



A time to look out for each other

I'd like to take a moment to acknowledge last night's earthquake and aftershocks and talk a little about the likely effects it will have on us all, our health system and our Canterbury and West Coast communities.

Firstly though, I hope that you, your family and your home are okay. Through any aftershocks we experience over the coming days, look after yourself and your family first, and stay safe.

My thoughts go out to our people in North Canterbury around Culverden, Hanmer and Kaikoura, and on the east coast who self-evacuated and will have had a particularly distressing time. I am sure you'll add your condolences to mine for the families of the two people who have died in this latest earthquake.

As a health system our first priority, as always, is the health and wellbeing of our patients, staff and the community. We will of course be continuing our work to support the mental health and wellbeing of the community and will flex up our ability to respond to an anticipated short term increase in demand.

All Canterbury DHB facilities are fully operational and our staff and engineering consultants are checking buildings, together with the ASB building site behind Christchurch Hospital. Activities at any one of our sites may be temporarily suspended at the discretion of the site manager - the cranes for example will remain out of action until they have been thoroughly checked.

In general, health services across the Canterbury and West Coast Districts are operating normally, including General Practices, pharmacies, community-based support and Aged Residential Care facilities.

I am very aware of the stress that this event will place on people working in health, both personally and through the demands of work. Here are a few messages that for us in Canterbury will be all too familiar, as a helpful reminder:

- » It's normal to be stressed under these circumstances. Few people will have slept well last night and coupled with the anxiety we understandably feel, that will make us edgier than usual. Please, be kind to yourself and understanding with others. Support your colleagues and work friends, and look out for them.
- » If you are having trouble dealing with stress, talk to your GP team in the first instance but if for any reason you cannot get hold of them, don't hesitate to contact the Canterbury Support Line. Their number is 0800 777846. We also have EAP or Workplace Support available at any time on 0800 443445.
- » Don't be afraid to ask for help from your family or neighbours – and keep in touch with them. Keep an eye out for each other, and consider the vulnerable people in your neighbourhood. At times like this it's important to look out for elderly people and others who live alone.

I want to take this opportunity to thank everyone who did their very best to function normally today, and all of you who continue to work tirelessly for the wellbeing of our community. I am immensely proud of our ability to perform so well in the face of adversity. Thank you.

On the assumption the disruptive effects will continue for some time, a final reminder from me that all health workers are part of the essential services we provide and should come into work if able. If you are unable to come into work, please ensure you inform your manager as soon as possible. Staff can keep up to date via Canterbury District Health Board's website and Facebook page.

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Under pressure and making a difference

The results from this year's CDHB Staff Wellbeing Survey speak volumes about the commitment and passion of our people.

We've been up against it in Canterbury over the past few years. The earthquakes and all the pressure they continue to cause have asked a lot of us, our families, and our health system. Both at home and at work we've faced unprecedented challenges.

On the home front many of us are still battling with earthquake-related issues. According to the survey, 28 per cent of us report that living in a damaged environment and/or being surrounded by construction work is having a negative impact on our wellbeing, while 19 per cent continue to be negatively impacted by dealing with EQC and home insurance issues.

We're also facing pressures at work. With 14,000 damaged hospital rooms and 44 demolished buildings, there's been a whole lot of change, disruption and moving around. According to the survey, 30 per cent of us have poor physical work conditions associated with the earthquakes, while 38 per cent report having an excessive workload related to increased patient acuity and demand.

What is remarkable is how, despite all of this, the vast majority of our people feel engaged and fulfilled at work.

A statistic that speaks volumes is that 89 per cent of our people feel like they make a contribution to the success of the CDHB. The Canterbury Health System has been on a journey of transformation since 2007; a journey of integration and collaboration that is putting the patient first and enabling us to meet the challenges of the future. What the 89 per cent figure tells me is that our people share this vision and can see how their efforts contribute towards achieving it.

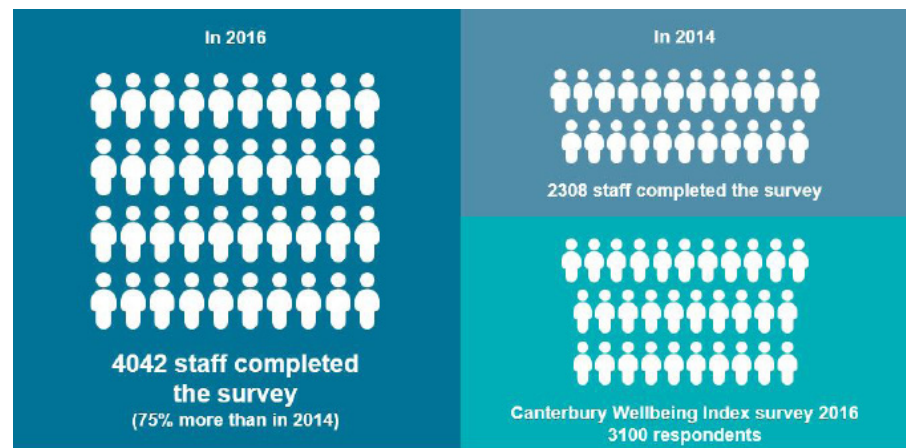
I'd like to thank all 4,042 of you who responded to the survey – a 75 per cent increase on our 2014 survey. Your responses are helping provide

