



## Plan a holiday – and make the most of the Christmas/New Year break

2019 has been another challenging year for the people of Canterbury and those who work in the Canterbury Health System.

It's for this reason it's so important that as many of you as possible take a decent break over the upcoming Christmas and New Year period. This is part of our new approach to *Leave Care*, ensuring that people have the opportunity to connect with family/whānau and recuperate from the many pressures you face on a daily basis.

We've made the decision as an organisation that over the Christmas / New Year period, all services plan for and approve all but essential staff to take a period of at least two weeks leave, remembering that, with public holidays, only six days of annual leave across these two weeks in particular would achieve this goal.

I strongly encourage staff to take a longer period of leave over the December 2019 and January 2020 period, depending on their service workload.



Set aside some time to plan your wellbeing break over Christmas/New Year

Throughout our health system we are looking to significantly reduce the number of people who need to be at work during the Christmas break over the December/January holiday period, with most non-clinical services operating with a skeleton staff over this time.

With uncertainty over Christchurch Hospital Hagley dates I know there

have been restrictions on leave for a large number of staff during this year. At this point, I encourage you all to take as much leave as you can between now and early next year, so you come back rested and ready for the challenges of moving. We'll soon have a further update regarding revised timing of service moves into Christchurch Hospital Hagley.

It's also worth noting that between now and Christmas there's also Canterbury Anniversary day (a public holiday) on Friday 15 November, so you could take four days leave and have nine days off – if you're a Monday to Friday worker.

School's out from the 13 December for most high schools, and 20 December for primary and intermediate schools, so

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why not stretch out your Christmas break and get away from it all before the roads, ferries and camping grounds reach peak-busyness.

Apart from essential acute services which will continue 24/7, I know that many of our services are working on their rosters for the Christmas/New Year holiday break now, so set aside some time to plan your wellbeing break. Once you

know what your team's plan is for the holiday break, hop on max. check your leave balance and apply away.

I hope you managed to get out and enjoy the amazing weather over the weekend. Make the most of it while it lasts as it looks like dark clouds are forecast for later in the week. Hopefully we'll be back to warmer weather over the weekend.

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



**David Meates**  
CEO Canterbury District Health Board

## Holiday publication dates and deadlines for the *CEO Update*

The last *CEO Update* for 2019 will be a Christmas special, to be published on **Monday 16 December**, with a deadline of midday on Thursday 12 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 2020 will be published on **Monday 20 January**, with a deadline of midday Thursday 16 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)

We're always after new people to interview as part of our 'One Minute With' series – feel free to nominate a colleague or yourself.



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](#).



## Bouquets

### Ward 17, Christchurch Hospital

Handwashing is amazing in this hospital. I have never seen anything as good as it is here for hand hygiene. Well done.

### Ward B2, Burwood Hospital

To all the "B2 team", thank you so much for all your care and attention to [patient name]. The last two weeks have been the best we've had with Dad for a while. He was happy and at peace. Thanks to you all. We can't thank you enough.

### Ward Clerk, Ward 27, Christchurch Hospital

Recently I had the pleasure of dealing with the very pleasant and friendly Ward Clerk in the morning. She was very helpful and nothing was a problem. Thanks to her kindness I was able to feel less stressed about my being in hospital. A very refreshing approach. Thank you again.

### Ward 15, Christchurch Hospital

Lovely nurses, so helpful and caring. They make you feel loved and are thoughtful in explaining everything in caring for my mum. Thank you.

### Ward 20, Christchurch Hospital

Thank you all for the five-star service.

### Ward 27, Christchurch Hospital

Thank you for looking after my nana; she is happy with my granddad now.

### Top healthcare

It is not uncommon to hear negative criticism directed at our public health system. However, my experience has been very positive to say the least. Over the past few years I have been a recipient of excellent healthcare as a patient wrestling with two different types of cancer. I have been in and out of Christchurch Hospital for surgeries and all manner of procedures. The care I have received has been of the highest order, without exception. The communication is excellent, and the love and compassion shown by everyone has been outstanding, from my local medical centre through to surgeons, consultants, receptionists, orderlies and, of course, our wonderful, nurses. And all this for free. I am so grateful to live in this beautiful city and in a country which cares for its citizens in such a loving manner.

Paul Heard, Redcliffs

(first published in *The Press* Letters to the Editor)

### Christchurch Outpatients

Can you forward my thanks and complements on the excellent experience I had in relation to my prostate biopsy at Christchurch Outpatients. Administratively, I thought that the automatic 'checking-in' was clear, quick and efficient. The staff on the Area 6 desk were friendly, efficient and attentive. I was

impressed by the fact that after my own procedure had been completed, one of the desk staff was explaining and apologising to people waiting to commence their appointments for the short delay in another consultant's schedule. In my own case, I was seen by Dr Buchan before my scheduled 10am appointment time. He was clear and explained the purpose of the procedure and possible outcomes. I had only a short wait thereafter before being taken through to a separate room where the ultrasound and biopsy were conducted. The nurse who checked my details and the registrar who conducted the ultrasound and biopsy procedures were both delightful and professional. In my case, I was on my way out of the building about 40 minutes after the formal commencement time of my appointment – which I think is pretty well done. So, since I imagine (human nature being what it is) that medical institutions are rather more likely to receive complaints about supposed deficiencies than applause for a job well done, I would like to record my thanks for the really excellent service I received from all of the staff I encountered.

