

Celebrating our achievements

Last week Kaikoura was named as the town with the highest number of fully vaccinated people in New Zealand. With 55 percent of the population fully vaccinated, and an additional 17 percent with their first dose on board, they're making great progress.

The team has worked really hard to get the Kaikoura community vaccinated. It has been a big commitment with a lot of staff working extra hours to get this result. There's still much to do to ensure everyone is vaccinated, but it's particularly pleasing to see that in Kaikoura, well over 80 percent of Māori aged 55 and over are fully vaccinated and an additional 10 percent of Māori in Kaikoura have had their first dose.

There's still a way to go until everyone in Canterbury's most northern town is fully protected, but I want to give a shout out to everyone involved in achieving this result – just fabulous.

Older people in Canterbury leading the way with vaccination rates

In another great result, it was pleasing to see that 95.7 percent of Cantabrians aged 65+ have now had their first dose and 82 percent are fully vaccinated.

At the other end of the age band 64.2 percent of our 12 to 19-year olds have had their first vaccination with 11.2 percent having their second.

This age group have only been eligible since August and I hope that with the school holidays upon us, we'll see more young people take up the opportunity to get protected as almost all of our clinics throughout Canterbury are now taking walk-ins.

Vaccination is the key to unlocking summer fun and it's our best protection from COVID-19.

If you're one of the 50,000 Cantabs aged 12 or over who is yet to book or get vaccinated, it's never been easier: walk-in, drive-through or book an appointment to get protected.

In total, we need approximately 75,000 more people to receive their first vaccination to have 90 percent of the eligible Canterbury population vaccinated with at least one dose by Labour Weekend.

Approximately 25,000 people are already booked in to receive a first dose before the long weekend, so we are well on our way to achieving this – our focus now is on the 50,000 people who are yet to take the first step towards being protected.

Details of all clinics in Canterbury can be found [here](#).

In this issue

- › Regulars – Kōrero ai... pg 5-7
- › COVID-19 false and misleading information and scams... pg 8
- › Selwyn Gamble: COVID-19 vaccination champion... pg 9
- › Demolition work underway... pg 10
- › Ventilation upgrade being carried out... pg 11
- › Breast Cancer Awareness Month... pg 12-13
- › The mailboxes of Hinds... pg 14
- › Build of new Hillmorton facilities on track... pg 15
- › Generous donation of observation monitors... pg 16
- › Canterbury temples opening doors for COVID-19 vaccinations... pg 17
- › Tips and tricks for working with young people in health settings... pg 18
- › Safe Mobility in Ashburton and Rural Health Services... pg 19
- › One minute with... Ann Johnson, Gynaecology Kairomiromi (Physiotherapist)... pg 21
- › Notices – Pānui... pg 22-26

Drive-through clinic at Canterbury Arena, Addington open 7 days a week – no appointments needed

Cantabrians have another opportunity to receive their vaccinations from the comfort of their own vehicles with a drive-through vaccination clinic which started today and runs until the end of October.

This time round, the drive-through clinic is open to everyone in Canterbury. We're focused on getting as many eligible people as possible their first dose by Labour Weekend – that means they can have their second dose before Christmas and we'll all be set for summer, knowing our community has high levels of protection.

COVID-19 drive through vaccination clinic

Christchurch Arena, Addington
Wrights Road entrance

October 4 – 31

Monday – Friday: 1.30pm – 7.30pm

Saturday & Sunday: 11am – 5pm

NO APPOINTMENT NEEDED – JUST DRIVE IN!

Canterbury
District Health Board
Te Pori Hauora o Wairarapa

Unite
against
COVID-19

No appointment needed. It's easy: drive in, wind down the window, roll up your sleeve and get your vaccination.

People can have their first or second dose vaccinations at the drive-through clinic. *Those attending are asked to cancel any existing vaccination appointments they have booked.



90 percent by Labour Weekend

I've enjoyed meeting with some of the business leaders in Canterbury over the past week or so, as the '90 percent for Canterbury' campaign has been rolled out to focus the community's attention on the fact that we want 90 percent of Cantabs to have had at least one dose by Labour weekend.


If you know someone who isn't vaccinated, give them a nudge.

If any of your friends or whānau are hesitant and have questions you can't answer, refer them to call our CANVAX team on 0800 226 829 or they can email canvax@cdhb.health.nz and one of the team will be able to answer any questions. If a clinician's not available straight away, they will arrange to call back at a suitable time.

90%
For Canterbury

WE'RE WORTH THE SHOT

Get Vaccinated Today
It's free. It's easy
Find your nearest location
www.bookmyvaccine.nz

 Spread the word
www.90forcanterbury.co.nz

Need a ride to get vaccinated?

You can call the Book My Vaccine team and they'll sort you out with transport to and from a clinic – 0800 28 29 26.

For something different to do with the children over the holidays, you can get a free metro bus ride to any vaccination centre – just show your booking details or tell the driver which clinic you're attending.



Canterbury's vaccination rollout, by the numbers:

A total of 563,709 vaccinations have been given, comprising:

Dose 1 - 364,781 77% of the eligible population (aged 12 and over)	Dose 2 - 198,928 42% of the eligible population (aged 12 and over)
Most vaccines given in one day (in the past week): 7,314	Vaccines given in the past week (27/9 – 3/10): 41,451
More than 81% of Cantabrians aged 12 or over are either fully vaccinated, have had their first dose or are booked to have their vaccinations	

Catch up with the Urology team and Youth Advisory Council

I really enjoyed connecting with some of the leads from our Urology service. I'm just so impressed with the commitment to try and improve equity across the service in terms of improving health outcomes for some of our most vulnerable portions of our community. They have a constant drive to improve both quality outcomes for the service and the way they're working as a clinical team.

Another highlight was catching up again with the Youth Advisory Council (YAC). They are such an energetic bunch of young people who are committed to improving health outcomes for the youth of our community. And as we know, there's just lots of challenges for young people

across our community, particularly with COVID's disruption to education. They really are an important group who are helping us make sure we understand the issues that are important to youth, but also helping translate health for youth to make sure we're improving access, we're improving equity.