a comprehensive picture of how our people are doing, what's working, and what could be better.

I've asked Michael Frampton, General Manager People and Capability, to provide details on the next steps for staff wellbeing at Canterbury DHB, below....



David Meates
CEO Canterbury District Health Board



People at the heart of all that we do

Michael Frampton, General Manager, People and Capability

I'd like to pick up where David left off and say a big thanks to all of you who completed this year's Staff Wellbeing Survey. We've never had a more comprehensive picture of where our people are at with their health and wellbeing.

The wealth of information provided in the results, and the information that's been gleaned from the just-completed focus groups, provide us with an amazing platform to enhance how we do some things around here. Over the next few months we will be using what we've discovered to develop a broader and more ambitious Staff Wellbeing Strategy.

We talk a lot about the transformation of the Canterbury Health System and so we should – we're internationally recognised as setting the standard when it comes to providing integrated, patient-centred care. But we're never going to reach our potential if we don't give the same level of attention to enabling our people, our greatest asset, to thrive.

We know many of our people are vulnerable and doing it tough, with 32 per cent at risk of poor emotional health, and many facing pressures at home and at work. So what do we need to do to enable all of our people to thrive?

Wellbeing is a broad concept and getting it right requires a whole lot of different elements. While I can't predict what our Staff Wellbeing Strategy will say, I can tell you that it will be built upon a holistic approach to wellbeing that incorporates actions that support health, learning, relationships and work, and which are aligned to our values. At a systems level it will focus on building leadership, developing a supportive culture, and improving people management.

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It's not about throwing everything out and starting anew. You've told us loud and clear that many of the things we're already doing to support you are working. Instead, it's about looking at the way we work to make things simpler, clearer, and better for everyone. Connecting people and processes, and being aware of the specific contribution each of us make, will enable us to deliver excellent patient care while supporting the growth and development of our people.

Developing a comprehensive and effective approach to staff wellbeing is our shared accountability. We can't afford not to get it right.

[A summary of the survey results is available for viewing on the intranet.](#) A full report, which will also include insights from the focus groups, will be released before Christmas.

Extraordinary pressures on our people



28%

Being in a damaged environment and/or surrounded by construction work



21%

Additional financial burdens



19%

Dealing with EQC/insurance issues in relation to personal property and house



19%

Making decisions about house damage, repairs and relocation



Those are the numbers. Now we're creating the future together

200+ staff volunteered to participate in focus groups. These deepened our understanding of the survey and explored key themes for a new Wellbeing Strategy

New Zealand marks Antibiotic Awareness Week

The Ministry of Health is highlighting the steps New Zealanders can take to help fight antibiotic resistance, as World Antibiotic Awareness Week gets underway.

Director of Protection, Regulation and Assurance, Dr Stewart Jessamine says "Antibiotic resistance is a growing problem that affects us all.

"Without antibiotics, some infections will no longer be able to be treated, and we could face a future where organ transplants, chemotherapy, and other medical procedures are no longer possible.

"The World Health Organization (WHO) Global Antimicrobial Resistance report 2014 shows that New Zealand currently has comparatively low rates of resistance.

"However there's no room for complacency, as there has been a rise in antibiotic resistant infections.

"As part of the WHO Global Action Plan on Antimicrobial Resistance, New Zealand is working towards developing a national action plan by May 2017.

"While this work is taking place at a national level, there are also a number of simple actions that individuals can take to help reduce antibiotic resistance.

"Only take antibiotics that are prescribed to you, and never use 'leftover' antibiotics.

"Try to avoid picking up bacterial infections that require treatment with antibiotics. Vaccination when possible and good hand washing are easy ways to help stay well.

"Antibiotics are a precious resource. We all have a part to play in ensuring that these lifesaving medicines remain effective."

For more information on antibiotic resistance, go to the [Ministry of Health website](#) and pages 12 and 13.

