



# ceo update

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## Friday 30 May - Another milestone passed

Yesterday we moved one step closer to the reality of our new acute services block for Christchurch Hospital when the Hospital Redevelopment Partnership Group (HRPG) approved the preliminary design phase, giving us the go ahead to move in to the more detailed design process.

Chair of the HRPG, Evan Davies, asked me to pass on his thanks to everyone involved so far. He and the rest of the HRPG appreciate the huge amount of additional work this project has created for so many staff. This is a significant milestone. This next phase will also involve thousands of additional hours of staff time - often squeezed around your regular day job, so thanks again for all the input people are having into the process. If you're asked to contribute, please make the most of opportunities that come your way. We are building better for the future and know that some of the best ideas come from staff throughout the organisation.

We are expecting to see the first tangible signs of action on the Christchurch site in September this year when site enabling works are due to start ahead of construction planned to start later this year.

This upcoming work and the disruption it will inevitably cause was the subject of much discussion at this week's Hospital Advisory Committee (HAC) meeting.

Due to the nature of the site, there won't be much 'wriggle room' and we have a team working on detailed plans to minimise the disruption to hospital services and ensure staff and the public are kept up to date with happenings. The reality is that there will be limited or no access to some entrances and exits around Christchurch Hospital for the duration of the construction. As I said to the Board and committee members, due to the professionalism of staff and the goodwill to go the extra mile, we have managed to ensure that services have continued to be delivered to our community despite the very challenging environment that so many of you are working in. Again thank you for everything that you have all continued to achieve. However, come September, the level of disruption will step up a notch. Our focus remains on delivering quality services, despite the activities taking place in the hospital grounds.

I have no doubt that we will navigate our way through the numerous logistical challenges that we face – as the prize at the end will be a world class health facility which will be a huge asset for the community. The countdown is on till 2018 when we expect to be cutting the ribbon on the first areas of the new building.

I will have more information on Christchurch Hospital redevelopments next week, including details of some public updates on our new facilities.

Staff are encouraged to read the CDHB Board and advisory committee papers – you'll find a mine of information. The papers from this week's HAC meeting are [available here](#).

## World Smokefree Day 31 May

Tomorrow is World Smokefree Day and I'd like to use this opportunity to give a big congratulations to staff across our health system who support people to become Smokefree everyday. Quitting isn't easy but it's something that most smokers want to do - at least eight out of every 10 people who smoke regret starting, and six in every 10 have tried quitting in the last five years.

The latest [National Health Targets](#) were released this week and show that the CDHB achieved the 95 percent "Better Help for Hospitalised Smokers to Quit" target for the third consecutive quarter. The primary care target climbed an impressive 16 percent, with 65 percent of smokers attending primary care now receiving help and advice to quit.

To help celebrate World Smokefree Day Smokefree Canterbury is putting everyone who registers online to stop smoking in May into the draw for a \$250 grocery voucher. If you know someone who needs an extra nudge to go smoke-free, please encourage them to sign up at [www.smokefreecanterbury.org.nz](http://www.smokefreecanterbury.org.nz)



*Above: The CDHB's latest staff member, Little Jumbo, distributing World Smokefree Day resources.*

## Gearing up for winter – have you had your flu vaccination yet?

The icy snap this week is a sharp reminder that we need to gear up to fight influenza this winter. We have been vaccinating since early March and approximately 6,000 staff or around 65 percent of us have received it. In 2013 we vaccinated 75 percent of our staff by the end of the season, so we have a way to go and not much time.

Auckland DHB is on track to exceed its previous year's total with staff vaccinations currently at 60 percent and phase two of its campaign about to begin. The DHB has seen a particularly good uptake this year among nursing and midwifery staff. Let's not let the Aucklanders out-do us!

Virus expert and National Influenza Specialist Group (NISG) spokesperson, Dr Lance Jennings says healthcare workers should be immunised as they are likely to come in contact with people who are vulnerable to complications from influenza such as the very young, the elderly, pregnant women and those with ongoing medical conditions.

Many of these patients already have weakened immune systems because of pre-existing conditions, so not only are they more likely to become infected, the consequences are often more serious if they do.

"Influenza spreads very easily and up to one in five of us come in contact with influenza every year," Dr Jennings says.

"Younger flu victims aged 18-64 years may be at greater risk from this year's flu virus. Sixty percent of those hospitalised for influenza in the recent US winter were in this younger age group."