In all of our services, we need to stay close to consumers and make sure they are an integral part of the design and the delivery of health services. On page 18 of today's update, you can see the very informative video from the YAC group which provides tips for us all who work with youth in our community.

Self-isolation pilot

Last week it was announced that Canterbury, along with Auckland are the two sites for a new Self-Isolation Pilot which will start at the end of this month. The pilot is for up to 150 people travelling internationally for business

purposes who will return back into the country between 30 October and 8 December. We'll be covering the health aspects of the pilot, which is being managed by MBIE, the Ministry of Business, Innovation and Employment.

October is Breast Cancer Awareness Month

Breast cancer is the most common cancer for Kiwi women, and the third most common cancer overall in this country. More than 650 women die of breast cancer in New Zealand each year. While early detection through self-examination and mammograms saves lives, 30 percent of eligible women are not getting regular mammograms through the free breast screening programme.

Please encourage the women in your life to register with the free breast screening programme and have regular mammograms.

There will be events throughout the month including the Pink Ribbon Appeal on 29 and 30 October. You can also register now for the [Pink Ribbon Walk](#) here in Christchurch on 6 November – there are two distances 5km or 10km. A chance to dig out your pinkest and brightest outfit and join thousands of people throughout the country raise money to support women and fund breast cancer research.



Click [here](#) to watch the This week with Peter video

Kia pai tō koutou rā

Peter Bramley, CEO
Canterbury District Health Board

Please email us at AskPeter@cdhb.health.nz you have any questions for Peter.

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

Be Breast Aware





Bouquets

Ward BG, Burwood Hospital

I am writing to pass on my appreciation and congratulations for the superb end of life care that [patient name] received on your ward recently. Your staff were tremendous, the hospital was spotless, he was treated with great dignity and compassion. It made such a difference for all the family to have him cared for so well and is an absolute credit to your unit. I can't imagine how you could do things any better than you are now.

Autism Spectrum Disorder (ASD) Coordinator Helen Wagstaff, Child Development Service

I wanted to make contact regarding one of your staff members, Helen Wagstaff. It's not often that I feel the urge to write a letter of thanks, but Helen has gone above and beyond for me. I have dealt with Helen for the last four years since my son's diagnosis of ASD. Helen always makes herself available to parents and patients, by responding quickly to emails and phone calls. She always gives you plenty of time and makes you and your child feel cared for. She is very busy, which only highlights what an asset she is to your team. In particular, I wanted to highlight something Helen has done for me, which potentially is a game-changer not only for my son, but for us as a family. Our son is struggling at school, and not improving academically as we would like. I managed to find an amazing woman who could teach/train our son's teacher aids, but our funding provider would not cover this, saying it did not meet their criteria for funding. As you can appreciate, this was devastating to us, as we so desperately want to help him. I decided to phone Helen and asked her if she wouldn't mind

writing a letter advising that we could not get this funding through Canterbury DHB and the reasons for this. Helen could have written one sentence, saying funding would not be granted, and signed off on this. She did not do this, instead she took the time to write a detailed response, outlining why funding would not have been given, that funding should be given, and the reasons for this. It was based on this letter alone that I got funding for our son. I now have access to around \$10,000 to help support him in his learning. I cannot thank Helen enough. Hopefully with this additional support my son will thrive, and if not, then I know as a parent I have done all that I can to help him. Helen is truly valued by the families she supports. She is an absolute asset to your team, and I hope she is valued and appreciated for all that she does.

Janet Edlin, Outpatients, Burwood Hospital

I'd like to say a big thank you to Registered Nurse Janet Edlin for her lovely manner and patience at an appointment for my elderly mother. She was professional, efficient and kind.

Emergency Department (ED) and Eye Clinic, Christchurch Hospital

I have nothing but praise for all the staff and the system. I was in a clean, comfortable waiting area and a nurse constantly checked that I was okay and gave me time updates. A lady passed through twice to see if everyone was warm and if anyone needed a blanket. I am so appreciative of the facilities and the systems, and I cannot speak highly enough of the caring and dedicated staff members who work there.

ED, Theatre, Ward A3 and Surgical Assessment and Review Area (SARA), Christchurch Hospital

Once again, I have had cause to use your services following acute bowel obstruction last week. From my arrival by ambulance to my discharge today the care provided has been exceptional. Thank you and keep up the great work.

ED and Medical Assessment Unit, Christchurch Hospital

I arrived in ED with my husband and I was really scared. The nurses and doctors were wonderful. I don't have the names of the nurses in ED reception, but they were reassuring. Dr Jenny Herrod and Nurse Gabby gave my husband a thorough check up. Thank you for the wonderful care.

Vitreoretinal surgeons, Ophthalmology Department, Christchurch Hospital

I live and work in Tasman and I lost sight in my right eye. Following a visit to Nelson Hospital I was diagnosed as having a detached retina. Within one hour I was contacted by Dr Pei Wang from the Christchurch Vitreoretinal surgeons Ophthalmology Department. Pei had seen my report and asked if I could present at the Christchurch Eye Service Clinic at 8 am the next morning. She said the sooner I had my eye assessed and operated on, the better outcome I would have. Leaving Motueka at 7:30 pm on Tuesday with my wife driving and son offering support we travelled through the night with the additional stress of being in COVID-19 Level 4 and arrived at the clinic at 8 am on Wednesday. The wonderful kindness, support, and professional service I had from the staff at the Eye Service Clinic and Christchurch Women's Hospital Outpatients was second to none. Dr Sean Every was very positive that my retina was intact at the pre-op consultation, very clear about what to expect during and after the operation and combined great empathy with professionalism during the surgery. As soon as he could see the retina he said to me:

"Good news my friend, the retina is intact, there are two tears which I can fix, and you will regain your sight". You can imagine the relief I felt when I heard this and from then on, I found the operation fascinating and was left full of admiration for Dr Every's surgical skills and leadership of his surgical team. Dr Zea Munro carried out the post-op check the following morning and was thorough, supportive, and professional. Special mention to Pei Wang for her strength, kindness, and positivity right from the first phone call I received from her. This is a great example of turning a bad situation into a very positive experience and I am eternally grateful for the care given to me. Thank you!

