



Christchurch Hospital Surgical Services team awarded

Last weekend I was thrilled to hear that the entire surgical services team has been awarded the Excellence in Surgery Award. This is such a huge honour for everyone involved. It's been awarded by the Council of the Royal Australasian College of Surgeons who considered that the unparalleled leadership shown by Christchurch Hospital Surgical Services in the face of recent natural and human disasters warranted a permanent recognition in the form of the Excellence in Surgery Award. This award recognises the work carried out by the Surgical Services team in the aftermath of both the 2011 earthquake and the 15 March terror attacks in Christchurch.

This award recognises:

Excellence in surgery in Australia and New Zealand. The Award may be for clinical performance, for research or for education and may be made to an individual, a unit or a group.

Rangiora Outpatients extension - Relocated, repurposed and now blessed

Last week together with Board Chair John Wood, I attended the blessing for the new Outpatients extension at the Rangiora Health Hub.

It's hard to believe that just 10 months ago these buildings looked completely different as they sat on the site of the Christchurch Hospital campus being well used as the Hagley Outpatients.

While I know everyone did what they were trained to do, none of us ever dreamed we would be providing life-saving surgery on so many people injured as a result of the quakes and the terrorist attacks, and I know that along with so many others, the surgical services team were tested with extraordinary challenges and put in some extremely long hours. This Award by the college is just brilliant – well-deserved and recognises the entire team involved: all members of the surgical team, but also everyone involved behind the scenes and those who work alongside the Surgical Services team and enable them to do what they do.

What makes this award even more remarkable, is that it was last awarded in 2015 and since its inception in 1992, has been awarded to 21 individuals and has only been awarded to one other team – the Queensland Liver Transplant Service in Brisbane in 1993. This really is a very special honour, bestowed upon a very small group of people, so be proud of your collective achievement.



After the clinical teams moved out of the temporary Hagley Outpatients, the contractors moved in and dismantled the building. Pieces of the building were then put on trucks to be transported over the Waimakariri Bridge to their new home in Rangiora

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I'm always proud of the commitment the DHB makes to recycling useful assets and these buildings are a great example of that. Thanks need to go to the main external contractors for this work – HRS Construction and King House removals, and Canterbury DHB's site redevelopment team, who all contributed to the challenging work of deconstructing and cutting up the original building and then getting the right pieces put back together again.

It was not as simple as it sounds, especially as the process involved putting five separate pieces of the building on the back of trucks and moving them north at the crack of dawn so as not to cause too much disruption to traffic.

As Kaumātua James Robinson led us round the building it was hard to imagine the complicated journey they've had because the rooms all look fantastic. I'm thrilled with how the Site Redevelopment team has refurbished a pre-loved building to create something that looks new and fresh.

There are a range of outpatient services that are going to be working out of this building from this week, staff move in on 21 August and start seeing patients soon after and we hope they will enjoy their new space.

Services being delivered from the new extension will include public health

Haere ora, haere pai
Go with wellness, go with care



David Meates
CEO Canterbury District Health Board

nurses, Vision and Hearing Screening, Child, Adolescent and Family and Adult Mental Health, Older Persons' Health and a range of outpatient services (including but not limited to, Obstetric and Gynaecology, Neonatal Outreach, Orthopaedic, Respiratory, Paediatric, Diabetes, Social Work, and Cardiac Rehabilitation).

Our gratitude also needs to go to staff working at the Rangiora Health Hub. It is never easy when there is a building project going on outside your window and the sound of hammering and saws drowns out the birds. So I want to acknowledge your patience during this time.

Blessings are among the many events that I attend as chief executive, and they are occasions that I enjoy immensely. Personally they mean a lot. They signal new beginnings – something exciting is now ready for staff to move into after months of watching and waiting. Not only does a blessing remove any tapu from the building, it also invites the gods both to protect the building and to provide

comfort for those who will work and visit the facility.

As the health provider to a growing community in Rangiora, delivering care and comfort close to where people live and work is at the heart of what we do. This new Outpatients extension expands our existing facilities to help us achieve this.



Kaumātua James Robinson starts the blessing of the new outpatients extension with a karakia



Staff and users gathered last week to join in the blessing of the new Rangiora Outpatients extension

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

David, Catering Service, Christchurch Hospital

A big thank you to Catering Service Assistant David. I appreciate how compassionate you are, consistently to any patient in the ward. You treat us with respect and have an understanding of what we are going through. Please continue to smile as it makes a big difference to us. It brightens my day to see you smile.

Ward 10, Christchurch Hospital

I am extremely satisfied with your staff. Everyone seems to be so happy helping. I have been in Ward 10 in July and August. The nurses have been so caring and always with a smile. This is a great hospital. Thank you.

Ward 25, Christchurch Hospital

Amazing people. Thank you to everyone who looked after me. God bless you all.

Selene Nikora, Otolaryngology (ENT), Outpatients, Christchurch Hospital

I wish to congratulate ENT Charge Nurse Selene Nikora on having done a successful job in frequently clearing my ear. Since she has been treating my perforated ear drum, which I was continually having to take antibiotics for, this has now ceased. Her manner each visit is always cheerful and I find her very quick and efficient. She is a credit to the department.

Roger Morgan, South Island Eating Disorders Service, The Princess Margaret Hospital

I would like to say a huge thank you to Dr Roger Morgan of the South Island Eating Disorders Service. Dr Morgan and I have been on a long journey together, full of ups and downs, however without his support and encouragement I would not be here today. He believed in me even when I couldn't believe in myself. So thank you, Dr Morgan, you have made a truly positive difference in my life and have given me the hope to continue on. Also thank you to all the staff at the South Island Eating Disorders Service and C Ward. I can't thank you enough for the wonderful care and treatment.

