



David Meates

ceo update

Canterbury
District Health Board
Te Poari Hauora o Waitaha

Friday 28 February 2014 - **Winter is coming...time for your flu vaccination**

Winter is just round the corner, so its time to get flu strong. Having a flu vaccination needs to be part of your winter checklist, just like stacking the firewood or putting antifreeze in your car.

I strongly recommend you get your influenza vaccination to help protect yourself, your family and your patients. 76 percent of you got the vaccination last year, which made us one of the top performing district health boards. Luckily the flu was relatively kind to Canterbury last year, which could be due to so many of us being vaccinated.

We have listened to your suggestions and will be offering more clinics and more mobile clinics at times convenient for you. The Health, Safety and Wellbeing team have also trained 30 more vaccinators. With their help we can build on last year's figure.

You need a vaccination each year and its best to get in early as it takes a couple of weeks for immunity to develop and you need it before the flu season hits. Also, remember it's free for all staff.

A large part of our community are vulnerable, whether they are older people, people with chronic and / or ongoing illnesses or people living in compromised living situations because of the earthquakes. We need to get the flu vaccination to help protect this part of our community.

I know many of you would have seen the common messages about influenza and the vaccinations, but they need repeating.

- Influenza is a serious illness, not 'just a cold', and can cause severe effects including hospitalisation, complications and even death.
- Influenza can affect anyone, no matter how fit, active and healthy they may be.
- Pregnant women and newborn babies are at particularly high risk of severe outcomes from flu.
- The influenza vaccination cannot give you the flu. The vaccine contains no live viruses.
- The immunity provided through the vaccination is completely natural. Protective immunity develops in the same way as following natural infection.
- You can spread the flu to people, including your family / whānau, friends, colleagues and patients, who are at higher risk of complications.

So, roll up your sleeves and let's be flu strong this year.

Clinics start for staff next Thursday 6 March. Watch the Health, Safety and Wellbeing team's flu vaccination intranet page for clinic times <http://cdhbintranet/corporate/HealthandSafety/SitePages/Influenza.aspx>

[There is also a link on the intranet homepage.](#)

Protect yourself, your patients and your family

FLU HQ

Get Vaccinated

To stay protected,
you need a flu vaccination every year

FREE for Staff... **get in early**

Go to the staff intranet for more information

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Story continued overleaf

ceo update

Time to be kind

Last week I touched on the early findings of the latest Allright? research which indicate the gap between the “haves” and the “have nots”, those who are recovering well and those who are ‘stuck’ is growing.

International research shows that recovery from any disaster can make the vulnerable even more vulnerable. High rents, lack of affordable housing and various other secondary stressors are taking the biggest toll on those who are least able to deal with them.

This is a time when we need to be patient with each other – we are involved in a long, slow, complicated process so looking out for ourselves and each other, especially those who are ‘doing it hard’, is crucial.

Fatigue is also a problem at this stage of recovery. Australian disaster psychologist, Dr Rob Gordon (who works for New Zealand Red Cross) says the fourth year of recovery brings new pressures.

Early indications from the Allright? research suggest that many Cantabrians are exhausted. Dr Gordon’s advice is to look after your health, ensure you have a good balance between work and leisure and connect with others. This is sensible advice for everyone working in the Canterbury Health System.

If you feel you’re not coping at work, or with life’s challenges remember there is a wide range of help available. Confidential support is available from EAP, your manager and your General Practice Team. On a practical level, the various seminars, workshops and activities available in the staff wellbeing programme are proving useful for many staff – check them out [here](#).

Have a great week
David

Friday’s Facilities Fast Facts

Christchurch

A further round of user group engagement has been held for the Christchurch project, looking at ways of getting the best value for money for the project. User groups have been working hard to achieve this. This week AMAU, Haematology and the Back of House user groups have achieved sign off on recent changes. The Perioperative and Sterile Services user groups are still working through their plans, with Wards and Radiology user groups looking to sign off in the coming week.

The Wayfinding user group had its first meeting this week, looking at the naming of services/locations. It sounds simple, but it’s very important to get right. International wayfinding group Minale Tattersfield has been engaged by the DHB to provide a DHB-wide strategy on wayfinding to assist in the process.

Burwood

All staff please note that work on the roading layout at Gate 3 will start next Tuesday, 4 March. A new road layout is being built that will make it easier and safer to turn in and out of the campus at Gate 3, and a new footpath is being added.

The work will take several weeks, during which time staff and patients will have to access the main entrance/reception and parking via Gate 2. Staff who normally park by the Tapper units at Gate 2, please park elsewhere to avoid blocking the road.

User group sign off has been achieved as follows: Detailed Design for PSE wards and Outpatients; Developed Design for the staff workspace.

The picture (right) shows the preparation work for the new ‘Back of House’ area at Burwood, with the first steel reinforcing beginning to be brought onto the site.

The Design Lab

User groups from Christchurch – Oncology, Haematology, AMAU, Child Health and Intensive Care – are planning Design Lab mock-ups in March to test various room sizes and layouts. Ophthalmology mock-ups have been completed and users will start work there next week.



Bouquets



Oncology, Christchurch Hospital

This is a thank you with flowers and curtseys, perhaps even a few helium balloons. On Wednesday evening of this week the exceptionally generous and helpful Rob Hallinan, Clinical Manager over in the Oncology Clinic area, really helped my husband and me out of a most distressing problem, I was both locked out after hours after waiting for two and a half hours for my cancer-suffering husband to be returned to me, and didn't even know the whereabouts of the Eye Outpatients to find my own way there.

I hoped just for the door to be opened, but Rob did that, then checked out the upstairs phones, checked the orderly office for my husband's wheelchair status, used his own computer again downstairs to try to contact the Eye Clinic now well after hours, drove with me (showing the way, brave fellow) to the Clinic, persevered at all the locked doors there until he got an answer, and discovered Lawrence for me, who was in a state of deep exhaustion - truly needing the love and support of his wife to bring him comfort.