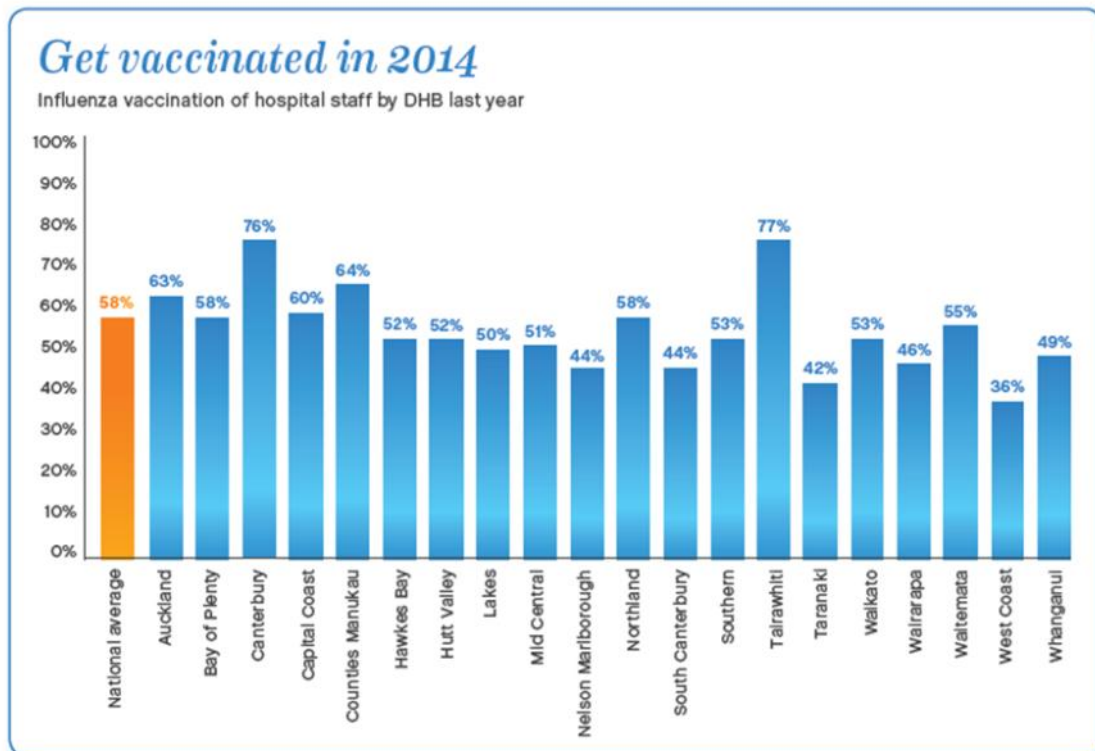
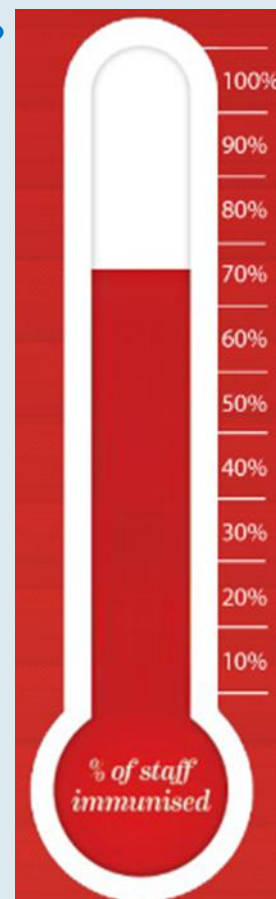
"Although influenza activity overall is still at about normal inter-seasonal levels in New Zealand, the A (H1N1) virus strain, which was predominant in the US this winter, is currently circulating in the South Island resulting in some people being hospitalised," Dr Jennings says.

"This particular virus can lead to serious complications for younger, previously healthy people, but the good news is it is covered by the 2014 vaccine."

Flu season is nipping at our heels and it can take up to 14 days from vaccination to build immunity, so get to a clinic or authorised vaccinator and get vaccinated.

**More information about the vaccination and how to get it later in the update.**

**Take care, David Meates**



Source: 2013 Workplace Immunisation Cover, Ministry of Health, November 2013.

## Burwood



**Concrete being poured:** Next Wednesday 4 June the first major concrete pour is scheduled to happen at the Burwood site. The pour is for the foundations of the Back of House building. It is a very large job – starting at around 4am and continuing until 6pm. There will be some noise and more trucks than usual entering the site, but normal hospital functions will not be affected.

*Left: The back of house framing nearing completion on 28 May.*

**New canopy design signed off:** At last week's Clinical Leaders Group, a revised design was approved for the main canopy for the entrance to the new buildings. The revised design has taken into account staff input on wind, shading and shelter at the main entrance.

## Christchurch

**C-spaces mock-up:** The Design Lab mock-up of the ward 'C' spaces is now closed. Thank you to everyone who took the time to give us their feedback on the proposed space. There is still time to have your say on the proposal – contact Philippa Smith by email ([philippa.smith@cdhb.health.nz](mailto:philippa.smith@cdhb.health.nz)) or please complete a short survey that you can find on the Staff Workspaces section of the Facilities Development intranet site. A similar mock-up is now being put together for the Haematology 'C' spaces.

**Locker survey:** Samples of new staff change lockers will be available shortly for staff to inspect. The lockers will be on display in the Radiology department admin corridor. We are keen to find out about likely locker usage among staff in the new Acute Services building. To help us collect the information, we are running a [Lockers Survey](#). See below for more details.

**Developed design:** The Clinical Leaders Group also signed off a significant amount of the final preliminary design work this week – the Adult, Haematology, Oncology and Child Health wards, Interventional Radiology and the Emergency Department. We are on the cusp of moving into the Developed Design phase for the Acute Services Building, in which the actual detail of what goes in each room is added into the preliminary designs.

This is a major milestone and the design team would like to say a huge, huge thanks to everyone who has taken part in the process so far.

Over the next few weeks we will be releasing more information about the Acute Services project to the general public.

## Locker Survey for Amenities Group - Acute Services Building

The Amenities group for the Acute Services Building group is seeking input from staff on their needs around lockers and associated activity.

Please take five minutes to complete this survey for the group at <https://www.surveymonkey.com/s/9QKFJZR>. The survey will close on 10 June.

We welcome feedback from all staff not just user group participants.



# Bouquets

## **Bouquets**

### **Ward 12, Christchurch Hospital**

Fabulous staff in Ward 12, thank you.

### **AMAU (Acute Medical Assessment Unit), Christchurch Hospital**

I am grateful for the services to all nurses, doctors and all the staff.

