

## As boundaries open, we're ready

**As some boundaries in the North Island open from Wednesday this week, we're ready with a phenomenal 97 percent first dose vaccination rate and 93 percent of our Canterbury community fully vaccinated.**

Last week our Māori hapori reached 90 percent first dose, and is now sitting at 91 percent first dose, with 80 percent fully vaccinated. Ka pai!



Our rate for Pacific People is sitting at 96 percent first dose and 88 percent second dose.

I am so proud of the work of everyone involved, as these results haven't come easy – they reflect many thousands of hours of work from a team dedicated to making ours an equitable vaccination rollout. And that team is still hard at it.

There are rural pop up clinics this week and we will have a clinic open on Christmas Day. All the details are on our [vaccination website](#).

A reminder too, if it's six months or more since you had your second dose, you're now eligible for your booster shot. Book on line at [www.bookmyvaccine.nz](http://www.bookmyvaccine.nz) or drop into one of our many clinics or pop ups available [here](#).

Give yourself and those you care about the invisible gift of protection this Christmas. Vaccination, together with masking up, scanning and using your vaccination pass when needed, are key to a safer summer.

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If you're heading away, remember to make a plan in case you or one of your whānau catch COVID-19. Remember the holiday rules: you have to stay in the island where you got sick, and if you can travel home in a private vehicle that's allowable – but you're unable to fly, bus or use any other public transport once you test positive for COVID-19. Plan and discuss with your whānau before you leave home.

## Canterbury Hauora Coordination Hub (CHCH)

A new location has been identified which will become home to health services and some partner agencies who will be coordinating health care and welfare support for people in the community isolating at home with COVID-19.

## Second anniversary of Whakaari/White Island tragedy

Last week was the second anniversary of the Whakaari/White Island tragedy and we remember those who died, those who survived and continue to receive treatment, and acknowledge the support our teams played in the national response.

On the afternoon of 9 December 2019 Whakaari/White Island erupted while tours were in progress, killing 22 people and injuring 25.

As a Regional Burns Unit, Canterbury DHB cared for eight patients involved in the eruption. Seven had an average

length of stay of 3.3 days, mostly due to their eventual repatriation. The eighth patient was in our care for a total of 53 days. These patients received a total of 26 operations, an average of 3.25 surgeries per patient.

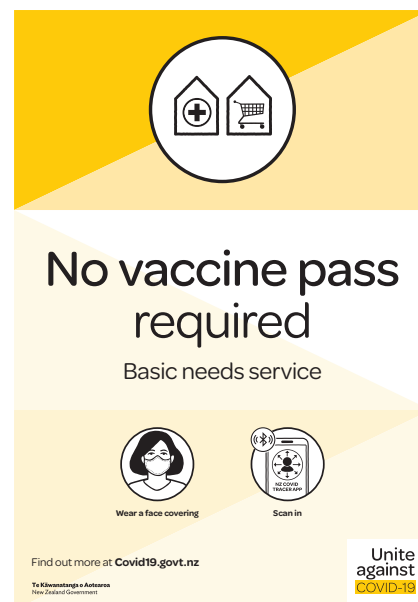
You can read more about this, including an acknowledgement from the Chief Executive of Counties Manakau DHB Fepulea'i Margie Apa on [page 6](#).

## Scanning in essential everywhere you go, but you don't need to show your vaccine pass when you enter our facilities

In the ORANGE setting, vaccine passes are not required to enter any of our hospitals at any time when you are coming for an outpatient's appointment, surgery, treatment in the Emergency Department or to visit a loved one. One of our cafes requires a vaccine pass (Burwood), all other requirements are detailed on our [website here](#).

You do however, need to scan or sign in everywhere you go, everywhere you can. This is so important, particularly to identify where you have been at a certain time. We expect to see the numbers of cases in our community increase over the coming weeks and knowing where you have been and when is so important for our contact tracers.

Our health professionals are here to treat everyone 24/7 regardless of their vaccination status.



## Reminder – all health staff must be fully vaccinated by 1 January 2022

If you still need to have your second dose to become fully vaccinated, time is running out.

There are plenty of clinics operating throughout Canterbury and the West Coast. If you still have any unanswered questions or want more information call 021 949 273 or email [vaccineorder@cdhb.health.nz](mailto:vaccineorder@cdhb.health.nz) and someone will be in touch.

Due to the holiday period shutdown, for practical reasons records need to be updated in the Covid-19 Immunisation Register to show you are fully vaccinated by 23 December at the latest – that's next Thursday.

## Christmas elves sighted at Christchurch Hospital

Hundreds of care packages have been delivered to Christchurch Hospital ahead of the festive season.

'One Mother to Another' supports mātua (primarily māmā) and kaitiaki of children in seven wards of four South Island hospitals – the majority at Christchurch Hospital in the neonatal intensive care unit, children's acute assessment unit, paediatric medical ward A7 and paediatric surgical ward B7. They also provide support to the māmā in the mothers and babies unit at The Princess Margaret Hospital.

"We can only imagine how difficult it must be to spend Christmas in hospital with your child and we want those spending the festive period away from loved ones to know that they are seen, acknowledged, encouraged and to be spoilt," says One Mother to Another Co-Founder and Chief Executive Joy Reid.

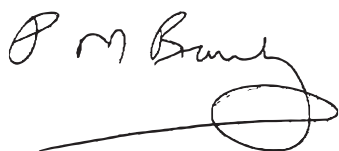
The charity has expanded in 2021 and this month the team of volunteers packaged 960 gift bags (a new record) for the parents and caregivers in hospital with their child during December and January with extra gifts for Christmas Day. They also created 330 gifts for the staff in the wards they support.