Trish, Respiratory Physiotherapy, Christchurch Hospital

I was very surprised with the information I received from Trish, a respiratory physiotherapist at Christchurch Hospital. This information has led to a quantifiable improvement in my quality of life. Simple information about how to breathe correctly has allowed me to clear the airways, reduce coughing, reduce breathlessness with exertion and improve blood flow to the extremities.

Ward 10, Christchurch Hospital

To the nurses, doctors and staff of Ward 10, you are doing a brilliant job. Thanks very much.

Angela Lee and Sarah, ENT, Paediatric Department, Christchurch Hospital

We have seen Angela Lee and Sarah several times now with my son. They have been so fantastic doing the hearing tests – gentle and understanding. They were able to get the results without disturbing him much. They seem to have an affinity with children which is so wonderful. Makes a stressful time as a parent much easier. Thank you ladies, you are doing a great job.

Ward 15, Christchurch Hospital

We have appreciated the care and attention that our father received throughout his stay. The nurses and staff were always smiling, caring and efficient. Dr Lim and his team helped us understand his condition and were very precise and clear in the consultation with the family. We were impressed when we arrived that a volunteer gentleman met us at the car with a wheelchair and took us to an orderly who immediately admitted us to the ward. It was an amazing transfer and welcome to Christchurch Hospital. Thank you all sincerely.

Ward 12, Christchurch Hospital

Ward 12 rocks!

Lisa and Courtney, Emergency Department, Christchurch Hospital

I would like to thank Dr Lisa and Nurse Courtney for the great treatment.

Ward 11, Christchurch Hospital

Nurse Kathy is such a wonderful nurse with a very kind heart. It must be hard waking up patients to take observations. You apologise each time; you're one of a kind. Sarah and Andrew, thank you very much for all the care you have provided me during my stay. I apologise if you had to work a little bit more attending to me. Hats off to the nursing team of Ward 11.

Ward 11, Christchurch Hospital

Very lovely bunch of nurses, very caring and gentle. I felt well cared for. Nurse Jo, you're amazing, words can't describe how grateful I was under your care post-op. You worked hard to alleviate my pain and nausea, you didn't give up until you saw that I was better. You did not let me down and even when you were tired running around you didn't leave my bedside without a smile. You're very reassuring. Nurse Lynne, I admire how you work well with Jo — very good team work.

Ward 20, Christchurch Hospital

Many thanks to Ward 20 for all the wonderful support. You are all very special and made my stay stress-free. I loved the food which was very enjoyable. When not expecting to end up in hospital it's a bit of a shock but my stay was made informative and happy by the wonderful Ward 20 staff.

Dr Wu, Neurology Outpatients, Christchurch Hospital

Dr Wu is one of the best doctors I have ever seen. He treats you like a decent human being, is easy to take directions from and is kind and understanding. I really appreciate Dr Wu, he is absolutely wonderful.

Lezlie, Mana Ake Worker, Purapura Whetu

[Our tamariki] was showing signs of depression and high anxiety before he saw you. He was also suffering over the separation of his parents and the fact that he did not get to see his Dad very often. His language and actions were often inappropriate.

As soon as he met you his mood lifted and his disposition changed. He became positive and bubbly. It was, however, not until after the tenth session that [our tamariki] started to understand what was and was not appropriate. Over the last three weeks there have been no incidences of inappropriate language or behaviour. Lezlie, you have done a stellar job. I hope [our tamariki] will remember this time in his life when you turned him around.

Emergency Department (ED), Christchurch Hospital

Thanks to all medical staff involved in my care when I was in ED.

Burwood Day Clinic, Burwood Hospital

I was very fortunate to be assessed by Dr Stephanie Moor, who recommended that I attend the Day Clinic. I received a letter from the clinic informing me an appointment had been made. I was met by Janet Dunn who told me that a meeting was to be held with herself and Gerald Johnstone... I found it challenging to attend the clinic. However over a long length of time I gradually enabled myself to assimilate with the other participants and things became more comfortable. At the end of July I was informed that I was to be discharged from the clinic. Upon reflection I realise how fortunate I am to have been given the opportunity to attend the clinic. Without it I don't know where I would now be with my life. I would especially like to thank Janet Dunn, Rebekah Smith, Gerald Johnstone, Margo Martin, Becky Manning and Stephanie Moor. I would like to acknowledge and thank every staff member who has been involved at the clinic while I have been attending who for different reasons I have had the privilege to get to know. Everyone has been friendly, helpful, kind and understanding and I cannot thank you enough. The clinic is a fantastic environment staffed by excellent professionals. I wish you all the best in your future, personal and professional lives. Thank you.

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Te Pōti Hauora o Wairarapa



Facilities Fast Facts

Christchurch Hospital Hagley/Acute Services building

With construction virtually complete and just the incredibly complex task of commissioning left, we are working on our migration plans to move into the new building. It's planned that Radiology and Sterile Services will be up and running in Hagley before the end of the year with wards and services moving in late January 2020.

In the meantime, there is a [virtual reality tour of the building](#) online that is being added to as we get the opportunity to take more photos.



Ground floor Emergency Department



Level 1 Intensive Care

There is also a [timelapse](#) showing construction of the building on the internet that serves as a good reminder of how far we have come in the past five years.



A view of the entrance leading in from Riccarton Ave taken from inside the reception lobby of the building looking towards Hagley Park



View looking from the Lower Ground Floor of Christchurch Women's of the undercroft where the drop off area will be

The Link

The Link between the new building and Christchurch Women's Hospital is also in its final stages of completion with fire sprinkler and electrical commissioning underway. One of the last pieces of work is connecting and testing the fire system. This will involve system testing across Christchurch Women's. Teams are working through the plan for this, and each ward/department affected will be communicated with directly.



