

What a whirlwind of a short week that was!

It started calmly enough on Tuesday with an Executive Leadership Team strategic planning day, and of course we discussed the inevitability of a COVID-19 resurgence, along with the plans we've been refining in recent months. Little did we know 24 hours later we'd be dusting off those plans, with the news we had two positive community cases in Christchurch.

Our Emergency Coordination Centre (ECC) was activated early Thursday morning. This was quickly followed by all of our Emergency Operations Centres (EOC) being stood up throughout our health system.

The Canterbury Health System ECC has overall responsibility for coordinating resources in order for the Canterbury Health System to respond to the current situation. The ECC meets regularly with the Emergency Operations Centres to share information and provide guidance. They work under the [CIMS – Coordinated Incident Management System](#) with defined roles and responsibilities.

EOCs cover the following areas of our health system:

- › Community and Public Health – contact tracing
- › Christchurch Campus
- › Christchurch Women's
- › Burwood Campus
- › Ashburton and Rural Health Services
- › Māori Liaison
- › Vulnerable people – includes Aged Residential Care

- › Specialist Mental Health Services
- › Primary Care – including COVID-19 testing
- › Vaccination team
- › Canterbury Health Laboratories – processing COVID-19 tests
- › Welfare
- › Information Services Group (ISG).

These teams link in with West Coast DHB, Canterbury's Civil Defence Emergency Management and St John. As you can imagine it takes a rather large 'village' of people working incredibly hard behind the scenes to keep our health system safe for staff and patients. Our public health team are hands-on managing the outbreak in terms of contact tracing and liaison with cases and their contacts, and locations of interest.

I want to extend a huge thank you to everyone involved in the response to date.

Case numbers are steady with four cases in Christchurch, and no new cases to report again today.

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The silver lining!

The only upside to having cases in the community is the increase in vaccination rates. We sailed past the 90 percent first dose mark last week and are now sitting at 91 percent of our community having first doses, and 74 percent now being fully vaccinated. Now's not the time to take our foot off the accelerator as there are still a lot of people to reach.

We want our vaccination coverage to be equitable, and that means ensuring our Māori rates are at least as good. Currently first doses for Māori are sitting at 77 percent with fully vaccinated 54 percent.

Rates for our Pasifika community are 84 percent first dose and 64 percent second fully vaccinated. Let's stay focused to ensure all our percentages are in the 90s.

Once again, it takes a community to vaccinate a community – so thanks to everyone who is working so hard across all of our vaccination sites, in primary care and in the programme office to maintain the momentum and help protect our community from COVID-19. Your mahi is simply phenomenal!



A bit of fun was 'injected' into the pop up vaccination event at Placemakers Riccarton on Sunday

Canterbury's vaccination rollout, by the numbers:

First doses - 440,277	Second doses - 356,328
First doses - 91%	Second doses - 74%
First doses to 90% - 0	Second doses to 90% - 78,273
Eligible Population 482,890	

Mandatory Vaccination – Health Order

Amidst the busyness of last week, we received details of the Health Order which requires all health staff to be vaccinated in order to keep working in the sector after 15 November.

Monday 15 November is the first milestone where people must have had their first vaccination, with their second due before 1 January so they are fully vaccinated. There was communication with staff last week, and you can expect more this week.

It's important to note that the Health Order also includes contractors and volunteers working on our sites.

A small team is working on this project to ensure we have robust systems to manage this additional administrative requirement for our team of 12,000 staff.

Thank you, as I know this unexpected project has seen many of you pulling out all the stops to ensure we are on track for the first milestone.

This is so important that we're doing all we can as a large group of staff, to be protected and ensure the safety of all who enter our health settings.

Facilities to care for COVID-19 patients

I've fielded a lot of questions lately about how many beds, negative pressure rooms etc. we have to care for people who might have to be admitted with COVID-19. I can assure you, we are well-placed – particularly as in a significant outbreak, most people are likely to be cared for in the community, in their own homes.

But, back to our bed numbers: in addition to the upgraded 33 bed Parkside Ground Medical space that was featured in a [previous update](#) which will provide a dedicated space to treat COVID positive, patients we currently have 36 physical beds within the ICU and Children's High Care areas in Christchurch Hospital which can be used in a pandemic response.

Canterbury DHB has 54 negative pressure rooms across its facilities - 38 of these are in Christchurch Hospital.

Our Emergency Department (ED) has had changes made to its air flow systems and divided the waiting area into two sections to accommodate 'Red' and 'Green' stream patients to reduce the chance of a person with undetected COVID-19 sharing their infection with others.

With our facilities, clinical pathways and robust Infection, Prevention and Control (IPC) protocols and 'bundles of protection' in place for staff, our region is incredibly well placed to respond to COVID-19 cases. We will also continue to actively consider other options to improve our facilities in response to the ongoing pandemic, based on our evolving understanding of COVID-19 and its transmission.

A shout out to our facilities, IPC and ED teams for all your work to ensure a safe 'front door' to our acute services!