### Sharon, Ward 12, Christchurch Hospital

Exceptional, caring service from Sharon in Ward 12. Worth her weight in gold.



### Intensive Care Unit, Christchurch Hospital

Had an awesome time here. They let us know what was happening straight away. I was well looked after by the nurses. Thank you.

### Gastroenterology Day Unit, Christchurch Hospital

At the beginning of October I attended the above clinic under Dr Michael Burt and his team of nurses: Katie, Florian, Maureen, Hayley, Claire, Miwa and the receptionist Morgan. It was my first visit and experience in the Canterbury DHB system. Everyone was fantastic, reassuring and friendly. My questions were answered well and I was treated kindly by everyone. I wish to say thank you to Dr Burt and his team for all you do. God bless, from a happy patient.

### Ward 27, Christchurch Hospital

Thank you to all the nurses who looked after my mother on Ward 27. We had lots of problems to battle but they made everything easier to deal with. Also a big thanks to Charge Nurse Donna for the amazing support. Thank you very much Ward 27.

### Surgical Assessment and Review Area, Christchurch Hospital

Wonderful stay (even if it's not wanted). Can't speak highly enough of the staff. Nurses, doctors, specialists and surgeons for the great service received for my wife, plus the compassion and experience in the way they treated and respected her at all times.

### Ward 17, Christchurch Hospital

Great work and great treatment. Nurses kind and helpful. I now have a future to look forward to.

### Emergency Department, Christchurch hospital

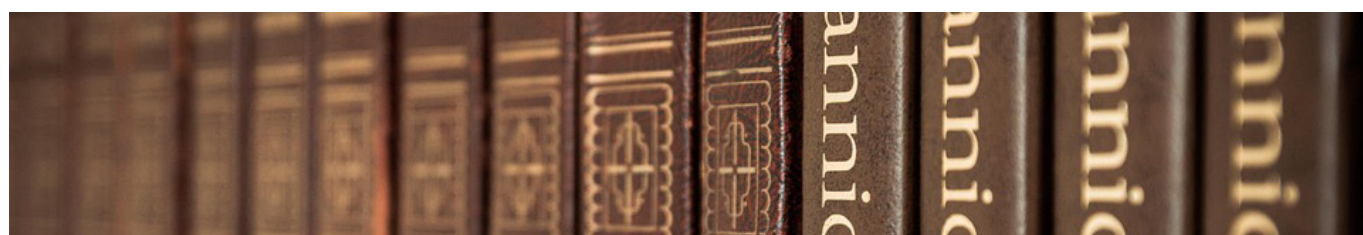
Really good stuff you're doing.

### Emergency Department, Christchurch Hospital

Sarah Bothamley was awesome.

### Ward 27, Christchurch Hospital

A big thanks to all the staff. They made my stay comfortable.



## The Library

Browse some of the interesting health-related articles doing the rounds.

["Simple blood test for early detection of breast cancer"](#) – research presented at the 2019 NCRI Cancer Conference suggests breast cancer could be detected well before any clinical signs of it by testing the blood to identify the body's immune response to substances produced by tumour cells. This could also help in the detection of other cancers. From *Medical Xpress*, published online: 3 November 2019.

["Living skin can now be 3D-printed with blood vessels included"](#) – researchers have made a significant step towards creating grafts that are more like human skin. The advances could help people with diabetes and pressure ulcers. From *Science Daily*, published online: 1 November 2019.

["Please don't call me mum"](#) – this article looks at simple ways healthcare professionals can improve communications in care such as always introducing themselves, and asking parents how they would like to be addressed. From *British Medical Journal*, published online: 9 October 2019.

If you want to submit content to **The Library** email [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz).

To learn more about the real-life library for Canterbury DHB:

- › **Visit:** [www.otago.ac.nz/christchurch/library](http://www.otago.ac.nz/christchurch/library)
- › **Phone:** +64 3 364 0500
- › **Email:** [librarycml.uoc@otago.ac.nz](mailto:librarycml.uoc@otago.ac.nz).





# Let's get ready to move

## Christchurch Hospital Hagley

Update No: 27

The move to Christchurch Hospital Hagley will bring with it many new ways of working. Over the coming weeks, we'll be looking at some of the main changes. Many of these are included in the [healthLearn](#) module, which all staff are expected to complete before migration begins.