So please give him an appropriate reward! Lovely man, and deeply appreciated kindness beyond the call of medical work. CEO David Meates, Sir - you have a special guy there!

South Community Mental Health Team

"... also wanted to pass on her gratitude to the Mental Health Team in Christchurch and said that the care that ... has received in the short time he has been here has been wonderful. She said the availability of psychiatrists etc to talk to and the communication to ... and his family from mental health staff has been wonderful."

Lincoln Maternity Hospital

Compliments only for this wonderful place! Loved my stay in beautiful peaceful Lincoln. Thank you so much to everyone. It couldn't have been better. All the staff were so kind and helpful. I am especially grateful to the lovely duty night midwife last night (4 February) who helped settle my unsettled baby numerous times throughout the night and so allowed me to get some sleep! She was a life-saver. Thank you once again to everyone for such a wonderful stay. I'm grateful to you all.

Lincoln Maternity Hospital

Great service. Friendly and helpful. Easy to ask questions etc. Nice quiet area. Lovely garden. Very yummy food. Thank you.

Lincoln Maternity Hospital

Absolutely fantastic facility and staff. Felt very welcome. Could talk to midwives about anything. Could not fault the facility. Awesome stay.

Lincoln Maternity Hospital

No improvements needed. What a fantastic facility and wonderful staff ! Very accommodating and friendly, making such a special time more enjoyable. Thank you for all your help and support. Keep up the great work!

Lincoln Maternity Hospital

I have nothing but praise. The treatment of my wife, son and I has been thoroughly outstanding. We love the family feel here and the meals and facilities have been beyond first class ! Thank you so much. We will recommend Lincoln to all our friends and family in a heartbeat.

Maternity Ward – Christchurch Women's Hospital

I received great care, help and advice from all midwives and felt greatly looked after by all.

Ward 21, Christchurch Hospital

What an awesome team of people, so supportive and very welcoming. They made us feel at home. Thank you very much. The work you do is amazing.

Burwood Birthing Unit

You have all provided us with an excellent service. Both in birthing room and in the care provided afterwards. We have felt comfortable, welcome and reassured.

We wish you all the best and hope you continue this service for new parents. It has meant a lot to us to have use of these facilities and staff. Thank you for making this special time in our lives even better.

Burwood Birthing Unit

I came to Burwood for my first birth and I am so pleased I did. The people here are amazingly caring and professional. They go the extra mile to make you comfortable and well. I will never forget the generosity and all the help that was given to me and my husband and baby.

I will not hesitate in recommending Burwood to future parents. It was an amazing experience. Thank You.

CHIC (Community Health Information Centre), Community and Public Health

I wish to thank you [Sue Burgess] very sincerely for processing my extensive order for school resources. I highly commend you on your professional management of my request. The three boxes of booklets, brochures, posters, and pamphlets were promptly delivered to Villa Maria College and for all of that we are most grateful.

May I extend to you every good wish for your future endeavours.

Ward 18, Christchurch Hospital

I would just like to say that the staff who have been involved with my care while I have been here has been tremendous! I am impressed and grateful to all, especially Mark, Bonnie, Erin, Megan and others whose names I have forgotten. Heartfelt gratitude.

Ward 20, Christchurch Hospital

As usual in Ward 20 I have had the privilege of having the best doctors, nurses and staff of all kinds.

This makes a huge difference to my good health. May you all be blessed.

Gynaecology Ward

I would like to note my appreciation for the care I have received whilst in this ward for five days. The nurses, doctors and all staff have been kind, caring and compassionate during a very difficult week for me. My observation is that the ward is well managed, fitted out stocked and resourced. I'm from Scotland and I find the level of care here exceeds that back home. Thank you all!

Medical Thank-You Note

Here's to Mike Patton and his Oxford team;
Gentleman GP and trusted friend,
Who, with cheerful smile, worked erst while
To arrange some music miracle,
Which promised hope for me.



Here's to Stewart Sinclair and his Plastic team;
Who, with surgeon's will and forthright skill,
Cut and wove my crippled hand
And shaped a music miracle,
Substantiating hope for me.



Here's to Stewart's Nursing team;
Who, with gentle soothing nurses' hands,
Cut away enclosing stitches
And bathed and bound a miracle,
Safe-guarding hope for me.



Here's to Linda, Kerry, Nicci and Physio team;
Who pushed and shoved my hand-in-glove,
Like grappling with a twisted spleen,
Until it flexed - a music piece!
Releasing certain hope for me.



With thanks to God, the Great Physician;
Who, with hand-in-glove from way above,
Worked with all, and with grace and charity
Arranged the perfect harmony
And finally played His miracle
- here, to me.



Canterbury Hospitals' Friday Clinical Meeting (Grand Round) 28th February 2014, 12.15-1.15pm (lunch from 11.50am)

Venue: Beavan Lecture Theatre, 7th floor

Speaker: Professor Douglas Dirschl from Chicago

"Bone health and fragility fractures: are we making any progress"

Renowned traumatologist with multiple articles on fracture treatment, he is past president of the American Orthopaedic Association and his talk on fragility fractures is extremely pertinent to the current situation in NZ with our ageing population and difficulty of access to surgical waiting lists within the Public hospitals and ongoing delays because of "blockage" of elective surgery from our ever increasing numbers of fractures in the elderly.

Speaker: Mark Birch, General and Infectious Diseases Physician

"Employee Engagement"

"A summary of the outcomes of the 2013 CDHB Employee Engagement Survey, including key findings and current initiatives which address opportunities highlighted."

Robbie Gerard, Manager Organisational Effectiveness - will also be available for questions and talk briefly.

Chair: Gary Hooper

Venue: Beavan Lecture Theatre

Video Conference set up in:

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

Students excel in Dragons' Den

Last week level 2 health students from Hillmorton High School and Cathedral College took part in their very own 'Dragons' Den' at Community and Public Health (CPH).

The students were tasked with developing an action plan around a public health issue in their school and community. After hearing presentations from CPH staff, the students selected two issues to focus on - promoting smokefree lifestyles and rolling out the *All Right?* wellbeing campaign within their school.