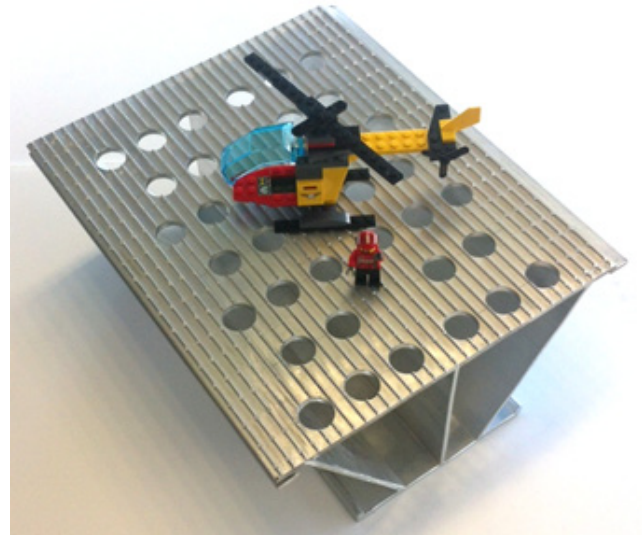
Facilities Fast Facts

Fast Facts - Christchurch

More than 160,000 man-hours of work have now been clocked up on the Acute Services building since the main contractors started work.

The main structural components of the helipad, which will sit on top of the completed western tower, are expected to arrive in Christchurch by the end of November. Here's a sneak preview of the steel surface for the deck.

The photo (below) of the first glazing panels fitted to the Acute Services building begins to show what the view will look like from the inside of the building.



Fast Facts - Outpatients

Pile number 25 out of 43 piles in total is now complete, and excavation continues. The site is floodlit each night.

Parking reminder: The Metro Sports car park closes on November 19 to allow site works to begin on the Metro Sports centre. Staff who currently rely on this car park will need to make alternative parking and/or travel choices.

Driven to distraction? Try a bit of behaviour change

With the forthcoming closure of the Metro Sports centre car park on November 19, parking for CDHB staff who work in or near Christchurch Hospital is about to get even more challenging.

Behaviour-change specialists tell us that people change their usual behaviour only when the benefits of a change outweigh the barriers to change.

For now, you'll keep on driving to work, right? But the time is coming – after November 19 for example – when you might have to change your behaviour a little.

You will need to assess the benefits of driving, and the barriers that stop you doing something different.

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For example, do you drive to work because the costs of the car, fuel, road tax, vehicle wear and tear and parking are cheaper than taking the bus or cycling? Driving certainly feels relatively inexpensive, especially when fuel costs go down – but what if you can't get a free park?

Do you drive to work because it saves you time or is quicker door-to-door? That might be true – until you find yourself arriving at work an hour early or eating breakfast at the wheel because you can't park in your usual spot otherwise.

Do you drive because you have errands to run, children to drop off or pick up, at the beginning or end of your workday? Do you drive because you work shifts and you don't want to catch the bus or bike late at night or early in the morning?

Everyone's situation is slightly different, but it's easy to think of the benefits of driving.

On the other hand, what about the benefits of not driving, of changing your behaviour? We know from travel surveys that many staff at Christchurch Hospital have a commute of around 6 km or less. It's not all that far – so why go by car?

Catching the bus will probably save you money overall, and there are plenty of buses that travel straight past Christchurch Hospital (see metroinfo.co.nz for details – there's even a phone app to tell you what time the next one is due).

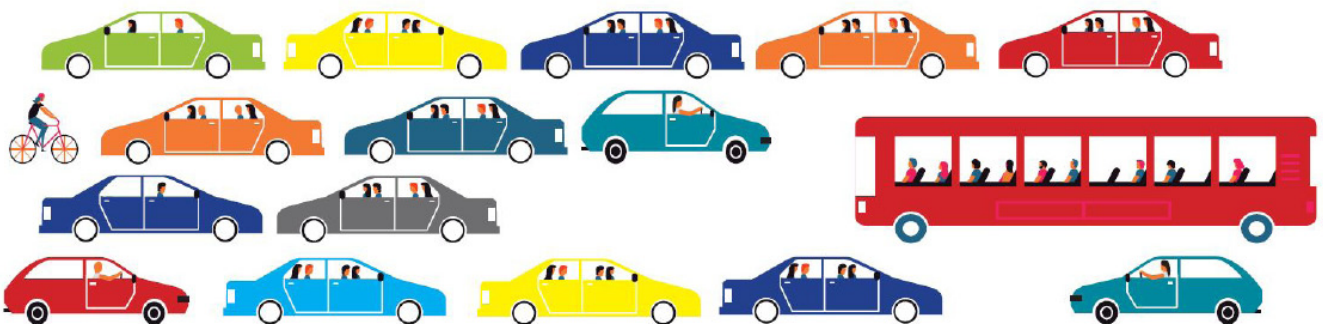
Biking will save you money and improve your fitness at the same time, and there's plenty of secure bike parking at the hospital.