Tangata Ora | Our People Survey

Let's not forget the important stuff that underpins the way we work and impacts the way we feel about work. Most of our leadership teams have met to review and discuss the results of the recent Tangata Ora People Survey. Action planning has been completed and there were common themes from across both Canterbury and West Coast DHBs.

All teams will be focused on addressing issues in the following areas and the Executive are supporting them in this work:

- › Culture changes that need to occur to address bullying, harassment, poor tone, manner and style. This also includes addressing poor behaviour and poor performance.
- › Visibility of our leadership team and ensuring we communicate openly and regularly and show you we are listening
- › Developing our people – ensuring we are having development conversations with you all and equipping you to do the best job possible in your work setting.

Medication Safety Week

This week is International Medication Safety Week – I would like to think that every day is Medication Safety day, and I know it is for those who work in this area!

At an international level, medicines regulators across the world are collaborating to launch a social media campaign this week raising awareness of adverse drug reactions with a focus on vaccine safety. Here at Canterbury DHB keep an eye out on the Staff Daily Update for a local focus on medication safety.

Pressure Injury prevention month

Pressure injuries are the second highest form of harm reported in our hospitals. Most are avoidable.

When they happen, pressure injuries can have a significant impact on peoples' lives and lead to long periods of bedrest. They can also have a significant impact on the health system.

During November's Pressure Injury Prevention Month, we want to raise awareness of pressure injuries and how to prevent them by engaging our patients/consumers in a preventative partnership. Keep an eye out for information on Prism, screensavers and future CEO Update stories.

White Ribbon Day

25 November is White Ribbon Day and we are going to be promoting this throughout the month.

White Ribbon Day is a movement started by men to promote healthy masculinity and respectful relationships, and address violence against women, partners and family members.

This year's theme is Whiti te rama – Shine a light on violence prevention.

Keep an eye out for information on Prism and in the daily emails as well as the opportunity for Canterbury DHB men to join the movement by pledging to 'stand up, speak out and act to prevent men's violence towards women.'

I will be pledging, and I hope you do too.

As we turn the calendar over to November today, we really are on the countdown to Christmas. I hope you have some holidays planned whenever you can fit them in, as I think we can guarantee that uncertainty will be a certainty over the next period of time. Try to take time this week to have a chat with your manager, if you haven't already, and book



in some leave. Everyone needs regular wellbeing breaks. Please pace yourselves and be kind to colleagues – there's a lot of uncertainty in our world at the moment and we all cope in different ways.

If you need to talk to someone confidentially, check all of the options available on max. including EAP, Workplace Support and text or call 1737, 24/7.

Kia pai tō koutou rā

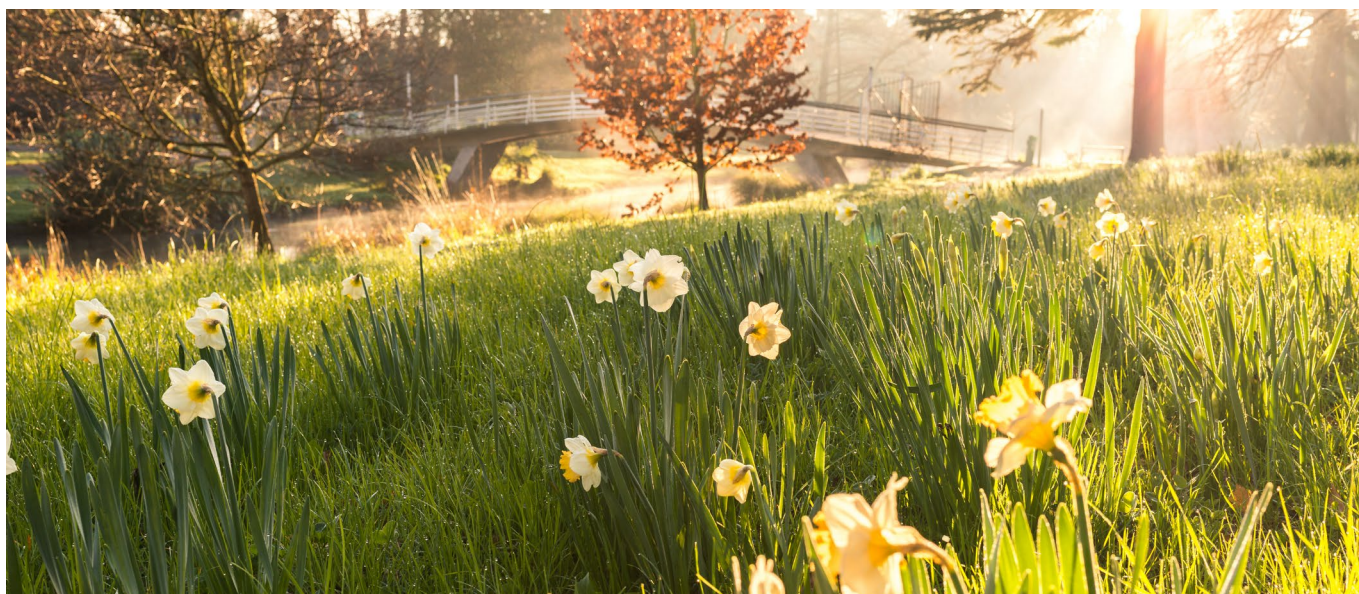
A handwritten signature in black ink, which appears to read 'Peter Bramley'.