Some plans for action for smokefree were approaching local dairies to work together on the supply of tobacco, providing cessation support and education at school, and having information and support available to families. Some plans in wellbeing were to work alongside the *All Right?* campaign to run a 'happy hour' of fun activities focusing on giving and receiving compliments, using the five ways of wellbeing to develop a range of lunchtime activities to encourage connection, and holding a basketball tournament to encourage physical activity.

Dragons' Den judge and Public Health Specialist Dr Lucy Daeth said it was a great opportunity for health promoters and young people to work together.

"The passion and commitment the students brought to the task was amazing. It was obvious they 'got' health promotion and recognised its importance in preventing ill health and boosting wellbeing. I am really looking forward to seeing their ideas being rolled out in the schools over the rest of the year," says Dr Daeth.

Dr Daeth says that the quality of the ideas that emerged was so high it was impossible to pick a winner, so the prize of sports equipment was shared between the two schools.



Christchurch Hospital staff take on GODZone Adventure Race

Two Christchurch Hospital staff will be spending next week (7-15 March) competing in the GODZone Adventure race in the northern part of the South Island. Jacqui Gee, a nurse in PACU, and Richard Dove, Clinical Manager in Medical Physics & Bioengineering, are half of team Action Sunday.

Adventure racing is a combination of multiple endurance disciplines. Cross country running, high mountain trekking, mountain biking, kayaking, canoeing, climbing and associated rope skills are the most common methods of travel during a race, though other methods of human powered transport can be used. Navigation is an integral part of all disciplines and teams are expected to find their way through the wilderness where paths can be confusing or largely non-existent – no GPS allowed! The race continues non-stop and it's up to each team to decide when and for how long they sleep.

The GODZone race will cover around 500km but course details are a carefully guarded secret and at this stage all the teams know is that the finish line is in Kaikoura. Course details are only released to the teams a few hours before the start. Richard's hoping the team will finish in five or six days, but says any finish is a good result as the drop-out rate is pretty high. Richard also competed in last year's event which travelled from Mt Cook to Queenstown.

While Jacqui was a top ten finisher in the Coast to Coast one day event last year, this will be her first multi-day race and she's admitting to a few nerves. However the team has been training hard together over summer and has already completed some big trips together. Learning to work well together and trusting each other's skills is a bit part of the event as the four person team must stay together at all times.

"As a team we've already gone places and done things I wouldn't have achieved otherwise," says Jacqui.

Action Sunday Club is a facebook group that aims to encourage people to take some time to enjoy the fantastic environment that New Zealand has to offer. Jacqui and Richard may be taking this to the extreme but hope their team may inspire a few more people into the outdoors.

You can follow their adventure on www.godzoneadventure.com



Jacqui (left) and Richard (centre) training with their GODZone team



Rangiora Health Hub - update for staff

ALL WELCOME!

Public Meeting

Rangiora Health Hub and North Canterbury health services update

Wednesday 5 March 6-8pm
Rangiora Baptist Church
111 East Belt
Rangiora

Health Board Chief Executive will give a presentation and answer questions, supported by General Manager Planning and Funding, Carolyn Gullery and Michael McIlhone, Project Specialist.

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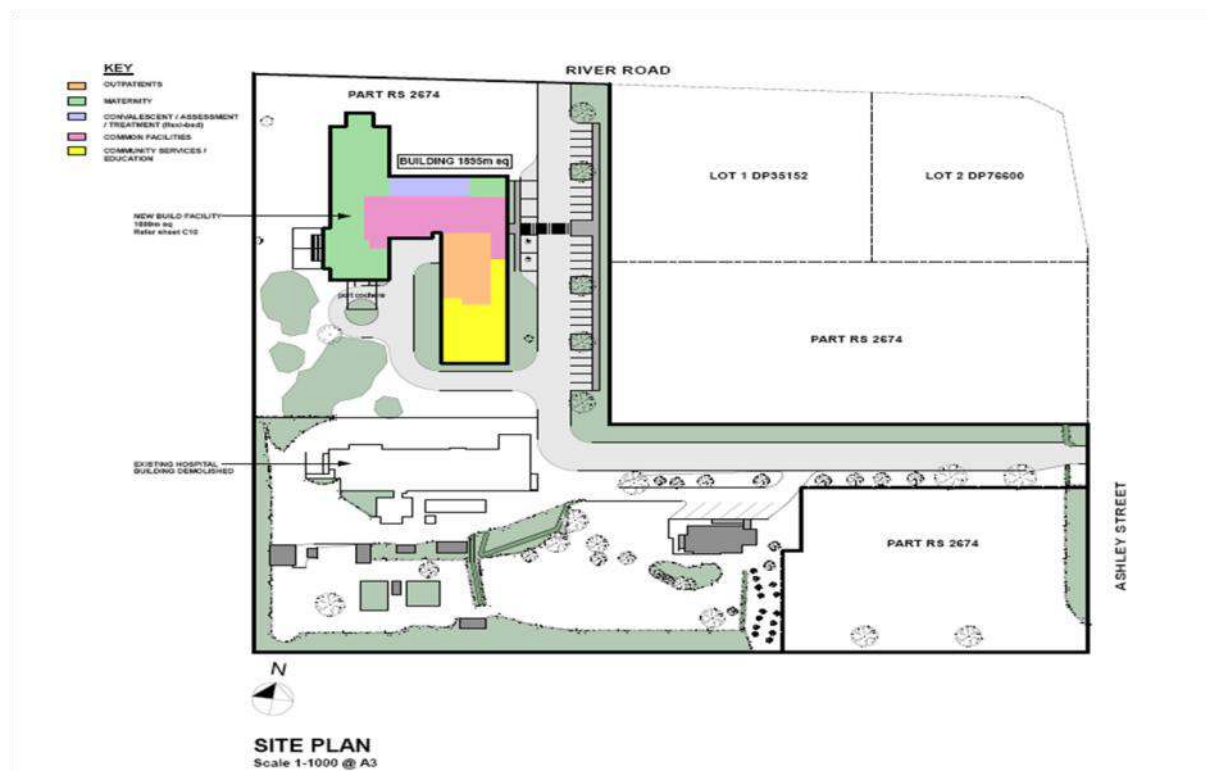
Supported by Carolyn Gullery and project specialist Michael McIlhone, David Meates will be visiting Rangiora on Wednesday 5 March to update the community on how plans for the Rangiora Health Hub are progressing. There is keen local interest in this project and that interest is set to ramp up as plans are finalised and the 'break ground' day fast approaches.