Let's get ready to move

Christchurch Hospital Hagley

Update No:17

Don't stop dumping the junk

You don't want to move with all your old, unneeded stuff. So make a start: with every document or item your multi-disciplinary team members will need to ask these questions:

Do I need it?

- › When did I last use it?
- › Will anybody else have it? For example, the creator of the document?
- › How should this be stored? Is it a matter of public record? See box opposite.
- › Still not sure? Check with Clinical Records: karen.comber@cdhb.health.nz
- › Could any other staff member benefit from it?
- › Is this the best way of keeping it?

Separate all items into one of the following groups:

- › must keep – clearly label with reason
- › cannot decide
- › rubbish
- › recycling
- › confidential waste
- › something personal that I could take home.

Remember that there's a DHB process for getting rid of many items you don't need, such as furniture and equipment. Talk to [Pauline Tootell](#) for guidance on what to do with it.

The Dump the Junk campaign is being run on Lean Thinking philosophies, and Prof Brian Dolan, our Director of Service Improvement explains in this [short video](#) that the first step of effective work organisation begins with the very important, cornerstone SORT step.

Disposal of documents

As a general rule of thumb: If the document is captured electronically on Health Connect South, a paper copy is not required. Health records must be retained for a minimum period of 10 years from patient date of death. Paediatric, Maternity, Clinical Trial/Study, Radiation Oncology and Mental Health records are required to be held for longer.

Call for volunteers

We can't wait for the time when we will be able to show our new building to the world. However when that time comes, we will need some help on the day. If you are interested in being a volunteer, please can you register your interest. You will be asked to do a two hour shift and training and support will be given ahead of time.

Stay in touch – you can do this through the [Facebook page](#) or email us at letsgetreadytomove@cdhb.health.nz

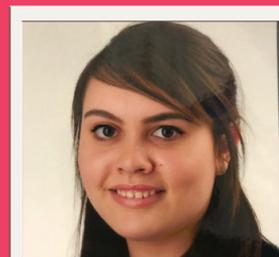


LOOKING FOR VOLUNTEERS

We're looking for volunteers who can assist with the Hagley open days. There will be a variety of roles and ways you can help. Dates are still to be announced, but if you are interested, please email letsgetreadytomove@cdhb.health.nz to register your interest.

Let's get ready to move...

Big Shout Out



Gabby Donnelly
Physiotherapist / Team Leader

...for coordinating a review of all the Allied Health gym spaces and equipment required with physiotherapists and occupational therapists so everyone will be familiar with how the gyms will work - all this over and above her normal role. Thank you!

On Behalf of the Committee

The Greater Christchurch Psychosocial Committee

This week we introduce Lucy D'Aeth, Chair of the Greater Christchurch Psychosocial Committee.

The Greater Christchurch Psychosocial Committee (the committee) plans, coordinates, promotes and monitors the psychosocial recovery and wellbeing of the population of greater Christchurch.

Originally a Civil Defence group, the committee is now chaired by Canterbury DHB, and was set up after the September 2010 earthquakes to support the disaster response and recovery. After the February 2011 earthquakes, the committee took on a bigger psychosocial support role.

"The term psychosocial relates to the way in which life's events affect people's wellbeing - how we feel, function, and relate to each other. Psychosocial recovery is about helping people and communities re-establish a sense of control after the disorientation and shock of a disaster event," Lucy says.

Recovery from disaster brings many new stressors. After the earthquakes, these included broken homes, loss of public amenities, increased rents, school closures, and transport issues. Over the years, the committee has worked to ensure supports are in place for people to adapt to the new post-earthquake world, and for a post-quake environment that supports wellbeing.

The committee includes a diverse group of organisations and most people who attend are locals who have lived through the ups and downs

of the last decade in Canterbury.

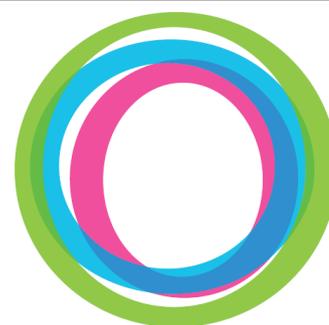
Its membership is comprised of people with strategic insights who can also get things done on the ground. The committee has worked together to ensure a variety of supports are available, including Earthquake Support Co-ordinators, free earthquake-related counselling, the 'All Right?' campaign and support for parents.

"We have a mix of responsibilities. Some are planned for, such as continuing to monitor recovery using tools like the [Canterbury Wellbeing Survey and Index](#) as well as through reporting, like receiving Treasury reports about remaining Earthquake Commission (EQC)/insurance claims, and 'All Right?' reports about the campaign and how people are doing.

"We offer psychosocial advice to the Greater Christchurch Claims Resolution Service as well. We also have a responsibility to respond to opportunities that committee members make us aware of - such as promoting the Canterbury Accessibility Charter or engaging with the public inquiry into the Earthquake Commission.

"What I like about chairing this committee is that we have worked together for years. It's a high trust group that can respond to emerging issues quickly and with great wisdom," Lucy says.

If you have any questions on the committee, email [Lucy D'Aeth](#).



