



Gearing up for a busy 2019

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Welcome to the first CEO Update of 2019. For those of you who have been with friends or family over Christmas or away on holiday, I hope you had a safe, relaxing time, and have returned feeling recharged. I know that many of you continued to work over the Christmas/New Year break, which was a particularly busy time for a number of our departments and units. I want to acknowledge and thank those of you who worked through the holidays, continuing to help and support people when and where needed – something that, while often rewarding, can also bring its own stresses and challenges.

Everyone has different ways of responding to stress, and sometimes it takes a new way of thinking to minimise or manage this. The Mental Health Foundation has a number of resources on how to [minimise and manage workplace stress](#), including understanding and managing the physiology behind the stress response, ideas on how to resolve issues by focusing on solutions, and how you can 'switch on' your relaxation response through basic breathing techniques. I'd encourage you to take a look at these if you or someone you know has been finding things stressful. And remember that you can also access free confidential support through [EAP](#) and [Workplace support](#).

Canterbury's integrated health system being modelled by the NHS

A number of organisations and local authorities under the wing of the United Kingdom's National Health System (NHS) in South Tyneside, North East England, have been changing their ways of working by following the example of Canterbury, crediting our integrated health system as one of the best in the world.

Canterbury DHB has had a strategic partnership with colleagues in South Tyneside for the past four years, sharing what has worked well for us here, and how this could be applied in a northern-hemisphere context. The NHS was attracted to our approach because of the way our health system has moved away from a silo mentality and being organisation-centred, towards a collaborative, whole system way of working where the person is at the centre of all we do.

The Canterbury Health System has a joint vision of health and social services focused on people. This is enabled

through work with our clinically-led alliance partners (Canterbury Clinical Network), and we work with them to improve health outcomes for our shared population. It is also reflected in the Canterbury Health System Outcomes framework. The NHS's work in South Tyneside's health system involved creating its own alliance framework – one where providers collaboratively plan and make decisions – which it has set out in its alliance charter. Its Alliance Leadership Team is continuing to do the necessary work to put in place the behaviour and culture changes needed for this new way of working.

To support General Practice teams, the South Tyneside also implemented its own version of [HealthPathways](#) an online resource that was first developed in a partnership between Canterbury DHB and Streamliners. HealthPathways has been widely used by GPs since it

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launched in South Tyneside, and other health and social care staff in the area have also been given access to the site.

Click on the following link to read the [full story on South Tyneside's health system transformation](#).

Government's 2019/20 expectations for district health boards announced

Every year, DHBs and their subsidiary entities receive a [Letter of Expectations](#) from the Minister of Health, who sets out the Government's expectations for the public health sector. This includes fiscal responsibility, building a strong and equitable public health and disability system, improving mental health and addiction care, improving child wellbeing, improving rural health, and leading by example in terms of public health and the environment.

The Minister's priorities fit within our own mission statement, which is to improve, promote and protect the health of the people in the community and foster the wellbeing and independence of people who experience disabilities and reduce disparities.

One of the Government's focuses is on achieving health equity for Māori and meeting our Treaty of Waitangi obligations, and addressing key areas of unmet need, especially for Pasifika peoples and other population groups with poorer health outcomes – this is something that Canterbury DHB takes very seriously so expect to read more on this in the near future.

Part of achieving the Government's goal of a strong and equitable public health and disability system involves having the necessary infrastructure in place not only for treating patients/outpatients and making buildings accessible for people living with a disability, but also educating and training those wanting to enter the health workforce. Last year was a big one for us in terms of opening a range of new facilities. The first was our purpose-built Outpatients building, followed by Manawa – the purpose-built health education and research facility being occupied by the University of Canterbury, the ARA Institute of Canterbury, and Canterbury DHB. Both of these facilities put us in a strong position in terms of continuing to provide world-class care, as well as collaborative nursing, medical and allied health education training.

This year, we expect the new Christchurch Hospital Hagley (Acute Services building) to be completed with migration planned to coincide with a September occupation (subject to the current building construction staying on track).

This will be one of the largest hospital migrations ever undertaken in NZ. The Akaroa Health Centre Te Hauora o Rākaihautū is expected to be completed mid-2019, providing Akaroa residents with General Practice team services, including four flexibeds and eight aged residential care beds. Design work will be continuing on facilities for Mothers & Babies, Eating Disorders, High & Complex Care and Child & Youth, along with the new energy centre at Christchurch Hospital.

One of our top priorities, as well as the Government's, continues to be mental health and addiction care. To help address the growing mental health needs of people in Canterbury, the development of an indicative business case to support a new adult acute inpatient unit at Hillmorton will commence during the year. The Mental Health and Addiction Inquiry recommendations that were released last year are being considered by the Government, and we will begin implementing the Government's response to the recommendations in due course.

As the Minister points out, improving equity and wellbeing, integrating health care, and delivering the best care to our population is only possible with strong cross-sector collaboration. As the story about South Tyneside shows, we are already seen by others as a good example of what an integrated health system looks like. Of course, there are still many ways we can improve and we will continue to face numerous challenges this year, but I look forward to moving ahead and continuing to do all we can to provide quality health care to the people of Canterbury.

Haere ora, haere pai
Go with wellness, go with care



David Meates
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. Please note the deadline for story submissions is midday Thursday.

If you're a non-staff member and you want to subscribe to receive this newsletter every week please [subscribe here](#).



Bouquets

East Adult Community Psychiatric Service

I'm forever thankful to have had specialist help with several visits into Hillmorton Hospital at various times during my illness to repair the damage. I really am thankful to you all as I can hold down employment, pay off a mortgage, enjoy walking up the Rapaki track on a regular basis, enjoy family and friends, and be in a happy marriage.

