in 2008, is leaving to take up a new role at Lincoln University as Director of Capital Works Programmes. During his time at CDHB, his team has overseen over \$200M of various new works. He leaves CDHB on 20 June.

Wayne completed his degree at Liverpool University and worked as an engineer for various companies before moving to New Zealand in 2001. He has always been involved with commercial construction projects.

His first hospital project was the Accident and Emergency Department at Whitechapel Hospital, London.

"Like the current work for CDHB, that project also required the building works to be undertaken whilst the busy A and E Department continued to function."

He says resolution of CDHB's earthquake claim and completing new buildings after the earthquakes are some of the highlights of his time at CDHB.

"The very fact that we have done so much work but that most patients don't realise it because business has carried on, is a tremendous testament to my team, the patience of the clinical staff and all of the contractors/subcontractors we have used."

Wayne's manager, Director of Nursing, Mary Gordon, says she is sad to see Wayne leave CDHB but fully understands his decision to take on a new challenge and wishes him well.

"Wayne can certainly be proud of what he and his team have accomplished especially since February 2011. He has mentioned a number of the projects that have occurred but in addition to these he has also overseen the planning and initiation of a number of projects yet to be completed such as Kaikoura, Ashburton and Rangiora facilities projects and these are very important to the provision of health services to the people living in these communities", Mary says.

Wayne says the earthquakes and their aftermath have been a challenge and he wants to acknowledge his team for all they have achieved.

"I am only as good as my team."

"We take great pride in our completed buildings and excellent facilities are something staff and patients deserve.

"As proud as we are of those buildings, the important thing is what the staff do within them," he says.



# Bouquets

## **Ward 17, Christchurch Hospital**

I thought the staff were all marvellous. Such excellent care, smiley faces, compassionate and knowledgeable. They made my stay so much easier through such an emotional/ difficult time. They deserve a raise!

Amazing nurses. Angela was an angel in my time of need. Her care and reassurance was incredible. She has such enthusiasm for the job, a born nurse.

## **Intensive Care Unit and Ward 22, Christchurch Hospital**

The help we received from both departments was excellent and all the doctors/nurses were so helpful when we needed information. Thanks from a Greymouth (West Coast) family.

## **Emergency Department, Christchurch Hospital**

Great efficient service with empathy. Kia ora, thanks and bless all the doctors and staff.

## **Ward 15, Christchurch Hospital**

Amabell, Courtney and Jen are top notch RNs. They all have a way about them that calms the patient down. A special thanks to Amabell who could gently extract what she needed to know without being invasive. Also to Jen for helping me on my last day to leave. Many thanks.

## **Physiotherapy, Christchurch Hospital**

I have been coming here to see Linda for my right index finger, she has been very professional and helpful. I couldn't wish for anyone better.

I had an appointment today with Molly. She was awesome and very patient with me. I will see Molly again. Great friendly warm manner.

## **Gastroenterology Clinic, Outpatients, Christchurch Hospital**

Very kind and caring staff, speedy service. Beautifully clean and bright building. All-round a highly positive experience. Thank you very much. Made a stressful event a lot easier to handle.

## **South Inpatient, Hillmorton Hospital**

To all the doctors, nurses and helpers of the South Ward, thank you so much for making our daughters stay as pleasant as it could be, under the circumstances and for helping her to get to a better place. We have been impressed with your caring, calm, professional manner and had total confidence that she was in safe and friendly hands in the 'South Ward'. Thanks too for listening to us and our concerns and to being flexible to our requests. Thank you all for your support. You are doing a fantastic job.

To all the nurses and staff of the South Ward, words cannot express my gratitude. Thank you all for taking care of me for the past few months. When I was at my lowest you always found some way to bring me out of the darkness and back into the light. You gave me hope and for that I am unmeasurably grateful. Thank you!

I'm struggling this time (I'm happy to say) not from life's challenges, but from finding the way to truly express my gratitude for your unconditional help and support. It's been a roller coaster of a journey for me and now I'm finally able to step back and observe not only your personal help but your support and respect towards others. If I cannot speak for everyone I myself appreciate you all and will never be able to thank you enough. With the greatest amount of respect I wish not to see you all (together) again, but will never forget this part of my life and how you've contributed to me continuing. Peace and love.