Community in Mind

Shared Programme of Action
December 2016

The cover of the [Community in Mind Shared Programme of Action](#) document, which the committee helped create and continues to implement

Membership includes staff from: 'All Right?'; the Department of Prime Minister and Cabinet; Earthquake Commission; the Earthquake Disability Leadership Group; faith-based delegate(s); the Greater Christchurch Claims Resolution Service; Land Information New Zealand; the Mental Health Foundation; the Mental Health Education and Resource Centre; Ministry for Pacific Peoples; Ministry of Civil Defence and Emergency Management; Ministry of Education; NGO delegate(s); Pegasus Health; the Red Cross; a social services delegate; Te Puni Kōkiri; Te Pūtahitanga o Te Waipounamu; Territorial Local Authorities (Christchurch, Selwyn, and Waimakariri); the University of Canterbury; and administrative support (ex officio).

Looking after yourself

Top tips for better sleep

Having trouble sleeping or not feeling rested when you wake up? You're not alone!

The benefits of a good night's sleep are huge – it's not just good for reducing those under eye circles, and making you a nicer person to be around, it can benefit your heart, general health and your general wellbeing.

There's plenty you can do to try to get a better night's sleep – check out some of the top tips.

1. Natural light versus blue light exposure

It is important for our circadian rhythm to be exposed to natural sunlight throughout the day, as this helps to improve sleep quality and duration – especially if you have severe sleep issues or insomnia. Blue light (the light from your screens) tricks the brain into thinking it is still daytime. This also reduces hormones like melatonin, which help you relax and get a deep sleep. Most smart phones allow you to turn off/down blue light exposure at a certain time in your settings.

2. Stay away from caffeine in the afternoon

When consumed late in the day, it stimulates the nervous system and can stop your body from naturally relaxing at night. Caffeine can stay elevated in your blood for 6-8 hours.

3. Routine – try to sleep and wake at consistent times

Sleeping and waking at a consistent time can help long-term sleep quality. It's about getting your circadian rhythm right, as it is supposed to function on a set loop, aligning with sunrise and sunset.

4. Exercise regularly

Getting enough exercise throughout the day/week can be tough but the benefits are huge. Not only is it good for your general health, but exercising can increase sleep duration and improve sleep quality. It can also tire you out and help to calm anxious feelings.



5. Create a good sleep environment

Try to minimise external noise and light. You could do this by using a sleep mask and some earplugs if new curtains aren't an immediate option. It's also important you look at the quality of your mattress and pillow. Experts say you should change your mattress every six to eight years. A bad mattress can cause back and neck pain and disrupt your sleep.

You may already be doing some of these but hopefully there is something in this list that you can try that makes a difference to the quality of your sleep.

Introducing our new Maternity Assessment Unit

A Maternity Assessment Unit has been set up in Parkside, Christchurch Hospital as a dedicated, one-stop shop for women who have concerns during the second half of their pregnancy (from 22 weeks onwards).

The unit is located on the ground floor of Parkside, opposite the Acute Medical Assessment Unit (AMAU). Noting the similarity in names, the all-important signage will be installed later this week.

The new Maternity Assessment Unit will have a 'soft opening' on Monday 26 August, which means it will become available to women through a clinical referral – but as the existence of the service isn't yet widely known, it's expected to be quiet at first.

The creation of the Maternity Assessment Unit is part of the Canterbury Maternity Strategy that aims to ensure pregnant women receive the right care in the right place and at the right time.

Specifically, it responds to an ongoing need that can often see women present to the Birthing Suite at Christchurch Women's Hospital before their due date, because they are anxious or concerned about some aspect of their pregnancy.

There are a number of consequences to well women making this connection with tertiary care when that isn't what they actually need.

Firstly, it further embeds the notion that hospital is the best place to be if you are at or approaching your due date. That may well be true for women experiencing complications or with a baby that is unwell, but community-based options such as home birth or birth in one of our community birthing units can often provide

better outcomes and a more positive birthing experience for healthy women expecting healthy babies.

Director of Midwifery Norma Campbell says the right place is where women feel safe and comfortable and that the right environment sets the scene for the best possible birthing experience for mother and baby.

"Giving birth is a very hormonal process and mother and baby produce the hormones that trigger labour when the time is right and under the right conditions. Hospital can be a busy, stressful place, full of people who are unwell, and that stress affects mother and baby, the hormones they produce, and ultimately the whole birth experience."

Women with low-risk pregnancies who come to Christchurch Women's Hospital because they are anxious also tie up specialist care capacity, at times stretching those resources so thin as to risk compromising the quality of care that can be provided to those who really need it.



Resuscitation unit



Maternity Assessment Unit waiting room

The Maternity Assessment Unit service is midwife/Lead Maternity Carer (LMC)-led and comprises an initial assessment, leading to a collaborative individualised care plan. Experienced midwives employed by Christchurch Women's Hospital will work with the LMC to assess the woman and make a plan which may include being seen by an obstetrician or coming back for more monitoring.

"We anticipate that many women will be able to head back home with a plan for care in the community – for example with antibiotics for a urinary tract infection or having been reassured that labour is trying to establish but is not there yet - and importantly, that all is still okay," Norma says.

"Having the opportunity to provide appropriate advice and clinical expertise to women at this critical time will be reassuring for them and their whānau, and together we can be confident women get the ongoing support they will need.

"Every LMC or core midwife I have spoken to has responded very positively to this initiative and is looking forward to playing their part in providing the best possible outcomes for the women who need added reassurance," Norma says.

Chair of the Maternity Consumer Council Jen Coster adds that the women on the Council also believe this will be a much better system for women who need some additional assessment.

"It is exciting to see improvements that will reduce uncertainty and anxiety for women. Another key objective is that they will have a much shorter wait time than can be achieved on the Birthing Suite.

"The new unit has the full support of our council; we find it encouraging how dedicated Canterbury DHB is to improving care and outcomes for health consumers," Jen says.