"We know 2021 has been a challenging year for health professionals and we want those who go above and beyond to care for our tamariki to know we appreciate their mammoth efforts" says Joy.

The gift bags were packaged into 60 boxes, and thanks to Smiths City, were delivered by truck to the hospital last week.

Thanks so much for everything you do 'One Mother to Another'!

Kia pai tō koutou rā



**Peter Bramley, CEO**  
**Canterbury District Health Board**

Please email us at [AskPeter@cdhb.health.nz](mailto:AskPeter@cdhb.health.nz) you have any questions for Peter.

If you have a story idea or want to provide feedback on *CEO Update* we would love to hear from you! Please email us at [communications@cdhb.health.nz](mailto: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](#).



One Mother to Another Chief Executive Joy Reid with Smiths City driver Chris

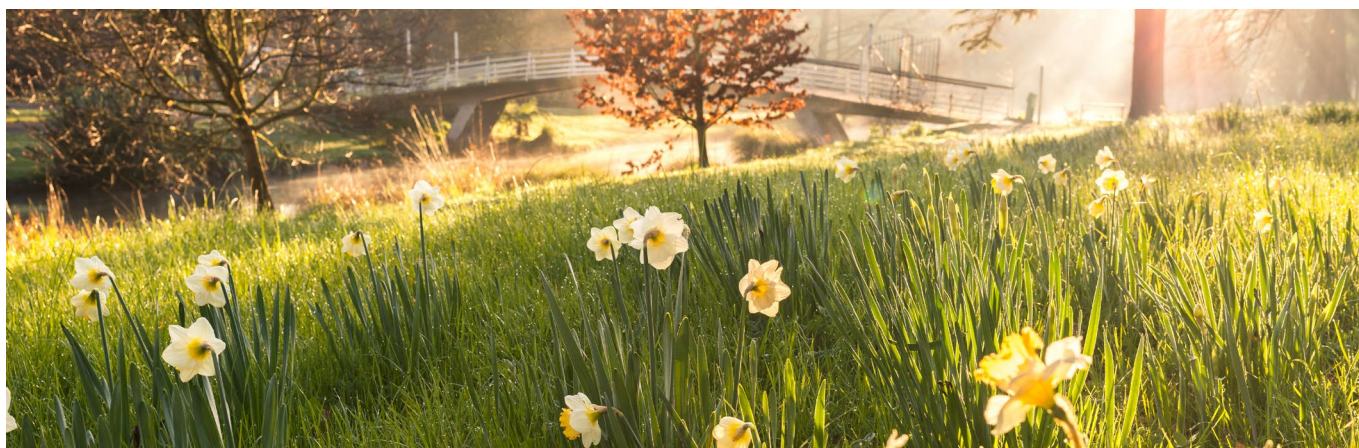
### Reminder for all staff on the Christchurch Hospital Campus: last chance for COVID-19 boosters on site

The staff vaccination clinic at the Old CHOC site in Riverside will close on Friday 17 December at 6.30pm. If it has been six months or more since you had your second COVID-19 vaccination, you are now eligible for a booster.

Thank you to all staff who have already had their booster, either at CHOC or out in the community as was suggested. If you have not yet had your booster and wish to do so at CHOC this week, please make a booking via [BookMyVaccine](#) and search for Christchurch Hospital.

Drop-ins are welcome but those with bookings will be prioritised and there may be a short wait. Community vaccination clinics are also available through until Christmas Eve – check hours and availability on [BookMyVaccine](#) or [VaccinateCanterburyWestCoast](#)





## Bouquets

### Māui COVID-19 Vaccination Centre

Please hand on my thanks to the staff for their help and efficient pleasant service. Many thanks.

### Public Health nurses, COVID-19 vaccination

Thank you all very much for your hard work and dedication to get New Zealand fully vaccinated. We very much appreciate your supportive words to keep us calm while getting vaccinated. You are all so encouraging and kind, we love your positive, fun attitude while you're working. You have helped so much through this journey – working during lockdowns and sometimes working late to vaccinate people. You have done an amazing job and we all appreciate that. Thank you.

### Mothers and Babies Unit, The Princess Margaret Hospital

Thank you to all the amazing nurses who have been so kind and caring. Really appreciate it.

### Registered Nurse (RN), Megan, Emergency Department, (ED), RN, Rose, Medical Assessment Unit, (MAU), and Orderly Phil Laurensen, Christchurch Hospital

I want to thank RN Megan in ED. She was amazing, absolutely wonderful. She was very attentive and gave me the best care possible. RN Rose in the MAU was very humble and welcoming. My orderly Phil transferred me between the two sections. He was very thorough, calm and informative, which made me feel settled.

### Eye Clinic, Christchurch Hospital

I want to thank the Eye Clinic, all the staff, both at Outpatients and Day Surgery, for their kind, wonderful, efficient and friendly service. I am truly blessed and eternally grateful for my recovered vision. Thank you so much and blessings to you all.

### Registered Nurse, Ruth, Ward A5, Christchurch Hospital

Ruth looked after me for four afternoons, she was an amazing nurse to have. She treated me so well and respectfully and even made me laugh many times. Even with the pain making me feel horrible, I really appreciated that. I had a severe panic attack and Ruth came straight away and went above and beyond to help me through it. You have a very caring nurse here and I truly couldn't be more thankful. Thanks Ruth.

### Urology, Christchurch Hospital

The nephrostomy tube change was absolutely wonderful, the best one ever.

## Big Shout Out

### To: Hospital Aide Bex McLaughlin

I want to relay a message from our staff in Ward 24. We had Bex McLaughlin come to do ward duties for the afternoon and everyone felt that she did an incredible job!