**Venue:** (Rolleston Lecture Theatre)

### Conference Keynote Plenary Session:

**Speaker:** Dr Demian Szyld, Assistant Professor of Emergency Medicine at NYU (New York University) School of Medicine and Associate Medical Director.

Title; “No time to reflect? Real quality clinical care through simulation and debriefing.”

Demian will draw from a combination of clinical and education experience to consider how simulation and debriefing can contribute to improving the quality of care for patients within our health services.

**Chair:** Dr MaryLeigh Moore, Director, University of Otago, Christchurch Simulation Centre

Video Conference set up in:

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

**For more information contact:** [ruth.spearing@cdhb.health.nz](mailto:ruth.spearing@cdhb.health.nz)

## Gift from Brydie Lauder Trust for MRI kids

A welcome gift to Christchurch hospital's radiology department will allow children undergoing an MRI scan to watch a movie or short programme during the often-lengthy procedure.

The Brydie Lauder Trust has donated \$1,649.30 for a projector and custom made rear-projection screen that will be fitted to the end of the MRI bed and will play children's programmes. The young patients use specially adapted glasses to allow them to view the screen while they are lying down.

Charge MRI technologist Peter Dooley says children can be in the MRI scanner for up two hours and have to lie still for that time.

“Up to now we have used general anaesthetic (GA) to keep young patients calm but this is a very time consuming and complex procedure. In many cases simply being distracted by watching something on a screen works just as well, and is much less invasive.”

Peter says he became aware of how screens could be used by patients in MRI scanners when he was working as a researcher on brain injuries at Auckland University. “Patients would be asked to do tasks and follow instructions on a screen at the end of the bed. Other patients would use it to watch movies,” he says.

It was at a recent meeting to look at ways to improve the service for MRI scans on children, and to find ways to solve the challenge of increasing numbers of children needing general anaesthetics during MRI procedures and the resulting pressure on radiology resources, that Peter says he remembered the screen and how useful it had been as a distraction to patients.

Consultant paediatric neurologist Dr Cameron Dickson suggested the Brydie Lauder Charitable Trust, of which he is a Trustee, would be interested in helping to purchase the screen. Trust Chair Anna Lauder's daughter Brydie was just four years old when she died two years ago of Intractable Epilepsy. During her short life she spent many hours having scans, and Anna says that despite Brydie's patience to the many treatments she faced, she would have loved to have watched movies while having her scans.



*Anna Lauder – Chair of the Brydie Lauder Charitable Trust (left), Kyan (6) – Brydie's best friend since birth, and Narelle Fountaine (Trustee) hand over a cheque from the Trust to Peter Dooley, Charge MRI technologist, for a rear projection screen for the Radiology Department at Christchurch.*

Life changed completely for 23 year old Joshua Komen in 2011. It was his biggest year yet in athletics. He was riding high on the success of a national number one ranking for the 800metres. He'd planned a trip to the United Kingdom in May with his mates.

Josh hadn't felt a hundred percent for a while, he was more tired than usual and had torn ligaments in his left ankle. But, in "true bloke style" he pushed on. The day before Josh was to leave on the trip, his left eye swelled up for no apparent reason. He travelled from Greymouth into Christchurch Hospital's emergency department, received treatment and went home. The swelling got worse though and on return to ED blood tests were ordered. When the results came back they were devastating. Josh had leukaemia.

"I didn't know what leukaemia was. When they told me it was cancer in my blood I just couldn't believe it," says Josh.

He was transferred to Christchurch Hospital's bone marrow unit and placed under the care of Haematologist Dr Peter Ganly. A gruelling regime of four rounds of chemotherapy, eight hours per day, 10 days at a time began. This was followed up with intravenous lumbar punctures three times per week. Josh and his family stayed at Ranui House for the six months of treatment and recovery. They went through some really challenging times. At one stage Josh had an anaphylactic reaction to the platelets being pumped into his body. Then, in October, Josh's cancer went into remission.

"I knew there was a high chance of relapse. I felt helpless and depressed. I'd lost all the fitness I'd worked so hard on for my running. I felt like I was back to square one," says Josh.