Jonathan Kok, Burwood Hospital

Registrar Jonathan Kok was patient, kind and professional. I appreciated his attention to detail and the care he showed.

Oral and Maxillofacial Surgery, Christchurch Hospital

Today I was having a not so great day. During my appointment Liam Moore was excellent and I left in a completely different and more positive frame of mind. Have to say my best hospital appointment ever. His patience was exceptional.

Jonty Schmidt, Dental Department, Christchurch Hospital

A most wonderful job. Thank you so much Jonty.

Trish, Respiratory Department, Christchurch Hospital

Many thanks to Trish, an exceptional nurse who gave me confidence and showed empathy during a very stressful time. Thank you, Trish.

Oncology Department, Christchurch Hospital

Two wonderful staff members yesterday. Nurse Donna, Doctor Amy. So, kind and reassuring to me.

Big Shout Out

To: Ward 15-DOSA (Day of Surgery Admissions) nursing and administration team

Thank you to the Ward 15-DOSA nursing and administration team who have all made the transition from the old DOSA to the new Ward 15-DOSA successful. A special thanks to Ward 15-DOSA Shift Co-ordinator Becky Smith who has been a star at directing the traffic and supporting all of our team.

From: Charge Nurse Manager Jane Dixon

#carestartshere

Big Shout Out

To: Support Services Team, Waipapa, Christchurch Hospital

I would like to mention the whole Support Services Team, especially Amelia Lui, she's always so joyful and happy, even on her stressful days. The Support Services Team are a big part of our Canterbury DHB and without them there would be no sterile equipment for operations. Good work team, it's a pleasure to make your coffee. Keep on smiling.

From: Tatum Beck, Afternoon Supervisor, Willow Lane/PeaBerry Café

#carestartshere

Radiology, Christchurch Hospital

I am making contact to provide you with some positive feedback - from the perspective of a disabled person (wheelchair user) who needed to go for some spine and shoulder X-Rays. I found the Radiologist, Imogen, and her colleagues to be friendly and very willing to help me where needed, including transfer on and off the X-Ray table/other assistance.

Sammi Hansen, Surgery, Christchurch Hospital

Please thank Sammi Hansen, a nurse in surgical she treated me with respect and care in an embarrassing situation for me.

Vaccination clinic, The Princess Margaret Hospital (TPMH)

Thank you to the team at TPMH for making my COVID-19 vaccination such an easy process. There were many well trained staff on hand to ensure correct sign-in and physical distancing. The nurse who administered my vaccine was excellent, as were the administrative team. I am looking forward to returning in six weeks for my second vaccination.

Children's Surgical Admission, Christchurch Hospital

My son was admitted for a procedure in the Children's Surgical Unit. The staff were amazing. We were kept well informed and they made my son feel less anxious. He unfortunately had pain when he woke up and we stayed for a long time after his procedure. I would like to thank his nurses Neroli and Karen who made sure the doctors were aware and he was checked before he went home. You made an anxious child and mum feel at ease with your care. Thank you.

Maternity Unit, Rangiora Hospital

We had a wonderful stay at Rangiora Hospital and cannot recommend it enough. The staff were all lovely, and helpful with feeding and bathing, as well as checking in on my physical and mental health, especially as this was my first child and it was quite overwhelming. The food was amazing and plentiful. I honestly said 'wow!' when my first lunch arrived. The meals were super tasty and 'home cooked'. Thank you to the chefs.

Gynaecology, Christchurch Women's Hospital

Thank you so much to Dr Olivia Smart and her team, as well as all the lovely nurses on the Gynaecology ward/unit. Your empathetic and understanding care was truly appreciated during my stay.

Vaccination Clinic, TPMH

I just wanted to pass on how great my experience was getting vaccinated at TPMH. I'm a really anxious person and I was pretty worried about getting it done but the team there were amazing; all in good spirits, all really lovely and kind and made me feel very calm and reassured. Both my appointments were at night which I found more relaxing and easier to manage when feeling stressed about it. I can't thank the staff there enough, they were all doing such an amazing job.

Big Shout Out

To: Operating theatre assistants, Parkside, Christchurch Hospital

A huge thank you to the operating theatre assistants for their great team work, initiative, adaptability and communication. They have ensured patients travelling from the new Ward 15-Day of Surgery Admissions (DOSAs) have been delivered to Parkside theatres safely and on time.

From: The Ward 15-DOSA team, Charge Nurse Manager Jane Dixon and Charge Nurse Manager Lindsey Harrison.

#carestartshere

Big Shout Out

To: Staff Nurse Tony Schofield, Emergency Department (ED), Christchurch Hospital

Just wanted to say a big professional thank you for your work on Saturday night shift in ED. You very kindly assisted and dealt with most of the paperwork and logistics for a Mental Health Act that was being started. As the Duly Authorised Officer (DAO) on call in the early hours of the morning, your level of organisation and brilliant hand-over of key aspects throughout the process were very welcomed – and you were dealing with other cases at the same time. Often, due to business, the DAO is left scrambling to formulate what is going on. Really appreciate your work and professionalism.

From: Community Mental Health Nurse Jamie Walker

#carestartshere

COVID-19 false and misleading information and scams

You've seen something about COVID-19 that doesn't seem right, or maybe you even suspect a scam relating to the virus.

COVID-19 and the vaccination programme are hot topics, and some people use this as an opportunity to cheat people or spread inaccurate information. You can report anything like this by emailing covid@ops.cert.govt.nz or calling CERT on 0800 2378 69.

Possible crimes should be reported to the Police.

CERT stands for Computer Emergency Response Team, and is a Crown agency, set up by the government to track cyber security incidents or attacks, and provide advice and alerts. Since the virus emerged here, there has been a marked increase in the sharing of false and misleading information. That's not unique to New Zealand.

There are different kinds of false and misleading information.

- › Misinformation is false but not created with the intention of causing harm (e.g. misleading vaccine information shared with good intent).
- › Disinformation – false and deliberately created to harm (e.g. ideologies and theories purposely giving misleading or dated vaccine information).