The goal is to build a community supported health hub in Rangiora that will meet the current and future needs of North Canterbury people. A 'health hub' is a concentration of health related services, designed to complement existing services. It works well for local people because it becomes a one-stop shop for a number of health services. The advantages for service providers include better integration and opportunities to collaborate as well as significant cost savings offered by being able to share buildings and facilities, and reduce overheads.

Services that will use the Rangiora Health Hub include primary maternity services (including post natal care), 'flexi' beds, community dental services, specialist outpatient services, public health nurses, mental health services and a St John after hours paramedic as required. There are many, many more 'possibles'.

Trengrove Architects have been appointed for the design and the project managers are from Resource Coordination Partnership Ltd. We have opted for a phased approach to construction that will begin in the second quarter of 2014 and deliver maternity and convalescent/flexi beds during phase one. Details of phase two will be announced as soon as they have been finalised.

Design concept



A collection of New Zealand nursing medals worn at Christchurch Hospital over the years has been framed and is on display in the Cotter Medical History Trust rooms at Hillmorton Hospital.

Trust volunteer Rachel Milner began her nursing training at Christchurch Hospital in 1955. She retired in 2002 and now works alongside a dedicated team of volunteers at the Trust. The medal collection began when she found a box of them at the Trust. Realising the historical importance of these medals Rachel sent out a call to the School of Nursing Association for older medals to round out the collection.

“Some people were very generous with their medal donations. The only one we haven’t got is a Plunket Society badge but I hope that someone may yet donate one of these,” says Rachel.

- The collection includes the following medals:
 - Royal British Nurses; Association
 - New Zealand Nurses’ Association
 - New Zealand Registered Nurse
 - New Zealand Registered Male Nurse – Two and Three year training
 - Christchurch Hospital Male Nurse
 - Christchurch Hospital - Training and New Graduate
 - Christchurch Hospital Enrolled Nurse
 - New Zealand Registered Nurse Comprehensive
 - New Zealand Registered Community Nurse
 - Canterbury District Health Board – New Graduate
 - Florence Nightingale
 - Maternity
 - New Zealand Registered Nurse Aid
 - Victoria Plunket
 - Plunket Nurses Membership
 - Karitane Registered Nurse
 - New Zealand Registered Midwives
 - NZNA Midwives
 - New Zealand Registered Maternity Nurse
 - New Zealand Registered Psychiatric Nurse
 - New Zealand Registered Psychopaedic Nurse
 - New Zealand Student Nurses’ Association
 - Plastic Surgery Badge



Rachel at work at the Cotter Medical History Trust

Rachel’s son Hamish mounted and framed the collection and it now hangs on the wall at the Trust among many other medical treasures.

The team is onsite at Hillmorton 9am-1pm Monday to Friday and by appointment for a guided tour. The site has a mini-classroom for use by small community groups like Probus.

More information about the Cotter Medical History Trust is [available here](#).



Photos courtesy Bramwell Cook

ceo update

Award for Medical Laboratory Scientist

Hannah Kennedy, a Medical Laboratory Scientist in Molecular Pathology at Canterbury Health Laboratories recently received a hotly contested prize for her poster at the San Francisco "Molecular Medicine Tri Conference".

The conference attracts over 3000 delegates and there are only two prizes awarded for over 200 posters.

Hannah's poster was on recent work she had been doing for her PhD which is using emerging genomic techniques to investigate families with undiagnosed genetic disease.

This poster was on one particular family with a severe cardiac and sudden death phenotype who was investigated with whole exome sequencing.



Health Excellence focus at first Clinical Board meeting - February 2014

At its first meeting for the year this month the Canterbury DHB Clinical Board reappointed Dr Daniel Williams as chair and Dr Ruth Spearing as deputy chair.

Dr Williams says the Canterbury DHB Clinical Board is an independent group from across the Canterbury health system that provides a clinical perspective to the Canterbury DHB Chief Executive.

"The board has overall responsibility for clinical governance across our system, which means raising the standard of care for our patients and the community," Dr Williams says.

"It keeps track of the systems we have to make sure we are doing a good job as well as advising of any problems."

A number of key health topics of focus for this year were highlighted at this month's meeting including:

- Sustainability
- Workforce
- Health Excellence and clinical and consumer engagement
- eHealth Environment – report on activities, developments in electronic information systems.

Also at this month's meeting a workshop on health Excellence was held with Susie Buchanan-Welsh, Quality Manager from Bay of Plenty District Health Board, and Sue Wood Quality Manager for Canterbury DHB.

This followed on from the Clinical Board's 2012 recommendation that Canterbury DHB adopts a Performance Excellence Quality Frame Work, which EMT has now approved.

Jane Cummings, NHS Chief Nursing Officer presented to the Clinical Board this month on when organisations lose sight of quality of care and how the NHS has had to refocus on health outcomes.

Ian Sturgess, also from the UK but who is currently working with Canterbury DHB, presented on his work around the Frail Elderly Pathway.

CANCER EARLY SIGNS AND SYMPTOMS TE WAIPOUNAMU ROAD SHOW

The Te Waipounamu Māori Leadership Group for Cancer will be travelling to an area near you!

[Check meeting times and agenda items...](#)

What does your job involve?

Showing care, concern and serving the patients and their families that I work with. As a Community Mental Health Nurse at Totara House, I work with young people who experience psychosis for the first time. This is a period of major adjustment so my role is to support family and the young person through this adjustment.