Convalescent Unit, Rangiora Health Hub

I welcome this opportunity to speak of my feelings towards my experience at Rangiora Hospital. I sincerely hope you do not change a thing as I have never before experienced such love, care, respect and healing energy as I have been given here. It has made such a difference to my self-confidence and healing process. It is good to know that some things in this day and age are not negative and I hope this service to humanity continues to grow.

Christchurch Opioid Recovery Service

The service has been an absolute shining light in my recovery. It stands out in my 10-plus years of recovery as the only service that really made a difference for me. Three main things have stood out to me as major factors in my recovery. Firstly, the speed at

which you operate. It was a matter of weeks between me calling the central coordination and being placed on the suboxone programme. Secondly, all of your staff's caring and non-judgemental attitudes. I'd especially say that you have all, including the admission team and Shelley Higgins, treated me with dignity, respect, caring and really taken a personal interest in my life. That is a huge part of helping people in recovery. Lastly, your flexibility and efficiency ... When I have no meds or scripts for stat days I know I can call you and not be made to feel like an inconvenience, that the meds will be sorted, and I will be notified. You guys excel and without that I may very well have relapsed ... Good on you all, you do a terribly hard job extremely well. I owe you my sobriety, and very likely my life and liberty too.

Ward 18, Christchurch Hospital

Love all the Christmas lights and decorating, you guys do a fantastic job. A huge thank you to all the team.

Ward 23, Acute Medical Assessment Unit (AMAU), Christchurch Hospital

The nurses, doctors and everyone in Ward 23 and AMAU are the most awesome people. The meals were also great. Thanks to all the Māori chaplains who were involved in my care. I thank them all from the bottom of my heart.

Ward FG (Spinal Unit), Burwood Hospital

Unbelievable awesome place, biggest bunch of the nicest people I've ever met. So very thoughtful and helpful. I hope the people working here (all of them) are recognised for their absolute passion for caring for broken people. Brought me to tears to be so helped since I suffered a minor spinal cord injury.

Ward 27, Christchurch Hospital

To Jess, Helen, Mani and all the staff on Ward 27. Thank you for the care, it is appreciated very much by myself and my family.

Gynaecological Ward

I felt compelled to leave this feedback as my stay in Christchurch Women's Hospital surpassed all expectations. From when I first met Professor Sykes to the day I left I was made to feel like your number one priority. Your team worked so hard and I witnessed them all under pressure but still delivering the very best care. There are some specific nurses I would like to mention and they are Victoria, Ann-Marie, Gayle and Jan who were exemplary. I would also like to commend the younger nurses who are at the beginning of their careers who blew me away with their attentiveness and care. Lizzie, Sarah and Nicky, I can't thank you enough for such a wonderful experience during a difficult time for me. Well done.

Shahid Mehmood, North Adult Community Psychiatric Service and North Inpatient Unit

A consumer's father was exceptionally impressed by the quality of the Specialist Mental Health Service in Christchurch, outpatients and inpatients, and in particular Dr Mehmood's handling of all aspects of the admission and review processes. He was very thankful for this, as was the consumer.

Ward 28 and Neurosurgery, Christchurch Hospital

The doctors and nurses were absolutely fantastic, 100 per cent professional, very helpful, informative and made my stay so much easier to deal with. A very heartfelt thank you to the surgeon and operating staff, and a very special thank you to all of the men and women of Ward 28 for their care of me during my stay. I was very nervous about being in hospital for the first time and they all did above and beyond what I had been expecting. What a fantastic bunch of people, day staff and night staff.

Emergency Department (ED), and Ward 18, Christchurch Hospital

I was in very good hands, with nurses Abbie and Kelsie being the two stand-outs. These ladies were great listeners, and provided tremendous comfort, support and encouragement. My days in Ward 18 were made a lot easier thanks to the support and care I received and I do believe the length of my stay was reduced as a result. I am well on the road to recovery at home now and sincerely appreciate the care I received.

Dannie, Emergency Department (ED), Christchurch Hospital

I was admitted to ED via ambulance. A lovely nurse arrived and introduced herself as Dannie. She is from Washington State. I want her to know how much I appreciated the care and attention she paid me. Can you please let her know how grateful I am. Nurses like this are worth their weight in gold.

Christchurch Hospital (abridged)

I sincerely wish to congratulate all your staff at Christchurch Hospital, with a special thank you to your brilliant young doctors. I have been a patient in your hospital probably four times ... and have had outstanding service. Once again I commend your hospital and its brilliant doctors and can't thank them enough for their professionalism.

Patient Enquiries Phone Operator, and Ward 20 nurse

I'd like to compliment the telephone operator at Patient Enquiries and my elderly aunt's nurse, Alex, in Ward 20 for their helpfulness when I rang from New Plymouth. It was wonderful to be able to talk to my aunt briefly and be reassured by Alex before I did so.

Nurses on Ward 16, Christchurch Hospital

Thank you so much for being shining lights in what has been a very scary and unexpected time for our family. My Dad has been in there for a few days now and every time a nurse has come to visit they are always positive, upbeat, professional and kind. They have taken their time to explain things to us in a way we can understand. Not only have they cheered him up by being around with their great personalities, but they have also cheered us up. We are so appreciative of the selfless work you do and how you do it all with a big smile and positive energy.

Gynaecological Ward

A very big thank you to my nurses Sarah, Catherine and Lesley who took such good care of me during my recent stay. Also thank you to Annie who always made sure I had a meal choice and always greeted us with a smile. Dr Chelsea, Dr Cole and Dr Sharon were all wonderful and explained everything, answered my questions thoroughly, and made me feel comfortable about the treatment plan and follow up. I can't thank you all enough for putting my mind at ease.