Bex was a joy to work with, she was bright and friendly to everyone and so lovely to the patients. We know ward duties in an unfamiliar ward can be really hard, but Bex just got on with it, did everything that needed doing and checked in often to see if there was anything else our aides would usually do. She was a real help to the staff on the ward and we hope we will get to work with her again soon.

### From : Registered Nurse Kirsty Humm

#carestartshere

## Ward 24, Christchurch Hospital

To the wonderful staff of Ward 24, we appreciate all the care you showed our dad/father-in-law. It was a great comfort to know he was in good hands when we couldn't be there. You are fabulous.

## Cheng Yee Chan, Canterbury Health Laboratories

I saw Dr Cheng regarding my having been asked if I would take part in a genetic study because of my ongoing cardiac problems. I had many questions about the study and Dr Cheng completely put me at ease and answered every query in such a nice way that I left feeling I knew all I needed to about the study and quite happy to take part. Dr Cheng is new to New Zealand from the USA and she will definitely be an asset to our medical system.

## Christchurch Hospital

I was in hospital after an e-scooter accident. I was very impressed with your staff and service. Thank you for looking after me. Well done to you all.

## Cardiology Department

Kia Ora. I would like to pass on my appreciation to the staff in your Cardiac Unit at Christchurch Hospital. The care I received after my heart attack last Wednesday was nothing short of outstanding. Everybody, from the cardiologist to the lovely ladies delivering the food, were amazing. And lastly the nurses; to me they are "angels in disguise". They were reassuring, caring, and treated me with consideration and respect. They were certainly the people I wanted taking care of me when I was scared and going through the most vulnerable time of my life. Outstanding care!

## Big Shout Out

### To: Interpreter Ella Addenbrooke

Last week, the West Crisis Resolution (CR) team had to admit a client who did not have English as their first language and an interpreter was required. Ella Addenbrooke was the interpreter and she was fantastic. She was gentle, calm, empathic and very supportive to the client. The client really appreciated her care at making sure they were heard and that she translated correctly and voiced their appreciation to Ella numerous times. The admission process took considerable time and Ella cancelled a personal appointment so that she could continue to help the client. She interpreted the whole process (including the legal documents) and went with the CR team and client over to the ward to help the inpatient team welcome the client.

She tried hard to preserve the client's dignity and treated them with utmost respect throughout the assessment and later the admission process. Moreover, she did her best to help staff as well. The staff in the West CR team working with this client were very thankful to Ella and my team want to highlight how professional and compassionate she was and how much it helped us give the best care we could to the client.

From: Psychiatrist, West Crisis Resolution Team Katharine Hayes

#carestartshere

## THREE THINGS CHECKLIST

- ♥ Something I'm grateful for
- ♥ Something I'm going to do to make myself feel good
- ♥ Someone I'm going to get in touch with today

ALL RIGHT?

Mental Health Foundation  
mauri tū, mauri era

GETTING  
THROUGH  
TOGETHER  
WHĀIA E TĀTOU TE PĀE TAWHITI

## Second anniversary of Whakaari/White Island tragedy

Last week was the second anniversary of the Whakaari/White Island tragedy and we remember those who died and those who survived and continue to receive treatment; and acknowledge the support our teams played in the national response.

On the afternoon of 9 December 2019 Whakaari/White Island erupted while tours were in progress, killing 22 people and injuring 25.

As a Regional Burns Unit, Canterbury DHB cared for eight patients involved in the eruption. Seven had an average length of stay of 3.3 days, mostly due to their eventual repatriation. The eighth patient was in our care for a total of 53 days. These patients received a total of 26 operations, an average of 3.25 surgeries per patient.

Thanks once again to our Emergency and Intensive Care departments that processed and managed the burn patients in a timely and clinically efficient manner, as well as the Anaesthetic and Theatre teams that provided multiple theatres to optimise early life and limb-saving operations.

Surgical specialties gave up their acute and elective theatre capacity or contributed staff to help when as many 'hands on deck' were required. Orthopaedics and Ear, Nose and Throat provided care of cases that were part of our usual acute and non-deferable workload which allowed the Burns Unit to focus on burns care. A number of support staff, both clinically and in administration roles, also went beyond the call of their normal duties.

Thank you once again to all the services that were directly and indirectly involved in the care of these patients. You all went above and beyond in exceptional circumstances.



Whakaari (White Island) photo credit Krzysztof Belczyński

**E hara taku toa i te toa takitahi, he toa takitini**

**My strength is not as an individual, but as a collective**

Today, we join the country in commemorating the second anniversary of the Whakaari/White Island tragedy.

In doing so we not only remember those who died as a result of the eruption, but those who survived and continue to receive treatment...

This tragedy is one that will live long in our collective memory and as I look back on our response I am immensely proud of what was achieved because - as the whakatauki at the beginning of this acknowledgement alludes to - it is how we all pull together as a community and as human beings to help people in their time of need that truly defines us.

Ngā Mihi

Fepulea'i Margie Apa

CEO Counties Manukau District Health Board

[Read the full statement and learn more about the amazing work done in the face of this tragedy here.](#)



# Reporting tool provides comprehensive overview

Canterbury DHB has invested in a modern analytical and reporting platform, called PowerBI which provides significant advantages over other business intelligence tools, and is being used progressively across South Island DHBs.

Power BI is a business analytics service by Microsoft. It aims to provide interactive visualisations and business intelligence capabilities with an interface simple enough for end users to create their own reports and dashboards. It is part of the Microsoft Power Platform.