## Getting around and taking a break

### Stairwells

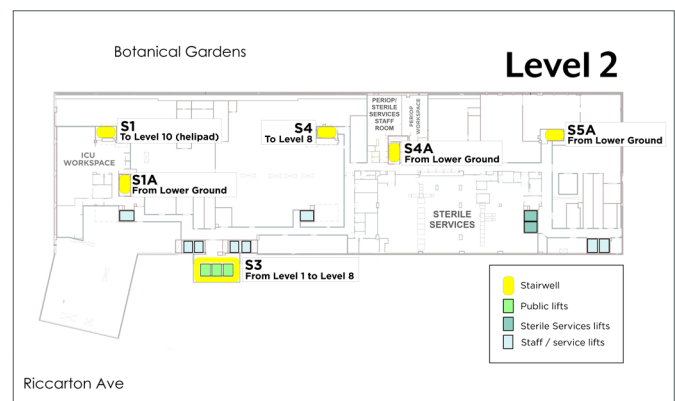
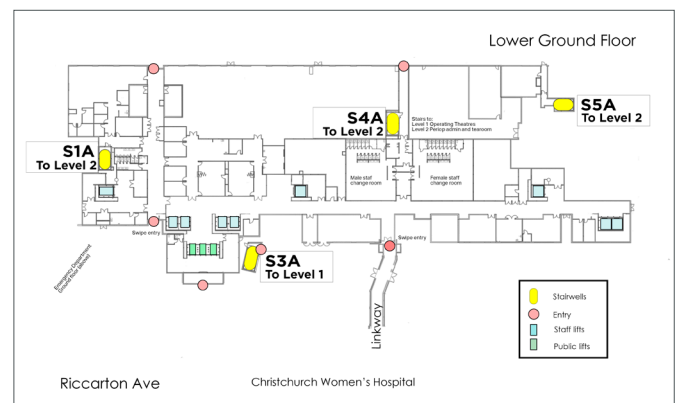
There are seven stairwells in Christchurch Hospital Hagley.

The two main stairwells in the towers run between Levels 3 and 9, which provide Maintenance and Engineering access to the Plant floor. The stairwell in Tower A leads through to the emergency exit for the helipad on Level 10. These stairwells are primarily for staff and emergency exit.

The stairwell that flows around the public lifts between Level 8 and Level 1 is connected to the main foyer on the Lower Ground and Ground floors by the stairs to the east of the tower core. These are the public stairwells, and are open 24 hours a day, seven days a week.

The stairwell behind the changing rooms on the Lower Ground Floor provides the best access to theatres on Level 1 and the Perioperative workspace and Perioperative/ Sterile Services staffroom on Level 2. Similarly, the stairwell beside the staff toilets to the east of the Lower Ground Floor provides access to Acute Care on Ground Floor, Intensive Care on Level 1 and the Intensive Care workspace and staffroom on Level 2. These stairwells are only for staff to move between floors and emergency exit. Not all staff will be able to access all floors via these stairwells as there will be restrictions, for example, on the theatre level.

For emergency exit from Level 2 through to the Lower Ground Floor, the stairwell in the northeast corner of the podium provides direct access to the riverside exit.



Stairwell No.	Direction	Areas	Access
S1	North West Tower A	Level 2 – Level 10	Staff movement and emergency exit
S1A	West Podium	LGF to Level 2	Staff movement and emergency exit
S3	South	Around the public lifts from Level 1 – Level 8	Public
S3A	South East Podium	Foyer stairs from Lower Ground Floor to Level 1	Public
S4	North East Tower B	Level 2 to Ward B8	Staff movement and emergency exit
S4A	North Podium	Lower Ground Floor to Level 2	Staff movement and emergency exit
S5A	East Podium	Lower Ground Floor to Level 2 (emergency exit only on LGF)	Staff movement and emergency exit

### Staffrooms and kitchens

There are staffrooms and ward kitchens on every floor of Christchurch Hospital Hagley. Both have dishwashers and drinks facilities.

There will also be a large staff and public café on the ground floor in the foyer.

Staff kitchen facilities are generally in the shared space between wards in the tower blocks. – the area just in front of the lifts. These kitchens have tea and coffee facilities, fridges, cutlery and cups.

As these are shared spaces, please be considerate of your colleagues and keep the area clean and tidy.

In the podium, Perioperative and Sterile Services share a tearoom on Level 2 overlooking the botanical gardens, and the Intensive Care Unit has kitchen facilities in the north-west corner of that floor.

**CORRECTION:** There was a small error with the lift numbering in last week's *CEO Update*. This has been corrected online on the [LGRTM Intranet page](#) and in [healthLearn](#).



The staffrooms on each floor provide a comfortable and quiet space for breaks. The kitchenettes have fridges, microwaves and dishwashers

### Stay in touch

Follow the [Facebook page](#) or email us at [letsgetreadytomove@cdhb.health.nz](mailto:letsgetreadytomove@cdhb.health.nz).

# Looking after yourself

## Helpful hints for preventing back strain

Most of us are more sedentary than we should be, whether it be at work, home or our daily commute.