Why did you choose to work in this field?

It chose me and I am so thrilled it did.

What do you love about it?

I love working alongside young people, I love building that therapeutic relationship (which is very much a two way process).

What are the challenging bits?

The challenging bits are balancing your own needs with the young person. I ask myself constantly; Whose needs am I meeting? It is a balancing act for sure.

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

I admire any nurse who is passionate about her nursing role, anyone who is compassionate, kind, empathic. However one wise nurse once told me that every nurse brings strengths to their team. Even the grumpy ones.

The last book I read was...

I read on a needs only basis. So the last book I looked at was The Principle of Pharmacokinetics (not by choice but because I had an exam!)

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

Where I am right now because it is right at the moment.

My ultimate Sunday would involve...

Husband making us a cooked breakfast, church service then an afternoon out at the park. Bliss.

One food I really dislike is...

Steak and cheese pies. To me, they taste like I imagine eating smelly socks would.

My favourite music is...

Variety, at the moment I have a Johnny Cash compilation album in my CD player. I love listening to great vocalists with rustic or ethnic tones such as Knaan.

If you would like to take part in this column or would like to nominate someone please contact

Naomi.Gilling@cdhb.health.nz.



SI PICS Update

February 2014



[Read more](#) about the implementation of the South Island Patient Information Care System solution.

We are very happy to announce the launch of our new web-based wellness solution – tracksuit-inc® (you don't actually require a tracksuit).

CDHB cares about the health and wellbeing of you and your family. Over the past two years we have successfully participated in the Global Corporate Challenge (GCC) but this year we've decided to try something new – and it's accessible to you and your family members free of charge. In addition to the award winning Staff Wellbeing Programme the implementation of tracksuit-inc® is a further commitment to support you and your family members to lead a healthy lifestyle.

What can you expect to see as part of tracksuit-inc®?

tracksuit-inc® gives you and your family the opportunity to participate in a range of health related activities throughout the year. This includes:

- Health Challenges that are a combination of individual and team based challenges encouraging you to shape new health related behaviours while having fun, a bit of healthy competition, and the chance to win some great prizes along the way.
- Continued access to a Health Questionnaire which provides you with feedback on your current state of health, and a view of your Health Age vs your Chronological Age. This can provide some great insights into the things you are doing well to support your health, and potentially some interesting insights into some areas for improvement.
- Health Presentation videos covering a range of topics to educate you on some of the most up to date strategies for optimising your health.
- On-going access to the CDHB/WCDHB dedicated tracksuit-inc® website where you can access a range of resources including health articles, discount offers, events, competitions and more prizes to be won simply by participating!

How do you get involved?

Go to the tracksuit-inc website www.tracksuitinc.co.nz and enter the CDHB Company Code which can be found on the [Staff Wellbeing Programme intranet page](#) from 1 March.

Learn more about tracksuit-inc®

The team from tracksuit-inc® and the Staff Wellbeing Programme will be available to explain the tracksuit-inc® programme of health challenges and other wellbeing opportunities at the following drop-in sessions:

All 11.30am to 1.30pm

Monday 3rd March – TPMH café

Tuesday 4th March – Burwood café

Thursday 6th March – Kaikoura Hospital – All staff meeting

Monday 10th March – Hillmorton café

Tuesday 11th March – CHCH Campus – Great Escape café

Friday 14th March – Greymouth – Grey Hospital Café (TBC)

Tuesday 18th March – Ashburton café

Wednesday 19th March – Community & Public Health, All Staff Meeting

Monday 14th April – Te Ao Marama (TAM) – Community & Public Health – (TBC)



Primary Science Teacher Fellow

On two occasions over the past three years Canterbury Health Laboratories (CHL) has worked with the Royal Society of New Zealand to host a Primary Science Teacher Fellow.

The Royal Society has been advancing and promoting science, technology and humanities in New Zealand since 1867 and is constituted under The Royal Society of New Zealand Act 1997.

The Fellowship Programme is a logical alliance for CHL, given our ongoing efforts to promote science as an important and worthwhile career interest through our various initiatives of school visits, laboratory tours and the Intern Programme.

The most recent recipient in 2013 is a primary school teacher who had a desire to learn about medical science so that she is able to raise the profile of biological science within her school programmes. The fellowship covered the period from August to mid December 2013 and involved placement in a number of the laboratory settings, allowing the Fellow to experience the technologies, techniques, processes and team work utilised to provide effective patient/client services.

General comments from the Fellow are:

“This has been the most valuable learning experience I have ever had. I feel like I have learned so much, not only about science teaching, but also about myself as a learner and teacher.”

“I feel energized and inspired to go back into my school with lots of great ideas about how to improve the delivery of the science curriculum to our students. I have a much clearer picture of the way Nature of Science should form an integral part of our teaching.”

“The Fellowship process is a very positive interaction that we will continue to participate in.”

eMeds key part of paperless goal

Electronic Medicines Management (known as ‘eMeds’) is a key part of Canterbury DHB’s strategic goal of paperless health records, but it’s not just about eliminating paper. It’s also about changing our processes and our practice.

The aim is to improve medicines management, which in turn improves patient safety and leads to better care, and a better experience of care by our patients.

eMeds will enable health care providers to access a person’s medication information and work with them to manage their medicines safely and more effectively. It’s also more efficient through saving both patient and clinician valuable time.

eMeds will initially include e-prescribing, dispensing and administration for inpatients in a hospital setting but will later include outpatients and primary care.

To facilitate users’ uptake of eMeds, a range of new devices will need to be deployed with appropriate training and technical support. More about that in a later edition of the CEO update, ‘cool tools’ perhaps deserve special attention in their own right.

Kenneth Grant, quality improvement change architect at CDHB had this to say:

“We are very excited that we now have access to MedChart at CDHB. This is the Ministry’s preferred ePrescribing solution for NZ DHBs. The clinical team is now involved in testing the latest version of MedChart, the NZ Universal List of Medicines and the NZ Formulary”.