PowerBI has been live since earlier this year, and several departments across Canterbury DHB have been developing and releasing specialist interactive reports, says Decision Support Manager John Wilkinson.

"Decision Support have made a commitment to using this software as their preferred reporting tool. We are getting underway with releasing a suite of reports. These will provide a comprehensive overview of much patient activity and have the ability to focus on ethnicity breakdown to support Canterbury DHB's commitment to the provision of equitable healthcare delivery."

The release of the PowerBI reports supports action being taken by Decision Support in response to the Tangata Ora People Survey earlier in the year.

"Feedback from that survey identified that staff wanted easier/better access to information to fulfil their roles, and these reports are a step along delivering that request and this is what PowerBI will do."

The PowerBI reports developed by Decision Support will provide significant insights and intelligence into performance metrics, inequities, and opportunities.

"The reports will support the mantra of 'what gets measured, gets managed' and some of them provide functionality to drill down to patient information to support the timely care and treatment of patients."

Decision Support have already developed and released a range of PowerBI reports, either for internal use or for specific projects such as:

- › Care Capacity Demand Management (CCDM)
- › COVID-19 vaccination rollout
- › Maternity – Induction of Labour
- › Maternity – Population and Equity
- › Hand Hygiene

- › Flow – Referral to Treatment
- › Population, including projections
- › Waitlist – Outpatient Activity scheduling
- › Radiation Oncology timeliness
- › South Island ICU daily status

The latest significant step forward is the release of a high-level Hospital Overview report providing performance metrics for each of Christchurch, Burwood and Ashburton hospitals, across the services of Emergency, Inpatient, Outpatient, Theatre, Elective Services, and Planned Care, John says.

"Each of these sections present key metrics for the service, and can be drilled into by Facility, Speciality, Ward/Clinic and/or Ethnicity."

The link to this report is available here:

[Hospital Overview - Power BI](#)

Access to the Canterbury DHB PowerBI website is available in a number of ways, with a direct link to the portal available here: [Power BI](#).

For some users it may be necessary to log on, which should be done using your Canterbury DHB user name and password. If the page does not refresh it may be necessary to press F5 to force a refresh.

Access can also be gained via the Canterbury DHB 'Seeing our system' portal.



From there you can access PowerBI from the top ribbon (see below)



Also available from the 'Seeing our System' portal are PowerBI user guides, which are available from the link to User Guides in the left-hand menu pane (right).

Decision Support recommend reading at least the [PowerBI Quick User Guide](#) available here: Power BI Quick User Guide. This guide provides an overview of the basic navigation options to negotiate around each report.

Decision Support would be delighted to receive feedback to the reports delivered, or any suggestions to improve the user guides. All feedback and queries should be sent to [decision\\_support@cdhb.health.nz](mailto:decision_support@cdhb.health.nz)



## Smokefree Action Plan welcomed

The Smokefree Canterbury network is welcoming the Smokefree 2025 Action Plan's strong measures to reduce the harm caused by smoking.

Smokefree Canterbury Chair Carmel Gregan-Ford says the network provided feedback on the Smokefree 2025 Action Plan proposals back in April and is pleased that the Government is supporting the robust measures outlined in the plan.

"We have waited a long time for a government plan with a set of strong measures that will significantly reduce the harm caused by tobacco in our communities. This plan sets out to do just that."

Smoking continues to be the biggest cause of preventable deaths in New Zealand. It is estimated that tobacco kills about 13 New Zealanders every day. Tobacco use also drives health inequity and, while rates have reduced significantly over time for the overall population, smoking rates remain at higher levels for Māori and Pasifika communities.

The Smokefree 2025 Action Plan includes planned legislation to significantly reduce the number of places



Smokefree Canterbury Chair Carmel Gregan-Ford speaking at the South Island launch of the Smokefree Aotearoa 2025 Action Plan in Christchurch last week

where tobacco is sold across Aotearoa New Zealand and to also prohibit the sale of such products to people born after a certain date, thereby creating a smokefree generation.

Carmel says Smokefree Canterbury welcomes the emphasis on making tobacco less available by restricting the sale of smoked tobacco products to authorised retailers only and ensuring retail supply is not concentrated in vulnerable communities.



"It is unfair that our lower income communities have more tobacco retailers than higher income areas. This leads to higher smoking rates in these areas," she says.

The Government's Smokefree 2025 Action Plan also aims to reduce the addictiveness and appeal of smoked tobacco products by introducing an amendment bill to allow only low levels of nicotine in smoked tobacco products.

Te Puawaitanga ki Ōtautahi Trust Stop Smoking Practitioner Teresa Butler whose mother died of smoking-related causes says the effects of smoking are devastating.

"On Mum's death certificate it says 'cause of death, tobacco smoking, 50-plus years.' So, tobacco took her life. My mum is not here to share in those special milestones in my daughter's life, that's how tobacco continues to cause harm even after death - it's killing our whakapapa."

Chief Executive of the Cancer Society's Canterbury-West Coast Division Elizabeth Chesterman says the time is right for bold measures to make Smokefree 2025 a reality.

"Tobacco continues to have devastating effects on individuals, whānau and communities. We are thankful that the Government has followed through on the proposals consulted upon earlier in the year by including world-leading measures in the action plan."

With strong community support, the Cancer Society, as an active member of Smokefree Canterbury, looks forward to being part of its implementation," she says.