Here are some basic tips from Posturite UK on how to maintain a healthy back, as well as some stretches you can do to try and relieve symptoms.

### At work:

- › Take a look at your workstation – when did you last check it was suitable for you?
- › Is your keyboard close to you?
- › Is your chair correctly adjusted in height and providing your back with support?
- › Remember to move – stand up, stretch and exercise as much as you can.

### At home:

- › Don't tuck your legs up beneath you when you sit – this can place your spine in a side flexed, twisted position.
- › Be aware that recliner chairs can sometimes increase lower back pain if you sit with your legs out straight for long periods.
- › Move! Build small and regular movements into your home life – simple stretching exercises can be truly beneficial.

### In the car:

- › Adjust your seat and mirrors to ensure you are not slouching when driving.
- › When planning a long journey, build in time to allow for regular breaks.
- › Use the adjustability your car gives you – is the seat height right for you? Adjust the seat back to suit. Can you adjust your steering column to reduce over-reaching?
- › Cars are designed for people of different shapes and sizes – you need to get it right for you.

## Workstation Exercises – Back

*Ngā whakapūioio taupuni mahi - Tuara*

# 1.

Interlace fingers and lift arms above head, keeping elbows straight. Pressing arms back, slowly stretch to one side. Hold for slow count of 10. Repeat 3 – 5 times to each side.



# 2.

Hold right arm with left hand just above elbow. Gently push elbow towards left shoulder until stretch is felt. Hold for slow count of 10. Repeat 3 – 5 times to each side.



# 3.

Interlace fingers and lift arms above head. Slowly lean backwards until stretch is felt. Hold for slow count of 10. Repeat 3 – 5 times.



**Canterbury**  
District Health Board  
Te Pori Hauora o Waitānaki

**West Coast**  
District Health Board  
Te Pori Hauora o Raki a Te Pahi

If you have lower back pain, remain as mobile as you possibly can. Consult your general practitioner to help you to get back to your normal functioning much quicker and can prevent longer term problems from developing.

Have a look at the [Wellbeing Health and Safety PRISM](#) page for further resources.



# It's Patient Safety Week 3–9 November 2019

This year, you can easily access Patient Safety Week tools on the [Patient Safety intranet page](#) to use within your team. On the Quality page there is an email signature you can download and use during Patient Safety Week and beyond.

Hopefully you already knew that this week is Patient Safety Week, and better still you may even have tuned into the fact that the theme is 'implicit bias', also known as cognitive bias.

The neurosciences are discovering how our unconscious brain manages so much information at any one time, how it integrates it and how it keeps you safe. The automatic parts of your thinking that you take for granted, such as the right words at the right time the answer to a question that you haven't even asked yet. The fast brain that keeps you safe; also the brain that may be too fast – that makes assumptions, sees what it expects to see.

With this automatic functioning comes risk, and this year we wanted to start to introduce some of these concepts, build on them over time and highlight the safety features built into our practice to mitigate the risk that the fast brain runs.

There are also resources available on the [Health Quality and Safety Commission's website](#).

Several events are scheduled for this week that you might be interested in. These will provide you with a lot more information about implicit bias and why it matters for patient safety.



## ***An introduction to implicit bias and why it matters for patient safety***

Wednesday 6 November, 11.30am–12.30pm, Oncology Lecture Theatre

Two video presentations hosted by the MedSurg Quality Team:

- › Institute for Health Care Improvement Open School and
- › Health Quality and Safety Commission (HQSC) Module 1 – Understanding and Addressing Implicit Bias

## ***HQSC-funded expert on bias, Anton Blank (Ngāti Porou, Ngāti Kahungunu) on Implicit Bias***

Thursday 7 November, 7.30–8.30pm, room 1.02, Manawa and Friday 8 November, from 12pm, Pegasus House, 401 Madras Street

(Live VC in Room G1.a, Burwood Hospital)

Please share with us your plans and activities to promote Patient Safety, and in particular 'Improving communication by understanding bias in healthcare' amongst your colleagues, teams, wards and areas.

We would love to know how you have used this information in your areas and what might be of interest to others. Let us know by emailing [Quality@cdhb.health.nz](mailto:Quality@cdhb.health.nz).

# National Patient Safety Week Wiki Haumaru Tūroro 3–9 November 2019

# Preventing pressure injuries essential for providing quality care

International Stop Pressure Injury Day is coming up on Thursday 21 November so throughout this month we're taking the opportunity to talk about pressure injury prevention and management.

Pressure injuries, or bed sores, are an indicator of the quality of a person's care. They can develop in the home, hospitals and community facilities, and people of all ages are at risk.

Pressure injuries affect a person's quality of life, delay their recovery and have a significant impact on individuals, their family/whānau and the health care system. The good news is most are preventable.

With approximately 55,000 New Zealanders developing a pressure injury at an estimated cost of \$694 million per year, prevention is a high priority for the health system.

Canterbury DHB is working to continuously to improve prevention practice, data collection and the reporting of pressure injuries.