Helen, Neonatal Unit

It's been such a hard and stressful experience but Helen has made this experience turn around by being so wonderful, and reassuring us that our baby is in the best care possible. She has done all she can to comfort and help us no matter what and has made us feel so welcome and better about the situation. We don't know how to thank her enough.

Child Acute Assessment Unit, Christchurch Hospital

The play nurse was amazing and made our whole experience much better.

Shuttle Service, Christchurch Hospital

We wish to say thank you for the hospital shuttle service. We have used it many times and are very grateful for the service. The drivers are wonderful, particularly the women drivers. The shift to the council carparks was a big improvement.

Neonatal Unit

The receptionist was so lovely, helpful and caring towards my partner and me. One of the nicest ladies I've ever met, thank you so much.

Maternity Ward, Christchurch Women's Hospital

Great staff and service, thanks so much for delivering our boy. Very helpful and knowledgeable for our first child. Sympathetic and very patient-first approach.

Gynaecology Ward

My daughter was admitted, first to surgical, then to Christchurch Women's Hospital. Coming from another DHB hospital which we have attended many times, can I say that the level of care we received was above and beyond any level of care my daughter has ever received in the last four years with endometriosis and other issues. Rather than just medicating her up on painkillers and releasing her with a label of "it's just your endo pain",

the team carried on til a solution was found. Although it is not your role to take care of me, the nursing staff on the Gynaecology Ward looked after me with cups of tea and biscuits which, being alone a long way from home, helped me deal with things a lot more.

Big thanks to all the team and keep up the good care which is what it's about.

Hysteroscopy Clinic

From the moment I arrived at the clinic I was welcomed by the amazing ladies in reception. Pauline, my nurse, was

beautiful and happy to give me some quit smoking info. Maria and Christina made me feel very comfortable throughout my procedure. Well done to the Hysteroscopy Clinic – these ladies are an asset to the hospital.



The Library

Browse some of the interesting health-related articles doing the rounds.

["Keeping fit: how to do the right exercise for your age"](#) – A simple guide outlining the best ways to maintain your strength and fitness at any age. From *The Conversation*, published online: 3 January 2018.

["New AI can detect urinary tract infections"](#) – Urinary tract infections are one of the most common reasons for patients living with dementia to be hospitalised. This study from the University of Surrey uses machine learning algorithms to identify UTI symptoms so they can be treated early to avoid hospitalisation. From *Science Daily*, published online: 16 January 2018.

["Earthquake brain: Impairment of spatial memory following long-term earthquake-related stress"](#) – This study looks at how information may be processed differently in people who developed post-traumatic stress disorder after an earthquake compared with those who didn't. Preliminary evidence suggests that the trauma (exposure) itself rather than the presence of post-traumatic stress disorder can affect aspects of neuropsychological functioning. From *Australian & New Zealand Journal of Psychiatry*, published online: 27 July 2018.

If you want to submit content to **The Library** email communications@cdhb.health.nz.

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** www.otago.ac.nz/christchurch/library
- › **Phone:** +64 3 364 0500
- › **Email:** librarycml.uoc@otago.ac.nz.

Facilities Fast Facts

Goodbye Hagley Outpatients, hello Rangiora Health Hub

It's been all go on the corner of the hospital grounds bordering Riccarton Ave and Hagley Park over the past two months as the old Hagley Outpatients was deconstructed and trucked away.

The building, which included a two-storey section and a single storey, was designed and built in 2012 in a way that would allow it to be dismantled easily once the new Christchurch Outpatients building was complete and in use. Once it was no longer needed, the single-storey section was always going to be relocated to create an extension to the Rangiora Health Hub. Surplus to Canterbury DHB requirements, the two-storey section was sold to a third party following a tender process.

The section destined for Rangiora was cut into five pieces, and early Saturday morning, these sections were transported over the Waimak Bridge to their new home at the Health Hub. The sections will be joined together while still on the back of the trucks and then lowered as a complete building onto the foundations, which include 196 piles. Once in position, minor alterations will be required to make the buildings fit for purpose.

The new use for the buildings includes Public Health Nurses, Social Workers, Rural Adult Community Services, Adult Community Therapy Services, Community Mental Health, Child and Family Rural Service from Hillmorton and other minor services.

Hagley Outpatients being cut into pieces and sections transported to Rangiora Health Hub

Brendon Groufsky says that nothing from the building was wasted. "The building was designed to be deconstructed and reused. Nothing went to the landfill – everything is being reused."

Once the remaining section is removed on Monday, diggers will arrive on the old Hagley Outpatients site ready to dig out the foundations and leave the site flat and clear for hand over for the next stage of work needed to complete the Acute Services building.

Watch a [time lapse video of the building being built in 2012](#) and [another of it being deconstructed and trucked off to another life in January 2019](#).