From left, Teresa Butler, Ann Bergman, Suzi Clarke, and Deborah Breeding representing the Māori Women's Welfare League, attended the launch



From left, at the launch, Cancer Society Health Promotion Advisor Cheryl Ford, Smokefree Canterbury Chairperson Carmel-Gregan Ford, Canterbury DHB Smokefree Manager Jane Cartwright and Cancer Society Deputy Manager Health Promotion Amanda Dodd

Around 4,500 New Zealanders die each year from a smoking-related disease, with 350 of those dying from exposure to second-hand smoke and the remainder dying from the direct effects of smoking.



Make sure your vaccine pass  
is event ready

Get yours at [MyCovidRecord.nz](https://MyCovidRecord.nz)

# Name change for the Department of Infectious Diseases

The Department of Infectious Diseases / Te Whare Tukumate is in the process of changing its name to be now known as Infection Management Service / Te Whare Tukumate.

The reasons for this are:

- › It is in line with other departments in New Zealand and Australasia who have made similar name changes in recent years
- › It better describes what we do
- › Many patients are highly stigmatised by their infection and the title of our department contributes to their feelings of stigmatisation
- › Many patients are taken aback by the department title and frequently wrongly assume they have a communicable disease as opposed to simply an infection
- › It would better differentiate us from Infection Prevention and Control and Community and Public Health as we all frequently receive enquiries relating to the other services.

Now is currently a good time to be undertaking a name change as:

- › We have developed a new intranet page: [Infection Management Service](#).
- › We are currently a relatively high-profile service with ongoing COVID-19 concerns, so embedding the name change would be easier now than at other times.

In association with this we are also renaming our Home Intravenous Antibiotics (IVAB) Service as the OPAT Service (Outpatient Parenteral Antimicrobial Therapy) as we are planning some initiatives with early oral switch, still followed closely under that service. This name is also an internationally recognised name for the service that is undertaken.

Inpatient referrals to the OPAT service can now be made via CORTEX or phone call.

Referrals for Outpatient Appointments to the IMS can be done by emailing [ID.Referrals@cdhb.health.nz](mailto:ID.Referrals@cdhb.health.nz)

Take a browse at our Intranet site! There is some really great information on Antimicrobial Stewardship and about the HIV and Hepatitis service with some great links that make for very interesting reading.

Wishing you a very Meri Kirihimete and a happy holiday season from all the team!

## Update from the Transition Unit, 9 December 2021

The latest newsletter from the Health Reform Transition Unit is now available.

Included this month:

- › The Transition Unit (TU), on behalf of the interim entities Health New Zealand and Māori Health Authority, has confirmed the long list of areas of interest where locality prototypes may be developed
- › The five key areas or 'system shifts' where we will see significant change
- › Health reform roadshow attendees number more than 3000 across the motu
- › Submissions on the Pae Ora (Healthy Futures) Bill closing

Read more [here](#).

# Pacific Health Scholarships lift health in Pacific communities

Associate Minister of Health Aupito William Sio is calling on Pacific students studying health or disability-related courses to apply for a Ministry of Health Pacific Health Scholarship.

The Ministry of Health has allocated \$1.4 million for next year's scholarships to support high-achieving Pacific students undertaking health and disability-related courses.

Since 2002, when the Pacific Health Scholarships programme started, the Ministry has awarded close to 2000 scholarships to Pacific students studying in the areas of medicine, dentistry, nursing and midwifery, and allied health. The scholarships are an important opportunity to improve equity and access to health care for Pacific communities.

"Pacific communities prefer to work with health providers they trust and are Pacific. This has been evident through our Pacific workforce's successful response to the

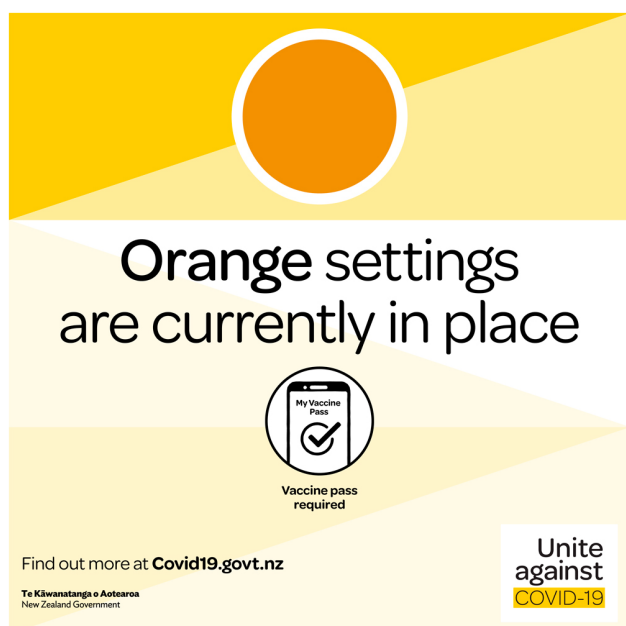
COVID-19 pandemic across Aotearoa as well as the current vaccination roll out.

"These scholarships acknowledge the critical role of our Pacific health workforce and provide a greater opportunity to grow this important workforce and contribute to better health outcomes for our Pacific communities.


While the 2018 census counted 8.1 percent of New Zealand residents as being of Pacific origin, the health and disability workforce continues to be an area where Pacific people are underrepresented. Getting more Pacific people involved in healthcare is crucial to improve access to healthcare for all, especially for our Pacific communities.

I hope that students can make the most of these scholarships on offer, he says.

Learn more about the scholarships and how to apply [here](#).