He made a conscious decision to change his life. He worked really hard to get his basic fitness back – exercise, healthy eating, the end of his beer drinking days. In April 2012 he made it to the Mount Everest base camp, an amazing achievement. He also met a young woman, Clara in Laos who is now his partner.

Learning to sky dive came next and after completing 180 jumps, Josh gained his commercial Sky Diving diploma and license. He spent two weeks with Clara in Germany.

In November 2012 the cancer came back and it was much more serious. A bone marrow transplant was recommended and the search for a suitable donor began. In the meantime Josh had six rounds of full body irradiation and special chemotherapy that killed off his bone marrow. But there were more challenges ahead. Josh contracted a serious infection that invaded his lungs, brain and blood. He lived at Christchurch Hospital and Ranui House for over year.

"I was on life support for 10 days. They told me I should have died. I lost a lot of weight, got down to around 51 kg. When I woke up from a coma the doctors told me they had found a bone marrow donor and I had three weeks to get my body ready for it," says Josh.

The transplanted marrow made a 92 hour trip from its donor in Germany to Christchurch Hospital and Josh. His body however had trouble accepting the transplant and Josh developed graft vs host disease which affected his liver, stomach and eyes. A high dose of steroids and anti-immune system medication brought Josh's condition back under control. He is currently in a one year maintenance programme where the level of steroids is adjusted according to his body's needs. Fortnightly trips to the hospital for a checkup are now part of his everyday life. He plans to move to Germany with Clara once he gets the all clear.

Josh Komen is one of CDHB's Dry July ambassadors. For more stories check out [www.cdhb.health.nz/Dryjuly](http://www.cdhb.health.nz/Dryjuly). Sign up now to become a [Dry July-er \(DJ\)](#).

**See the launch invite on the following page.**

*Right: Josh Komen celebrating life.*



## Epilepsy Association of New - Zealand Inc Canterbury/West Coast Branch

Invites you to attend a seminar on Understanding Epilepsy.

Covering:

What is epilepsy, what causes epilepsy, recognition of seizure types, managing seizures, seizure triggers, recording seizures, principles of anti-epileptic medication and life style issues.

Tuesday 10 June, 3.30pm

Wednesday 16 July, 2pm

Wednesday 13 August, 3pm

Venue:	Community Meeting Room, Upper Riccarton Library, 71 Main South Road, Sockburn, Christchurch
RSVP:	Phone 0800 EPILEPSY (answer phone available) or email: <a href="mailto:canterbury.westcoast@epilepsy.org.nz">canterbury.westcoast@epilepsy.org.nz</a>
Parking:	Car parking is available at the Upper Riccarton Library car park, or on Main South Road

Offsite seminars are available by arrangement  
Phone 0800 EPILEPSY

Email [canterbury.westcoast@epilepsy.org.nz](mailto:canterbury.westcoast@epilepsy.org.nz)



## Sexual Health Newsletter out now

The latest Sexual Health Newsletter is now available online.



This edition includes updates from the New Zealand Adolescent Health Survey (Youth12), provides details of a new sexual health resource showing where services are located post-quake, and has information on next week's Alcohol, Sex and the Developing Brain workshop.

Read it here: <http://www.cdhb.health.nz/News/Publications/Pages/Sexual-Health-Newsletter.aspx>

**You're invited**  
**Dry July Launch**

**Monday 30 June 2014**  
**4.30pm-6pm**

**Annex off the Great Escape Café**  
**Christchurch Hospital**

Come along to help us kick off our Dry July  
Mocktails, food and entertainment provided!

Please RSVP [Vicky.heward@cdhb.health.nz](mailto:Vicky.heward@cdhb.health.nz) by  
Monday 23 June.

**DRY JULY**  
Clear your head, make a difference

## Phase 3—Software Updates

The following software items need to be updated to fix issues:

- Microsoft's Application Virtualization 5.0 SP2 (App-V)
- Microsoft's User Experience Virtualization 2.0 (UeV)

This is for desktops and laptops.

[Click here for details.](#)

## Students gaining new skills on work placement

Three students from Christchurch Polytechnic (CPIT) have joined the Staff Wellbeing Team on work placement.