How about half-and half, driving to within a short bike, scooter or walk of the hospital, for example on a nice summer's day when it's your partner's turn with the kids or you are on an early shift?

You already know all this, of course. But here are two new things to think about.

- » If everyone who currently drives to work tries something different just one day a week, it would instantly reduce parking demand around the hospital by 20%.
- » If everyone who currently drives to work tries something different just one day a week, that would also make it much easier for colleagues who have to get to work in a hurry or in an emergency, to be able to do so.

One thing's for sure. Parking is going to get more difficult once the Metro Sports construction project gets fully underway. On the positive side, you might discover that the barriers to changing the way you commute are not as real as you thought they were.



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Thinking about learning and development course enrolment for 2017?

Our courses for next year will soon be available for registration via healthLearn.

If you don't already have a healthLearn account, you can register for one [here](#)

If you do have a healthLearn account, please update your profile. Instructions on how to do this can be found [here](#)

If you would also like to be notified when our courses are ready for 2017 enrolment, please email learninganddevelopment@cdhb.health.nz

Our 2017 course options will include: Stepping up to Leadership, Presentation Skills, The Art of Minute Taking, Tikanga Māori, Leading Change, Interpersonal Dynamics for Leaders, Enhancing Leadership....



Bouquets

Christchurch Hospital, Medical Day Unit

Had an awesome day. Came in with fears and concerns but the team, and especially Cara, made the experience a great one. Relaxed, amused, comfortable. I felt well cared for over the day. Great job! Loved the blood coloured nail polish, thanks Nurse Cara!

Christchurch Hospital, Oncology

Fantastic care and service. Thank you one and all.

Ashburton Hospital

As I have recently been admitted to Ashburton Hospital I would like to take some time to thank the Ashburton Hospital staff, from the wonderful doctors and nurses through to the meal staff for wonderful warm treatment of oneself...How fortunate we are to have these great people in this great facility in our town. Thanks again Ashburton Hospital.

Christchurch Hospital, Ward 19

I take my hat off to the nurses and staff of Ward 19. They were amazing. The caring, the way they treated you, and they go out of their way to make you comfortable. Keep up the good work.

Christchurch Hospital, Ward 24

Thanks so much for the love and care, for all patients, but especially my aunty.

Medical Illustrations

A huge thank you to Medical Illustrations and Laura in particular for designing a fantastic new Logo for the Vision & Hearing Screening Service.

Quality Accounts, Well Now (CDHB's community publication)

I wish to pass on to you my congratulations on the quality and presentation of the Quality Accounts publication I have just received. I found the content particularly interesting which led me to read the complete publication. The most important thing I got out of reading the publication is a renewed confidence in the public health system. The publication certainly illustrates the Board's commitment to high quality health care. You are exceeding targets in all areas while retaining a very patient centric approach.

With the media's constant focus on the Board's funding battles with Government I, like many others, had a feeling that our public health services were in a state of decline in most areas. Funding battles will always be with us, it's how wisely the money is being used that is critical and it must be a constant juggling act for administrators and clinicians.

After reading this publication I can see that the Board and all staff are determined to provide the best service they can to give patients the very best outcome. I look forward to reading the next edition of this publication.

Well done and thank you to all staff who go above and beyond their employment contracts to give us all the great things that are happening in the Board's facilities.

Ward 11, Christchurch Hospital

I was having an emergency operation on my right eye last week.... I just want to applaud your staff in Ward 11 for their incredible kindness and support. I was wheeled to the operating theatre at about 8pm and was constantly reassured and comforted. It made a huge difference to me! Back in the ward that night they bend over backwards to make me comfortable and pain free. It was my first hospital visit/operation and all my anxieties dissipated the moment I arrived. THANK YOU!

Successful hospital pharmacy conference

Canterbury DHB's Pharmacy Service hosted the annual New Zealand Hospital Pharmacists' Association conference in Christchurch from 4-7 November.

The conference was opened by Executive Director of Allied Health, Stella Ward, and Executive Director of Māori and Pacific Health, Hector Matthews, on behalf of CDHB.

About 180 delegates from hospital, community pharmacy and academia took part, including 26 CDHB pharmacy staff and several of our clinicians, including Matt Doogue and Roger Morgan. The theme, "On Target", was designed to highlight current initiatives for individualising patient pharmaceutical care.