Peter Bramley, CEO
Canterbury District Health Board

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

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at communications@cdhb.health.nz. Please note the deadline for story submissions is midday Thursday.

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



Bouquets

Eating Disorders Team

Two years ago, I would never have believed I could be where I am now. It took an enormous amount of change, dedication, effort and team work – all thanks to you and your team. It's hard to express how grateful I am to have escaped a lifetime of being trapped in fear and stress. It has helped me to see how and why I can actually enjoy my life again, rather than fear it on a day-to-day basis. Alongside treating the eating disorder, the sessions have also helped me to open up to my family in general and heal relationships. I never knew how important this was when I didn't have it.

Helen Linton, Staff Nurse, Community Alcohol and Drug Service

I am so thankful for all the help you have given me. Without wonderful people like you in this world there would not be hope for someone like me. Thank you so much for your support all those years ago, I am so grateful.

Ashley, ED, Christchurch Hospital

I came into the ED with my partner after he was assaulted. All the staff were fantastic, however I wanted to make particular mention of one of the nurses, named Ashley. I witnessed the assault but was unharmed and the staff's focus was understandably on my partner. Ashley took him through for X-rays and when she returned she stopped to ask how I was feeling and if I was okay after seeing it. Taking that extra moment to check my mental health, although I wasn't the patient or physically injured, was very much appreciated. I think it shows a level of care and compassion that needed to be recognised. It made a horrible night that little bit better and was evidence of what a fantastic nurse she is.

Big Shout Out

To: Supervisor, Peaberry and Willow Lane Café, Jenna Thomas

Jenna Thomas you are the best leader. Always available for your staff and so understanding of the staff issues. Thank you for being so supportive.

#carestartshere

Big Shout Out

To: Jacquie Gibson, Social Worker, Te Awakura, Hillmorton Hospital

Just a note of recognition for Social Worker Jacquie from the North Adult Inpatient unit. Despite Jacquie's immense workload, she has gone above and beyond the call of duty to make time to follow up on social work input for our consumers, to their benefit.

From: Registered Nurse, John O'Halloran

#carestartshere

Ward 10, Christchurch Hospital

On behalf of my wife, I just want to thank you with all my heart. The way everyone treated us was extraordinary. All people were so kind, especially the one assisting my wife. God bless you all.

Ward 10, Christchurch Hospital

I really cannot find enough nice words to thank you all enough for the unconditional love and care you all patiently gave me during my stay with you. I have been in a number of hospitals in the UK, USA, Australia and Africa, but your empathy and work skills far exceed any of those hospitals. I want to congratulate you on your training, your tolerance, your skilled attention to detail and your teamwork. From all this you may have guessed how much I, and other patients, admire your whole work ethic. Many, many thanks for looking after me so well.

Oncology, Christchurch Hospital

I always feel comfortable with the staff, and I appreciate the manner that I am dealt with.

Emergency Department (ED), Christchurch Hospital

I want to thank the triage nurse, who was kind, caring, and professional. Also, thanks to nurse Andy who was very warm as he completed the appropriate tests. And thanks to Dr Alex, who was very thorough, caring and professional. I am so relieved I have an answer to what has been causing this pain. I appreciate everything the staff do for everyone, it can't be easy to deal with certain people, but regardless they continue to do their job with care and professionalism, and during my visit it did not go unnoticed.

Big Shout Out

To: Emergency Department (ED) Registered Nurses Mary Powers and Briana Hurford

Both nurses were very helpful and supportive during the night shift. The information they obtained from attending patients in ED was very beneficial towards the outcome of the psychiatric assessments I did during the night. Big thanks to them both for excellent communication and support throughout the shift.

From: Registered Nurse, Crisis Resolution, Hillmorton Hospital, Joe Bebbington

#carestartshere

Ward 24, Christchurch Hospital

Our family would like to thank you all for taking wonderful care of, [patient's name]. You made her final days comfortable and showed incredible respect and kindness. Your support to us as a family was greatly appreciated and helped us to process her journey. Thank you from all of us – her husband, children, grandchildren and great grandchildren.

ED, Christchurch Hospital

We would like to thank the doctors and nurses who assisted our son. He had made a poor decision earlier in the day while drinking that had an adverse effect on him. We are very grateful that he got the care he required plus also the support the staff provided to his sister who was with him. Thanks again and please pass this on to the appropriate people.

Big Shout Out

To: Beth Bishop, Housekeeper, Te Awakura, Hillmorton Hospital

Beth is always warm and approachable and goes the extra mile for the consumers here. She is always busy, transporting consumers, collecting items, and helping others, to name a few things. I just wanted to let her know she is really appreciated for all she does – thank you.

From: Acting Allied Health Consultant Pam Schofield

#carestartshere

Big Shout Out

To: Harry, N-95 Mask Fitting, Christchurch Outpatients

A huge thank you to Harry from Dental Services, for the nicest approach to N-95 mask fitting. Her calm, confident manner made us feel at ease and was much appreciated.