- › Malinformation is based on reality, but is used to inflict harm on a person, organisation or country (such as leaks of private information that has been changed).
- › Scams – based on reality but seek to extort information and/or money. An example is advertising advising of early access to vaccination for a fee.

If you have experienced or are aware of any COVID-19 scams or misinformation, please [email](#) CERT NZ with all the details you have. Everyone has a responsibility to prevent false and misleading information, build awareness about it and encourage people to get information from reliable sources. The government, tech companies, media, academia, business and the public all have a role to play.

There are many false and misleading news stories related to medical treatments including COVID-19 vaccines. Trusting these false stories could lead you to make decisions that may be harmful to your health and the health of your whānau.

The best sources of accurate and reliable COVID-19 information are the [Ministry of Health](#), [Unite Against COVID-19](#) as well as DHBs and health providers.

Have you scanned in today?

Everyone, including all DHB staff, should scan in at work every day using the **COVID-19 Tracer App**.

Unite
against
COVID-19



Selwyn Gamble: COVID-19 vaccination champion

Selwyn Gamble decided to get his COVID-19 vaccinations to protect himself and his loved ones and help create a future of endless possibilities.

"My dad is immunocompromised, so it was important for me to get vaccinated and make sure that we help build that defence to protect people like him," Selwyn says.

Selwyn dreams of a future when travel is back on the cards once more.

"I want to be able to travel and do things I have been wanting to do since before COVID-19. We're a long way from that but the vaccine is a good incentive to help us get back to normal."

Selwyn who is of Tongan descent, was raised in North Canterbury and currently lives in Ōtautahi, Christchurch. Opening up about his lockdown experience, he says that the most recent COVID-19 Delta lockdown has been a tougher experience than previous ones.

"The first lockdown was okay. I went home and got to spend it with my whānau. It was really hard this time around because lockdown halted any momentum that I had during the year. I felt claustrophobic."

Although this experience was difficult, the lockdown was important for stopping the spread of COVID-19. Selwyn stresses the importance of having a space to talanoa (talk) about COVID-19 and the vaccine with loved ones, so that people are informed and ready to make the decision to get vaccinated.

"I was with my mum who was a little bit uneasy about the vaccine, so we just made it a conversation."

Having a talanoa about this helped Selwyn and his mother to feel comfortable with their decision to get vaccinated. His experience of getting the COVID-19 vaccine was smooth and enjoyable.

"The first time was so easy through a Pasifika clinic. We got there, got vaccinated, waited 15 minutes, and then we could leave."

Selwyn's message to Pasifika youth is this:

"It's important to get the right information from the right places and trusting in our health system. Getting the vaccine is important for protecting ourselves and our loved ones."

"Protect yourself, your family and our community - get vaccinated."

– Selwyn Gamble

For more information visit vaccinatecanterburywestcoast.nz

Unite against COVID-19

Unite against COVID-19

Vaccinate for each other.

For more information visit vaccinatecanterburywestcoast.nz

Demolition work underway

The Avon generator building on the Christchurch Hospital campus is being demolished as part of the enabling works for the construction of Tower C on Waipapa.

Senior Project Manager Site Redevelopment Unit Ian Howard says the area currently being occupied by this building will be used to provide a vehicle turning area and courier parking for when the existing docks are relocated to the Riverside East building, which is due to start later this year.

These works are being complete by Taggart Earthmoving using an excavator fitted with a hydraulic multiprocessor head, to reduce noise and vibration generation, along with the 'Spraystream dust cannon' to ensure effective dust control during the works.



The original generator being removed before the demolition of the generator building superstructure



Hydraulic multi-processor unit being used to crush the existing generator building concrete roof and walls



The top section of the concrete panel that supported the twin flues of the generator building being removed

Ventilation upgrade being carried out

A Ministry of Health project is underway on a conversion of the old Acute Medical Assessment Unit (AMAU) at Christchurch Hospital to provide more beds with appropriate ventilation in case there is a COVID-19 resurgence.

The ventilation in the ward is being altered so that the air moves from the central staff area towards the patient bed areas making the staff areas safer, says Facilities and Engineering Manager Terry Walker.

"Two large fans are being installed outside the ward to extract large amounts of air from grills at above the patients bed heads and pass it through HEPA filters to safely exhaust to the atmosphere."

The conversion will be able to accommodate 32 beds with improved airflow, he says.

Executive Director Facilities Rob Ojala says Canterbury DHB and the Ministry of Health have worked closely and with urgency to convert the old AMAU for COVID-19 readiness well ahead of the original programme.

"The facility will provide additional capacity to manage affected patients should that be required."

The Canterbury DHB Passive Fire Programme has taken advantage of this COVID-19 work to carry out some necessary remediation in the ward at the same time.

"As part of undertaking clinical and seismic upgrades, the Christchurch City Council requires us to upgrade passive fire protection in the buildings alongside the other work. This is to ensure that changes such as wall penetrations that have occurred over time, are made compliant," Rob says.



New concrete bases being prepared. Two large fans will sit on these bases as part of the ventilation upgrade for the ward

Canterbury Healthcare CHALLENGE

Ki te kāpuia e kore e whati. We succeed together.



Sponsored by



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month in New Zealand.

This year's focus is encouraging workplaces to go 'Pink For A Day' to raise vital funds for breast cancer education, research and patient support.

Breast cancer is the most common cancer for Kiwi wāhine (women), and the third most common cancer in New Zealand overall. Every day, nine wāhine in New Zealand will be diagnosed with breast cancer and more than 650 will die of the disease each year in this country.

Around 25 men will be diagnosed with breast cancer in New Zealand each year also.

There would be few people who have not been affected in some way by breast cancer, whether through the experience of a relative, friend, colleague or their own personal diagnosis.

Breast screening through self-examination, mammograms and ultrasound saves lives. These days, 80 percent of people diagnosed with breast cancer will survive 10 years or more. This New Zealand statistic increases to 92 percent if the cancer is detected on a screening mammogram.