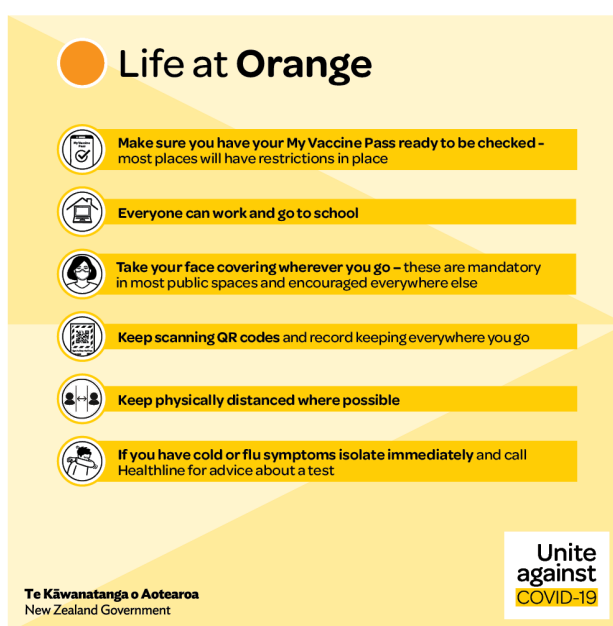
**Orange settings  
are currently in place**

  
Vaccine pass  
required




Find out more at [Covid19.govt.nz](https://Covid19.govt.nz)

**Unite  
against  
COVID-19**

Te Kāwanatanga o Aotearoa  
New Zealand Government



**Life at Orange**

-  **Make sure you have your My Vaccine Pass ready to be checked -**  
most places will have restrictions in place
-  **Everyone can work and go to school**
-  **Take your face covering wherever you go - these are mandatory**  
in most public spaces and encouraged everywhere else
-  **Keep scanning QR codes and record keeping everywhere you go**
-  **Keep physically distanced where possible**
-  **If you have cold or flu symptoms isolate immediately and call**  
Healthline for advice about a test

**Unite  
against  
COVID-19**

Te Kāwanatanga o Aotearoa  
New Zealand Government



# When your Ho! Ho! Ho! is more No! No! No!

With Christmas and New Year approaching and the 'silly season' in full swing, it is important to recognise that this holiday period is not a happy one for all.

This time of year can be difficult, stressful and lonely for some, including those in our DHB whānau. Once again, the usual Christmas pressures of shopping, preparation and increased demands on your time, have come in a year of great change, disruption and COVID-19. Many of us are also facing another holiday season separated from loved ones. It can feel overwhelming.

Does any of this sound familiar?

*"I'm exhausted and want to rest and recharge, but I can't switch off."*

*"The holidays still feel like work, just a different kind."*

*"I'm dreading the expectation to visit people and attend parties when I just want to relax at home."*

*"I have to work through the holidays, so I won't have much down-time."*

*"How do I handle unvaccinated friends and relatives wanting to pop-in?"*

*"Christmas makes me melancholy, not jolly."*

*"If I hear one more Christmas carol..."*

If you struggle at this time of year, for any reason, you're not alone. You don't have to deal with this on your own either.

## Manage expectations - yours and others

In years to come, your friends and whānau won't look back on Christmas 2021 and reminisce about how tidy your house was or how clean your windows were. They will look back on the conversations, the laughter, the backyard cricket match and who fell asleep first after lunch.

- › Set yourself a realistic schedule – delegate responsibilities where you can
- › Prioritise tasks but appreciate that you still may not get everything done, and that's okay
- › Set some time for yourself and stick to it – tell the whānau it's your day to read a book, go for a bike ride, hit the shops, sleep till noon or binge Netflix
- › If it is important to you, have the conversation with your friends and whānau about gatherings and COVID-19 vaccinations or tests before they arrive at your front door



- › It's okay to say 'no'. Decline the party if you really don't feel up to it. Say 'no thanks' to another glass of wine if what you really want is a soft drink. Tell Aunty that today isn't a good day, but she can visit later in the week
- › Go easy on yourself and others. At Christmas, it's okay to have pavlova for breakfast.

## Try some stress busters

If you have limited time off over the holidays, your blood pressure goes up when the in-laws come to town, or you simply struggle to relax, it can be difficult to de-stress.

- › Exercise is one of the best methods of combatting stress, and it doesn't have to be rigorous cardio. A walk, swim, bike ride, yoga. Anything that gets you moving is good

- › Meditation. There are books, apps and websites that can guide you through some basic relaxation meditations
- › Turn off social media for a day or two and see the difference
- › Resurrect a hobby or interest that you haven't had time for
- › Sleep. Not necessarily on the couch all day (but that is okay!). Try having a couple of early nights and getting that invaluable REM sleep before midnight
- › Treat yourself to a manicure, pedicure, facial or massage. Maybe you would prefer to buy yourself a new toy or game that will help you relax and de-stress.



Some resources available to help you at this, or any time of year:

For **Urgent Mental Health Needs** over the holiday period contact Crisis Resolution.

Free help is available 24/7. Contact can be made by phone:

- › Christchurch 0800 920 092
- › Ashburton 0800 222 955
- › West Coast 0800 757 678

**1737** – If you are alone or you ever feel Christmas pressure is affecting your or someone else's mental health, you don't need to keep it to yourself – call or **text 1737**. Their trained counsellors are always on hand to help. Free and available 24/7.

**Woebot** <https://woebothealth.com/for-users/> – When you need help at a moment's notice, Woebot is there for you. This is a free app where you can interact with an AI powered chatbot which uses clinically proven therapy tools.

From EAP:

There will be no change to how employees can request or attend an appointment over the holiday period. As standard, our National Support Centre is available 24/7/365 via 0800 327 669 and appointments can also be [requested via our website](#) or through our EAP NOW mobile wellbeing app.