From: Dental Outpatients

#carestartshere

Medication Safety Week a good time to consider our processes

Medication safety is a key part of our work within the health system.

This week, 1-7 November, is Medication Safety Week, an internationally recognised event that aims to promote the safe and quality use of medicines with health professionals and consumers to reduce the risk of patient harm.

It is a good time to take a step back and consider our processes, says Medication Safety Pharmacist Mary Young.

"With an increase in the use of electronic systems we don't have the same issue of illegible hand writing however it can be too easy during a busy ward round, or if interrupted, to choose the wrong medicine from a drop-down box."

Similar packaging can lead to administering the wrong medicine. It is always good while administering medicines to include a discussion with the patient about the medicine and find out what they know about it. Sometimes this can pick up an error or clear a misunderstanding the patient has.

A key point of time for errors to happen is at transitions of care, such as a patient being admitted to hospital, moving from one ward to another or at the point of discharge.

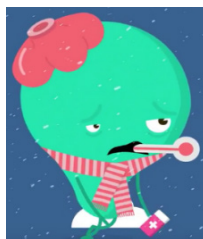
"It is important that any changes to medicines are clearly documented and explained to the patient to reduce the risk of error and harm," she says.

High-risk medicines are those that have been shown internationally to cause more harm, should an error occur.

"Medicines such as insulin, no one size fits all. Think about how the insulin acts – is it long acting or short acting? How often is it prescribed? Is this appropriate for its duration of action?

"Another example is opioids – is the dose appropriate for this patient? Is it modified-release or fast acting? Again, is this prescribed appropriately for this duration of action?

Join in with #MedSafetyWeek



From 1 to 7 November 2021, medicine regulators around the globe will be joining forces to launch a social media campaign that raises awareness of adverse drug reactions. The theme for 2021 is vaccine safety.

Watch out for our tweets, join the conversation, and help us spread the word!

#MedSafetyWeek

Report adverse drug reactions

While vaccines are generally safe and effective, side effects can happen.

It is important the risks associated with all medicines, including vaccines, are understood and communicated by healthcare professionals to their patients and whānau.

If you think your patient has had an adverse reaction to a medicine or vaccine, report it to the Centre for Adverse Drug Reactions (CARD) via the Canterbury DHB portal – you find 'Adverse Drug Reaction Reporting' under 'Resources' on the Intranet.



Learn about reporting adverse drug reactions



Medsafe's e-learning module explains why reporting is important, and when and how to report an adverse event from any medication:

www.medsafe.govt.nz/profs/ADR-training/story.html

Keep up to date

Keep up to date with medicine safety issues by subscribing to *Prescriber Update*:

www.medsafe.govt.nz/profs/subscribe.asp



Catch us this week on the Staff Daily Update for a CDHB focus on medication safety

Constipation is a common side effect of opioids - are laxatives charted too?

"We all play our part as individuals, and as part of the wider team caring for our patients, let's always be thinking about what do well and what we can do better", Mary says.

Recent vaccination drives in pictures



Kerry Newton is vaccinated at the Hanmer Springs Fete last week.
Photo credit Dave Risdon



Successful vaccination day at Aranui/Wainoni Community Centre with 166 vaccinations delivered including many first doses. This was run in association with ACTIS (Aranui Community Trust Incorporated Society) in Aranui on 30 October



From left, Ruru and Sione extending a warm welcome to everyone getting vaccinated at the ACTIS vaccination event on Saturday



Young people from Hakatere Vaine Toa volunteered to serve kai at a pop-up vaccination event in Ashbuton at the weekend



ACTIS community leaders and event organisers thank the community for getting vaccinated. Satish Mistry, Covid-19 CDHB Vaccination Events Lead, who has been appointed project manager for vaccine activities in the East, was available to answer questions and guide people through the vaccination process



Thank you Life Pharmacy Ashburton, Civil Defence and all the volunteers and workers at the Ashburton pop-up vaccination event



Massive thank you to all staff and volunteers at the Rolleston community vaccination event



Over 600 people were vaccinated at a Rolleston community vaccination event on 28 October



Great collaboration between the Pinoy CARES, Selwyn Civil Defence, Selwyn District Council and local community leaders made the Rolleston community vaccination event a success



Placemakers offered great prizes and giveaways on the day



There was a great turnout at the Placemakers Riccarton vaccination event on Sunday

Heavenly name for new maternity suite

With the Selwyn Health Hub just a few months away from completion, Canterbury DHB requested Manawhenua Ki Waitaha Charitable Trust (MKWCT) provide a name for the facility's Maternity Suite.

MKWCT turned to Te Taumutu Rūnanga (council) which is responsible for the Selwyn district. The rūnanga carefully considered how the name would fit into the wider context of local history, the function of the facility, its location and relationship to other facilities Te Taumutu Rūnanga has named nearby. It was also important to consider a name that aligned with the rūnanga strategy of restoring traditional markers including names, pou whenua (land posts marking boundaries and places of significance) and tikanga, into the local landscape.