BETTER TOGETHER

Destination Outpatients



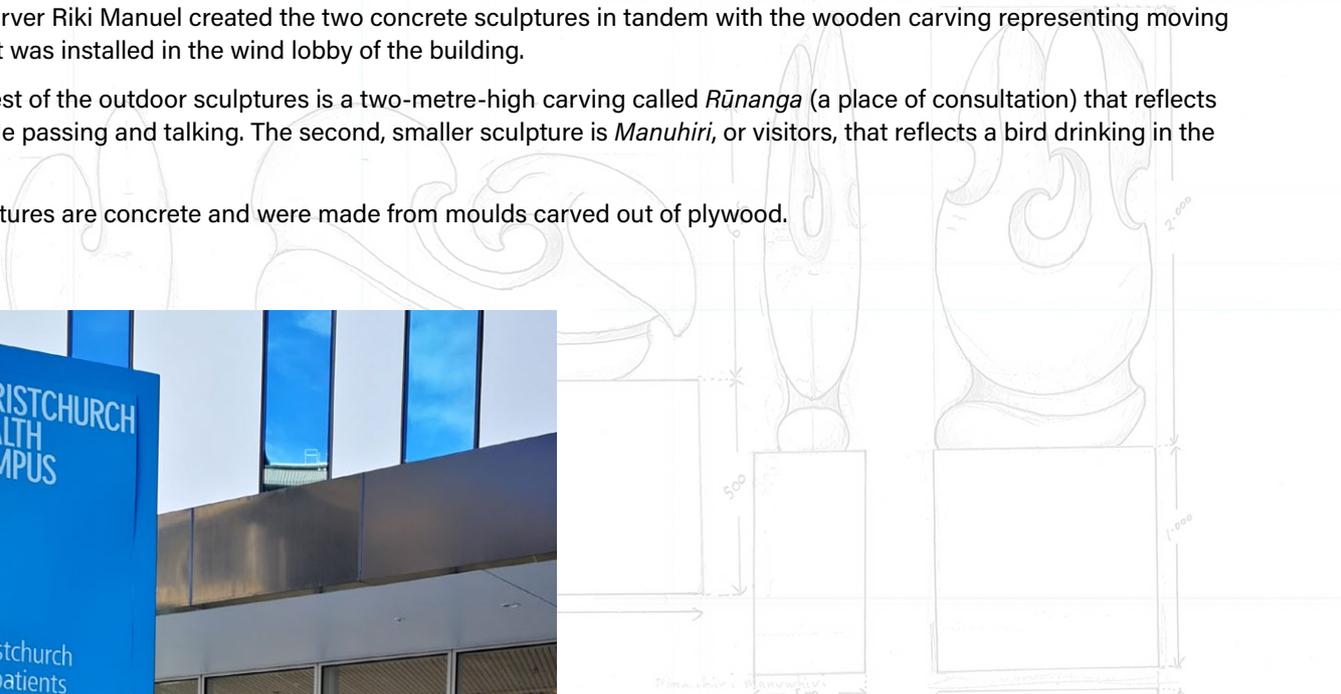
Outpatients sculptures add finishing touch

The finishing touch to the new Christchurch Outpatients has been made, with two sculptures now in place in the gardens outside the building.

Master carver Riki Manuel created the two concrete sculptures in tandem with the wooden carving representing moving water that was installed in the wind lobby of the building.

The biggest of the outdoor sculptures is a two-metre-high carving called *Rūnanga* (a place of consultation) that reflects two people passing and talking. The second, smaller sculpture is *Manuhiri*, or visitors, that reflects a bird drinking in the river.

The sculptures are concrete and were made from moulds carved out of plywood.



Manuhiri – a sculpture representing a bird drinking in the river



Rūnanga is a sculpture of people passing each other and talking together



Cloud migration and why it matters

'Cloud' is a term that's often talked about in relation to IT solutions. Cloud computing is a type of internet-based computing where different services such as servers, storage and applications are delivered to another organisation's computers and devices through the Internet. Essentially, these services are saved 'offsite' rather than on your onsite work/personal computer's memory, and into a cloud computing provider's server/s. Think of software programmes such as Dropbox, Google Drive and Apple iCloud where you're able to save files, but you access them on any device, be it on your phone, your laptop, and/or your desktop computer.

Moving data, applications or other business elements to a cloud computing environment is referred to as cloud migration. Some of the benefits include:

- › Providing more assurance around data recovery and business continuity planning. In a natural disaster, power failure or other crisis, having data stored in the cloud ensures it is backed up and protected in a secure and safe location, allowing users to access it quickly with minimal downtime or loss of productivity.
- › Access to automatic updates, meaning systems can be regularly updated with the latest technology, such as up-to-date versions of software and servers.

- › Its ability to adapt to operational and storage needs quickly. With an offsite cloud computer service provider handling purchases and installation of upgrades, businesses can expect to gain more time for standard activities or innovation projects.
- › The potential to reduce operating costs by minimising the cost of managing and maintaining IT systems. Rather than purchasing expensive equipment, users can access the resources of the cloud computing service provider.



What does this mean for Canterbury DHB?

ISG started exploring cloud options late last year, with a goal to start moving some of our services to a hybrid cloud solution in 2019. It is also a core component of our new Microsoft Licenses and is already in use for a number of services, such as Max.

Cloud is not a destination – it is an experience that is all about delivery of services to the business. With this in mind, ISG will be engaging with different business units to understand what this means for them.



On Behalf of the Committee

The Maui Collective

This week, we introduce Independent Chair of the Maui Collective, Janice Donaldson. What does the group do, exactly?

The Maui Collective provides a platform to strengthen the capacity and influence of Māori and Pasifika providers who deliver services for the Canterbury DHB, and ensure Māori and Pasifika people in Canterbury have access to the best possible services.

In addition, the Maui Collective welcomes contact with health system providers who want to engage on how to improve their services to Māori and Pasifika people.

"The providers are keen to ensure Māori and Pasifika people in Canterbury have access to the best possible services. They also want to influence services throughout the rest of the system that recognise and respond to the diverse needs of Māori and Pasifika and help improve health outcomes," Janice says.