They are based at Community and Public Health while completing their third year placement requirements for a Bachelor of Applied Science specialising in Physical Activity and Health Promotion.

Clare O'Hagan, Sarah Miller and Abby Wilson, say they have gained an insight into the complexities of running a Staff Wellbeing Programme within a large corporate organisation and made some great connections with CDHB staff along the way.

Clare's focus has been on the resilience building strategy. She has been gaining an understanding of the operational side of running health promoting initiatives, working closely with the Staff Wellbeing Team to encourage more CDHB staff to participate in wellbeing activities.

"I have really enjoyed working in an environment where everyone has a similar focus on improving the health of the Canterbury population (including CDHB staff) during a very challenging time."

In the future she would like to continue working to promote health and wellbeing within a community environment. Sarah has been working on getting Wellbeing Workshops for managers operational, as part of a wider strategy to support managers who can in turn support their staff.

"The experience has been invaluable and I have gained further understanding of the systems and processes required to develop a successful health and wellbeing programme. The experience has inspired me to continue to pursue a career in Public Health," she says.

Abby has been working closely with CDHB's Corporate Communications team to enhance the communications stream of the Staff Wellbeing strategy. She has enjoyed working to increase staff awareness and involvement with *tracksuit-inc.* and the exciting challenges it offers.

"I have gained many new skills which I hope to carry through into a career focusing on health promotion in children and young adults," Abby says.

The students will continue to make the most of their CDHB internship over the next few months and would like to thank CDHB Staff Wellbeing Co-ordinator, Andy Hearn, and CDHB Kaitakawaenga, Lee Tuki, (Staff Wellbeing Team) for taking them on board.

To check out what's available to all staff via the Staff Wellbeing Programme [click here](#), or to visit the new Something for You - Employee Benefits intranet page [click here](#).

*Below: CPIT Students, from left, Sarah Miller, Clare O'Hagan and Abby Wilson.*



## One minute with...Owain Wright Emergency Department (ED) Registrar

### What does your job involve?

I work as a Registrar in the Emergency Department. We work in teams of five or six, and basically see all the patients that come through during our shift. Generally we work nine hour stints and will rotate between days, evenings and nights. The downside is we do a lot of night shifts, but the upside is I get to go play on the ski fields during office hours.

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

It all started when I was a little kid watching a film about the Second World War. Not understanding why people would choose to go to war, my parents explained to me that a lot of young men had been forced to go as part of conscription. In the film an ambulance drove up to the front line and collected some wounded soldiers. I asked my parents why the ambulance men weren't fighting, and they told me that they were doctors and were needed in the hospitals to look after the wounded. There and then I decided I wanted to be a doctor to avoid having to fight in a war! Over the years my reasons changed but I stuck with the notion of becoming a doctor.

### What do you love about it?

I once got in trouble for saying ED was the least boring job I had done. Perhaps a better way of expressing my thoughts would have been to say that ED is the most interesting area I have worked in. A lot of people think that emergency medicine is all about the trauma and whilst it certainly is an exciting aspect, the more sustained attraction of ED is the variety you experience. An ED doctor will come across a little bit of everything, in particular the more severely unwell of each speciality. Variety is the spice of life and you certainly get that in ED.

### What are the challenging bits?

Mostly when patients you have been involved with don't do well. Dealing with the very sick you inevitably come across a proportion of patients that don't get better. This can be very stressful both acutely and chronically. Another big one would be the hours you work. Not the length of them but constantly changing your body clock from nights to days. They say that shift workers don't live as long, I like to think we live more hours awake.

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

I will be lynched if I don't mention the ED nurses as well as the rest of the ED family. They do a great job keeping the department running and we would be crippled without them. On a more personal level I think Dr Hilmar Kjartansson, Dr. Stuart Barrington Onslow and Dr David Knight are each inspirational in their own way.

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

Russka by Edward Rutherfurd (I've not quite finished it yet...)

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

On board the ISS (International Space Station.)

### My ultimate Sunday would involve...

A mountain bike, a sunny day and a remote single track.

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

Swede and apple soup.

### My favourite music is...

It varies, I seem to be listening to a lot of Stereophonics at the moment.