The name given to the Selwyn Health Hub Maternity Suite is **Oromairaki – the resonating sounds of the heavens**.

Oromairaki celebrates the call of Hine-te-iwaiwa, the sighs of motherhood and the cries of new life. Oro means to resound, echo and resonate. It is a sound, a rumble and a note in music. Mairaki is a contraction of mai i te raki, or 'from the heavens'.



This wall hanging was created during the hui to finalise the Maternity strategy. It is the work of many loving hands from across our community which makes it very special. It will hang in the whānau room of Oromairaki.

According to Te Taumutu Rūnanga, the name represents "the sounds of wonder, of welcome, of pain and of sorrow; they are the sounds of the heavens. Sounds which carry the resonance of joy and sadness. Sounds announcing life and death. They are earthly sounds, they are the sounds of the heavens receiving and echoing. They are sounds of ritual and blessing."

Whatua kā aho o te whare
Whiriwhiria, tuituia, kia tina.

Weave together the strands of the house
Weave them, bind them together and it is done.

Te Taumutu Rūnanga gifted the name Oromairaki to the Maternity Suite at the Selwyn Health Hub in recognition of the atua wahine Hine-te-iwaiwa and her role as the goddess of the weaving house and childbirth.

Canterbury DHB greatly appreciates the wonderful koha that is **Oromairaki**.



A beautiful mother and baby sculpture in Oamaru stone will take pride of place at the entry to Oromairaki

White Ribbon Day 2021

**Trigger warning* This article discusses issues of violence against women, partners and family members.*

White Ribbon Day is a global movement founded in Canada in 1991 in response to the 1989 massacre of female students at École Polytechnique in Montreal.

Developed by men, and for men and boys, the initiative's original premise was men standing up to prevent and address violence against women.

Thursday 25 November is White Ribbon Day and the theme of this year is 'Whiti te rama - Shine a light on violence prevention' with particular focus on:

- › Healthy masculinities
- › Respectful relationships
- › Consent
- › Call-in culture

This year, White Ribbon Day reflects the evolution of the movement with new understanding of toxic masculinity, intimate partner and family violence, and incorporates issues of:

- › LGBTQI+ relationships
- › Multi-generational families
- › Elder abuse
- › The disabled and the high levels of abuse they suffer
- › Relationships between young people
- › Tangata whenua
- › Different cultures

1. Shine a light on healthy masculinities

Rigid beliefs about masculinity get passed down through the generations and magnified by popular culture which can lead to boys and young men adopting behaviours that are detrimental to themselves and others.

The concept of what it is to be a 'real man' has evolved. Healthy masculinity is about being a good person who shows respect, kindness and empathy. Finding peaceful resolutions to conflict and rejecting unhelpful stereotypes leads to less stress for young men and boys who may have felt pressure to conform to a more aggressive or dominant model.

More information is available on White Ribbon's Toolbox on [Breaking out of the Man Box](#)



Where to get help.

- › www.areyouok.org.nz 0800 456 450
- › Battered women's trust 0800 743 833
- › Te Whare Hauora 0800 117 474
- › Shakti Ethnic Women's Support 0800 742 584
- › West Christchurch Women's Refuge 03 379 0575
- › Canterbury Men's Centre 03 365 9000 text: 022 302 4966
- › Christchurch Resettlement Services (refugee and migrant service) 03 335 0311 ext. 30
- › Enabling Youth 0800 478 778 text: 021 999 214
- › He Waka Tapu 0800 439 252 / 0800 439 276 text: 027 243 9252
- › Stopping Violence Services for Males & Females 0800 478 778
- › Alcohol & Drug Central Coordination 03 338 4437
- › Alcohol Drug Helpline 0800 787 797
- › Emergencies 111

2. Shine a light on respectful relationships

Intimate partner violence (IPV) encompasses physical, sexual and psychological abuse by a current or former partner or spouse. Although White Ribbon focuses primarily on male violence against women, IPV occurs in all kinds of relationships with people of diverse sexualities and those with disabilities reporting higher rates than the community average.

One in three women will experience physical and sexual violence in their lifetime but less than 23 percent of family violence incidents or intimate partner violence (IPV) are reported to Police.

Respect is about treating others the way you would like to be treated. White Ribbon's respectful relationships focus aims to reduce violence and coercion in relationships. This includes: equality between partners, effective use of non-violent communication, flexible gender behaviours, and respectful sexual relationships.

More information is available on White Ribbon's Toolbox on [Respectful Relationships](#)

3. Shine a light on consent

No one is entitled to demand sex from another person, although women and girls regularly report unwanted touching, harassment and forced sex.

In 2020 the Ministry of Justice reported that one in four women have experienced sexual victimisation in their lifetime. In that same year, boys and men made up 98 percent of sexual assault and related offenders.

Consent is more than a 'yes' or 'no'. Consent only counts if it is given freely without threats, tricks or force. Consent during sex must be ongoing, active and enthusiastic.