The collective meets monthly to discuss issues, including workforce development (current priorities are evaluation, supervision and cultural development), and to meet with mainstream services who are looking for cultural input into their service development and responsiveness.

Recommendations are implemented by the group individually and/or collectively.

"What I like about chairing this committee is that I have the opportunity to assist health providers with facilitating positive change. It's heartening to be with people wanting to make a difference to the communities they work with," Janice says.

To get in touch with the committee, you can approach any of the members, send a message to any of the providers, or send an email to committee chair [Janice Donaldson](#).

Members

Canterbury DHB [ex officio members]	Hector Matthews, Ngaire Button
Etu Pasifika	Amanaki Misa
He Waka Tapu	Jackie Burrows, Tanith Petersen, Huata Noa
Kaupapa Māori and Pacific Island Shared Services Clinical Co-ordinator	Elly Grant
Manawhenua ki Waitaha	Wendy Dallas Katoa
Mokowhiti Consultancy	Cazna Luke
Nga Maata Waka	Andrew McHutchison, June Swindells
Poutini Waiora	Carl Hutchby
Purapura Whetu	Karaitiana Tickell, Dean Te Hae
Rehua Marae	Richard Milner
Tangata Atumotu	Carmen Collie
Te Ha o Te Ora	Trescia Lawson
Te Kakakura	Karen Hubbard
Te Puawaitanga	Alison Bourn
Te Tai o Marokura	Riria Allen



The Maui Collective from left, Ngaire Button, Andrew McHutchison, Janice Donaldson, Huata Noa, Wendy Dallas-Katoa, Hector Matthews, Amanaki Misa, June Swindells, Dean Te Hae, Alison Bourn, Antonio Filimoehala, Elly Grant

New Year Honours recipients

Four people working in health in Christchurch have received New Year Honours.

Lincoln Community Dental Clinic Dental Therapist Liz Haylock was awarded a Queen's Service Medal (QSM) for services to the Returned Services Association (RSA) and the community.

Eleanor Bodger, a former Canterbury DHB social worker who established Eldernet was honoured with a Queen's Service Order for services to seniors.

Surgeon Philip Bagshaw, former head of the Department of Surgery in Christchurch, who established the Canterbury Charity Hospital, was awarded a Companion New Zealand Order of Merit for services to health, and Canterbury DHB Director of Service Improvement Brian Dolan was awarded an OBE in the United Kingdom's New Year Honours List 'For services to nursing and to emergency care.'

Liz has been Secretary/Treasurer of the Banks Peninsula RSA branch for 19 years and has helped organise the Akaroa and Little River ANZAC Day services.

She introduced an annual mid-year social function for RSA members as well as organising the annual Christmas dinner for veterans.

Liz took the lead on the establishment of a Field of Remembrance at the Banks Peninsula War Memorial grounds, fundraising, and researching the service details of the 104 names on the war memorial to create individual white crosses. She established a War Memorial Register for the Banks Peninsula area.

Eleanor and a colleague established Eldernet in 1997, an online database and directory of services for older people, their families, and those working in the aged care sector.

Eldernet provides directories of rest home and retirement villages, and home help services. Its industry blog and newsletter link readers to news, events and insights affecting health, retirement and aged care choices, while encouraging participation in local communities.

In 2007 Eleanor purchased Care Publications and published a series of handbooks for older people which are available in five regionalised editions and updated every 20 months.

Eldernet and Care Publication's information services are free of charge. Eleanor is a volunteer with the New Brighton Pier and Foreshore Society Association and a panel member of ACC's Customer Advisory Panel for Older People.



Eleanor Bodger



Liz Haylock

Phil was a member of the Canterbury DHB Board, is a past Chair of the New Zealand branch of the Royal Australasian College of Surgeons and the Council of Medical Colleges in New Zealand, and was appointed to several Ministry of Health committees.

He held a number of academic positions at the University of Otago, Christchurch, School of Medicine, including an associate professor role and was head of the Department of Surgery for five years from 1992.

Phil helped found the Academy of Endosurgery Trust. He was an initiator of the internationally recognised Laparoscopic Colorectal Cancer Study.

He chaired the Scientific Assessing Committee for the Canterbury Medical Research Foundation and has led or contributed to research on gastric mucus, Helicobacter Pylori infection, and secondary elective health care.

As President of the New Zealand Society of Gastroenterology he led a proposal for the establishment of a National Liver Transplant Unit.

Phil chaired the New Zealand Liver Transplant Advisory Group for 15 years. He was a key driver of the establishment of the Canterbury Charity Hospital, chaired its Trust from 2004, and remains a volunteer specialist General Surgeon.



Phil Bagshaw

Brian is Visiting Professor of Nursing at the Oxford Institute of Nursing, Midwifery and Allied Health Research (OxINMAHR) and Honorary Professor of Leadership in Healthcare at Salford University. He is also Director of Service Improvement for Canterbury DHB.

He has written and/or edited seven nursing books, including one published last month, *A nurse's survival guide to leadership and management on the ward*.

He created and leads a global social movement called #EndPJparalysis, to encourage patients to get up, dressed and moving while in hospital. Brian led a 70-day campaign across Britain's National Health Service last year which saw more than 700,000 patients mobilising across the United Kingdom and which led to reductions in falls, pressure ulcers and even the length of stay through the prevention of deconditioning.

Brian is a dual-qualified psychiatric and general nurse and most of his clinical career was in emergency care as well as in academic general practice as a research fellow in the A&E Primary Care Service, King's College Hospital, London.

For five years he was a script advisor for the BBC television programme *Holby City*.