### **Ward 15, Christchurch Hospital**

I would like to sincerely thank all staff on Ward 15 for their unrivalled care. They have been supportive, informative, kind, caring, especially when you are not feeling well. I feel I have had thorough care throughout and can't thank you all enough. Much obliged and very appreciative.

### **Orderlies, Christchurch Hospital**

I wanted to take a minute to thank the amazing orderlies that work at this hospital. I am a ward clerk, so deal with them frequently in my job and I always find them very kind and generous especially with older or more vulnerable patients.

### **Lynhurst Home, Christchurch**

Staff were great and made a not nice experience bearable.

### **Oral and Maxillofacial Departments, Christchurch Hospital**

I have found over the last few days the care I received from Amy Chatfield and the team at the dentistry department was the best anyone could expect. Please pass on to Amy and others that helped me.

### **Accounts Payable, Canterbury District Health Board**

I just want to say how lovely the service was that we received at Accounts Payable by Antoanette. She was so friendly, helpful and personable. We were concerned that the office might not be open as the sign said 8am open and we arrived at 7.30am. Antoanette was open for business and lovely.

### **Cardiology ward clerk – Jill Murphy**

A big thank you to Jill Murphy, the ward clerk in Cardiology for all the assistance she gives to the young doctors in particular when they are new to the cardiology run. It is greatly appreciated by all concerned and makes their transition to the area considerably easier and more enjoyable.



## **Site Redevelopment Unit - Newsletter 28 May 2014**

The Site Redevelopment Unit is responsible for the major building construction and redevelopment work across the CDHB including all earthquake repairs. Our work also includes relocating staff and services from buildings which have been affected by the Christchurch and Burwood Hospital redevelopment projects or the need to demolish earthquake damaged buildings.

This newsletter includes information about the following:

- Award winning acute medical assessment unit and new Parkside wards
- Kaikoura Integrated Family Health Centre event
- Relocation of Central Sterile Services Dept.(CSSD) to Theatre Sterile Unit (TSU) IN Christchurch Women's Hospital
- First stage of construction for the Fergusson Building at Hillmorton Hospital
- Relocation of social workers to Stewart Street

[Read the newsletter...](#)

North Canterbury health services are a step closer to a new hub after Rt Hon John Key, Prime Minister turned the first sod of the project at Rangiora Hospital today. Site enabling works on the new Rangiora Health Hub are due to start shortly with an anticipated completion date in the second quarter of 2015.

The Government gave CDHB the green light to go ahead with the Rangiora Health Hub in 2011. The hub will improve the sustainability of health services in North Canterbury and provide the community with better access to a variety of services. CEO David Meates says the plan is for the hub to complement existing primary care services in the area.

“Current CDHB services located at Rangiora Hospital will be part of the new Health Hub. In addition integration with some secondary services will be linked either via specialist outpatient services or potentially telemedicine, which will help better support people with complex health requirements. A focus of the Hub will be a number of community providers and organisations utilising the Hub facilities.”



Brendon Groufsky from Site Redevelopment with the Rt Hon John Key and Hon Kate Wilkinson.



Trengrove Architects was appointed the lead designer of the Rangiora Health Hub and RCP (Resource Coordination Partnership) won the tender to project manage the development.

Both Trengrove Architects and RCP are working with CDHB on other development projects, Trengrove Architects on the Kaikoura Integrated Family Health Centre and RCP is overseeing construction of the new Christchurch Hospital's Acute Services Building.

The Rangiora Health Hub development received encouraging support from the community. During consultation prior to the project, CDHB received nearly 3,000 surveys and at least 200 people attended the five community meetings. “The turnout and response demonstrated how highly the community values these health services,” says David Meates.

A formal blessing of the land and a wider community celebration will take place closer to the beginning of construction.

### **The Canterbury Grand Round—6 June 2014, 12.15-1.15pm (lunch from 11.50am)** **Venue: (Rolleston Lecture Theatre)**

**Speaker: Amanda Lyvers, Paediatric Oncologist, Christchurch Hospital**

**Title: Changes to Care for Dying Children – a brief history of and update on Paediatric Palliative Care**

The care of children with life limiting illnesses has undergone significant change. Paediatric Palliative Care has evolved as a new subspecialty and this presentation touches on its history and initiatives to assist these children and their families.

**Speaker: Peter George, Clinical Director Biochemistry, Christchurch Hospital**

**Chair:** Bryony Simcock, O&G Consultant

Video Conference set up in:

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

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



### Christchurch campus clinics

Thursday 5 June, 13:30 -15:00  
Endo Room (off ward 26 Christchurch Hospital)

Thursday 12 June, 10:30 -13:00  
Room opposite Otago Research, Christchurch Hospital (corridor leading from the shopping foyer towards the Great Escape café)

#### Or

If you and a group of your colleagues need your flu vaccination, contact Lisa Blanken in the Health, Safety and Wellbeing team on 68723 to organise a clinic.

### The Princess Margaret Hospital clinic

Friday 6 June, 12:30 -14:00  
Out-patients TPMH

#### Or

Contact Occupational Health on 68723 to make an appointment.

### Burwood Hospital

The following staff have the vaccine available and can vaccinate:

Nerilee Kidd, Duty Manager (Nights)  
Saskia Gibb, BIRS (Nights)  
Emma Lanyon, Duty Manager  
Helen O'Sullivan (Casual Pool, TBA)  
Anne-Marie Wildbore (Infection prevention and control)

### Ashburton Hospital

The following staff have the vaccine available and can vaccinate:

Paula Burgess, AAU  
Deborah Hanrahan, AAU  
Fay Jones, Ward 6  
Sheila Lyons, Ward 1 & Home-based support  
Sharon Greenslade, Ward 1  
Amanda Van Asperen, Ward 1

### Hillmorton Hospital

Contact Clinical Skills Unit on 33966 to make appointment.