The keynote speaker was Professor Carl Kirkpatrick from Monash University, a former CDHB (Pharmacy and Clinical Pharmacology) employee, and an expert in computerised dose individualisation.

CDHB Antimicrobial Stewardship Pharmacist, Sharon Gardiner, was a major plenary speaker, highlighting our journey towards improving the use, and reducing the cost of antibiotics within CDHB.

Marcus King from Callaghan Innovation provided an industry view of improving patient care through targeted innovations such as post-stroke rehabilitation.

CDHB Pharmacy staff provided three of 20 free paper presentations and two of the 11 poster presentations.

A presentation from Pharmacy Technician Supervisor Joanna Batcup and Senior Pharmacy Technician, Clinical Services,

Sandra Edmondson, highlighted what we believe to be the most progressive use of pharmacy technicians in this country, says Pharmacy Manager Paul Barrett.

"We were pleased that three of our presenters received awards out of a total of 11 available," he says.

They were:

- » Giulia Butler (Pharmacy Intern) for the best paper by an intern/student: "Audit of ciclosporin dosing post allogeneic bone marrow transplant".
- » Maria Lara (Pharmacy Technician) for the best poster presentation by a technician: "The role of the pharmacy technician in an emergency department".
- » Louise McDermott (Pharmacist) for the best medication safety/innovation paper presentation: "Making medicines education memorable". Louise won the People's Choice award for this work at the CDHB Quality Awards last week. This work has generated international interest in the concept.

The conference was co-convened by Clare Greasley and Joanna Batcup from our Pharmacy Service.

Operations Manager, Clinical Support, Felicity Woodham says "well done to the team, both in terms of success over the three days and on the organisation of a successful conference".

[The full programme can be viewed here.](#)



Above: CDHB Hospital Pharmacy Conference Award Winners, from left, Pharmacy Technician Maria Lara, Pharmacist Louise McDermott and Pharmacy Intern Giulia Butler.

The importance of kindness in healthcare



Tim Keogh

How kindness can influence culture is the subject of Tim Keogh's talk at the Grand Round on Friday November 18th.

A partner at UK Consulting firm April Strategy, Tim was a key note speaker at the Asia Pacific (APAC) Forum on Quality Improvement in Healthcare and has been visiting New Zealand doing work for the Blood Service and Southern DHB on culture.

Tim works with high-profile commercial and healthcare organisations around the world, to create customer-focused culture, improving customer / patient experience and nurturing engaged and happy teams.

His mission is to spread kindness in healthcare, because evidence shows that kinder healthcare is safer, higher quality and costs less. He has worked across 40 healthcare organisations in the United Kingdom, United States, and New Zealand, to create values-driven cultures, transforming team-working and patient experience.

Tim's work combines the latest thinking in neuroscience, organisational psychology and behavioural economics to engage healthcare staff in practical changes they can make themselves; and sustain them with organisation-wide programmes to support culture change.

His background includes consumer advertising, customer experience design (through people and technology), and culture change. Tim's passion is helping people and organisations to build the positivity, skills and resilience to be the best they can be.

Staff Wellbeing Programme: Staff Wellbeing Survey Summary / CDHB Wellbeing Presentation

Staff Wellbeing Survey Summary

Thank you to everyone who took the time to fill in the Staff Wellbeing Survey during July and August and or attended focus groups at the end of October and beginning of November. A summary of the Staff Wellbeing Survey is available on the [staff intranet](#). Thank you again for your contributions that will help inform the new Staff Wellbeing Strategy.

CDHB Wellbeing Presentation - Dr Caroline Bell & Ciaran Fox

Last year we ran this successful presentation. We would like to share it with you for an early preview before the festive season's busyness begins. A good opportunity to learn about the importance of taking care of ourselves. [Click here](#) to view presentation notes or email this link to yourself and watch at home <https://youtu.be/5KDHWf-qlxY>

For more information please contact Lee Tuki either email lee.tuki@cdhb.health.nz or call extension 82855.

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Emergency preparedness course on the Chathams

A Coordinated Incident Management System (CIMS) course was held in the Chatham Islands on Saturday 5 November.

The course was run by CDHB Emergency Planning Manager Jenny Ewing, and Ministry of Health's Manager, Emergency Management Capability, Murray Halbert.

CIMS is New Zealand's system for managing the response to an emergency incident involving multiple responding agencies. It provides a framework of principles, structures, functions, processes and terminology that agencies can apply in an emergency response so that agencies can plan for, train and conduct responses in a consistent manner.