The New Zealand breast screening programme offers free mammograms and yet 30 percent of eligible wāhine are not participating in the programme and receiving regular checks.

Breast Cancer Awareness Month aims to inform and educate as well as encourage open conversation about breast cancer.

It's about wāhine of all ages understanding how to examine themselves and what changes to look for in their breasts; and when



KIA ORA KOE

SAVE YOUR LIFE

in the time it takes to get changed

CHECK YOUR BREASTS NOW FOR SIGNS OF BREAST CANCER

 LUMPS	 SWELLING	 DISCHARGE
 DIMPLING	 ARMPIT LUMP	 RASH
 NIPPLE INVERSION	 COLOUR CHANGE	 UNUSUAL PAIN

IF YOU NOTICE ANYTHING UNUSUAL

Tell someone and see your doctor or nurse as soon as possible to get it checked out

EARLY DIAGNOSIS SAVES LIVES

Download the **PRE CHECK** app
bcf.org.nz/precheck

Breast Cancer Foundation NZ

that change is noticed, following up with their doctor immediately. It's about eligible wāhine ensuring they get their regular mammograms and check-ups. It's talking about breast cancer with the friends, sisters, mothers, daughters, grandmothers, aunties, cousins and colleagues in our lives.

The Breast Cancer Foundation is promoting awareness and education as well as activities throughout the month.

- › Learn more about [breast cancer in New Zealand](#)
- › [Register to walk, or donate](#) to the Pink Ribbon Walk (6 November in Christchurch)
- › Go [Pink for a Day](#) at work to raise money for breast cancer education, research and patient support.
- › [Sign up](#) for the free breast screening programme



SATURDAY
6 NOVEMBER 2021



2:30PM KICK OFF
NORTH HAGLEY PARK

Currently at:

Delta Level 2 – Reduce

The disease is contained, but the risk of community transmission remains

**Unite
against
COVID-19**

Canterbury

District Health Board
Te Poari Hauora o Waitaha

Find out more at
Covid19.govt.nz

[New Zealand Government](#)

The mailboxes of Hinds

Our COVID-19 vaccination team recently delivered flyers to the mid-Canterbury town of Hinds and were quite taken by the charming mailboxes. Here are some of the best they encountered.



TE HUARAHİ HOU – A new journey

Build of new Hillmorton facilities on track

Construction of facilities on the Hillmorton campus to provide a new home for the Seager Clinic, Child and Youth Inpatient unit, Mothers and Babies and Eating Disorders Inpatient unit and Mothers and Babies Eating Disorders Outpatients continues at pace.

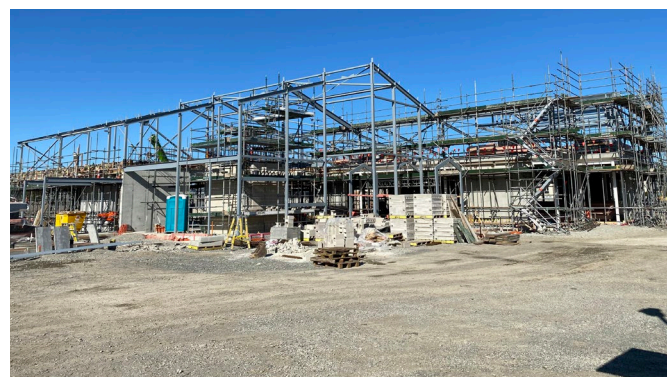
These new facilities are for services relocating from The Princess Margaret Hospital. Construction began in January and both buildings should be ready for patients in late 2022.

The structure of 'Building 14', as its currently known, is well advanced with the roof and external building cladding works due to commence in October. This facility will house

the Child and Youth Inpatient unit, Mothers and Babies and Eating Disorders Inpatient unit and Mothers and Babies Eating Disorders Outpatients.

The structure work of 'Building 12' is now complete with roofing and cladding works due to be completed in the first quarter of 2022. Once complete, this facility will provide mental health rehabilitation inpatient services for longer-term rehab needs including those provided in the existing Seager Clinic.

More information on the development at Hillmorton is available on [Prism](#).



Generous donation of observation monitors

Two new monitors, named after the people who generously donated them and labelled with their favourite heart and rainbow emojis, have been gratefully received by Christchurch Hospital's Cardiology ward.

The two specialised observation monitors that can also assess electrocardiograms (ECGs), were donated by former patient Dean Graham and his partner Liana Bush, to Christchurch Hospital's Ward 12. They have been fittingly named 'Deano' and 'Liana'.

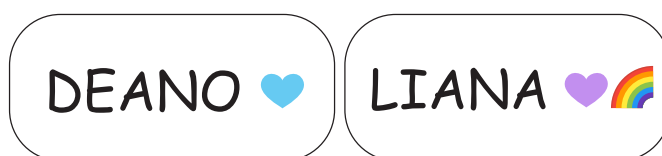
Dean says he made the donation as he was very grateful for the care he received when he underwent cardiology treatment in August.

"You guys saved my life", he says.

It was while he was in hospital watching the nursing staff go about their daily practice in a variety of situations that he felt the motivation to express his gratitude in this tangible way.

The two observation monitors will be used with patients on the ward multiple times every day and are like a legacy that enables Dean to live on in the ward, says Clinical Nurse Specialist Murray Hart.

The observation monitors are used for monitoring the vital signs (heart rate, blood pressure, oxygen levels, and temperature) of patients on the cardiology ward.



The name labels on the monitors



From left, Clinical Nurse Specialist Murray Hart, Ward 12 Charge Nurse Manager Margaret Cumming and former patient Dean Graham

In addition, they have the capability to keep track of the ECG rhythm at the bedside for closer monitoring.

all
right?

IT'S
ALL RIGHT
TO REACH
OUT.



Canterbury temples opening doors for COVID-19 vaccinations

For the past six weeks, Christchurch's BAPS Shri Swaminarayan Mandir (Hindu Temple) and Gurudwara Singh Sabha (Sikh Temple) have opened their doors as COVID-19 vaccination clinics, delivering an outstanding total of over 2,500 doses so far.