## Facts about influenza and immunisation

### Influenza is infectious even before symptoms show

Symptoms can take time to develop. During this time healthcare workers can expose many vulnerable people to the virus, who may get serious complications.

### Influenza is NOT a cold

It's important to remember that influenza is different from a cold. A cold virus only affects the nose, throat and the upper chest and lasts for a few days, whereas influenza can be serious illness that affects the whole body and can last up to 10 days.

### Being fit and healthy will not stop you from getting influenza

Influenza spreads very easily and up to 1 in 5 of us become infected with influenza every year, even if we don't get sick. By immunising against influenza you can protect yourself and lessen the chance of giving it to your family, co-workers or a patient with a medical condition who is at greater risk of developing serious complications from it.

### You are unlikely to build a natural immunity

Immunity only develops after you have been exposed to a particular strain of the virus, be that through infection or immunisation. Influenza immunisation prepares and boosts your immune system to help you fight the particular influenza viruses expected to be circulating each year. Immunity against one strain of the flu will not necessarily protect against another.

## Health Target results for quarter three 2013/14

Canterbury DHB's performance against the National Health Target 'Better Help for Smokers to Quit' for primary care climbed an impressive 16 percent in Quarter Three. Canterbury's performance in other key areas remains strong.

Read the media release, view the latest Canterbury DHB results in the National Health Targets and see how CDHB is doing in relation to other DHBs [here](#).

## Redecorating in style for new Emergency Department Clinical Director

Scott Pearson had a surprise waiting for him on his first week of his new role as Clinical Director of Christchurch Hospital's Emergency Department (ED).

ED staff decided to do some redecorating of his office. Associate Clinical Nurse Managers, Barb Nelson and Tracey Williams, took great delight in designing the new office for Scott.

Nurse Coordinator of Clinical Projects, Polly Grainger, says staff have worked with Scott for a long time and just had to welcome him in with style, "it was simply a question of what style?"

"We have a tradition of alternative decoration and this seemed an ideal opportunity to explore our creative side once more. So we collected some family memorabilia, and took into consideration his expressed wish for a full tea set."

They had planned to get together after work over the weekend to bring it together.

"Then we acquired a challenge, in the form of Scott deciding that he would move in then. So we had to 'lose' the key and warn security to be elsewhere, and then wait until he gave up! However, despite all we produced our masterpiece."

"Welcome into the role Scott. We hope that you're looking forward to more fun in the future," she says, Scott says on moving into the office he was surprised to find a fully decorated office awaited him.

"Complete with accessories such as china tea set and crocheted blankets!

Not sure what I will do with all that. Also there sat a mannequin decorated as myself. The presence of a typewriter was a relic from the past. It was certainly an amusing way to start."

Scott says he is looking forward to working with other hospital departments to maintain what has already been achieved with patient care and efficiencies and discuss ways of further improvements.





## Changes made possible by courage, hard work and participation

May marks 12 months since the new Acute Medical Assessment Unit (AMAU) opened and began to admit patients to the general medical wards at Christchurch Hospital. In the months since, the general medical wards at The Princess Margaret Hospital have closed and the staff and teams brought back to the Christchurch Hospital campus.

It has been a time of huge change within General Medicine, with all teams experiencing significant changes in their working environment. The teams on Ward 26 and Ward 31 (TPMH) were disbanded and from them a new Ward 24 with an acute stroke service emerged. Ward 30 (TPMH) closed and the team relocated to Ward 27. The old AMAU team shifted to their new premises to open and run the new 36-bed AMAU. They were joined, invaluable, by a large proportion of the team from Ward 29.

Charge Nurse Manager, Allison Partridge, says that the system of nursing care provision has had to be able to “flex, evolve and change to reflect the needs of the patient cohort”. Associate Charge Nurse Manager (ACNM) positions have been established and a nursing team structure with RN support roles has been continuously developing through feedback from the nursing team.

Clinical Nurse Specialist, John Hewitt, says the AMAU nurses have also had to develop new skills and become familiar with new therapies. To date over 70 per cent of the nursing staff have obtained certification in Cannulation and Venepuncture.



Above: The team from AMAU.

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The ability to use remote cardiac monitoring or “telemetry” has enabled general medical patients to be looked after within the AMAU, rather than ED or the cardiology wards.

“This again has meant that nursing staff have had to augment their existing skill set with new skills needed for this patient group.”

With direct admissions from the community, alongside admissions from ED, patient flow has been a priority for the AMAU. The ACNMs have had to develop a paper based system to accurately manage flow. A new patient E-whiteboard to help monitor and control patient flow through the AMAU is being implemented, which the ACNMs, senior allied health and nursing groups have been integral in developing. The electronic system is expected to be online in mid June.

Service Manager, Dave Nicholl says in the last 10 months, General Medicine has had nearly 10,000 admissions, of which 88 per cent have been admitted through the new AMAU, which has an average length of stay of 18 hours.

“To put this into context, last month the AMAU admitted 995 patients, an average of 30 admissions a day. Approximately 10 of these admissions are discharged from the AMAU, with the remainder admitted and transferred to general wards. This equates to an average of 60 bed movements every day.”