With the right knowledge and care, pressure injuries can generally be avoided, says Canterbury Pressure Injury Prevention Advisory Group chair Robyn Cumings.

"We want everyone involved in caring for those in our hospitals and throughout the community to understand the role they play in helping to prevent pressure injuries."

## It takes a team to prevent pressure injuries

It's good to know you're not alone when it comes to preventing pressure injuries – it's a shared responsibility by members of interdisciplinary teams.

**Nurses** – Clinical Nurse Consultant Pam Mitchell says nurses need to assess the risk to a person's skin and plan strategies to keep their skin safe and intact.

**Occupational Therapists** – Occupational Therapists (OTs) Clare Jamieson and Janine Goldsmith say having the right support surface at the right time is key to preventing pressure injuries. This is where OTs can help, as they know about products that can help re-distribute someone's weight when they are sitting or lying down.

Think **SSKIN** to prevent, assess and manage pressure injuries

**SKIN:** Early inspection means early detection

**SURFACE:** Select the right support for the right person

**KEEP MOVING:** This can be as simple as adjusting someone's position in bed or helping them to get up and move. If the person has a walking aid, they should always use it.

**INCONTINENCE AND MOISTURE:** Keep skin dry and clean.

**NUTRITION AND HYDRATION:** Eating healthily and drinking plenty of fluids supports the skin's natural ability to heal.



## Send your best pressure injury prevention snapshot and win

Remember to send in your photos sharing how you are helping to reduce pressure injuries.

Email your best high quality photo to [communications@cdhb.health.nz](mailto:communications@cdhb.health.nz) by Monday 25 November and you could win a gift hamper of tasty treats.

\*Please ensure everyone pictured has provided consent for their photo to be shared across the regions.

# Sculptures made from discarded surgical instruments sold in charity auction

A member of Christchurch Hospital's Bioengineering team has created intricate metal sculptures from discarded, unusable surgical instruments.

Surgical Instrument Technician in the Medical Physics and Bioengineering department, Dorin Panainte, has made three sculptures in his spare time and donated them to the [New Zealand Association of Artist Doctors](#) (NZAAD).

The plane, dinosaur and scorpion sculptures were sold in a charity auction at a recent NZAAD event, raising \$1,145 for the Māia Foundation.

Dorin, who emigrated to New Zealand from Romania 12 years ago, is a trained engineer specialised in welding, and a trained nurse. He says he got the idea to create the metal pieces after seeing a photograph of a similarly made bird sculpture.

"A few days later I did the dinosaur, a bit later on I did the plane and then just before the Artist Doctors' concert I made the scorpion."

Each one took him about four hours and creating them was like a "puzzle", working out how to transform them with the minimum amount of alteration to the original instruments.

Dorin – who also paints landscapes using a palette knife, has a passion for photography, and is currently working on clay modelling – says he has always been fascinated by the visual arts but also loves his job.

"The team I work with have amazing skills. My colleague, Surgical Instrument Technician Daryn Elley is one of the most skilled people I have ever worked with. All my colleagues are so good. I am glad I can be part of this amazing team. There is great collaboration and teamwork."

Bioengineering Team Leader Chris Morison says not only is Dorin a highly skilled surgical instrument technician, he's also a talented artist.

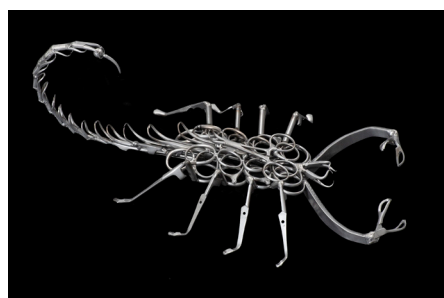
"We're looking forward to seeing what he comes up with next!"

Client Liaison Research Study Coordinator Ros McCarthy says Dorin agreed to exhibit some of his work at NZAAD after she had seen one of his sculptures earlier in the year.

"What Dorin does is just amazing. It's incredible how he turns discarded surgical instruments into fascinating works of art."



Surgical Instrument Technician in the Medical Physics and Bioengineering department, Dorin Panainte



The sculptures made from discarded surgical instruments



# Safety 1st reaches quarter million milestone

Judging by the fact that South Island Alliance DHBs have just reached the quarter million mark for recording 'events,' most of you already know that Safety 1st is our electronic incident risk management application that enables people to submit, manage and analyse data that informs and promotes safer DHB processes.

Safety 1st records:

- › incidents involving patients, staff, property or environment
- › feedback, compliments and complaints from patients, family members or visitors
- › near misses and identified risks
- › patient information requests, and
- › the use of restraints.

But it does more than just record all of this. It supports people in our health system to improve safety, prevent harm and errors, improve processes, and to manage risk more effectively – from identification of issues through to resolution.