Brian Dolan

Working together towards Smokefree Aotearoa 2025

For the last 17 years the Aranui Community Trust Incorporated Society has presented AFFIRM, an annual family festival that celebrates the Aranui community and whanaungatanga (relationships), and promote services that encourage a healthy lifestyle or provide employment, training and career opportunities.

Te Hā - Waitaha Stop Smoking Canterbury hosted a table at the event in December last year to raise awareness of the services it offers to help people in Canterbury become smokefree.

"Taking part in AFFIRM was an amazing day filled with aroha, manaakitanga (hospitality) and whanaungatanga," says Maraea Peawini, Team Lead from the Te Hā - Waitaha Stop Smoking Canterbury Service. "The team welcomed the chance to talk with the Māori and Pasifika community about what would help them to become smokefree, how they would prefer we engage with them and what sort of support would work best for them."

Smokers and non-smokers were invited to fill in a survey to help capture these ideas.

Questions focused on finding out the:

- > reasons to be smokefree
- > support people preferred to help them go smokefree
- > products they'd use versus going cold turkey.

The top reasons for smokers to quit were the health (35%) and financial benefits (15%), while non-smokers identified health (29%) and increased energy (15%). (Note it is possible the non-smokers included people who have become smokefree).

In terms of support, face to face support was most popular in both groups, with the smoking group preferring this support to be 1:1 individual.



The Te Hā - Waitaha team at the AFFIRM festival in Aranui

Evidence indicates a person is much more likely to successfully stop smoking when behavioural support and pharmacotherapy (stop smoking products) are used together. The team asked participants what their preferred product is versus going cold turkey – the majority chose patches, gums and lozenges, followed by e-cigarettes. Going cold turkey was still a firm favourite, coming in equal second with e-cigarettes.

Mitchell Jordan, Health Promoter from the Smokefree ABC team, says, "Evidence shows stop smoking services are the most effective way for a person to quit. This is because they combine behavioural support with access to specific products that make it much easier. The results from our survey and discussions on the day will help inform how we work on delivery for this area."

For more information about the support Te Hā - Waitaha Stop Smoking Canterbury offers, visit www.stopsmokingcanterbury.org.nz or phone 0800 425 700.

Your Big Shout Outs have made a difference!

Over three weeks in December, staff wellbeing project the Big Shout Out saw more than 13,000 messages of thanks sent and received by our people from Canterbury and West Coast DHBs. Our DHBs also received a very special Big Shout out from Health Minister David Clark – which you can watch [here](#).

The Big Shout Out is designed to celebrate and acknowledge the people and teams who bring something special to our workplaces. And with 13,000 messages sent and received, well, that's a lot of special!

Whether you sent one shout out or 10, we want to say thank you for taking the time to recognise your colleagues. The Big Shout Out is an important part of Care Starts Here, your workplace wellbeing programme.

Because it's your programme your feedback is important. So if you have

any suggestions, questions or think your Big Shout Out may have been missed, please get in touch with us by emailing: carestartshere@cdhb.health.nz.



**Remember to
be SunSmart**



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa



Slip, slop, slap and wrap!

United effort gets hospital patient to her grandson's wedding

It wasn't looking good for Ruby Loughhead to make it to her much-loved grandson's wedding.

Ruby was a patient in Ashburton Hospital and was not ready to be discharged until after the milestone family event. She was determined to do all that she could to be there, but the 84 year old was feeling dejected at the prospect that she was unlikely to see her grandson Dale and his fiancée Ingrid take their marriage vows.

Enter the Multi-Disciplinary Team in Ward 2 at Ashburton Hospital who decided to pull out all the stops to ensure Ruby could join the celebration.

The team of fabulous nurses, physiotherapists, social worker, occupational therapist and medical team worked together, and with Ruby's family, to ensure her clinical needs were met, equipment was in place and safe transfer procedures practiced to enable Ruby to be present on the big day.

After an overnight stay in respite care close to the wedding venue, Ruby returned to Ashburton Hospital a little tired but brimming with joy that despite all of the obstacles she was able to be with her family for the celebrations.

The newlyweds were delighted Ruby was able to share the special day with them and expressed their gratitude for the huge effort she made to be there. Ruby was beaming with pride as she told staff about the joy of the day and thanked the team for all they did to help her achieve her goal.



From left, Enrolled nurse Fiona Prescott, Ruby Loughhead, Physiotherapist Elizabeth Staite and Social Worker Emily Pipe



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Canterbury
District Health Board
Te Pouni Heaione o Wairarapa



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Neonatal Men's Shed brings comfort to fathers during a difficult time

The Neonatal service recently launched the Neonatal 'Men's Shed', a place set aside for fathers to access information and resources.

The birth of a premature or unwell baby results in the need for a neonatal admission, a period of stay and separation from the family. This ushers in a period of uncertainty and stress for parents.

As a service, the Neonatal team wants to continue to work and build upon its partnership in care with its parents and their wider whānau, to reduce their stress and to support them on their journey so that they feel included and empowered in their baby's care and decision making and confident parents by the time they leave the NICU with their baby/babies.

Family integrated care is a model of care that the Christchurch Hospital NICU launched in early 2018 and over the past year staff have been working away on a number of initiatives to enhance and promote it. One pillar of this care is psychosocial support, and a focus within the working group is to be able to support fathers more through the neonatal stay.

Neonatal Nurse Manager Debbie O'Donoghue says through her own personal Masters research on fathers' experiences and the limited internationally published research on the impacts of a NICU journey for a father, a few projects have already been undertaken.

"The Men's Shed is one such project and provides a dedicated space for resources for fathers."

The availability of written information was a theme that came out in interviews with fathers.