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

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



**Staff Wellbeing Programme:** Managers wellbeing workshops – registrations now open for another 10 workshops



## Staff and Family Wellbeing Survey – Taking the Pulse

Please click on the following link to complete the survey – it should take 10-15 minutes

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

The previous wellbeing survey in late 2012 provided valuable insights which helped us develop the current Staff Wellbeing Programme. By repeating the survey now, we aim to get further guidance on what support staff need.

## Wellbeing Workshops for managers/supervisors

**Note:** If you registered before midday on 9 June, please contact Lee Tuki to ensure we have your correct information (sorry for the inconvenience, due to technical issues)

[Lee.Tuki@cdhb.health.nz](mailto:Lee.Tuki@cdhb.health.nz) or ext 82855

Registrations are now open for another 10 of these very popular workshops! First two workshops are: Ashburton 19 June; Hillmorton 2 July.

For more information on what the workshop covers and details about how to register, visit the Staff Wellbeing Programme intranet page or [click here to register](#).

## Weight Watchers @ Work

Burwood – Last chance to join this group is on Tuesday 17 June.

TPMH – To ensure this starts, check out the Staff Wellbeing Programme intranet page on who to contact

## Zumba, Yoga, Pilates – check out updated information on Staff Wellbeing Programme intranet page

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

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

**Something for You - employee benefits** – new intranet page containing up-to-date information on discounted products and services for CDHB Staff

<http://cdhbintranet/corporate/EmployeeBenefits/SitePages/Home.aspx>

## Andy Hearn

Staff Wellbeing Coordinator

Canterbury and West Coast DHB

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

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



133291r Business Development and Innovation Manager

136686 Aukati KaiPaipa / Smoking Cessation Counsellor

136715 Relieving Play Specialist

136066 Workforce Transition Specialist

135202 Research Nurse ICU

136346 - Registered Nurse Paediatrics - Greymouth

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



## Anaesthetic Technician Training

Do you have a professional and friendly attitude? Want a career in HealthCare? The Anaesthetic Technician role involves assisting the anaesthetist at a multitude of sites and during all surgical specialities. Training takes up to three years whilst working rostered shifts and studying via correspondence through Auckland University of Technology. Want to find out more?

The Department of Anaesthesia will be holding an open evening for those interested in training as an Anaesthetic Technician on 10 July 2014. Spaces are limited and bookings are essential.

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

For further information and bookings please contact Nekesa Stevenson, Admin Assistant, Dept Anaesthesia, phone (03) 364 1657, email [Nekesa.Stevenson@cdhb.health.nz](mailto:Nekesa.Stevenson@cdhb.health.nz)

**VISIT CDHB.CAREERCENTRE.NET.NZ**

# Wellbeing workshops

For CDHB Managers/Supervisors

“  
The greatest  
wealth is health  
-Virgil”

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

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

Two hours to focus on YOUR wellbeing!

We are running a number of workshops in 2014 to allow you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients will also benefit.

#### Workshop Overview:

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

#### Workshop Details:

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

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

[Click here to register](#)



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

 **MHERC**  
Mental Health Education & Resource Centre

For more information contact:

Lee Tuki  
Lee.Tuki@cdhb.health.nz  
027 689 0285

Andy Hearn  
Andy.Hearn@cdhb.health.nz  
027 290 0937



The Canterbury DHB staff and family wellbeing survey has been developed to help the CDHB obtain a clearer picture of 'where staff are at' more than three years on from Canterbury's earthquakes.

The responses we receive will help identify areas where the CDHB can provide greater assistance.

*To have your say  
click on the link on the CDHB intranet or go to*

[www.surveymonkey.com/s/CDHBStaffandFamilyWellbeingSurvey](http://www.surveymonkey.com/s/CDHBStaffandFamilyWellbeingSurvey)

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

Date: Tuesday 17 June 2014, 12:30 pm – 1:30 pm

Venue: Beaven Lecture Theatre, 7<sup>th</sup> Floor, University of Otago, Christchurch School of Medicine Building

### “Treatment and Classification of Personality Disorders”

Presenter: Professor Roger Mulder

Chaired by: Professor Richard Porter

#### Special notes

- These meetings are held on a weekly basis (except during school holidays). A light lunch will be served at the School of Medicine venue from 12 noon.
- Psychiatrists can claim CME for attending these meetings.
- The sessions will be broadcast to the following sites:  
For TPMH attendees the venue is the Child, Adolescent & Family Inpatient Unit, Ground Floor. Access is from the main reception at TPMH.
- For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital
- The dial in address is: Psych Med Grand Round.
- If you have difficulties dialling in please call **0800 835 363** to be connected.