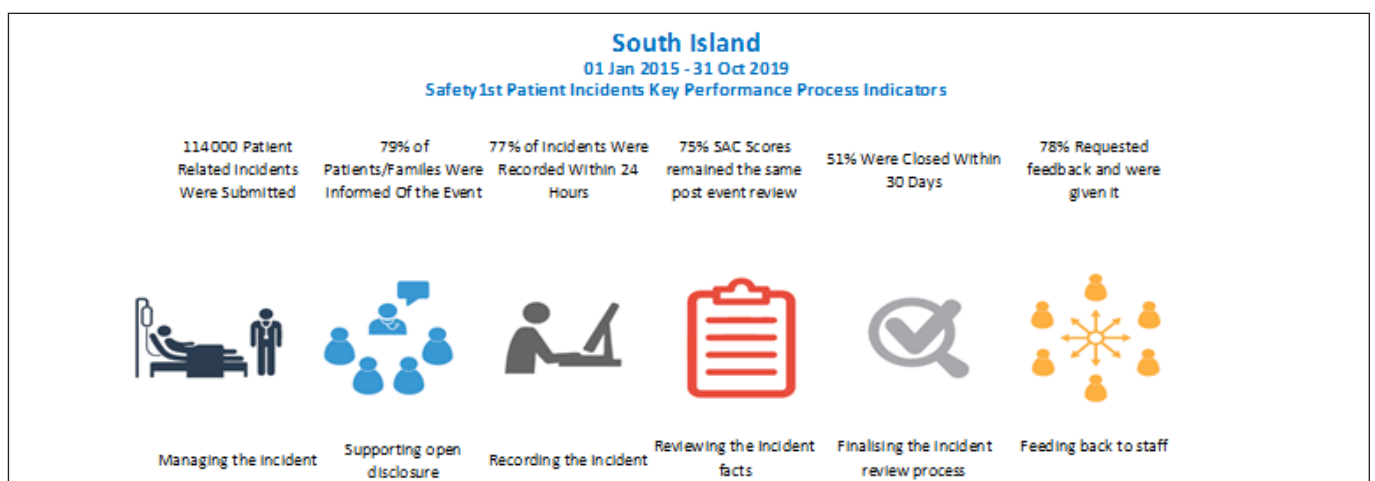
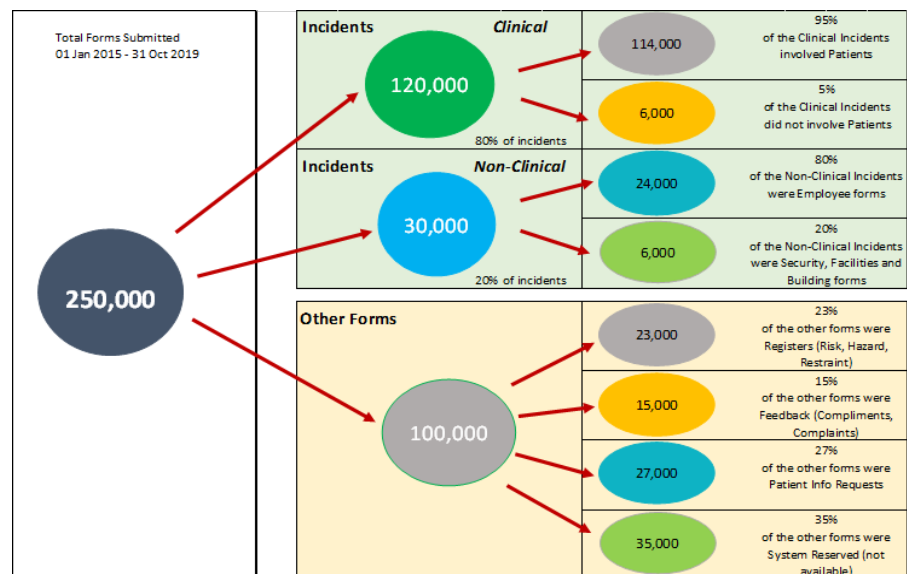
Director Quality and Patient Safety Susan Wood says that Safety 1st has proved itself as a valuable tool for analysing performance and reducing harm across our system.

"Quarter of a million entries is pretty impressive and gives us an equally impressive bank of data that continues to drive improvement."

"Not all of those who have contributed data fully appreciate the difference it makes, but here is a graphic that illustrates how – with the purpose of each performance indicator described along the bottom":

Of course we use Safety 1st for more than just incidents – we incorporate more functions across our healthcare environment as can be seen in this summary:

"Having embraced Safety 1st as an established tool for analysing and managing risk throughout the South island, I'm sure it won't be long before we hit the half-million mark." Sue says.



# Students transform mental health services space

A chance conversation in a Manawa meeting room has resulted in University of Canterbury (UC) students transforming an assessment and treatment room at Whakatata House into a family-friendly, appealing and safe space for clients.

Whakatata House, located on Cashel Street, is a Canterbury District Health Board facility that provides child, adolescent and family mental health services.