More information is available on White Ribbon's Toolbox on [Respectful Sexual Relationships](#)

4. Shine a light on call-in culture

Most men believe that violence against women is unacceptable and while research shows that the majority are uncomfortable when other men act in sexist and discriminatory ways, they are afraid to raise this because they believe they are actually in a minority. While individual men must be held accountable for their actions, it is important to avoid language that implies all men and boys are to blame or compliant in violence against women.

"The only thing necessary for the triumph of evil is for good men to do nothing." Edmund Burke

Men can help prevent violence by being a positive influence on other men and boys. By engaging other men, without conflict or arguing, in a meaningful conversation, it can disarm a potentially unpleasant or violent situation.

More information on this subject is available on White Ribbon's Toolbox on [Breaking out of the Man Box](#)

To learn more about White Ribbon Day, please refer to the [website](#).

Next week we look at how we can help victims of IPV and family violence.

Take the pledge!

Canterbury DHB men are encouraged to join the movement by pledging to 'stand up, speak out and act to prevent men's violence towards women'

Take a 20-second video of yourself taking the pledge and email it to communications@cdhb.health.nz with 'White Ribbon pledge' in the subject line. Please note, the videos will be shared internally on Prism.

"I will stand up, speak out and act to prevent men's violence towards women" and commit to...

(choose one of the following)

- › talk to women about their experiences with men – and believe what they tell me
- › ask myself how I have treated women and how I can behave more respectfully
- › disrupt other men when they disrespect or threaten women
- › treat women as equals in everything I do
- › choose how I will be a man and how I will act
- › talk with a young man about 'breaking out of the man box'
- › think about what I'm watching and the media I use
- › talk with young men about respectful relationships and pornography

all
right?

**IT'S
ALL RIGHT
TO NEED
A HUG.**



Four minutes to form a connection

InCommon has launched a new online quiz to help highlight the many things we all have in common.

InCommon, a campaign created in response to the Christchurch mosque attacks, is on a mission to explore the many similarities there are across communities – no matter the faith or ethnicity.

Team member Lana Hart says the short quiz aims to get people thinking about the things that make us unique and the similarities that bind us together.

"The quiz is a fun way for people to learn more about themselves and those around them."

Taking just four minutes to complete, respondents answer questions like 'do you like to dance?' and 'do you have friends who were born in a different country to you?'. They can then compare their results with others and they may be surprised by what they find.

The questions are designed to entertain but also make people think about forming new connections.

"At the heart of the campaign is the idea that if we spend a little time with people that are different from us, our preconceived idea of who we think they are changes for the better."

The quiz is just one of the ways the campaign is helping to give people a little encouragement to start a conversation with a stranger or someone who seems different to them.

"Campaign research said that little things we do – a smile, a small chat as we wait in a queue, a friendly greeting – can make a big difference to making everyone feel welcomed and safe.

"We hope that by showing people their similarities it will encourage them to be curious and to ask about a colleague's culture or attend an event from a different faith or ethnicity. It's encouraging us to look outwards and to engage with our neighbours, our workmates and the local shop owner," Lana says.

You can do the quiz [here](https://incommon.org.nz).

Discover what we have in common

Do you like to boogie?

Or are you more of the sporty type?

Take the quiz today

incommon.org.nz

COMMON

Pressure Injury Prevention - health literacy and patient/consumer participation

With the current challenges we face in healthcare it's more important than ever that our patients/consumers and their whānau have an awareness of Pressure Injuries (PIs) and how to prevent them, says Canterbury and West Coast PI Prevention Advisory Group Chair Robyn Cumings.

"It's important we recognise our patients/consumers' potential for helping prevent PIs. Our capacity to prevent harm depends on us partnering with people and their whānau to:"

1. Ensure they fully understand their risks and what a sustained PI could mean for them and their whānau. Health literacy supports participation and provides the motivation for preventative management – see the links to some resources to assist in growing health literacy at the end of this story.
2. Work with them to agree on goals and strategies for preventing PIs, such as:
 - › Changing position often – from side to side or moving back and forth in their bed/chair/wheelchair to relieve pressure
 - › Checking their skin daily and keeping it moisturised
 - › Eating a well-balanced diet and drinking enough fluids
 - › Asking for help if they are unwell or experience pain/numbness in any area.
3. Continue to evaluate their knowledge, actions and perceptions/values/beliefs so your efforts in supporting them are tailored to their individual requirements.

Pressure Injury PREVENTION teaching cards

This is a resource for staff to teach consumers and whānau about SSKIN and pressure injury prevention in the community, aged residential care or hospital setting.

Ref: 2407822 November 2020
 Authorised by: Canterbury and
 West Coast PI Prevention Advisory Group



West Coast
 - District Health Board -
 Te Pouni Hauora o Rotorua o Te Poutini

Canterbury
 District Health Board
 Te Pouni Hauora o Waitaha

"Let's support people to take more responsibility for their own health and wellbeing by providing them with the health literacy in pressure injury prevention that allows them and their whānau to be involved in their own PI prevention," she says.

Queensland Australia has the leading researchers in patient education internationally with Griffith University producing a [patient education care bundle tool kit](#) for staff to use to support patient/consumer/whānau health literacy and engagement in PI prevention. Specifically, this video is recommended Pressure Injury [Patient Education Video](#) and is part of the education kit.