The temples not only provide a welcoming space for their communities to receive their vaccinations, but are also open to people from all walks of life.

Co-owners of Unichem Medical Corner Rangiora, Vibhuti Patel and Ajay Patel, reached out to the temples to become vaccination sites and they graciously accepted. Unichem Medical Corner provides the vaccinators while volunteers offer administration support, managing appointments to ensure everything runs smoothly.

Gurudwara Sikh Temple's Jaspreet Singh says the success of the clinics so far can be put down to the welcoming atmosphere and the fact they are open to everybody.

"We started by informing the people who come here for worship, around 4000 of them, about the benefits of vaccination which then spread the word of the availability of vaccinations in our temple. We've had a great response."

At the BAPS Hindu Temple, volunteers guide people through the process, ensuring physical distancing is observed all the way. Volunteers have also been upskilled to become COVID-19 Immunisation Register (CIR) administrators.

Jignasha and Bhavisha, two of the volunteers from Project Prerna, are breaking down language barriers. Jignasha says it was important for their team to make sure that people not entered in the system, who do not have an NHI number, were part of the roll-out.



Temple vaccinations 1 - BAPS Shri Swaminarayan Mandir (Hindu Temple) opening doors for COVID-19 vaccinations



Temple vaccinations 2 - Samir Govind receiving his second dose of the Pfizer vaccine

"Volunteers spend a considerable amount of time contacting people to make sure they are well supported to get to their vaccination appointment and feel comfortable to turn up to the clinics."

Rohan, also a volunteer Project Prerna, says his team book appointments, call people to remind them and see if they need transportation.

"If suddenly someone is not able to make it, we find a new appointment for them. Because of the connected nature of the community and how close-knit we are, we wanted to use our relationships and different skill sets to support this important work," he says.

Co-owner of Unichem Medical Corner Rangiora Vibhuti Patel says demand for vaccinations via the two temples has been high.

"The fact that you can get vaccinated at a place you know, with your community, with your families, and in your free time over the weekend, it really appeals to certain communities.

"We have managed to reach people who may have not otherwise come forward to be vaccinated. We were able to overcome language barriers, so they felt comfortable to communicate any concerns and could be put at ease throughout the whole process."

Both temples have received overwhelmingly positive feedback from people attending appointments, with the welcoming and relaxing atmosphere a hit with the community.

Samir Govind, who attended the BAPS Shri Swaminarayan Mandir (Hindu Temple) for his second dose, found the whole experience pleasant.

"My family and I really appreciated the friendly and familiar environment the clinic provided and after hearing my experience, my extended family now intends to receive their remaining vaccinations at the temple as well."

Gurudwara Sikh Temple and BAPS Hindu Temple are continuing to offer vaccinations. Anyone interested in receiving their vaccination via these clinics can contact:

Vibhuti at tovibhutipatel@gmail.com or Bhavisha at solankibhavisha96@gmail.com.

Both temples share the same message: the doors are open, come in, get vaccinated and protect yourself and the community.

The two temples are supported by volunteers from Project Prerna, a voluntary community organisation established by Vibhuti going above and beyond to support the vaccination events.

Prerna is a Hindi/Sanskrit word which is derived from word "Prernah" which translates to 'inspiration.' Project Prerna was established with the aim to improve health outcomes for the Indian population in Canterbury.

Many of these volunteers are full-time students or working full-time. Earlier in the year, the voluntary organisation promoted maternal care and measles vaccinations, before their priorities shifted into supporting the Canterbury COVID-19 vaccination programme.



Sparklers

Tips and tricks for working with young people in health settings

Canterbury DHB Youth Advisory Council (YAC) Co-Chair Chelsea Skinner and Council Member Abigail McDonald recently presented at the College of Child and Youth Nurses - NZNO National Symposium.

The subject of their presentation was 'Tips and tricks for working with young people in health settings.'

Although directed at nurses, the information is relevant for any health professional who works with young people in our health system. Chelsea and Abi offer invaluable advice and insights, all from the perspective of a young person.



You can watch the [video of their presentation](#) by clicking on the image above

Being aware of malnutrition

Malnutrition occurs when there is a deficiency of energy, protein and/or other nutrients causing adverse effects on body composition, function or clinical outcomes.

It can happen to anyone regardless of body size. Identifying and treating malnutrition early is crucial in avoiding outcomes such as muscle wasting, reduced immunity and extended hospital stays.

Often incorrectly assumed to be an issue isolated to poorer countries or associated with starvation, malnutrition affects a surprisingly large number of New Zealanders.

The goal of Malnutrition Week (4 - 8 October) is to raise awareness and bring attention to the serious rates of malnutrition in communities and healthcare settings. The campaign spotlights the shared responsibility of healthcare staff, families and patients to identify, treat and prevent malnutrition.

Up to 40 percent of patients in New Zealand are thought to arrive in hospital malnourished, with the majority of these being adults and seniors. The long-term consequences of malnutrition can be devastating, both physically and mentally.



Keep an eye out for the malnutrition information booths around Christchurch Hospital this week. Contact your ward dietitian if you have any patient-related queries.

Additional resources are available:

- > [Malnutrition Week 2021](#) – Information and resources regarding malnutrition
- > [Healthinfo Eating Well](#) – Information and resources for eating well

Safe Mobility in Ashburton and Rural Health Services

Safe Mobility September was a great time to focus on important issues, says Ashburton and Rural Health Nurse Educator Rebecca Woodford whose weekly 'Top Tips' emails during this time targeted safe mobility and preventing falls.

"Regular safe mobility audits and audits on the appropriate use of bedrails have helped nurse educators identify opportunities for education in the wards", she says.