The winners of the Great Theatre Bake Off

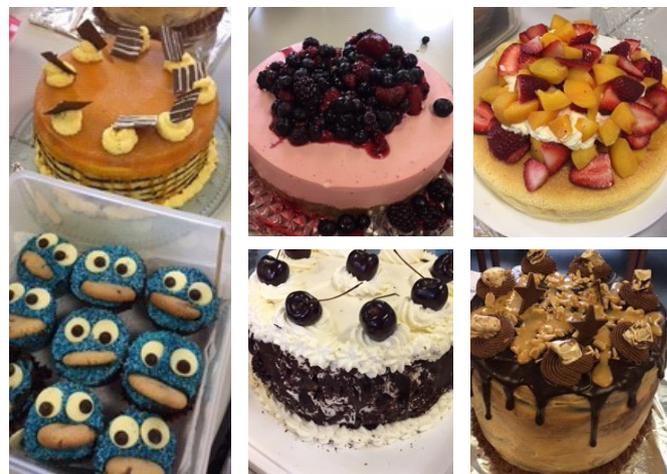
After the events of this year, the idea of a Great Theatre Bake Off was dreamt up to bring in some fun back into theatre. Registered Nurse Thea Donnelly came up with it, with Registered Nurses Nik Kimpton and Amy Burrough putting the event into action.

It was specialty versus specialty, with 14 out of 17 perioperative specialties/areas competing. Competition was high with the Gynaecology theatre winning the coveted winners apron. Laughter, competitive streaks and sugar highs delivered welcome sights and sounds in the theatre department.

Gold coin donations were given and \$300 was raised for the SPCA.



The winners from Gynaecology, from left, Liz Scobie, Laura Graham, Juliana Osman and Emma Broughton



A sample of the delicious baking efforts

New phototherapy machine increases treatment capacity

A new phototherapy machine has been installed in the Dermatology Department in Christchurch Outpatients which will allow more UVB treatment courses to be delivered to patients with skin conditions.

The machine can be used to treat a variety of skin diseases, ranging from psoriasis to atopic dermatitis and persistent itch. It was installed at the end of last month.

Our previous capacity with one narrow-band UVB machine was about 34 patients a week, says Dermatology Nurse Specialist Tracy Fenton.

"We now have capacity for treating around 54 patients a week which is a 60 percent increase."

Having a second machine also opens up additional times that people can have their treatments, especially the popular early morning and late afternoon slots for those who are working. The nurse-led clinics are a collaboration between Dermatology and Outpatients nurses and no additional staff are required to support the increase in capacity, Tracy says.

Ultraviolet light exposure has been used for many years to treat skin conditions as it helps suppress the immune imbalance that drives inflammation.

Olivia Clendon, who is the first to receive treatment with the new machine, says she and others would probably still be

waiting to see a dermatologist if it wasn't for this nurse-led phototherapy clinic and the extra capacity the new machine provides.

"It's an ideal service to be nurse-led. It is really putting the right healthcare professional in front of the right person at the right time," says Olivia, who is a Medicine Utilisation Pharmacist at Christchurch Hospital.

Those requiring treatment are assessed by nurses and are seen by a nurse at each session. The twice-weekly treatments usually start at 30 seconds and build up to about five minutes and the course lasts up to three months.

Potential side effects from treatment include sunburn, ageing skin and skin cancer. The Dermatology Clinical Nurse Specialist oversees the phototherapy unit and a medical dermatologist is always available to manage any problems or treatment side-effects if needed. The Medical Physics Department monitor the machine and ensure the ultra-violet output is correct.

Olivia says her treatment for psoriasis began with just 20 second exposure to the UVB rays and has now moved up to 37 seconds.

"It's a novel experience being a consumer in the health system that I work in. I've found that everything has functioned the way I imagined it should, and this new outpatients building is great."



Medicine Utilisation Pharmacist at Christchurch Hospital Olivia Clendon, who was the first to receive treatment with the new UVB machine



The new UVB treatment machine

The DHB Depot: the place to check first for (free!) recycled furniture and equipment



Before considering purchasing any new equipment, take a look to see if there's an equivalent item listed on the DHB Depot. Not only is it good for the environment to use recycled equipment, but it's also better for your budget, as you can get the listed furniture for your department at no cost!

To see what's currently available, view the DHB Depot page [here](#).

Canterbury DHB's finalist certificate at the Enviro-mark Solutions Awards



Chief Financial Officer Justine White and Public Health Physician Anna Stevenson with Canterbury DHB's finalist certificate at the recent Enviro-mark Solutions Awards

One minute with... Sue Parsons, Whānau Ora Registered Nurse, Te Tai O Marokura, Kaikōura

What does your job involve?

My job is quite diverse in caring for whānau who live in Kaikōura. The main contract I look after is Disease State Management, which is for people with heart issues, respiratory disease, or diabetes. They receive 11 face-to-face contacts over 12 months with the aim that they will be empowered to look after their own health. I have been in this role for many years and try to meet the needs of local whānau by developing good relationships. Much of what I do has been to meet the needs of the community. When I first came into the role I was given the task of setting up my new position. I was a practice and district nurse beforehand and this was beneficial in establishing my new role. Over the years it has grown and I have seen many patients come and go from the service. One of the highlights for me is being able to manage kaumātua at home, most of whom have chronic conditions.

Why did you choose to work in this field?

I have been nursing for over 40 years, and have worked in many roles here and in Australia. My present job was offered to me by a former manager of the service when I was working as a district nurse.

What do you like about it?