Now the average length of stay for general medical patients in ED is three hours, which is steadily improving, Dave says.

The General Medicine physicians have developed a specific AMAU team to expedite the care of people who do not require a lengthy hospital admission. Within General Medicine as a whole, bed occupancy has reduced and is estimated to save over 4000 bed days this year.

Length of stay has reduced from just less than 4.5 days to just over 3.5.

“Essentially General Medicine is doing more with less, he says.

Mark Crawford, Medical Director of Nursing, says that the next task is a thorough review of what has been achieved so far within the AMAU; as well as continuing current projects such as the introduction of a ‘frailty pathway’ to better identify and provide care for a previously under-recognised patient cohort.

All agreed that these changes would not have been possible without the courage, hard work and participation of all the AMAU team and the entire general medicine wards and allied health staff.

“These teams have managed this change in circumstance not once, but twice in the past three years; without once losing sight of the purpose of providing a high standard of individualised care and support to all people passing through the service”, Mark says.

## World Table Tennis Placing

CDHB Dietitian, Catherine Fogarty, has finished in the top eight table tennis players in the world for her age group.

She attained the placing this month at the 17<sup>th</sup> World Veterans Table Tennis Tournament in Auckland from a group of 180 women. There were 1665 players from 57 countries competing at the tournament.

There were 5256 matches on 61 tables at the Waitakere Trusts stadium in Auckland. It is only the second time the tournament has been held in Australasia in the last 20 years.

Catherine’s father, Bill Fogarty, and sister, Yvonne Fogarty, were New Zealand champion table tennis players and Catherine and her siblings played table tennis from an early age, taught by their father.

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*Above: Catherine Fogarty in action at the tournament.*

Over the years they stopped playing but have gradually taken it up again, with five of the nine siblings entering the tournament. Some of the family members were interviewed for television programme, "The Crowd Goes Wild", the episode aired a fortnight ago.

Catherine says that considering she had been away from the sport for nearly 30 years, reaching the top eight totally surprised her. Table tennis is a fun way of keeping fit, meeting people and seeing different parts of the country (and world), she says.

In October, Catherine goes to Hobart as part of the New Zealand Veterans table tennis team competing in the Australian Veterans Championships.

*Right: Catherine's Mum, Audrey Fogarty, being interviewed for television programme, "The Crowd Goes Wild".*



## Help young people beat the gloom with SPARX

Last week was Youth Week and this year's theme was: Be the Change.

There is now another tool available for young people to make a change in their lives – SPARX.

SPARX is an online e-therapy programme designed to help young people develop skills to deal with feeling down, depressed or stressed.

SPARX is an initiative of the Prime Minister's Youth Mental Health Project and was developed with the help of young New Zealanders aged 12 to 19 by the University of Auckland. It uses proven cognitive behavioural therapy techniques to deal with symptoms of depression.

SPARX has been designed to fit with other ways to treat young people with depression and does not replace other forms of intervention.

In fact, SPARX can be one of the first steps for young people to try and can be used alongside other ways to deal for depression.

Most young people will use SPARX independently, as a self-help tool, but some will want or need support along the way.

Evidence suggests users of e-therapy programmes, like SPARX, are more likely to complete them when they are supported.

There are many ways in which SPARX could be integrated into clinical practice. To find out how, download this document for health professionals: <https://sparx.org.nz/website/static/website/pdf/sparx-training-for-health-professionals.pdf>

And for more information about SPARX visit: [www.sparx.org.nz](http://www.sparx.org.nz).



## Calm at police custody centre due to work of mental health nurses

Mental health nurses are being praised for their work at the Christchurch Police Custody Centre. In a letter to Dr John Crawshaw, Director of Mental Health, Sue Douglas, Project Manager, Mental Health Team for the New Zealand Police, says she recently spent time in Christchurch to better understand the role of mental health nurses within police custody centres.

CDHB funds 6.5 FTE mental health nurses to provide 24/7 coverage.

Sue says during her visit she discussed the service with Service Manager, Deborah Selwood, who was instrumental in supporting the initiative and provided valuable insight into its development and benefits.

Sue worked alongside mental health nurses, Steve Howie and Neil McNulty watching their assessment of people in custody and their interaction with police.

"The partnership between mental health nurses and police was impressive, providing a unique appreciation of each other's roles and working collaboratively to improve outcomes for people experiencing mental distress."

The assessments she observed ranged from high risk to lower level interventions.

"A woman who was assumed to be drunk was assessed by the mental health nurse who ascertained that she had taken a drug overdose requiring immediate hospitalisation," she said.

In another case, a person involved in minor offending was identified as having a mental health element to her offending and was referred for counselling, potentially stopping her re-entering the criminal justice system.

Sue says because of the mental health nurses, the Christchurch Police Custody Centre has an atmosphere of calm, with police being confident about their ability to care for people and know that they will be connected to the appropriate support services on their release.

"I would like to pass on my appreciation to the Canterbury DHB, in particular Deborah Selwood and all the mental health nurses working in the custody centre, for supporting this service and making it such a success."

Mental Health Services General Manager, Toni Gutschlag, says the nurses are doing fantastic work. "I have had a number of positive comments from local police about our work in the watch house and it is wonderful to see the team acknowledged in this way."

CDHB CEO, David Meates, says our community is benefiting from a great relationship and really skilled and talented people.

## Walk through a giant inflatable colon and learn more about bowel cancer

Bowel Cancer Awareness Month begins on 2 June.