The key course in the Wellbeing space on HELM is called **Building Resilience** <https://helmleaders.org/learning-packages-all/buildingresilience>

It takes approximately 15 minutes to complete and it covers:

- › Understanding stress (and your triggers)
- › Strengthening relationships (maintaining social connections as a support)
- › Staying well (sleep, eating, exercise etc)
- › Adapting to change (changing your mindset)
- › Taking control (what is in and outside of your control and a few simple tips)
- › Where to get more support

# Holiday publication dates and deadlines for the CEO Update

The last CEO Update for 2020 will be a Christmas special, to be published on Monday 20 December, with a deadline of midday on Thursday 17 December.

Please send in your Christmas-themed photos – whether it's decorations, a tree, a festive team outing or activity. Share the love and help us spread some Christmas cheer.

The first issue for 2021 will be published on Monday 24 January. Feel free to share some holiday snaps to show how you made the most of some time off work.

Photos and stories should be sent to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz).



## Tribute to highly regarded spinal physician, Dr Angelo Anthony

Dr Angelo Anthony, who was a spinal physician at Burwood Spinal Unit for over 40 years, passed away on 23 November aged 81 years.

Angelo was born and trained in Sri Lanka, but moved to New Zealand in early 1971 and worked for the then Taranaki Health Board. He settled in Christchurch in 1974.

He was a legend, highly respected, trusted and more than that – loved, says the New Zealand Spinal Trust (NZST) in a tribute in the 'Generations' newsletter.

"Many of his patients called him their friend. There are countless stories of 'Dr A' appearing in the dead of night just because he had a hunch something was not right with a patient. He was a true servant who cared selflessly, deeply and with love. His joyous and peaceful demeanour

would settle nerves and produce confidence and calm."

In 2008 Dr Anthony received the Insignia of an Officer of the NZ Order of Merit for services to medicine, particularly spinal cord injuries.

Dr Anthony formed a specialist urology team at the Burwood Spinal Unit, where he modified many of the processes used to treat urinary problems in his patients, the Governor General's website says.

"He pioneered the effective home treatment of spinal patients with pressure sores, in order to reduce the number of hospital admissions, and his fertility work made it possible for patients with spinal cord injuries to become parents."

NZST says Dr Anthony was deeply loved by many people, who have a lasting gratitude for what he did for



From left, Dr Angelo Anthony receiving the New Zealand Order of Merit from the then Governor General Rt. Hon Sir Anand Satyanand in 2008

*Photo courtesy of Governor General's website*

them. There are many accounts of him saving a life or finding a solution to a seemingly impossible challenge.

"At NZ Spinal Trust, we honour 'Dr A', remember him with deep affection and gratitude and mourn his passing with all our colleagues at Burwood."

Moe mai ra e te rangatira.



# Care Capacity Demand Management data enables safer staffing

Traditionally staffing has been guided by patient numbers with nurses, midwives and hospital aides allocated, based on historic ratios.

With the introduction of Trendcare and the Care Capacity Demand Management (CCDM) programme in all inpatient wards and most day units, we are now moving towards a system that manages staffing and staffing decisions according to patient acuity and other evidence that indicates what staffing levels should be.

*Delivering the appropriate staffing levels requires an effective nursing and midwifery staffing system. One that can deliver the right number of nurses or midwives to provide the right care in the right place at the right time to every patient in our care.*

Report of the Safe Staffing Healthy Workplaces Committee of Inquiry (2006)

Additional information is now available to inform the allocation of staff for each shift, across each campus. Previously, we have known the bed numbers, patient numbers, predicted admissions and discharges, and minimum staffing.

Thanks to the work of nurses and midwives entering their predictions into TrendCare, we now also know how many nursing hours each patient needs.

Together, this data provides a comprehensive picture of staffing needs and enables better-informed decisions on where to allocate additional resource or move resource to. What this means is that a workload on a shift by shift basis may change from one staff member to two patients, one staff to three patients or even one staff to five patients. This will be based on the care each patient requires during the shift. Acuity-informed staffing approaches have been shown to improve patient outcomes and enhance nurse satisfaction.



A safely staffed Christmas tree courtesy of the Care Capacity Demand Management (CCDM) team

Ensuring we have the right staffing resources is key to providing safe care. FTE (full-time equivalent) calculations use information from TrendCare along with other sources such as Safety 1st and Microster to identify the staffing requirements for the ward/unit. With a full year of quality data, we can complete these calculations for a ward or unit.

FTE Calculations are well underway with 15 clinical areas across Ashburton, Christchurch Campus and Specialist Mental Health approved by the CCDM Council. A further three reports will go to the FTE working group this month and a total of 32 calculations will have been completed by the end of 2021.

As we celebrate the festive season, the CCDM team would like to thank all the midwives and nurses for their continued diligence in completing TrendCare. We hope you enjoy this holiday period and find time for a well-earned break.

Stay safe. Wash your hands. Don't forget to actualise.

Report of the [Safe Staffing/Healthy Workplaces Committee of Inquiry \(2006\)](#).

# World AIDS Day 2021

Wednesday 1 December was World AIDS Day.

Held annually since 1988, the day is dedicated to raising awareness of the AIDS epidemic caused by the spread of HIV. It also remembers and mourns those lost to the disease over the past four decades.

More than 36 million people have been lost to AIDS since the start of the epidemic and today, approximately 38 million people around the world are living with HIV, including 3500 people here in New Zealand.

HIV is a chronic, easily managed condition caused by the Human Immunodeficiency Virus. HIV is easily treated and controlled with very effective, well tolerated medications. AIDS is a syndrome which occurs in people with uncontrolled or untreated HIV.