I like the Whānau Ora approach of my present job, and the Te Whare Tapa Wha model we follow as this looks at the person in a holistic way.

Patients/whānau are included in the developing of their care plans to optimise the outcomes for their health and wellbeing. The aim is to provide care but to also empower them to manage their own health. Patients enrolling in the service have a needs assessment done which follows the Te Whare Tapa Wha model that considers all the dimensions of health, not just the physical. This includes taha wairua (spiritual wellbeing), taha tinana (physical health), taha hinengaro (psychological health), and taha whānau (family health). If one dimension is out of balance the patient may become unwell.

I also like the autonomy that comes with this job. It's the best nursing job I have had.

What are the challenging bits?

Sometimes I have very unwell patients to care for but I always have support from the local General Practice teams. I also find all the required documentation, reporting et cetera a challenge at times.

Who inspires you?

My whānau, nursing colleagues and the Te Tai team. I also value the support from our contract manager.

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 think these values are inbred into nurses – they are for me.



Sue at home relaxing with her constant little companion, Teddy Ewok

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

I would love to be in Greece.

What do you do on a typical Sunday?

Just try to unwind, I might walk the beach, do some gardening, some days just have a good read.

What's your favourite food?

Whitebait patties on white bread with lemon juice, salt and pepper. Yum.

And your favourite music?

Female folk singers.

Canterbury Grand Round

Friday 23 August – 12.15 to 1.15pm, with lunch from 11.50am.
All staff and students welcome.

Venue: Rolleston Lecture Theatre.

Speaker 1: Professor Anthony Smith, Director, University of Queensland's Centre for Online Health – “Integrating telehealth as a mainstream component of the health service”

Professor Smith has almost 20 years' experience involving the planning, implementation and evaluation of telemedicine applications for the benefit of clinicians and patients in regional and remote areas of Australia. Anthony has developed and sustained an international track record in the establishment and evaluation of telehealth, principally in paediatrics and more recently in the adult and aged care disciplines.

Speaker 2: Associate Professor Tony Walls, Paediatric Infectious Diseases – “Bone and joint infections in children – not just little adults”

The Pre-School Osteoarticular Infection (POI) Study: the largest ever observational cohort of pre-schoolers with bone and joint infections from the Australia and New Zealand Paediatric Infectious Diseases Group (ANZPID) Research Network.

Chair: Professor Andrew Day

It is requested out of politeness to the speakers that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the staff [intranet](#) in approximately two weeks.

Video conference set up in:

- > Burwood Meeting Room 2.6
- > Wakanui Room, Ashburton
- > Administration Building, Hillmorton
- > The Princess Margaret Hospital, Riley Lounge

The next Grand Round is on 23 August in the Rolleston Lecture Theatre.

Convener: Dr R L Spearing ruth.spearing@cdhb.health.nz

Something For You

Something For You is Canterbury DHB's employee benefits programme.

The deals offered are from the Canterbury business community to say thank you for all that you do. You can access all your deals right [here](#). Remember, you'll need your Canterbury DHB ID badge to claim these deals, so be sure to take it along with you.

Bailey Nelson

Christchurch Central and Riccarton Mall

Get 10 percent off all prescription eyewear, and all comprehensive eye examinations for free (worth \$60).

Southern Cross

Insure you and your immediate family with reduced premiums for Canterbury DHB employees. See more information under the Finance and Legal section of Something For You.



Millennium Hotels

Book a fully flexible rate at Grand Millennium, Millennium, Copthorne, Kingsgate and M Social Hotels in New Zealand and receive 20 percent off. See more information and the code to use under the Lifestyle and Entertainment section of Something

For You. Check out [Something For You on the intranet](#) for more information on these deals and more.

Tributes of Aroha: Christchurch Art Gallery's upcoming display of the tributes following the mosque attacks

On the six-month anniversary of the mosque attacks, Tributes of Aroha will be open to the public from 5.30pm on Friday 13 September and during the weekend of 14 and 15 September.

It will highlight the outpouring of sympathy and support from the local and international community following the shootings at Christchurch's Al Noor and Linwood mosques.

Find out [more information on the event](#) or check out the event's [Facebook page](#).



Hundreds of messages and mementoes left as tributes following the 15 March mosque attacks will be displayed at Christchurch Art Gallery on the six-month anniversary of the tragedy



The key messages from Canterbury Clinical Network (CCN) Alliance Leadership Team 22 July meeting are now available.

Read more [here](#), and view previous key messages via the [resources page](#) of the CCN website, as well as dates of upcoming meetings via the [calendar](#).

e-CALD news

CALD refers to culturally and linguistically diverse groups who are migrants and refugees from Asian, Middle Eastern, Latin American and African backgrounds.

The latest edition includes:

- › Waitematā District Health Board's Community Child Health Cultural Case Workers
- › New Zealand health system information in multiple languages
- › Asian Wellbeing Services (AWS); part of Asian Family Services upcoming events.

Read the full newsletter [here](#).



Canterbury Road Trauma Awards - nominate your deserving colleagues

Nominations are now open for the Canterbury Road Trauma Award for Public Service. This Award recognises outstanding industry professionals including individuals, teams or organisations deserving of special recognition for their outstanding public service by their contribution or commitment to a duty of care for those affected by road trauma.

Nominations can be for long-term dedication and achievement, or a single outstanding accomplishment or contribution above and beyond expectations. Examples include demonstrating commitment of dedication to care of others in their role; implementation of change

in a positive manner and striving to ensure its success; and addressing an identified need or showing a demonstrated commitment to enhancing outcomes, or improving a product, service, process or system that, as a direct result, will benefit those in the Canterbury region.