Check out some of the key safe mobility areas the Ashburton and Rural Health Services have been focusing on below:

- › Keeping bedside boards up-to-date – these let the patient, their, whānau and the multi-disciplinary team know how the patient moves around safely.
- › Safe and appropriate use of bedrails – ensuring staff understand that the decision to use bedrails as an enabler is a partnership agreement between patients and their whānau, that an adequate risk assessment and appropriate education has been undertaken and that their use as an enabler has been documented and is regularly reviewed.
- › The importance of completing the initial falls risk assessment and reassessments within the required timeframes. This is key to ensuring timely and individualised preventive interventions are in place.
- › Embedding a culture where care plans are created in partnership with patients and/or their family. Involving patients allows them to participate in keeping themselves safe.
- › Falls Prevention Resource folders for each ward. This ensures information is easily available for staff to access and supports them to provide appropriate care.
- › Promoting the completion of neuro-observations following an unwitnessed fall in preparation for the implementation of the revised Post-Fall Clinical Pathway.

THREE THINGS CHECKLIST

- ♥ Something I'm grateful for
- ♥ Something I'm going to do to make myself feel good
- ♥ Someone I'm going to get in touch with today

ALL RIGHT?

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND

**GETTING
THROUGH
TOGETHER**
WHĀIA E TĀTOU TE PĀE TAWHITI

One minute with... Ann Johnson,

Gynaecology Kairomiromi (Physiotherapist)

What does your job involve?

I am currently working in a fixed-term role reviewing the waiting list of wahine referred to gynaecology with either prolapse and/or incontinence to assess and manage those who either don't want, or are inappropriate for, surgery and who will benefit from physiotherapy. The aim is to reduce the overall waiting list with a streamlined pathway. I also want to improve access for Māori and Pasifika wahine as they are currently under-represented in our service.

Why did you choose to work in this field?

I enjoyed working in women's health from my student days and chose to specialise in this field early in my career. I was fascinated by how much a woman's body changes during pregnancy and how we expect it to return to pre-pregnancy so easily. I wanted to help those who had ongoing issues. I love the health education aspect of this area of work.

What do you like about it?

Improving the quality of life of wahine and enabling them to help themselves when they may have had issues for years but been too embarrassed to seek help.

What are the challenging bits?

Navigating the administration processes and making changes to systems.

Who inspires you and why?

Many people, but I would name Catherine Hamlin, who was an Australian gynaecologist married to a Kiwi. They travelled to Ethiopia in their early careers and then dedicated their lives to helping women who developed obstetric fistula because of difficult childbirth. Catherine died in 2019, aged 96, still living at the hospital she and her husband built.

Obstetric fistula is a birthing injury where a hole develops in the birth canal as a result of prolonged, obstructed labour during childbirth, when the woman doesn't have access to emergency medical care such as a caesarean section. It leaves women incontinent of urine, and often faeces and subject to intense stigma. Women affected by obstetric fistula are often outcast by their families, after having lost their baby also. Treatment is a simple operation.

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?

I believe we should treat everyone as we would want our whānau to be treated. Always imagine the person in front



of you could be your mum or your sister. We should use our resources acting like a taxpayer – nothing we have is 'free'. We are ultimately paying for what we use through our taxes so use wisely and don't waste things.

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

I once met the Dalai Lama in a hotel lift in Singapore!

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

I would love to visit my family in the U.K and combine it with a trip back to the fistula hospital in Ethiopia where I do some teaching. I was asked to take over the role of visiting physiotherapist to teach the local staff and went in 2019 with an old friend. I should have gone back in 2020 but had to change plans and fly back home from the UK before our New Zealand borders closed. I now keep in contact remotely while waiting for travel restrictions to lift to return.

What do you do on a typical Sunday?

I go to church with my husband then we have coffee (hot chocolate for me) with a group of friends afterwards. Then it would be a relaxing day, out walking or gardening at home – weather dependent.

What's your favourite food?

Kaimoana with mushrooms and plenty of other veggies.

And your favourite music?

I still enjoy listening to music from my youth – Abba, Blondie, The Jam, Madness and a little before my time, The Beatles. I will listen to most things though.

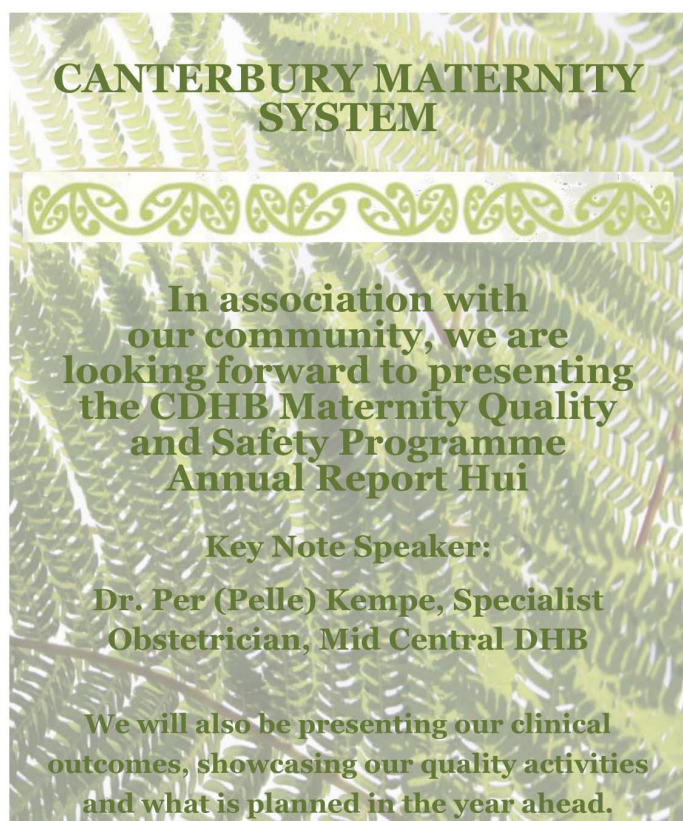
If you would like to take part in the column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz

Maternity Quality and Safety Programme Annual Report Hui

The Maternity Quality and Safety Programme (MQSP) will hold its fifth presentation morning at Manawa Building on 4 November 9am-1pm.

The varied programme is an opportunity to hear from our consumers and our clinical team on the implementation of local and national quality projects achieved during the year

This is an opportunity to review and celebrate clinical outcomes in maternity and neonatal care and present our plans to continue to improve on quality care.