Please contact [Robyn Cumings](#) if you would like to use it.

Mentoring programme for young people with complex medical needs to be trialled

A Canterbury DHB Youth Advisory Council-designed mentoring programme for young people transitioning from paediatric to adult services will be trialled early next year.

The Youth Transition Mentoring Programme was created to help young people with complex medical needs who see a lot of services, says Youth Advisory Council (YAC) Co-Chair Chelsea Skinner.

"These are young people in levels 3 or 4 of transition which means they have a range of services, specialists and outside organisations involved in their care. Currently they're not always that well supported in our system."

The mentoring programme involves a young person being matched with a volunteer youth mentor who catches up with them once every couple of weeks and does a fun activity such as going to the movies, bowling, or getting some food together.

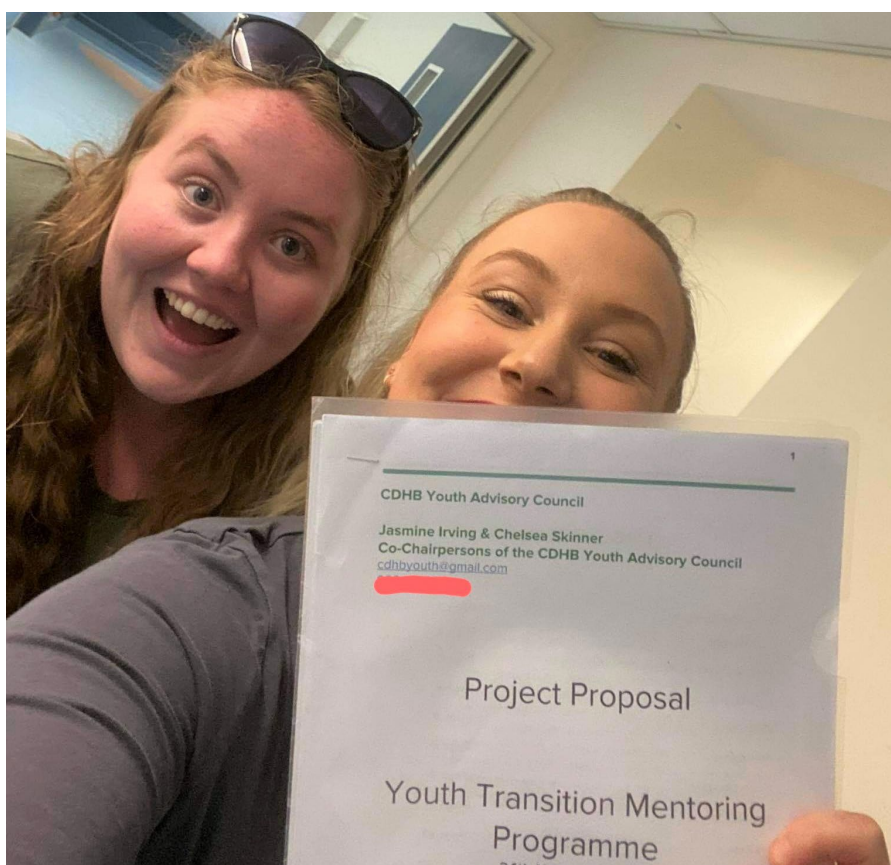
"The mentor may also help them achieve a goal, such as writing a C.V. or going formal dress shopping. The purpose is to help them see a life outside of their health condition since so much of their life is focused around that.

"It's all about improving the wellbeing of a young person and hopefully this will improve appointment attendance and treatment adherence."

Currently only levels 1 and 2 of the transition model provide support for young people transitioning from paediatrics to adult services.

"We want to address this urgent need for some of our most vulnerable rangatahi," she says.

The mentoring programme was approved almost a year ago but was waiting funding for the trial to take place and there were delays due to COVID-19.



From left, Canterbury DHB Youth Advisory Council Co-Chairs, Chelsea Skinner and Jasmine Irving, with a copy of the mentoring project proposal

"Our wonderful CEO Peter Bramley has decided to get behind us on this project and we now have funding for the project. We are so grateful for a CEO who backs us. We cannot tell you how incredibly excited we are," Chelsea says.

The mentoring programme will be a game-changer for many vulnerable rangatahi in the health system. It is hoped that the 12-week trial will begin in March 2022 and assess whether it can become a long-term initiative.

YAC is a group of young people who have all had experience with the health system and are on a mission to make it better for everyone.

If you want to know more about this project, check out the information evening Chelsea and Co-Chair Jasmine Irving hosted in this YouTube video [here](#).

One minute with...

Kini Piper (pronounced kee-nee, as in bikini), Health Promoter, Wellbeing Team



What does your job involve?

The role has shared accountability for developing and delivering a wellbeing programme for staff. We are a team of two, so I'll be supporting the Senior Welfare Advisor to deliver on the Wellbeing Strategy. This will include supporting the Tō Tātou Ora Wellbeing Seminar Series and developing wellbeing resources and sharing these with staff.

Why did you choose to work in this field?