The opportunity arose when Nurse Manager, Nursing Workforce Development Team, Becky Hickmott, became aware of Whakatata House staff doing their best with spaces that weren't very inviting for clients.

Community Mental Health Nurse Sandra Heemi, from Whakatata House had mentioned she wished the assessment area was more welcoming and appropriate.

Having formed key relationships with UC staff in the Manawa building, Becky decided to ask if anything could be done to help.

She reached out to UC College of Education, Health and Human Development External Relations Director Nick Maitland who had previously spoken about projects that UC students had been involved with.

Soon after Associate Professor of Community Engagement Billy Osteen got in touch "and this wonderful outcome occurred."

Billy teaches a Strengthening Communities through Social Innovation course which allows students up to 20 hours of hands-on community engagement projects and the use of project budgets supplied within the course.

He says the project provided the students with real world experiences in budgeting, consultation, project management, and implementation and it was all made possible by a generous donation from Z Energy.

It required them to consult with Whakatata House staff about what they wanted the room to be like. The students took the feedback on board and were intentional and considerate about choosing artwork and activities.

Sandra says the difference is remarkable.



The University of Canterbury students with fourth from left, Community Mental Health Nurse Sandra Heemi



The university students with some of the items for the room makeover

"Billy and the students helped transform our room from a dull, impersonal space into somewhere we feel pleased to welcome whānau, clients and professionals. They made it feel safe, welcoming and fun and we are incredibly grateful."

The project is tangible evidence that the Manawa building partnership is inspiring cross-organisational collaboration and connection, says Becky.

"This speaks to the heart of the relationship and collaboration we have now within Manawa and the support from Te Papa Hauora strategic partnerships. We value so much the way UC made this happen and the impact it has had for the people at the centre of our services."

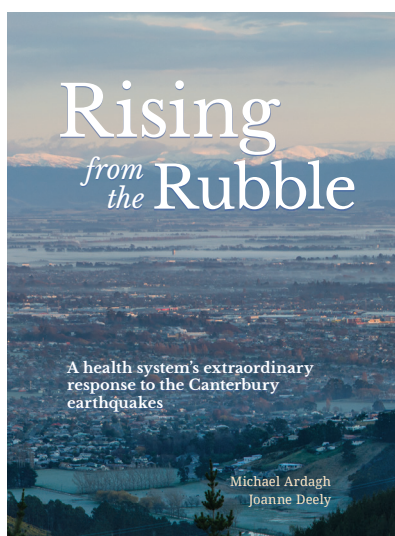
## ‘Rising from the Rubble’ wins award

*Rising from the Rubble* – which explores the Canterbury Health System’s response to the earthquakes – has won a prize for the best heritage non-fiction book about Canterbury and the West Coast in the recent Heritage Literary Awards.

The book was written by Christchurch Hospital Emergency Medicine Specialist

Michael Ardagh and Joanne Deely. It is based on interviews with those who lived and worked through the Canterbury earthquakes, and the authors’ own experiences, giving a compelling account of those who rallied to maintain and rebuild essential health services.

The winners of the Heritage Literary Awards were announced recently in Christchurch. The event was organised by the New Zealand Society of Authors



The front cover of *Rising from the Rubble*

Canterbury as part of the Christchurch Heritage Week.



Winners of the Heritage Literary Awards. Front row, fourth and fifth from left, *Rising from the Rubble* authors, Joanne Deely and Michael Ardagh

Fifty-seven books were entered in the non-fiction section and these came from most of the major publishers who submitted works relating to New Zealand’s heritage. Because of the number of non-fiction entries, it was decided this year to award a prize for the Best Heritage non-fiction book about Canterbury and the West Coast.

KEEPING OUR COMMUNITY HEALTHY

# WELL NOW

SPRING 2019

CANTERBURY

A snapshot of how we're doing

## Your community health magazine is out now!

Keep an eye on your mailbox, or check it out on our website.

[cdhb.health.nz](http://cdhb.health.nz)



# Learn2Ride brings joy to former refugee and migrant women

Every Friday morning during October former refugee and migrant women had the opportunity to learn to ride a bike at the Christchurch Netball Centre in Hagley Park.

One woman from Somalia took part in the Learn2Ride programme every week, even on the day it rained, says the coordinator, Public Health Promoter Meg Christie.

"The woman said that learning to ride a bike had been on her bucket list for years."

Most of the women started off feeling more comfortable using bikes that were several sizes too small for them, and with the seat at the lowest point, "They wanted to be closer to the ground," she says.

By her fourth lesson the Somali woman had progressed from sitting and scooting the bike with both feet on the ground on a child's 24" bike to pedalling independently on an adult sized bike with the seat at the correct position for her height.

"It was very windy that day and she took a few spills," Meg says.

The woman texted Meg after her Friday noon prayers that it was a bit painful to pray with the minor injuries to her legs and knees. But she told Meg, "I'm not worried about that though, I'm just pleased I was able to reach my goal."