Beat Bowel Cancer Aotearoa will have an information stand and an inflatable colon set up in the foyer of the University of Otago, Christchurch (on the Christchurch Hospital campus) during the days of Tuesday 3 June to Friday 6 June. Drop in and see what new information is available and walk through the colon. Representatives from Beat Bowel Cancer Aotearoa will be there.

Beat Bowel Cancer Aotearoa is a nationwide, patient-led organisation committed to reducing the impact of bowel cancer on our community through awareness, education and support.

The University of Otago, Christchurch, will be hosting more displays and lectures by community organisations this year.

See details of upcoming events at:

<http://www.otago.ac.nz/christchurch/news/communicationsoffice/otago063965.html>

Registrations are open for the Administrative Services Workshop series being held from 24 to 25 June 2014 at the Horticultural Hall.

The workshops are to inform, celebrate, develop and engage with administration staff from across Canterbury DHB. It is also an opportunity to acknowledge the valuable contribution administrative professionals make to the Canterbury health system every day.

This year's programme is focused on professional development and four workshops are being offered. The workshops are designed as introductory sessions and complement more in-depth courses being offered through the CDHB Learning and Development calendar.

Please see the [full programme](#) with dates, workshop sessions and details on how to register for the workshops.

<b>Workshop 1</b>	Tues 24 Jun	9:00am to 12.30pm	Stepping into leadership
<b>Workshop 2</b>	Tues 24 Jun	1:00pm to 4:30pm	Reducing workplace conflict
<b>Workshop 3</b>	Wed 25 Jun	9:00am to 12.30pm	Thriving through change
<b>Workshop 4</b>	Wed 25 Jun	1:00pm to 4:30pm	Get a life!

Administrators may choose one workshop session from the four on offer over the two days. One hundred seats are available at each workshop – on a first come/first served based. If one workshop is under-subscribed we'll look to replace it with a repeat of the most popular session.

This is an opportunity to network with colleagues from across the wider Canterbury DHB administrative team to share your knowledge and experiences.

The registration closing date has been extended to **Wednesday 4 June 2014**. Registrations will be confirmed by email by **Monday 9 June 2014**. [To register click here.](#)

## Māpihi Maurea April 2014

Māpihi Maurea is a holiday programme facilitated by Purapura Whetu targeting their registered tamariki aged from 8 through to 18-19 years of age. The holiday programme runs for a week.

The goals within the holiday programme are:

- To enhance Te Reo me ona Tikanga Māori.
- To develop and provide activity based programmes for tamariki who are unable to experience fun activities in their daily lives.
- To develop a positive sense of wellbeing through having fun.
- To develop positive role models and leadership.

The Tira Whetu Rangatahi leadership group – other registered tamariki aged from 14 to 19 years to take on mentoring and supportive roles to assist the younger tamariki throughout the week.

April, the most recent Māpihi Maurea was a highlight for the tamariki. Activities included, mini golf, movies due to the dreadful weather, Kapa Haka and Karakia each morning, Clip n Climb, ice skating, Jellie Park swimming pool and Hanmer Springs.

This holiday programme also included "The Amazing Race" which was deemed to be a huge highlight and success. Challenges included shopping but only using Te Reo as their language to purchase goods.

All staff on the Rangatahi Team must be commended especially Jen Walker who put the whole programme together and maintained the safety of each child.

At times our students were challenged by other students on other holiday programmes, but were able to maintain the kaupapa and kawa of Purapura Whetu.

Our Tira Whetu group stepped into the managing of the other students, by providing good role modelling and positive leadership.

Nōreira ka nui rā nga mihi ki a tātou o Purapura Whetu  
Taipari Mahanga CSW Rangatahi Team



Staff and Students pose for a *whānau* picture at Hanmer Springs.



## Scooter Safari raises funds for Cancer Society

It's known as an event that's not for the faint hearted and the Tranz Alpine Scooter Safari held last weekend was as gruelling and uncomfortable as usual, despite it having to be cut short.

Driving rain, high winds and a large slip at Otira, meant the usual 250 kilometre ride from Christchurch to Hokitika to raise funds for the Cancer Society had to be shortened. Instead the 250 scooter riders travelled to Cass and back, with miserable cold and wet conditions from the beginning of Porters Pass.

Clinical Educator/Registered Social Worker, Training Unit, Specialist Mental Health Service, Cynthia Spittal, took part along with other CDHB staff.

"At last count \$190,000 was raised for the Cancer Society overall. CDHB staff, including Elizabeth Riches and my team, 'The Rivetting Rosies', raised around \$2,000 of this.

It was great to meet Elizabeth Riches from the Paediatrics Service and build some camaraderie across very diverse workplaces.

"A huge thank you to all those CDHB staff who helped support our fundraising efforts," Cynthia says.

The Scooter Safari is an awareness-raising and fundraising event for the survivors, families of those with cancer and those committed to making a difference. The Scooter Safari was created by Jayne and Mike Rattray in 2009, to support a friend diagnosed with bowel cancer.

The first ride saw 32 riders make the maiden voyage raising \$14,000. By 2012, \$245,000 was raised in what is now a bi-annual event.



Above: Administration Leader, Paediatrics, Elizabeth Riches, as a dragon rider on her pink scooter.



Above: Team Rivetting Rosies.



Above: Cold, wet riders at the rest stop at Lake Lyndon.

## State Services Commissioner's guidance for the 2014 Election Period

On 20 September 2014 there will be a general election, and all staff employed by CDHB need to be familiar with the State Services Commissioner's guidelines for public servants.

This guidance identifies common principles and obligations to assist staff to maintain political neutrality in the period leading up to the general election. The principles are derived from the standards of integrity and conduct for the State services.