“The clinical team are also working with the eMeds Steering Committee to configure MedChart to work in our environment the way we want it to. MedChart will replace our paper medication charts or QMR4. The impact of this change is huge even if we’re merely talking about the number of users.”

Vendor-led training of a small number of staff is occurring onsite at Hillmorton from Feb 25 – 28. Plans are well underway for comprehensive “end user” training – dates for this to follow, but it will be as close as possible to the anticipated “Go’Live” date of 29 April 2014, when the first patient(s) will have their medications prescribed on MedChart at CDHB.



122221	Charge Nurse Manager Diabetes and Endocrinology
121970	Booking Co-ordinator
121688	Social Worker (Casual)
121659	Occupational Therapist
122232	Registered Nurse - Surgical Orthopaedic Unit

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

Key learnings from Takarangi Competency Framework training

On 11 – 12 February 2014 Kaimahi from Purapura Whetu attended the two day Takarangi Competency Framework training, hosted by He Waka Tapu. The Takarangi Competency Framework has been developed by Matua Raki (National Addiction Workforce Development) as an educative intervention that shapes and influences clinical practice. It consists of 14 cultural competencies such as pōwhiri, ngakau mahaki and manaaki.

The two day training consisted of workshops that encouraged participants to explore the Takarangi Competency Framework by actively participating in a range of activities. These activities were designed to familiarise participants of the features and the benefits when practicing cultural competency.

Key learnings of the workshops were:

- They allowed participants to self-assess and determine what level of the framework they sit on;
- They identified any gaps and what could be improved when practicing cultural competency in the workplace;
- How to gather evidence based outcomes when applying the framework to your practice, and the importance of doing this.

Facilitators Terry Huriwai and Moe Milne have between them an extensive knowledgebase of the sector that provided the training with a good mix of challenges to stretch the thinking of the kaimahi.

Participants who attended the training travelled from Waitaha, Hokitika and Southland. These participants were predominantly kaimahi, kaitautoko, kaiawhina and psychologists from the Mental Health and Addictions sector.

Although the Takarangi Competency Framework has been developed for the alcohol and drug sector, the participants who attended the course could easily see how the framework can be transferred across sector wide agencies.

If you would like to host the workshop in your region or would like to know more about this valuable tool, please email Terry Huriwai on terry.huriwai@matuaraki.org.nz





“Action on Alcohol: Change is Coming”

The annual Alcohol Action NZ conference is to be held at Te Papa, Wellington, on **Thursday 20 March 2014**. The theme is “**Action on Alcohol: Change is Coming**”.

This conference will be particularly significant because of the upcoming general election. The meeting will provide excellent opportunities for lively discussion and debate, and will remind us all, politicians from the five major parties attending included, of the urgent need for real alcohol reform, and the likelihood it will happen soon.

We are honoured to have **Sir Geoffrey Palmer** giving the Opening Address this year.

We are also excited to have, as keynote speakers, three eminent Australian scientists: **Professors Kypros Kypri** (Newcastle), **Peter Miller** (Victoria) and **Mike Daube** (Western Australia).

For further conference information, including how to register and to view the programme, visit the [Alcohol Action NZ website](#) or contact the conference secretariat at coordinator@alcoholaction.co.nz – 03 364 0480.

A very reasonable fee structure has been negotiated. **A conference not to be missed!**

Staff Wellbeing Programme – Tracksuit-inc - Exciting addition to the CDHB Staff Wellbeing Programme

[Tracksuit-inc](#) - Exciting addition to the CDHB Staff Wellbeing Programme – Available from 1 March

Free to CDHB employees and their families – gives you an opportunity to participate in health related activities/challenges throughout the year. Login details available on the Staff Wellbeing Programme intranet page from 1 March.

See full story earlier in this week’s CEO update.

New Walk n Workout groups

Starting next week at Burwood, CHCH Campus and TPMH – 30 minutes of walking and other light exercises. More information on the Staff Wellbeing intranet page. Register by contacting Kris kris.tynan@xtra.co.nz

[New Staff Wellbeing Programme intranet page](#)

Check out this page for information on yoga, Zumba, Pilates, mindfulness, Earthquake Support Coordinators, Finance/Retirement seminars, Employee Assistance Programme (EAP - free counselling for staff), and more...

There’s also a link to the Something for You employee benefits page containing a large number of discounted products and services available to CDHB staff.



WHO's checklist the best way of reducing peri-operative harm

Thorough training and technological advances alone are not enough to eliminate human error. This principle applies across many disciplines, and surgery is no exception - steps are missed, mistakes made, and the consequences can be dire.

With some poetic license, the above is the view of Atul Gawande, acclaimed surgeon and writer. The reason errors occur he explains, is that "in a complex environment (surgery), we are up against two main difficulties: The fallibility of the human memory, and attention."

In a world that employs techniques and technology that seems to come fairly close to rocket science at times, the answer is refreshingly simple:

His solution lies in the humble and often much maligned checklist.

"Boeing pilots use a checklist, because some things are too complicated to be left to the memory of one individual, however expert," he goes on to say.

The World Health Organization (WHO) has conducted many trials and tests over the years and has identified three key elements necessary for a successful checklist: who should be involved, what should be included, and when things should occur.

The result is the final WHO safe surgery checklist that we use today and as is often the case, simplest is best: It is just one page, free from colour and visual 'clutter', has just 19 checks and uses clear language familiar to the profession.

The result of a trial conducted in 8 hospitals back in October 2008 yielded some amazing results:

- Major complications for surgical patients fell by 36%.
- Death (related to surgery) fell by 47%.
- Infections were almost halved and,
- the number of returns to the theatre fell by a quarter.

However, medicine has sometimes been slow to embrace the humble checklist. We may not even think we need one most of the time. But those who have children in particular will know that all it takes is a distraction that takes you away from a familiar routine, or a momentary loss of focus, and something gets missed – lunch forlorn on the benchtop, phone languishing on the bedside table, car keys inexplicably left in the freezer.