Early diagnosis is key, so anyone who is sexually active should consider at least one test, and regular testing

if with new partner(s). Someone on treatment with an undetectable viral load (measure of the amount of virus in the blood) cannot transmit the virus sexually.

World AIDS Day this year was particularly significant because it marked 40 years since the first person was diagnosed with AIDS in 1981. In 2021, it also recognised the stigma that still exists for those living with HIV and their vulnerability to illness, including COVID-19.

The Christchurch Hospital Infection Management team held a morning tea to mark World AIDS Day which was also attended by some of the wonderful team from the New Zealand AIDS Foundation (NZAF), Te Toka Christchurch and other fifth floor colleagues from various services.

A donation was made to the New Zealand AIDS Foundation on the day.



Some of the World AIDS Day 2021 morning tea attendees (from left) Peter Forde (New Zealand AIDS Foundation - NZAF), Nurse Manager Maureen Trewin, Infectious Diseases Specialist Sarah Metcalf, Juliet Crew (NZAF), Clinical Nurse Specialist Victoria Hoban, Clinical Nurse Specialist Michelle Casey, Registered Nurse Deb Smillie and Registered Nurse Bridget O'Malley



# Dress-up day delights children and families

It was smiles all round in Child Health last week when staff donned fun costumes for the day.

Child Health staff had a 'Princess and Prince' dress-up day to end what has been a tough year on a happy note.

"We decided we needed to do something fun. It was great to see the reactions as we went around the hospital, especially from the children and their families," says Charge Nurse Manager Warren Nairn.



From left, Charge Nurse Manager (CNM), Ward B7 Child Health Natasha Greer (Snow White), CNM Children's Emergency Care Warren Nairn, CNM Ward A7 Becky Conway, Nurse Educator Tracey Bruce (Queen of Hearts), and Nurse Educator Alison Duggan (Princess Leah)



From left, Hospital Aid Ward A7 Jane Duckmanton, Registered Nurse Ward B7 Grace Munro and Registered Nurse Ward A7 Chelsea Corbett



Child Health staff



# One minute with... Lye Jinn Ng, Clinical Pharmacist, Neonatal and Paediatrics

## What does your job involve?

I am a 'drug detective' whose role involves a variety of responsibilities. I review the medications charted for babies and children to ensure that all medications charted are appropriate for their condition. I am involved with the provision of medications and work with the wards on supply issues (something we see a bit more due to COVID-19). I help prepare patients and their families about safe medication use prior to them going home. I am also involved in providing education about medications to doctors, nurses and other pharmacists.

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

I really liked Chemistry and Human Biology, so I thought that Pharmacy was a nice combination of the two.

## What do you like about it?

I absolutely love the collaborative process of helping doctors, nurses and patients improve medication management. I think that one of the best things we can do to help our patients is empowering them to better manage their health.

## What are the challenging bits?

Sometimes it feels there is way more work than the available staff, and changes can be slow.

## Who inspires you and why?

My family, friends, colleagues and patients constantly inspire me to better myself as a person and a healthcare provider.

## 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 they are a great set of values to work with and live by. They underpin all my actions in the work that I do.

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

Many details, it has not been updated for a while!



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

Japan. I am waiting for my next adventure to explore Japan. The people are amazingly nice, and the food is yum!

## What do you do on a typical Sunday?

You would find me pottering in the garden, probably weeding, as it is an endless task. I try to go for a walk with some friends and try a new recipe.

## What's your favourite food?

This is probably the hardest question yet! I like many cuisines so it's hard to choose one. I love Japanese food and think that the restaurant, Kinji, is amazing! I also love anything that Riverstone Kitchen in Oamaru makes.

## And your favourite music?

A bit of the classics, pops and classical music. My current favourites are 'Shake it off', by Taylor Swift and 'Confidence' by Mendelssohn.

## Something For You



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

### Holiday Accommodation Deals

Are you heading away for the summer holiday period?

We have several hotel chains, such as, CPG, Millennium, Swiss-Belhotel, Heritage and Mi-Pad (in Queenstown) offering 20 percent discounted accommodation for Canterbury and West Coast staff.

Visit the [Something for you](#) page to get the discount codes.



### Cycling and Biking Deals



**Evo Cycles** 2/40 Carmen Road, Hornby

Get discounts on a wide range of bikes and accessories, see more information [here](#). *Evo Cycles is our provider as part of the Government E-bike scheme, you can order your bike from the [website here](#).*



**Action Bicycle Club** 8 Walker Street, Christchurch Central

15 percent off bike servicing (excludes parts) - show your Canterbury DHB ID to redeem, see more information [here](#).



**Wired 2 Ride**

Order online and get 10 percent off e-bikes and e-scooters and free delivery. Visit the [Something for you](#) page to get the discount code.

CANTERBURY DHB 2022

# Māori & Pasifika Scholarship

Māori and Pasifika Scholarships is a small contribution to Christchurch-based tertiary institution students who are studying a health-related NZQA accredited course and have whakapapa with Māori communities and/or cultural links with Pasifika communities, and is also planning to work in the Canterbury district.

- Applications close Friday 25 March 2022, 5pm
- Online applications to be forwarded to:  
[manawhenuakiwaitaha.kaiawhina@gmail.com](mailto:manawhenuakiwaitaha.kaiawhina@gmail.com)

For more information please visit:

[www.cdhb.health.nz/about-us/health-system-alliances/manawhenua-ki-waitaha/](http://www.cdhb.health.nz/about-us/health-system-alliances/manawhenua-ki-waitaha/)

If you wish to talk to someone please contact Ruth on 027 443 4532

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha







# Aotearoa is now in the traffic light system

► Check your area's colour setting here