The official 'pre-election period' starts on Friday 20 June. The guidance information detailed below provides details on political neutrality (along with specific examples), and reminds staff not to use any DHB resources for political purposes. It also provides guidance on advertising campaigns and other communications in the pre-election period. This information is also available on the [CDHB intranet](#).

- <http://ssc.govt.nz/election-guidance>
- [Guidance for the 2014 Election Period: State Servants, Political Parties, and Elections](#)
- [General Election 2014: Factsheet for State Servants](#)
- [General Election 2014: Political Neutrality: Questions and Answers for State Servants](#)

## Department of Psychological Medicine, University of Otago, Christchurch & Specialist Mental Health Service, CDHB Clinical Meeting

Tuesday 3 June 2014, 12.30 pm – 1.30 pm

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

### How safe are your patients? Dietary and herbal supplement use in post partum women with depression

Presenters: Melissa Butt and Jane Elmslie Dietitians

Chaired by: Associate Professor Sue Luty

#### Special notes

These meetings will be held on a weekly basis (except during school holidays) and the details of the next meeting will be emailed to you in advance.

A light lunch will be served at the School of Medicine venue from 12 noon.

Psychiatrists can claim CME for attending these meetings.

The sessions will be broadcast to the following sites:

For TPMH attendees the venue is the Child, Adolescent & Family Inpatient Unit, Ground Floor. Access is from the main reception at TPMH.

For Hillmorton attendees the venue is the Lincoln Lounge, Admin Building, Hillmorton Hospital

The dial in address is: Psych Med Grand Round.

If you have difficulties dialling in please call 0800 835 363 to be connected.



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132456 Personal Assistant  
134991 Service Desk Support Technician  
133873 Procurement Manager  
134924 PSE Clinician  
134050 Registered Nurses - Burwood Spinal Unit  
134885 Physiotherapist Team Leader (Women's & Children's Health)

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



## One minute with...Robin Rutter-Baumann, Service Manager, Canterbury Eye Service

### What does your job involve?

An endless series of interactions with a fabulous bunch of people who are determined to look after the eye health of Cantabrians. This means meetings, in the corridor discussions, a zillion emails and lots and lots of questions about what they do best and how to do that better. The title is Service Manager but the job feels like that of a coach.

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

I've always worked in the human services field and I love managing teams and leading people. Helping people get through culture and system change and process improvement is a privilege. I believe change is food for the soul, it's energising and positive. I don't know anyone who hasn't tried to change something.

### What do you love about it?

I really get a kick out of seeing people excel and find ways to make things smoother and more effective. I haven't found anybody here who isn't determined to make it better. I enjoy the balancing act between my intolerance and the need for patience.

### What are the challenging bits?

Removing mental roadblocks is difficult at times. Given the chance to make improvements most people already have really good solutions to things, however there is often some reason why they haven't already taken action. The blocks that are real can easily be worked with / around but the stuff in our heads proves to be the most challenging. Add in a bit of group thinking and all of us can have a fairly fixed mindset.

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

The talent and potential of the people around me. Day in day out I work with people that are capable of magic and that's exciting.

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

If Disney Ran Your Hospital [www.goodreads.com/book/show/220641](http://www.goodreads.com/book/show/220641)

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

On a river in the Sierra Mountains, California.

### My ultimate Sunday would involve...

Kayaking the Arahura River on the West Coast.

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

Artichokes – I mean what's the point in them? Really, what is the point?

### My favourite music is...

Anything that is riddled with angst and a bit of suffering but not opera (gotta have some misery to balance the joy of work but opera is one step too far).



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

## Newly qualified CDHB nurse practitioner

Canterbury District Health Board nurse Shirley Harris set her sights on becoming a Nurse Practitioner while still completing her undergraduate degree.

"I was a mature student completing my undergraduate degree when I was introduced to the Nurse Practitioner role and it was then I decided my course of study. I was impressed with the autonomy of the Nurse Practitioner role and the expertise it demanded."

Harris, who works in Ashburton, recently achieved that goal when she and two other nurses from her class at the University of Otago, Christchurch's Centre for Postgraduate Nursing Studies qualified as Nurse Practitioners.

Harris says becoming a Nurse Practitioner will help her better serve her community.

"As a Nurse Practitioner I am able to offer the community a complete package of care based on a high degree of knowledge and clinical competence. As a volunteer paramedic I often use my advanced nursing skills to augment my provision of emergency care and believe my Nurse Practitioner scope of practice encompasses a blending of nursing and medical knowledge."

She says she chose to study with the Centre for Postgraduate Nursing Studies because of its reputation as a provider of quality education based on a strong research foundation.

The two other Nurse Practitioners from Harris' class are Gillian Currie who works at a Christchurch general practice, and Tania Kemp who works in primary care in Pleasant Point, South Canterbury.

The Centre for Postgraduate Nursing Studies is committed to helping nurses progress along the Nurse Practitioner pathway.

Centre director Dr Philippa Seaton says she and her colleagues offer a range of clinically-focused programmes leading to postgraduate certificates and diplomas, Masters' degrees and PhD qualifications for nurses wanting to advance their practice. The courses promote advanced knowledge and skills and are facilitated by expert nurses across a range of specialties. Papers offered at the Centre relate to the competencies for Nurse Practitioners and the Masters in Health Sciences (Nursing- Clinical) approved by the Nursing Council of New Zealand.