Generally, my careers have chosen me, rather than the other way around! And this time is no different as I had never heard of a Health Promoter until it was sold to me as a potential sideways move. The reason I want to work in the wellbeing space is due to my personal interest. So many people I know are struggling to maintain their wellbeing due to the global pandemic. If I can help just one person a day with some advice or a tool, then I will feel I have made a difference in the world.

What do you like about it?

I'm only on week two in the role but so far... the fact I get to work with wellbeing apps and participate in wellbeing seminars is awesome. I also love meeting people, so the networking and relationship-building is really floating my boat.

What are the challenging bits?

One challenge has been 'letting go' of my ideal career path and figuring out how to use all of my skillset (from two previous careers as a librarian/learning and development specialist).

Who inspires you and why?

I am always inspired by people who go off and walk the Camino or take on big physical challenges which they have to be really mentally focused for.

What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

I'd like to work in a place where everyone is valued and respected and they feel psychologically safe to speak up when they need help with their mental wellbeing – and where managers create a team culture where that is normalised.

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

I once danced in front of a crowd of 10,000 people (obviously before COVID-19!). It was a Cuba Street carnival and I was dancing in a salsa bloco. We practised for six months in an abandoned car park on weekends to get used to dancing backwards at speed (in heels) on concrete.

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

Singapore. I lived there in 2015-2016 (in Sembawang in North Singapore) and it is like my second home. If I could be there right now you would find me eating my way around all my favourite hawker centres and kopitiam (traditional coffee shops).

What do you do on a typical Sunday?

If I am not away on a road trip and focusing on my photography, then I might be at a yoga class with a community coffee afterwards. Or you would find me at home writing my blog or reading a book.

What's your favourite food?

Anything Asian – inspired by my time travelling around South-East Asia. I particularly love Thai and Vietnamese food. I also loved hanging out in the Little India district when I lived in Singapore – so there are some vegetarian Indian dishes I miss.

And your favourite music?

I was a teenager of the 80s so I love music from that decade. My favourite group is Erasure and they have basically been providing the soundtrack to my life since I was 20. I love early 2000s trance music for road trips, and anything I can sing or dance to when doing the housework.

Something For You



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

Torpedo7

Torpedo7 Friends and Family Promotion

From 3-16 November you and your friends and family can get up to 50 percent off a huge range of gear from Torpedo7 online or instore (take a copy of the flyer and your Canterbury DHB ID card). See more information and the online code [here](#).



Oakley and Sunglass Hut are offering Family and Friends offer to Canterbury DHB staff valid till 3 November 2021. Check them out [here](#).

OPSM

OPSM are offering three exclusive offers to Canterbury DHB staff for Diabetes Awareness Month.

1. \$100 off prescription glasses and prescription sunglasses. Minimum spend \$350.
2. 20 percent off*contact lenses. Minimum purchase three months' supply.
3. Upgrade to free Ultra-Wide Digital Retinal Scan when you purchase a standard eye test.

Offers are valid from 01/11/21 and ends 21/11/2021. See [here](#) for T&C and codes.

CHIC newsletter

The latest issue of the Community Health Information Centre (CHIC) newsletter is out now.

The monthly newsletter is produced by CHIC at Community and Public Health (C&PH), a division of Canterbury DHB. The newsletter aims to highlight new and revised free resources available from your local CHIC office, such as a booklet on Eating for healthy babies and toddlers and a flyer in Tongan on the National Bowel Screening Programme, as well as recently deleted resources.

You can read it on the C&PH website [here](#).



Pegasus 2025 Newsletter

Pegasus 2025 showcases the work being done in Primary Health Care supported by Pegasus Health and its partners. In the latest issue read about vaccinating rural communities, overcoming barriers to vaccination, smoking cessation programmes for youth and much more on the Pegasus website [here](#).

Presented by:



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we're talking health...

**FREE
PUBLIC
EVENT**

Starting Well, Living Well and Ageing Well

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

Thursday 4th November, 5.30pm – 7.30pm

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

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

www.healthprecinct.org.nz

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CDHB Maternity Quality and Safety Programme Annual Report Hui

Manawa Building
Level 1, Room HP102
4th November 2021
9am-12.30pm

	Topic	Presenter
9.00am	Mihi Whakatau	Eru Waiti, Kaiarahi (Team leader), Hauora Māori Toriana Hunt Kaiawhina Whaea me ngā pēpi Māori Health Worker
9.15am	The incidence and treatment of moderate to severe postpartum anaemia	Esther Calje, Midwife, PhD student/Research Fellow University of Auckland/Liggins Institute
10.00am	Break and refreshments	
10.15am	Key note Speaker Misoprostol for induction of labour - Reviewing our data	Dr Per (Pelle) Kempe, Specialist Obstetrician, Mid Central DHB
11.15am	Community voice	Women's Health Consumer Advisory Council
11.30am	Gestational Diabetes Pathway	Niranjala Hewapathirana, Senior Medical Officer, Diabetes Liz Love, Diabetes Dietician
12.00pm	Birth unit updates	Norma Campbell, Director of Midwifery, CDHB and WCDHB
12.15-12.30pm	Close	