Canterbury Road Trauma Award recipients will be announced at the fourth annual Road Accident Remembrance Day, held in North Hagley Park on Saturday 9 November.

The Awards will be nationalised in 2020 and it would be a wonderful opportunity for you to recognise your deserving colleagues for this notable award. For further information regarding the Awards or to submit your nomination please visit www.roadtrafficaccidenttrust.org.nz. Nominations close on 30 September.



Latest Quitline campaign: Quit for your pets...

We're a nation of pet lovers (with over 4.6 million pets!). And... while we all know that smoking is bad for humans, what people may not know is that second-hand and third-hand smoke can have some really nasty consequences for animals. Quitline is highlighting the risks to pets if someone smokes tobacco around them and encouraging animal-loving smokers to think about quitting... not just for themselves but for their pet too.

Dogs and cats are twice as likely to get cancer if their owners smoke

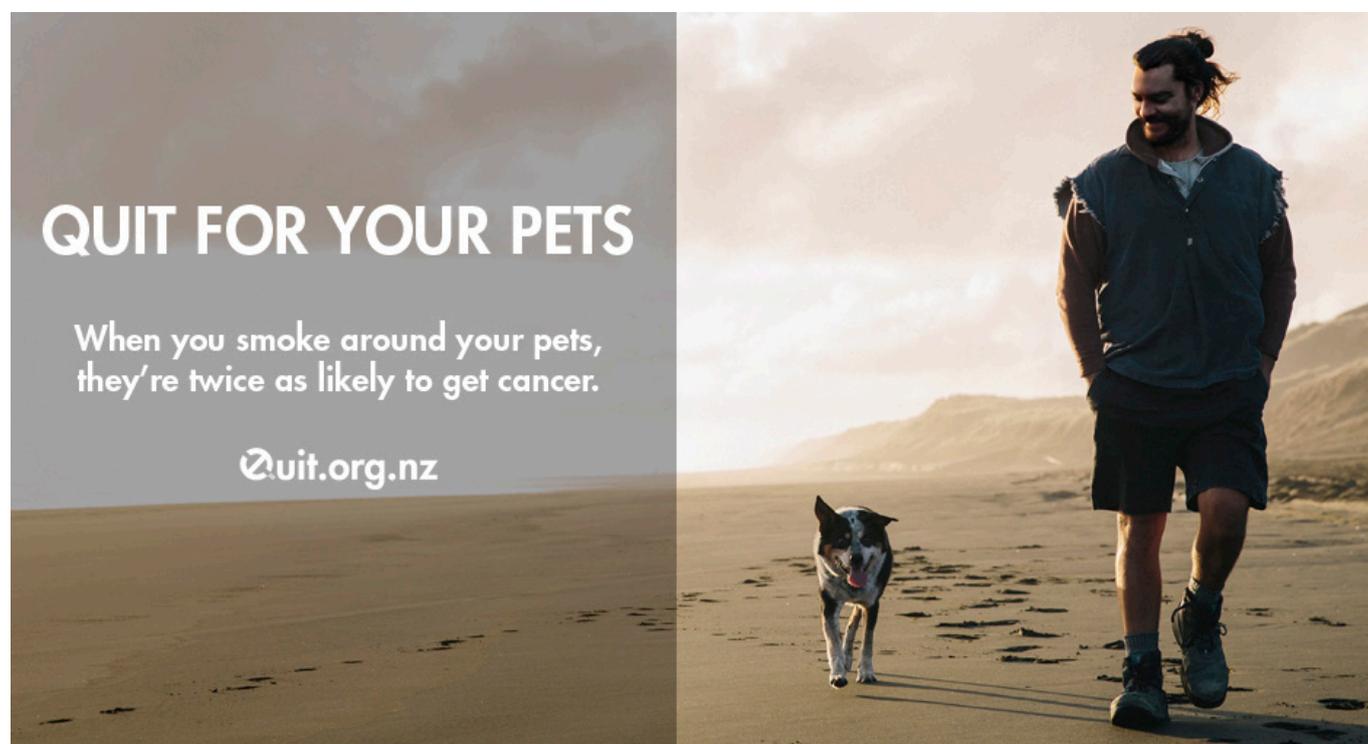
around them, and other animals are also susceptible to a range of health issues. Third-hand smoke is the residual chemicals and nicotine left on surfaces – it sticks to clothes, furniture, curtains, walls, carpets, dust and other surfaces and can be harmful long after smoking has stopped. That third-hand smoke can cling to animal fur and feathers and can be ingested when pets are cleaning themselves.

Quitline, with the great support of the SPCA, has produced a short video that tells the universal story of the love of an owner for their pet, and

after showing the path that smokers are leading their pets down, reminds them it's never too late to change direction – and to quit smoking. And getting support from Quitline to do that, increases the chances of quitting and staying quit.

Will you help?

Would you help get the word out by sharing the video on your social media channels? It'd be great if you would and we can nudge more smokers to think about quitting - [here's the link to the video](#), or share our Facebook post [here](#).