"One told me that as staff we should never fear bombarding him with information as he wanted to know everything, while another talked about the information we give as being too much initially but to be able to access when the time was right would be great."

With that feedback in mind, the team explored the opportunity to define a dedicated place for information for fathers and to source relevant resources that they could read at their leisure.



One of our neonatal ward receptionists, Nell Wilson, coaxed her talented husband Craig to use his spare time to craft this wonderful shed, now housed within the neonatal parent lounge



Neonatal Ward Receptionist Nell Wilson, with her husband Craig who built the shed, and one of the ward's fathers Stan Chung

Appointments of Medical Oncologist and Radiation Oncologist

The Oncology Service welcomes the following new appointments.

Clare Pate has accepted the position of Medical Oncologist for the Canterbury Regional Cancer & Haematology Service and Palliative Care.

Clare started with Canterbury DHB as a House Officer in May 2011 and then in 2013 as a senior registrar in the Oncology/Haematology/Palliative Care cluster.

Her particular areas of interest are in gynaecological and gastrointestinal malignancy. During the latter part of her training, she completed a fellowship in Gynaecological Oncology at the Royal Marsden Hospital in London. In that role as a Clinical Research Fellow, she was also lead investigator on a number of clinical trials in Gynaecological Oncology.



Clare Pate



Gillian Campbell

Clare also has a degree in Genetics and intends to develop her interest in inherited cancer syndromes.

During her years as an advanced training registrar she was enthusiastically involved with undergraduate and postgraduate teaching, and looks forward to continuing this as part of her new role.

Gillian Campbell has been appointed as a permanent member of the Radiation Oncology team.

Gill has been working with the team as a locum since May 2017 and has accepted a full time Senior Medical Officer position.

Gill has sub-specialty interests in breast cancer, neuro-oncology and haematological malignancies and has been involved in the associated multidisciplinary meetings (MDMs) as well as providing input to the Complex Palliative Care MDM and the Timaru video-conferencing MDM.

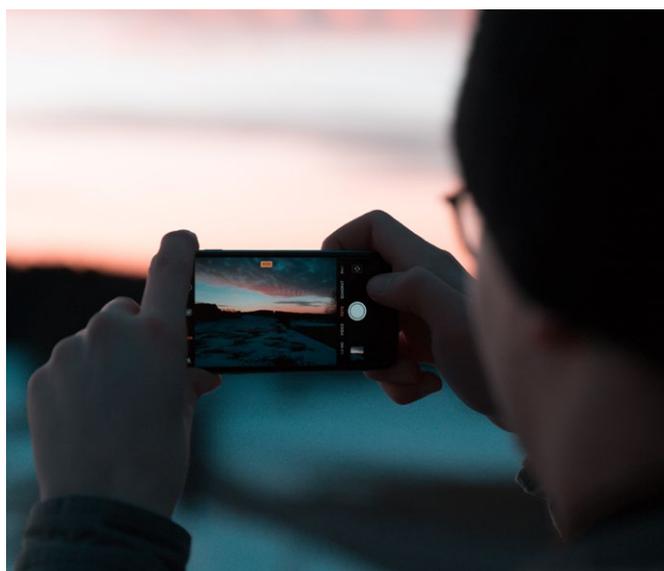
"Many of you have already had the pleasure of working with Gillian and Clare and so I am sure you will join us in making them welcome," says Clinical Director Medical Capability and Development Mark Jeffery.

Share your favourite photos and you could win a Night Noodle Market voucher

Share your favourite photo taken over Christmas/New Year and a selection will be featured in the next *CEO Update* on Monday 28 January.

Winners of the best two photos will each receive a \$125 voucher for the Night Noodle Markets, courtesy of Fairfax/ Stuff. The markets are on from Wednesday 6 – Sunday 17 February and the vouchers can be used on any night.

Entries close Thursday 24 January. Send your photos as JPEGs or PNGs to communications@cdhb.health.nz with 'Photo competition' in the subject line. Please note that, when sending in your photo, you give us permission to use them at our discretion, including on Canterbury DHB digital media channels. Send any competition questions to communications@cdhb.health.nz.



Always on the go? Take Healthinfo with you

HealthInfo is Canterbury's go-to site for information about your health.



One minute with... Tara Gibb, Medical Photographer

What does your job involve?

As a medical photographer, I can be called all over the hospital to photograph patients who are on the wards, including in the outpatients department, if they are too frail to come to the studio, and also in the operating theatre. We try and photograph most patients in the studio as we can produce a much better image of their condition and sometimes a short video can be requested. You have to be very patient, sympathetic and have a lot of empathy when working with patients as they can be upset/emotional. Other work I can be doing on a typical day is staff portraits in the studio and public relations photography which most of the time requires different locations; there are also video filming requests. We may take many photographs throughout the day and we have to obtain the patient's informed consent and answer any questions they may have. After the initial photography/video there is the editing time and making sure that the images are securely uploaded to Medical Illustration's database.

Why did you choose to work in this field?

When I was 16 I was extremely lucky to be interviewed for a training scheme by a person who happened to be a good friend of the manager of medical photography in the nearby hospital who was looking for a trainee. I really enjoyed the work and was taken on full time when my training scheme ended. I qualified three years later, and then studied for a degree in clinical photography more recently.

What do you like about it?

I like the variety of the job, there are different things booked in every day and there are always new things to learn.

What are the challenging bits?

Medical photography can be very challenging. There can be calls to attend the Emergency Department, the mortuary, theatre, etc. If a patient is upset or distressed you have to do all you can to help them, they may have just received upsetting news. You have to try and put them at ease straight away, and if the photography session takes a little longer – that is ok. As long as the patient leaves the department feeling better than when they walked in.