The CIMS course on the Chathams was represented by 10 agencies.

The scenario was a plane crash off the end of the Chatham Islands runway with 60 people on board, all French, non-English speaking passengers.

Jenny says there was excellent engagement by all 15 that attended and significant progress was made in working collaboratively as agencies during an emergency event.



Red day for Childrens' ward staff

Children's ward staff dressed up in red last Thursday 10 November to say thank you to The Warehouse for their recent donation of \$41,000 raised from The Warehouse's 'Dollar Drop Campaign'. The money will go towards purchasing sensory equipment to be used by the Play Specialist team with children on the surgical, medical and Child Health Oncology Centre (CHOC) childrens' wards.



Above: Ward 21 and 22 staff wearing red for the day.



CHOC Charge Nurse Manager, Chrissy Bond and Team Leader, Play Specialist Service, Allie Bower.

Kaikoura SLA celebrates the end

The Kaikoura Service Level Alliance (SLA) has celebrated achievements spanning over four years at their final meeting this week.

Having accomplished the key outcomes it was established to achieve, the SLA under the Canterbury Clinical Network has been disestablished following a celebratory dinner on 18 October 2016.

Kaikoura SLA Chair and rural GP Dr Andrea Judd said the Kaikoura SLA started in 2011 to recommend how to best allocate health services funding in Kaikoura, to systematise service provision across the district, and to ensure access and service equity to the population within the funding available.

“The formation of the SLA brought together key stakeholders including local health services providers, Runanga representatives, Canterbury DHB Planning and Funding, Canterbury DHB Rural Services Managers, community and consumer representatives. It provided the opportunity to work together to achieve transformation of health services for the people and visitors of Kaikoura,” Dr Judd said.

“We’re really proud of what we’ve been able to achieve with and for the Kaikoura community.”

Arguably the most significant achievements of the Kaikoura SLA was the development of a new model of care for Kaikoura health services.

The new health centre, Kaikoura Health Te Ha O Te Ora, which was completed in April this year, complemented the model of care’s proposals for more integrated and technology-enabled care.

“The Kaikoura community can be proud of their new health facility and the model of care behind it. It meets the needs of our unique community and will support sustainability of our health services into the future,” Andrea said.

There’s a long list of other notable achievements, including the establishment of an emergency response vehicle for the community, a fit-for-purpose community vehicle for patient transport, obtaining a locally-based home health community

nurse, the development of a Māori Health Framework, and the reintroduction of youth health clinics.

Regular radiology clinics, a community health expo and establishing video conferencing for telehealth appointments were other achievements to celebrate.

In May this year the Canterbury DHB and Kaikoura Healthcare Limited (General Practice) signed a heads of agreement which provided the platform for the delivery of comprehensive health care services to the Kaikoura community under a single leadership model.

The Kaikoura SLA will now hand over to an establishment team to operationalise the model of care, ensuring the shared vision is delivered with continued joint decision making. A Kaikoura Health Services Community Advisory Group will also be established before the year’s end to ensure continued community input into the delivery of health services in Kaikoura.

A number of workgroups will continue to finalise work in the Kaikoura SLA work plan.



Hot tips from Child Health Nurse Educators team – November 2016

[Inside this issue:](#)

- » A round up from the latest Incident Review Committee meeting
- » Rachel Wilson shows good sense with CoolSense and is runner-up at the CDHB Quality awards
- » Changes to enteral feeding equipment with ENFit™
- » A good CVAD story: partnership with a patient who is only three!
- » Robyn Richen’s last day in Child Health

Remember, we love to hear your feedback and we also love to receive articles from around Child Health.

[Read the full newsletter.](#)

Recommendations for improved pharmacy services

Consumers have presented a series of recommendations to improve Canterbury's pharmacy services as part of ongoing transformation of the Canterbury Health System.



The consumers were key members of four Pharmacy Design Groups in Canterbury which have been working towards local recommendations for pharmacy services, focused around four target population groups: those with chronic conditions, the frail elderly, people with mental health conditions, and vulnerable children.

Led by Canterbury's District Health Alliance,

the Canterbury Clinical Network (CCN), the process adds to ongoing transformation in pharmacy and works towards a local response to the national Pharmacy Action Plan.

At the joint presentation held this week, Canterbury District Health Board General Manager Planning and Funding, Carolyn Gullery said hearing the recommendations from each group's consumers was a valuable reminder about what this process is all about.

"In Canterbury, we see the pharmacist as an important part of people's healthcare teams. By working in an alliance, we've already demonstrated how pharmacists can work together with GPs and other clinicians in contributing to keeping consumers – that's everyday people – well and out of hospital," Carolyn said.