Canterbury District Health Board Executive Director of Nursing, Mary Gordon, says it is fantastic to see a Canterbury nurse realise her career goal of attaining Nurse Practitioner status and the Centre of Postgraduate Nursing Studies has played a significant part in that achievement.

If you would like to find out more about postgraduate study with the Centre for Postgraduate Nursing studies visit: <http://www.otago.ac.nz/christchurch/study/postgraduate/otago015365.html>



*From left, Shirley Harris, Tania Kemp and Gillian Currie.*



South Island Patient Information Care System

# Show & Tell



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

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

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

### Canterbury District Health Board: four sessions

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

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

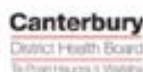
**At Christchurch Hospital on Tuesday, 17 June**  
Session time: 2:00-3:30pm  
In Oncology Lecture Theatre

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

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



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



Nelson Marlborough  
District Health Board



South Canterbury  
District Health Board

## Make a difference through the study of Public Health

Are you considering taking your degree to higher places?

- build on your undergraduate degree in any discipline
- develop your knowledge and skills in a related area
- enhance your career prospects

The University of Otago offers postgraduate study in Public Health at their Christchurch campus. Enquiries are welcome and applications for enrolment in second semester papers are now open.

University of Otago, Christchurch

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# Postgraduate Studies in Public Health

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### **Master of Public Health** **Postgraduate Diploma in Public Health**

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*with endorsed option in:*

- Health Management

### **Postgraduate Diploma in Health Management**

*For further information, please contact:*

Rebekah Higgs, Programme Administrator  
Department of Population Health  
University of Otago, Christchurch  
PO Box 4345, Christchurch  
Tel: 03 364 3602  
Email: [rebekah.higgs@otago.ac.nz](mailto:rebekah.higgs@otago.ac.nz)



[www.otago.ac.nz/christchurch](http://www.otago.ac.nz/christchurch)



...ARTIST DOCTORS PRESENTS...



# PROMS

25 YEAR ANNIVERSARY

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

4TH OCTOBER 2014

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

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

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





**Youth Collaborative**

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

*Connections: Developing Youth Wellbeing across all*

*Sectors*

**Thursday 10<sup>th</sup> & Friday 11<sup>th</sup> July 2014**  
Lincoln University, Christchurch

**Pre Hui Research Workshop**

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

**Wednesday 9<sup>th</sup> July 2014**  
Lincoln University Christchurch

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

**REGISTER NOW!**

**Early Bird Specials available now**

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

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

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

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

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

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

### Pre Hui Research Workshop

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

**Wednesday 9<sup>th</sup> July 2014**  
Lincoln University Christchurch

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

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

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



THE DEPARTMENT OF INTERNAL AFFAIRS



Te Tari Teiwhenua



Multiple Sclerosis  
& Parkinson's  
Society of Canterbury

**MS+PD**



## Parkinson's Disease:

**"See the person, not just the disease"**

Tuesday

**5 August**

09:00 - 16:00

Lunch Provided

## Nurses & Allied Health Education Day

- Learn practical tips to improve your practice
- Support people with Parkinson's on their journey
- CPD Certificate provided on completion

Our Guest Speakers include

**Professor Tim Anderson**

Neurologist

**Melanie Gamble**

Pharmacist

**Kirstie Koller**

Speech Language Therapist

**Tara Martin**

Physiotherapist

**Helen Skene**

Parkinson's Research Nurse

**Canterbury  
Horticultural Society**

South Hagley Park  
Hagley Avenue

Cost: \$100 (Early Bird Rate: \$80)

For information and to register your  
interest, check our website or contact

**PD Resource Nurse Bronnie**

(03) 366-2857 ext 4

b.alexander@ms-pd.org.nz

**[www.ms-pd.org.nz](http://www.ms-pd.org.nz)**



## SEXUAL HEALTH SEMINAR

THURSDAY 19 JUNE 2014  
FROM 1.00PM – 4.30PM

Community and Public Health  
310 Manchester Street, Christchurch

1.00pm - 2.00pm

### WELCOME

Time to catch up with work we are currently involved in, to share information and new resources, and projects planned for this year.

2.00pm - 3.00pm

### ALCOHOL, SEX AND THE DEVELOPING BRAIN

PRESENTER: DR SUE BAGSHAW

Dr Sue Bagshaw has worked in the area of youth health for many years. She is Senior of Paediatrics, University of Otago and Director of the Collaborative for Research and Training in Youth Health and Development Trust. Sue is also Chairperson of the Korowai Youth Well-Being Trust which runs the 298 Youth Health Service and she works there as Senior Medical Officer. This is a great opportunity to learn from Sue's wealth of knowledge and experience.

3.00 - 3.30pm

### AFTERNOON TEA

3.30 - 4.30pm

### QUESTIONS AND DISCUSSION CONTINUE

4.30pm

### CLOSING

There is no cost for these seminars and afternoon tea will be provided.

Please let me know if you will be attending.

**Diane Shannon**, Health Promoter  
Community and Public Health  
(a division of Canterbury District Health Board)

**P** 03 378 6755  
**E** [diane.shannon@cdhb.health.nz](mailto:diane.shannon@cdhb.health.nz)



# QUIT & WIN IN MAY

To celebrate World Smokefree Day on 31 May, Smokefree Canterbury are giving smokers who want to quit the chance to win a \$250 grocery voucher.

To enter just go  
[www.smokefreecanterbury.org.nz](http://www.smokefreecanterbury.org.nz)



The competition for the \$250 grocery voucher will be drawn on 3 June 2014.  
To be eligible people must reside in Canterbury and be regular smokers.