Who inspires you?

Dr Caroline Wilkinson is a British anthropologist who is best known for her work in forensic facial reconstruction and has created the facial reconstruction of King Richard III. She has appeared on television numerous times including a documentary called 'History Cold Case.' I was fortunate to

attend one of her talks in London a few years ago, I would love to meet her.

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 values go hand in hand with the job and it should come naturally when working in any kind of role.

Something you won't find on my Linked In profile is...

When I was 14, I appeared on 'Roy Castle's Record Breakers' as a tap dancer in the biggest group of tap dancers to perform a routine together.

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

Having only recently arrived here in New Zealand (six months ago), I have to say that this is where I want to be. It is such a beautiful country and there is so much to see and do.

What do you do on a typical Sunday?

On a typical Sunday I like to relax with my family, we usually go for a drive and explore the area; I take my camera in case of a photo opportunity – I like photographing wildlife. I like to spend time with my husband and daughter and we go out and find a nice little café and relax with a coffee; I also like to play with my cat Lily.

One food I really like is...

I love a really good Indian meal – nice and spicy.

My favourite music is...

I like all kinds of music depending on what mood I am in at the time. The last CD I bought was Beth Hart but I like all sorts of music.



Tara on a Lord of the Rings tour at Mount Sunday

If you would like to take part in this column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz.

Drive for Good – vote for your favourite charity

It's fantastic to see so many health and wellbeing organisations among the 10 deserving Christchurch charities in the running for a share of \$100,000 from @Archibalds.

Voting closes at the end of February so make sure you head to www.driveforgood.co.nz and vote for your favourite health charity so the community can continue to benefit from the great work they do.

ARCHIBALDS

Archibalds is helping to accelerate three local charities in their drive for good by giving away **\$100,000!**

The charity that gets the most votes is gifted \$50,000. The next two receive \$25,000 each.

Vote for your favourite at driveforgood.co.nz

Hop on over to driveforgood.co.nz to vote for your favourite charity today and please spread the word on social media. #driveforgoodnz

VOTE NOW >



Health Quality & Safety Commission e-digest

The latest issue of the Health Quality & Safety Commission New Zealand's e-digest is out now. Stories include: consumer engagement across the health system; announcement of the Whakakotahi 2019 shortlist; launch of the *Let's talk* advance care planning campaign; insights into staff views on mental health and addiction services. To read these stories and many more [here](#).

The latest edition of eCALD news is out now

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

This news edition includes:

- › eCALD® Research Commentary 27th edition focuses on equitable access to primary health care for Asian, refugee and migrant populations
- › Information on Chinese New Year [5 February 2019]
- › A cross-cultural interest group session: 'The role of Age Concern in elder abuse and neglect'
- › "You are not alone" – Asian 'Like Minds' campaign
- › A survey of New Zealanders' perceptions of national identity
- › Refugee quota arrivals and settlement for the last five years

[Find out more here.](#)



21 January 2019



Annee, recipient



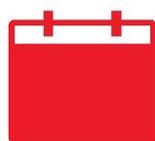
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Simulation as a teaching tool 4-day workshop



ONLY 3 PLACES LEFT

Date: 5–8 March 2019 (Tuesday – Friday)

Time: 0730–1730 (approx.)

Venue: Manawa Simulation Centre, Level 2, 276 Antigua Street, Christchurch, New Zealand.

Fees: \$NZ 7,000 (**only 3 places left**).

Audience: open to any healthcare professional who has a strong commitment in moving simulation based education forward.

Simulation as a Teaching Tool, 4-day Workshop



Canterbury District Health Board is proud to offer this internationally recognised, 4-day Simulation Instructor Course, working in partnership with the Boston based Centre for Medical Simulation (CMS). The course is designed for simulation educators who seek to create high-quality healthcare simulation programs.

This course immerses healthcare simulation instructors in a multi-method course wherein participants learn how to teach clinical, behavioral, and cognitive skills through simulation. It draws from the disciplines of aviation, healthcare, psychology, experiential learning, and organisational behavior. Participants explore simulator-based teaching methods applicable across the healthcare education spectrum, including undergraduate and graduate medical, nursing and allied health domains. The daily formats vary and include simulation scenarios, lectures, and small and large group discussions.

<p>Topics include:</p> <ul style="list-style-type: none"> • Building a challenging and safe learning environment • Utilising effective debriefing techniques and avoiding ineffective ones • Preparing, building, conducting and debriefing high-fidelity simulation scenarios • Practical exercises with feedback. 	<p>Who is the course for?</p> <ul style="list-style-type: none"> • Medicine • Nursing • Mental Health • Community • Allied Health • All Healthcare partners
<p>EXPRESSION OF INTEREST</p>	
<p>Please send your expression of interest (1 per person) or for further information via email to christine.beasley@cdhb.health.nz</p> <ul style="list-style-type: none"> • Full name • Profession • Contact email • Place of work 	

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1-28 February, 2019

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CANTERBURY DHB 2019

Māori and Pacific SCHOLARSHIPS

Māori and Pacific Scholarships are for Christchurch-based tertiary institution student who is studying a health-related NZQA accredited course and has whakapapa with Māori communities and/or cultural links with Pasifika communities, and is also planning to work in the Canterbury district.

- Applications close 5pm Friday 29 March 2019
- Online applications to be forwarded to:
manawhenuakiwaitaha.kaiawhina@gmail.com
- Any queries, please contact :
Ruth Chisholm, Kaiawhina 0274434532
For more information please visit:
www.cdhb.health.nz/maorihealth

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