Here's what one of our own RNs Ruth Spicer had to say, with a nurse's trademark brutal honesty.

"When CDHB first brought in the WHO checklist, it was hard to understand how this piece of paper with a bunch of little boxes (more paperwork!) was going to improve anything at all.

"Now, having read 'The Checklist manifesto – How to Get Things Right', it has made me understand the importance of a checklist, why it was developed, the processes behind it and the rationale around it."

"I will be a more active theatre team member when going through the checklist at 'Time Out' time as well as before the patient leaves the theatre. I'll make sure the team is listening (and hearing), is participating, but also that everyone understands the relevance and importance of the checklist."

PDRP New Assessor Training

We are holding a PDRP New Assessor Training session on Thursday 15 and Friday 16 May 2014. This is a two day course which is facilitated by the Open Polytechnic and will be held at TPMH.



We are now calling for nominations for new assessors for PDRP. New assessors need to be nominated by their peers and supported by their Line Managers.

For information on becoming a new assessor and supporting forms to complete, please refer to our PDRP Intranet site:

<http://www.cdhb.health.nz/Hospitals-Services/Health-Professionals/pdrp/PDRP-Assessor-Information/Pages/default.aspx>

ERMS is an electronic referral tool born in Canterbury five years ago to improve the way general practices make requests for specialist advice and referred services.

Kieran Holland, from the Canterbury Initiative, says ERMS has been a collaborative development between Canterbury District Health Board and Pegasus Health.

"ERMS grew out of work on HealthPathways because it was clear that the success of pathways was dependent on high quality referrals. There was a real risk of referrals missing key information or going to the wrong place and being hard to trace," Kieran says.

"Additionally, health system planners had insufficient information about services being requested to make good planning decisions," Kieran says.

The ERMS project began development in 2009 with the first referrals being made by General Practitioners in 2010.

General Practitioners and nurses use ERMS to make a referral via electronic forms and this is submitted directly to a secure referrals database. From there, requests are delivered automatically to anyone of the 800 community and hospital services, both public and private.

The second stage of the project, which began in 2012, enabled electronic delivery into Health Connect South, making referrals available to hospital clinicians on screen anywhere in the hospital and provided General Practitioners with an electronic acknowledgement of receipt.

The project has gained the attention of the National Health IT Board and as part of the South Island Alliance has been implemented by the West Coast, South Canterbury and Nelson Marlborough District Health Boards. Southern DHB is planning to roll out the system this year.

"ERMS has just reached a milestone, having delivered over 300,000 requests.

"This milestone is testament to the commitment of the development and support team at Pegasus Health, working with our Canterbury DHB partners."

Kieran says ERMS is an important step to improve patient safety as it reduces the risk of medication or identification errors and other misunderstandings arising from handwritten requests.

"It also simplifies the process for general practices as they no longer need to maintain their own directories of services as these are all stored and maintained within ERMS."

However, Kieran says the project has not come without its challenges.

"But it's about working those through to develop regional solutions and we've had very positive feedback from general practice and hospital staff."

Simon Wynn-Thomas, a General Practitioner at Mount Pleasant Medical Centre and Senior Clinical Leader at Pegasus, says ERMS has received positive feedback from many of the Canterbury General Practitioners who have used it.

"Most say the time taken to write a referral letter has been reduced because ERMS pre-populates the letter with relevant demographic and clinical information," Simon says.

"It is easy to add clinical notes, classifications and results of investigations. Referrals are sent electronically, saving on administrative time and on paper. The possibility of a referral letter being inadvertently sent to the wrong place, because of human error in faxing confidential patient information, is also reduced."

Simon says ERMS will become even more user-friendly when the current work to allow scanned documents to be attached to referral letters is completed. The standardisation of referral letters should also mean consistency in the layout and quality of letters, making it easier for secondary care doctors to triage referrals, he says.

Some ERMS documents are customized to ensure that the relevant clinical information has been included before the referral can be sent.

"This ensures that the patient has had the appropriate management in the community before referral to secondary care. To ease this process, ERMS is linked to the relevant Health Pathways page, allowing referrers to check current local guidelines before referring a patient."

CHOOSE to plan your career

You told us in the Staff Engagement Survey that you wanted access to workshops, tools and resources to support you in your career planning.

To kick start a wider programme of career planning support, we have arranged some one hour workshops in March. The workshops are designed to help you start to create and drive a long or short term career plan.

To register please contact careers@cdhb.health.nz and tell us which workshop you would like to attend. Spaces are limited by the size of the rooms, so registrations will be accepted on a first in, first served basis.

The seminars are run by careerbalance - a local company that specialises in career management and career planning.

Where	Date	Time	Room
Ashburton	March 11th	12:30pm – 1:30pm	Wakanui Room
Hillmorton	March 13 th	10.30am – 11.30am	Fountain Room
Christchurch campus	March 13th	12.15pm – 1.15pm	Parents Ed Room
PMH	March 20th	10.30am – 11.30am	Hakatere/Rakaia
Labs	March 20 th	12.30pm – 1.30pm	Committee Room
CPH	March 25 th	10.30am – 11.30am	Aoraki Room
Burwood	March 25 th	12.30pm – 1.30pm	Marshland Room
Christchurch campus	March 27th	5.00pm – 6.00pm	Oncology Lecture Theatre

To reserve your place please contact: careers@cdhb.health.nz



The CDHB is undertaking a stock take of activity for the National Health IT Board.

If your service uses TeleHealth please send an email to TeleHealth (telehealth@cdhb.health.nz) and we will contact you for more details.

Major upgrade of the Health Connect South programme (HCS)

Last chance to attend a familiarisation session

Clinical Portal 8 will be released in a few weeks.