### Community Education Seminar - June 2014 (Morning)

#### RESPIRE CARE AND DEMENTIA

A panel will provide a range of perspectives on respite care

Panellists are Carol Mechaelis, Registered Nurse, Psychiatric Services for the Elderly, Donya Nee from Admatha and Avonlea Dementia Care and a family member.

There will be time for questions.

Everyone welcome

Date: Wednesday 25 June 2014

Time: 10.30am – 12 noon

Venue: Alzheimers Canterbury, 314 Worcester Street, Linwood, (Between Fitzgerald Ave & Stanmore Rd)

T 03 379 2590  
E [admin@alzcanty.co.nz](mailto:admin@alzcanty.co.nz)  
[www.alzcanty.co.nz](http://www.alzcanty.co.nz)

Making life better for all people affected by dementia  
Kia piki te ora mo ngā tāngata mate pōrewarewa



**ARTHRITIS**  
NEW ZEALAND

KAIPONAPONA AOTEAROA

## Do you have arthritis in your hands or feet?

This seminar will help you manage your condition!

**Wednesday 25 June**

**Church Lounge, Oxford Terrace Baptist Church**  
288 Oxford Terrace (corner with Madras Street)  
Christchurch

1.00 pm – 3.00 pm

**Speakers: Anne Owens, Hand Physiotherapist & Rachael McByrdie, Podiatrist**

Please register by Tuesday 24 June. For further information or to register, phone 0800 663 463 or 03 366 8383.

Supported by Canterbury District Health Board. No charge to attend, but Arthritis New Zealand welcomes donations.

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

# St John Day

## 24 June

A day for celebrating all that is  
**good and kind**



Celebrate St John Day by showing kindness  
or by doing a good deed! It might be for  
your neighbour, friend, colleague  
**OR** a complete stranger.



For inspiration please contact the South Island Customers and  
Services team on 353 7110 x 3268 or email Karlana Manuel on  
[Karlana.Manuel@stjohn.org.nz](mailto:Karlana.Manuel@stjohn.org.nz)

# Access 2015

Disability support in tertiary education

*The University of Canterbury is pleased to invite students, parents/whanau and disability, learning, careers and transition staff to...*

## Access 2015

An information event on disability supports available at the University of Canterbury, Lincoln University and Christchurch Polytechnic Institute of Technology. Includes hearing from 3 students and their experiences with disability support.

**Wednesday, 2<sup>nd</sup> July 2014**

4.15pm – 5.30pm, DA03 Dovedale Village, College of Education,  
Dovedale Avenue, Christchurch

NZSL Interpreter will be available and light refreshments provided  
RSVP by Friday 27<sup>th</sup> June to [nicola.mcdonald@canterbury.ac.nz](mailto:nicola.mcdonald@canterbury.ac.nz) or  
phone 03 364 2987 extn 4959



## The Youth Collaborative 6<sup>th</sup> Annual Hui

**REGISTER NOW!**

**Early Bird Specials available now**



**Youth Collaborative**

**6<sup>th</sup> Annual Hui**

*Connections: Developing Youth Wellbeing across all*

*Sectors*

*Thursday 10<sup>th</sup> & Friday 11<sup>th</sup> July 2014*

*Lincoln University, Christchurch*

*Pre Hui Research Workshop*

*Consilience: Create an integrated framework to*

*further research on youth well being*

*Wednesday 9<sup>th</sup> July 2014*

*Lincoln University Christchurch*

### Youth Collaborative 6<sup>th</sup> Annual Hui

**Connections:** Developing Youth Wellbeing across all Sectors

**Thursday 10<sup>th</sup> & Friday 11<sup>th</sup> July 2014**

**Lincoln University Christchurch**

*Invited speakers and interactive workshops will facilitate meaningful connections across all sectors working with NZ youth*