"This design work builds on the hard work by pharmacy so far towards more integrated and patient-centred care. It was great to see consumers so heavily involved in this work and presenting the recommendations back."

The process began with a large workshop in May to agree the way forward, which was attended by pharmacy and general practice teams, consumers and others across the Canterbury Health System. The four design groups were established from the recommendations of the workshop and included pharmacists, GPs, consumers, planners and funders and many others from across the health system.

Canterbury Clinical Network Programme Manager, Ruth Robson said the groups met throughout the past two months to consider the current situation and what enhanced services could look like when serving these targeted populations, then

developed a series of recommendations to improve pharmacy services for the people of Canterbury.

"By walking in the patient's shoes, the groups were able to use patient stories to consider what was needed from an enhanced pharmacy service in different settings such as the home, the pharmacy, rural locations and general practice," Ruth said.

"Each group worked towards common principles of putting the person at the centre, care closer to home that's easy to access, integrated care and communication, trusting and enabling health professionals, working together for better care and healthier lifestyles."

Similar themes came through from all four groups, with recommendations including investigating a pharmacy enrolment/registration service that reduces barriers to access, developing a gold standard for the pharmacy environment that clearly identifies where patients should go for health advice and privacy, a formal specialist pharmacist service in Canterbury for community pharmacy to discuss complex medication regimes, continuing to promote and encourage pharmacists as part of the multi-disciplinary health care team, education campaigns for both pharmacists and consumers, and many more.

Read the report [here](#).

View the Prezi [here](#).



The NZNO Cancer Nurses College Conference is coming to Christchurch in May 2017!

Our conference theme 'Cancer Nursing Under Construction' is a reflection of what is happening in Christchurch after the 2010-2011 Canterbury earthquakes. Canterbury is focused on improvisation, rejuvenation and innovation to rebuild the environment and improve the wellbeing of Cantabrians. Cancer Nursing within New Zealand is developing its own identity and evolving as a specialty. As cancer nurses we are influenced by improvisation, rejuvenation and innovation in research, clinical practice and developing technologies to provide high standards of care to people living with cancer.

The 'Cancer Nursing Under Construction' conference offers a variety of sessions with the aim of providing you, as a health professional involved in care of people living with cancer, tools to fill your cancer care toolbox. Delegates will be enriched with novice to expert classes, plenaries and concurrent speakers through education, research, technology, community and wellness topics. The conference will enable delegates to explore their cancer knowledge, strengthen clinical skills and resources for the future development of cancer care in New Zealand.

Visit our [website](#) for full conference information, including a preliminary programme.

Call for abstracts

This biennial event for cancer nurses is an opportunity to showcase the passionate work undertaken by nurses working with people with cancer. We invite you to submit abstracts for oral presentation or posters on the following themes: education, technology, research, wellness and community care/hospital in the home.

The closing date for submissions is Friday 3 February 2017.

For full details please visit the [website](#).

Registration is open!

Be sure to get in quick to secure early bird rates and nearby accommodation.

Visit the [website](#) for more information and to register.

Cancer Nursing NZ
Under Construct  **on**
 11-13 May 2017 Christchurch

Help Reduce Antibiotic Resistance

Antibiotics are a precious resource used to treat bacterial infections in both humans and animals.

However, a growing number of bacteria are becoming resistant to antibiotics. This means these antibiotics are less effective, or don't work at all.

Without antibiotics, infections that were easily treated could kill.



WHAT YOU CAN DO

There are some simple things you can do to help reduce antibiotic resistance.

- Only take antibiotics prescribed for you.
- Never share antibiotics with others.
- Always take the full prescription.
- Keep your vaccinations up to date to prevent getting sick.
- Wash your hands to avoid spreading infections.

#AntibioticResistance

health.govt.nz/antibioticresistance



Antimicrobial Stewardship Bulletin

Departments of Pharmacy, Clinical Pharmacology & Infectious Diseases
Christchurch Hospital, Private Bag 4710, Christchurch
Antimicrobial pharmacist ext 80084, pager 8764

November 2016 019



- Drug resistant infections kill 700,000 people annually worldwide¹.
- If left unchecked, this figure may increase to 10 million by the year 2050¹.
- The prevalence of methicillin resistant *S. aureus* (MRSA) has doubled in NZ over the past decade².
- In Canterbury, there has been an a) increase in infections due to Extended Spectrum β -lactamase (ESBL) producing Enterobacteriaceae, b) vancomycin resistant enterococci ('VRE') on our wards, and c) several patients identified as harbouring Carbapenem-Resistant Enterobacteriaceae ('CRE').
- Multidrug resistant organisms cause infections with prolonged illness, increased mortality and higher costs.
- Overuse of antibiotics is a key driver for antibiotic resistance.
- NZ has higher antibiotic use than many other developed countries (Blue Box).
- During Antibiotic Awareness Week consider ways that you can improve antibiotic use (Pink Box)
- Additional information:

Antibiotics awareness week

<https://www.safetyandquality.gov.au/our-work/healthcare-associated-infection/antimicrobial-stewardship/antibiotic-awareness-week/>
<http://www.who.int/mediacentre/events/2015/world-antibiotic-awareness-week/event/en/>

NZ's antimicrobial resistance action plan

<http://www.health.govt.nz/our-work/diseases-and-conditions/antimicrobial-resistance>

Antimicrobial stewardship courses (free!)

<https://www.futurelearn.com/courses/antimicrobial-stewardship>
<http://online.stanford.edu/course/antimicrobial-stewardship-optimization-antibiotic-practices>

IMPROVE ANTIBIOTIC USE

MIND ME The Antimicrobial Creed

- M** Microbiology guides therapy wherever possible
- I** Indications should be evidence-based
- N** Narrowest spectrum required
- D** Dosage individualised, and appropriate to the site and type of infection
- M** Minimise duration of therapy
- E** Ensure oral therapy where clinically appropriate

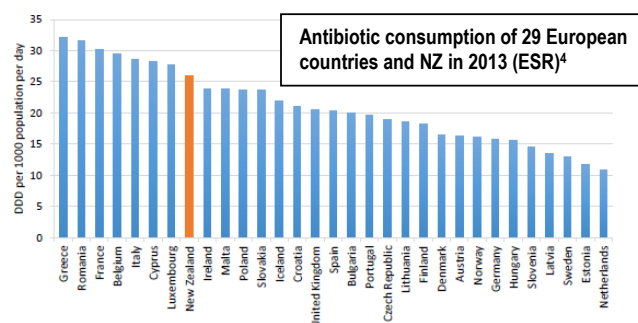
Source: Therapeutic Guidelines: Antibiotic. (Version 15, 2014)

Local support for antimicrobial prescribing can be obtained from:

- Pink Book online, or
- Infectious Diseases, Microbiology, Pharmacy or Clinical Pharmacology

NZ HAS HIGH AND INCREASING ANTIBIOTIC USE

- NZ has extraordinarily high antibiotic use^{3,4}.
- An international study showed a 36% increase in antibiotic use across 71 countries from 2000 and 2010, with NZ having a disproportionate increase of 170%³.
- NZ community dispensing data indicated that our use exceeded 22 of 29 European countries in 2013, with a 49% increase from 2006 to 2014 (Figure - below)⁴.
- CDHB's hospital antibiotic use is higher than many developed countries (e.g. France, Switzerland) suggesting we have room for improvement⁵.



References: 1. O'Neill J (chair), Tackling drug-resistant infections globally: final report and recommendations (<https://amr-review.org>). 2. Heffernan H, Bakker S, Environmental Science & Research, July 2013. 3. Van Boeckel et al., Lancet Infect Dis 2014; 14: 742-50. 4. Antibiotic consumption in NZ, 2006 – 2014 (May 2016), www.surv.esr.cri.nz. 5. Duffy E et al., NZ Med J 2015; 128(1421).

The information contained within this bulletin is provided on the understanding that although it may be used to assist in your final clinical decision, the Departments of Pharmacy, Clinical Pharmacology and Infectious Diseases at Christchurch Hospital do not accept any responsibility for such decisions.

One minute with... Daniel Bremner, Orderly, Ashburton Hospital

What does your job involve?

My main role is delivering mail and supplies, but I also provide cover for the Day Orderly.

Why did you choose to work in this field?

It sounded like a good job and something that would bring valuable life experience.

What do you like about it?

It's a great environment and there is such a wide variety of things to do – no two days are the same. My co-workers are also great to deal with.

What are the challenging bits?

It is quite physical and it can be tough remembering all the jobs that pile up over several calls.

Who inspires you at work and why?

It's always good to be able to help patients if they're unable to help themselves and cheer someone up for the day.

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?

Patients come first and I always respect them – it's a big responsibility to help and care for someone.

One of the best books I've read was...

'Aberdeen's Greatest Moments', a book about football's underdogs.

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

Here right now as a doctor.

My ultimate Sunday would involve...

Sports or work (I know it sounds strange, but I really enjoy my job).

One food I really like is...

Fish pie...homemade!

My favourite music is...

Rap and Country



Above: Daniel Bremner

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



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