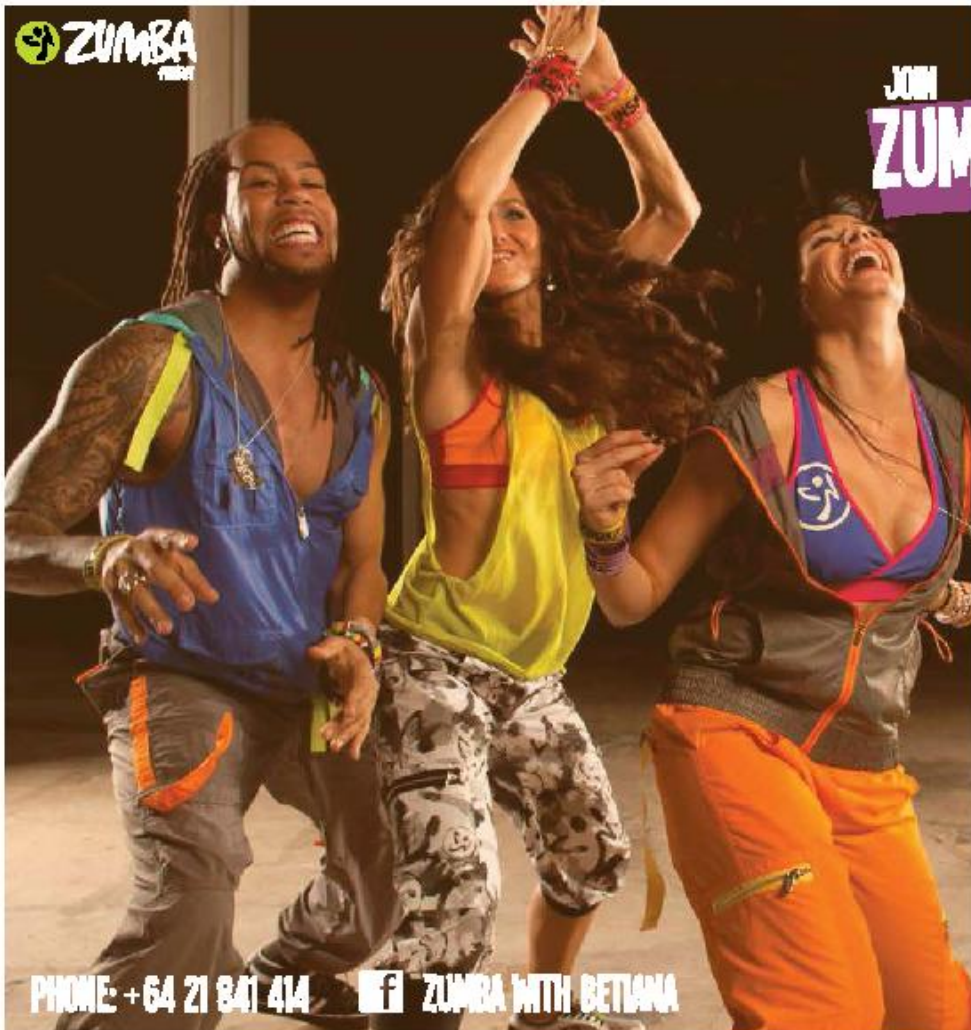
Although the changes to the functionality have been kept to a minimum, there are significant differences to the menus and navigation.

To get more information and a preview, please attend one of the presentations below.

Each session will take about 30/40 minutes – No booking necessary.

CHRISTCHURCH HOSPITAL - PADUA LECTURE THEATRE

Monday 3rd March – 1400-1500 or 1500-1600



JOIN ZUMBA WITH BETIANA

- AT CDHB
(LOUNGE OFF THE GREAT ESCAPE CNFÉ)

- EVERY TUESDAY AT 5.30PM

FIRST CLASS FREE

- CLASSES FROM \$ 6

SIMPLY TURN UP !

(BRING COMFORTABLE CLOTHES AND A WATER BOTTLE)

PHONE: +64 21 841 414  ZUMBA WITH BETIANA



Brydie's Ball

Friday
21 March
2014



All funds raised go to the Brydie Lauder Charitable Trust, raising funds for Paediatric Neurology

Venue: Rydges Hotel, 30 Latimer Square, Christchurch
7.30pm till midnight
First drink complimentary, supper supplied
Dress Code: Smart

Tickets \$65
Corporate tables of 10 available on request
Pre-order via email: info@brydielaudercharitabletrust.org.nz
Tickets limited
Entertainment:
Puree - playing live
Live Auction running through evening
MC: Chloe from Classic Hits

MAJOR SPONSORS:



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International Dietitians' Day

Wednesday 12 March

Hospital dietitians across Christchurch are celebrating International Dietitians' Day with a food bank collection to support the City Mission

Please help us by providing a healthy non-perishable food item for the City Mission and go into the draw to win a year's subscription to the Healthy Food Guide magazine

Look out for drop off sites at your Hospital on Wednesday 12 March and be in to win!

More details to follow



www.dietitians.org.nz

Walk n' Workout



You know it's good for you, you know you feel better for it and you know it's relatively easy, so read on...

I'm inviting the unfit among you to get out at lunchtime for 30 minutes on a 5 week 'kickstart' course

- Burwood-Monday's 12.30 starting March 3rd
- CHCH Campus-Tuesday's 12.30 starting March 4th
- PMH-Wednesday's 12.30 starting March 5th

Clear brain fog 🌟 Boost your mood 🌟 Move your body

WHAT do I WEAR? WHAT do I BRING?

Comfortable walking shoes/trainers. A water bottle. Jacket if it looks like rain.

COST

\$25 for the 5 week course payable up front (on the first day)

Minimum numbers of 10 are required to run this course so please register your place by emailing kris.tynan@xtra.co.nz

If you would like further information please don't hesitate to email me.

Kris



ceo update



**ALWAYS
NEEDED
ALWAYS
THERE**

**DISASTERS CAN HAPPEN
TO ANYONE, ANYWHERE.
DONATE NOW.**

When disasters strike, your donation will ensure volunteers like Steffan can provide essential support to New Zealanders in times of crisis.

Steffan

Disaster Welfare Support Team volunteer for eight years, helped in Christchurch earthquake 2011.



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**ANNUAL APPEAL
10-16 MARCH 2014**

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