19 August 2019

SAVE THE DATE

SATURDAY OCTOBER 19TH 2019

40/25 ANNIVERSARY PARTY
Burwood Spinal Unit 40 years
NZ Spinal Trust 25 years

Black Tie | Quality Hotel Elms Christchurch | Invitation to follow



New Zealand Spinal Trust
Te Taratihu Manaaki Tuanui

South Island STROKE STUDY DAY

*Enhancing your
day-to-day practice*

Tuesday 22 October 2019
9am to 3.15pm

Rolleston Lecture Theatre
Christchurch Hospital

[Click here for directions and parking information](#)

Topics:

- Dysphagia – why is it important?
- Goal setting – achievable or aspirational?
- Demystifying investigations needed in the first 24 hours
- Telestroke – patient benefit; progress in the South Island
- Activity – ways of increasing intensity/dose
- Transfer back to community – tips to do this well
- Sexuality after stroke

And more

Cost (early bird registrations to be paid by 23 September 2019)

\$50 Early bird individual registration
\$85 full cost from 24 September 2019

For more information and registration:

<https://strokenetwork.org.nz/South-Island-Study-Day-2019>

Claire Gee, Stroke Foundation
Southern Regional Administrator
southern@stroke.org.nz | 03 381 8500

Stroke service providers and stroke teams from across the continuum of care are invited for a study day, focused on how we can improve the quality of care we provide stroke patients.

STROKE
FOUNDATION NZ





Corporate 8+ Rowing Challenge 2019 Avon Rowing Club

Are you ready for a challenge?

Step outside your comfort zone: build fitness, tone those muscles, learn a new skill while developing teamwork, supporting staff well-being and having fun!

It's so much more than racing!

Training and racing develop teamwork, problem solving, company spirit and camaraderie which will transfer positively to your workplace. This fundraiser allows Avon Rowing Club members to access the resources they need to be successful.

No rowing experience is required. Each crew needs 8–12 members of mixed gender.

- Training starts Sunday 8 or 15 September. Regatta: Sunday 13 October
- Your crew will have a dedicated coach available for up to 12 on-water training sessions over three to five weeks
- Optional indoor rowing sessions each Thursday 5.30 – 6.30 pm
- You can expect to race three or four times
- Maximum of two registered rowers per crew

Cost: \$1200+gst per crew, \$2200+gst for two crews. Coaching, racing events, and race day refreshments inclusive.

[Registrations](#) close **Friday 30 August**.

For more information contact Jane 021 027 13015.

manager@avonrowingclub.com





countdown
Kids Hospital
Appeal

From 6th August to 31st October 2019 the Countdown Kids Hospital Appeal will be raising much needed funds for the Child Health Canterbury services.

This year the funds raised will help to purchase:

Sleep Service – Nocturnal A1 Sleep Monitor
 Physiotherapy – Cough Assist Machine and Accessories
 Ophthalmology – Plusoptix Vision Screening Device
 Te Oranga Tamariki Care and Protection Facility – Scales, Blood Pressure Machine and Thermoscan Thermometer
 Pegasus 24 Hour Surgery – Blanket Warmer
 Child and Family Safety Service – Welch Allyn Connex Spot Monitor and Standard Basket Stand
 NICU – Electric Breast Pumps with Mobile Stands, Syringe Pumps and Phototherapy Light

Please support this worthy cause. There are great prizes to be won! Tickets cost \$5

1st prize: VW Tiguan Allspace 4WD TSI Highline worth \$63,040

2nd prize: 2019 Sea-Doo Spark PWC worth \$13,099

3rd prize: Ultimate Kitchen Package including fridge and kitchen appliances worth \$9,170.81

4th prize: Home entertainment & smart home package worth \$6,145.85

5th prize: iPhone XR & Apple Watch Series 4 worth \$2,098

6th prize: Samsung Front Loader washing machine & condenser dryer worth \$3,398

7th prize: \$3,000 Countdown voucher

8th prize: Everdure by Heston Blumenthal Hub BBQ worth \$2,788.99

9th prize: Dyson Cyclone V10 Absolute Plus vacuum worth \$1099

and 10 runner up prizes of an Ultimate Ears BOOM 3 Speaker worth \$279.00 each



Pictured:
VW Tiguan Allspace 4WD TSI Highline

Raffle tickets are available from:

Livvy Cowie, Administrator	Neonatal Unit	Ext. 85875
Linda Butler, Booking Administrator	Sleep Service	Ext. 80908
Ali Watkins, Service Manager	Eye Service	Ext. 87225
Renee Duchatel, Physiotherapist	Physiotherapy Service	Ext. 80680

Many thanks, from the Child Health Team



Our Keynote Speakers:

Jane Weekes

Since surviving the loss of her triplets in a tragic fire in Qatar, Jane has completed a Bachelors of Counselling and is now working alongside people experiencing difficulties in their lives such as trauma, grief and loss, postnatal depression, relationship difficulties and addiction.



Janel Atlas

Janel Atlas is a PhD candidate of English at the University of Delaware. Her research centres on emotion and writing studies, particularly the importance of writing about loss, grief, and trauma. She is especially interested in ways in which a writing practice helps individuals process and grow through difficult experiences.



The conference will have something for all health professionals, social workers, counsellors, funeral directors and those who have experienced loss.

REGISTRATIONS OPEN: <http://sandsconference.weebly.com/>

SOUTH ISLAND ALLIANCE MAJOR TRAUMA WORKSTREAM PRESENTS

TRAUMASOUTH 2019

THE SOUTH ISLAND TRAUMA CONFERENCE

Thursday 5th and Friday 6th
September 2019

The Dunedin Centre, Dunedin



THEMES

THE TRAGEDY IN CHRISTCHURCH

What have we learned?

Would our hospital and trauma system be ready?

PROGRESS IN TRAUMA SYSTEM DEVELOPMENT IN NZ

PLASMA - WHEN AND HOW MUCH?

IS FRESH WHOLE BLOOD THE PAST OR FUTURE?

VISITING SPEAKERS

CHRISTCHURCH COLLEAGUES:

Ambulance & Hospital clinical and support staff

KEVIN HENSHALL

Trauma Nurse Coordinator

Middlemore Hospital

DR TONY SMITH

National Medical Director

St John

www.traumasouth.nz