*Who should attend: Anyone whose work affects young people*

*Please go online to find your registration form, Hui programme and more information*  
[www.collaborative.org.nz](http://www.collaborative.org.nz)

### Pre Hui Research Workshop

**Consilience:** Create an integrated framework to further research on youth well being

**Wednesday 9<sup>th</sup> July 2014**

**Lincoln University Christchurch**

*This pre hui research workshop is intended for researchers and those interested in research on youth wellbeing and will focus on creating a cross-sectorial strategy for youth wellbeing research in New Zealand*

*Please go online to find your registration form, Hui & Consilience programme and more information*  
[www.collaborative.org.nz](http://www.collaborative.org.nz)

Proudly Supported by the Canterbury Youth Workers Collective and the DIA Youth Worker Training Scheme



Te Tari Takekōwhiri

South Island Patient Information Care System

# Show & Tell



## The South Island Patient Information Care System is coming to Canterbury DHB

The South Island Patient Information Care System, in partnership with Orion Health, is running a series of demonstration workshops throughout the region's five DHBs.

We would like to show you how the South Island Patient Information Care System will become our regional, single portal solution for the day to day management and administration of the patient journey, and how it will transform the way healthcare is delivered for the future. Please join us at...

### Canterbury District Health Board: four sessions

**At Ashburton on Thursday, 12 June**  
Session time: 10:30am-12:00pm  
In Museum Meeting Room,  
15 Elizabeth Street

**At Burwood Hospital on Tuesday, 17 June**  
Session time: 09:30-11:00am  
In Marshlands Room

**At Christchurch Hospital on Tuesday, 17 June**  
Session time: 2:00-3:30pm  
In Oncology Lecture Theatre

**At PMH on Tuesday, 24 June**  
Session time: 12:00-1:30pm  
In Hakatere / Rakaia Rooms, PMH

In agreeing a collaborative regional direction, the South Island DHBs have committed to a *best for people, best for system* alliance framework to negotiate a way into the future.



West Coast District Health Board  
Te Puhi Hauora o Rotorua Tei Puhi

Canterbury  
District Health Board  
Te Puhi Hauora o Wairarapa



Nelson Marlborough  
District Health Board



South Canterbury  
District Health Board



The Canterbury Medical Research Foundation  
proudly presents

*The 2014 Athol Mann Lecture*

*“The Future of Health Depends on  
Delaying the Ageing Process”*

Professor David Le Couteur

David Le Couteur is Professor of Geriatric Medicine at the University of Sydney, Director of the Centre for Education and Research on Ageing (CERA), Director of the Biogerontology Laboratory of the ANZAC Medical Research Institute and Senior Staff Specialist Physician in Geriatric Medicine at the Concord RG Hospital in Sydney.

His research is translational gerontology, spanning from biogerontology (nutrition, liver pharmacology and physiology, liver endothelium and ageing); clinical research (geriatric pharmacology and the application of evidence based medicine to older people) and epidemiology (chief investigator and pharmacoepidemiologist on the Concord Health and Ageing Male Project CHAMP).

Please join us at 5.30pm at the Rolleston Theatre,  
Christchurch Hospital  
24th July 2014

*Complementary refreshments will be served*



# Health Care Team Challenge (HCTC)

## Come and support us.....



Our patients need multi-professional teams that know how to work together and watch out for the patient and each other.



Four interprofessional teams will compete to show us how

3.45 to 5.30 Wednesday 18<sup>th</sup> June  
Beaven Lecture Theatre  
(7<sup>th</sup> floor Medical School)

...ARTIST DOCTORS PRESENTS...



# PROMS

25 YEAR ANNIVERSARY

WE ARE CALLING FOR PERFORMERS  
TO TAKE PART IN THIS YEAR'S  
VARIETY CONCERT

4TH OCTOBER 2014

Singers, dancers, comedians, soloists, groups, instrumentalists  
- Get your act together!

To find out more contact Ros McCarthy on 364 1104,  
mobile 027 353 2639 or email us at [enquiries@artistdoctors.org.nz](mailto:enquiries@artistdoctors.org.nz)

[WWW.ARTISTDOCTORS.ORG.NZ](http://WWW.ARTISTDOCTORS.ORG.NZ)