CANTERBURY MATERNITY SYSTEM

In association with our community, we are looking forward to presenting the CDHB Maternity Quality and Safety Programme Annual Report Hui

Key Note Speaker:
Dr. Per (Pelle) Kempe, Specialist Obstetrician, Mid Central DHB

We will also be presenting our clinical outcomes, showcasing our quality activities and what is planned in the year ahead.

Thursday 4 November 2021

9.00am-1.00pm

Manawa Building

Level 1

Room HP102

Kai provided

**Please RSVP for catering to
Sam Burke, MQSP Coordinator**

Phone 03 364 4442

Extension 85442

samantha.burke@cdhb.health.nz

Something For You

Something For You is the Canterbury DHB employee benefits programme. The deals offered are from the Canterbury business community to say thank you for all that you do.



McRent

THE SMART WAY TO RENT MOTORHOMES.

McRent

Get 15 percent off the current daily rates when renting any McRent campervans or motorhomes from Christchurch. Minimum hire is five days/four nights. Email reservations@mcrent.co.nz to enquire.



Millenium Hotels and CPG Hotels

We have the above hotel chains offering 20 percent discounted accommodation for Canterbury and West Coast staff. Visit the Something for you - Lifestyle and Entertainment page to get the discount codes.



Castros Tapas and Bar

- 100 Oxford Tce, Riverside Market, Christchurch Central

Get 20 percent off food only, and special deals on large gatherings or events (enquire within). Ensure tables are [booked online](#) or by phone and mention you work with Canterbury DHB at time of booking. Show your Canterbury DHB ID to redeem.



Christchurch City Council Gyms

- Jellie Park, Pioneer, Graham Condon, Taiora QEII

20 percent off pool and gym memberships for Canterbury DHB employees - show your Canterbury DHB ID when signing up to redeem.

MAKE THE SWITCH

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

131 K

PLASTIC DRINK BOTTLES



213 K

TAKE AWAY CUPS



2/3 of all hot beverages sold

WHAT YOU CAN DO:

Use your own water bottle



Use your own reusable coffee cup



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

SWITCHING TO REUSABLE CUPS WOULD SAVE 88 TREES WORTH OF CARBON



Brought to you by the Transalpine Sustainability Governance Group

Te Papa Hauora – We're talking health

Te Papa Hauora brings you its free annual research talks event – **'We're talking health - starting well, living well and ageing well'**.

Join us to hear a selection of interesting health-related talks across the age spectrum from lead researchers from Te Papa Hauora's partners. This year's topics include why iron is really important in your diet, the parental role in sexual education of our young people, the transition to menopause, how work can impact on your wellbeing, managing symptoms of Parkinson's, how to remain healthy and active as we age... and more.

Where: Te Papa Hauora Health Precinct's Manawa, 276 Antigua St OR online

When: Thursday 4 November 5.30pm – 7.30pm

[Registration](#) essential. Please visit our [website](#) for more information on our speakers and their topics.



Presented by:

In Association with



we're talking health...

**FREE
PUBLIC
EVENT**

Starting Well, Living Well and Ageing Well

Come and join us for a fun evening of talks from Canterbury researchers who are improving healthcare for us all. **Registrations essential**

Thursday 4th November, 5.30pm – 7.30pm

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

For more information on our speakers and their topics, visit our website

www.healthprecinct.org.nz

Supported by
Te Papa Hauora's
Partners

Canterbury
District Health Board
Te Pahi Hauora o Waitaha



Latest Community Health Information Centre newsletter

The Community Health Information Centre (CHIC) provides free health resources to any person or organisation in Canterbury, South Canterbury, West Coast and Chatham Islands.

The resources are developed by Community and Public Health staff, and other health agencies.

The latest edition is out now [latest edition is out now](#) and highlights new and revised free resources available from your local CHIC office, as well as recently deleted resources.

New items include a pamphlet on wound awareness: prevention and care of burns and scalds, and a set of six kapa haka posters.

For more information about CHIC and to order resources online visit the [Community and Public Health website](#).

Foundation Level Quality Improvement Learning online now available

The Health Quality & Safety Commission has just relaunched its Improving together: Introduction e-learning programme, and it's now ready to complete.

This free course introduces quality improvement in Aotearoa New Zealand and is available to anybody taking part in health and disability service improvement (consumers and the workforce). It aims to provide foundation-level quality improvement knowledge and skills. Improving together: Introduction consists of four modules which can be completed anytime, anywhere. Participants receive a printable certificate after all four modules are completed.

Module one covers the principles and benefits of quality as the background to quality improvement in Aotearoa New Zealand; why quality improvement is important; some key definitions of quality and quality improvement; and the dimensions of quality.

Module two covers teamwork and the importance of consumer- and whānau-centred care, consumer engagement and co-design in quality improvement. The key roles and processes for effective teamwork are described.

Module three covers systems thinking and complexity in health care and the importance of a quality and safety culture.

Module four describes the Model for Improvement as a roadmap for an improvement project.

All four modules can be completed in under two hours in total but do not need to be completed in one single session.

Simple quality and safety tools should be part of everyone's skill set in health care therefore we encourage you to forward this email to anyone who would benefit in completing the course.

Participants will need a LearnOnline login which can be set up here: <https://learnonline.health.nz/>.

The course is available here: <https://learnonline.health.nz/course/view.php?id=459>.

For more information, please email learning.capability@hqsc.govt.nz.

South Island Alliance update



South Island Alliance Programme Office newsletter

The South Island Alliance is a collaboration of the five South Island district health boards (DHBs). This bimonthly update from the South Island Alliance Programme Office aims to educate, inform and celebrate our achievements as we work towards improving health outcomes for all South Islanders.

In this edition:

- › The pros and cons of telehealth
- › Project SEARCH internships
- › A profile of Allied Health Quality Improvement Lead for Children Development Services: Hamimah Ahmat

See these stories and more [here](#).

Pegasus 2025

Kia atawhai ki te tangata



The latest Pegasus 2025 newsletter is out now. Read about, a Brief Intervention Talking Therapy (BITT) survey which shows positive results, Te Whare Tapa Whā Foundation, meeting complex mental health needs within the Muslim community and more [here](#).