Another participant, Justina, from Nigeria, had just a little experience bike riding as a child but in one lesson she progressed from scooting to pedalling.

"Her smile lit up the netball courts as she rediscovered the joy of riding," Meg says.



Justina, from Nigeria, who can now ride a bike thanks to the Learn2Ride programme

In all 17 women took part, with a total of 27 attendances.

"The volunteers supported this project admirably, and with 23 attendances over the four sessions, the project was able to offer one on one support to the students.

At the final session six students took the opportunity to buy bikes from the project so they could continue to practice the skills they had learned. They have the option to go on to advanced skills training and on-road experience through [Go Cycle Christchurch](#).

Community and Public Health, a division of Canterbury DHB, is planning another weekly series of Learn2rides during February 2020.

# Call for more members for Friends of Children in Hospital

Friends of Children in Hospital (FOCH) Christchurch Inc. is seeking new members.

President/Secretary Janine Randle, a registered nurse in Ward 21, says the organisation began in 1988 and was incorporated in 1990.

"The aim of the group who started FOCH was to make the lives of children and their families in hospital a little brighter."

FOCH raises about \$20,000–25,000 a year, mostly from applications to charitable trusts, and holds three stalls a year – two cake stalls in June and December and an Easter stall in March/April.

"We started with 125 members and are now down to around 35 or so and are looking for more members. Some of our committee have been with us from the start and we are all getting a bit older."

The committee, which meets monthly, is made up of current registered nurses working in the paediatric area, former administration staff, former Activity Room staff and members of the public.

"We provide around 14 distraction boxes and around 22 lunchboxes of stickers around the hospital."

Most of the group's work focuses on Christchurch Hospital but recently it has been helping the Child and Adolescent Inpatient Unit at The Princess Margaret Hospital.

FOCH buys whatever is needed. The long list includes TVs, night lamps, washing machines, dryers, toddler drinking cups, toasters, parent chairs/beds, children's wooden tables and chairs, books, and toys.

"The list seems endless and over the years many repeats of the same as items go to another home or are worn out and need replacing," she says.

"We anticipate there will still be a big need for our services when we move into the new hospital, and we are waiting to see how the paediatric areas will look and function."

If you are interested in joining FOCH, email [jrandle@xtra.co.nz](mailto:jrandle@xtra.co.nz) for more information.



Friends of Children in Hospital committee members  
Back row, from left Monica Wilson, Janine Randle, Betty Lake, and Raewyn Millar

Front row, from left, Wendy Hides, Kay Read, and Dorothy Lavelle



Highchairs and sticker boxes bought by the Friends of Children in Hospital





## An opportunity to celebrate smokefree

A celebration is being held next month to mark the release of a memoir by the architect of the *Smoke-free Environments Act*.

Public Health Champion Murray Laugesen's book, *My Life in Public Health*, is an account of his and his colleagues' efforts to curb smoking in New Zealand and tells the story of Murray's life. The book was released earlier this year.

The local branch of the Public Health Association of New Zealand is partnering with Smokefree Canterbury to celebrate the release of the memoir.

Murray says it was one of the best days of his life when the battle to get smoking out of bars, restaurants and workplaces was won.

"There is nothing greater in all disease control than to end the damage caused by tobacco."

While working in India early in his career, Murray played an important role in popularising the immunisation of children. In 1984, he launched the first serious campaign to reduce smoking in New Zealand.

With then Minister of Health Helen Clark, Murray was the architect of the



Murray Laugesen

*Smoke-free Environments Act 1990*, which abolished tobacco advertising and sponsorship, and, when amended in 2003, abolished all remaining smoking at work.

## Speech Language Therapy Awareness Week – Congratulations to our raffle winner!

Congratulations to Registered Nurse Amanda Clarke from Ward 11, who took out the Speech Language Therapy Department's Awareness Week Raffle and won a morning tea shout for her ward.

Canterbury DHB's Speech Language Therapists (SLTs) celebrated their Awareness week from 30 September – 4 October this year.

With Amanda's help, more than \$240 was raised, to be shared between Cleft New Zealand Inc., a support group for those with cleft lip and/or palate and their families, and Aphasia New Zealand, a support group for those with aphasia and their families.



From left, Registered Nurse on Ward 11 Amanda Clarke, winner of the Speech Language Therapy Awareness Week raffle, and Speech Language Therapist, Tessa Starr, celebrate the win

A big thank you to all who participated in the awareness week festivities, says SLT Tessa Star. For those who couldn't attend the Grand Round presentation, 'Current evidence and new thinking on dysphagia assessment, diagnosis and management' by Lucy Greig, this is now available to watch on the [Canterbury DHB intranet](#).

If anyone is interested in learning more about Speech Language Therapy, contact Christchurch Hospital SLTs on ext. 80005 or Burwood Hospital SLTs on ext. 99845 – the teams are happy to help you!



# One minute with...

## Anjali Rigby, Orthoptist, Canterbury Eye Service

### What does your job involve?

Orthoptists are Allied Health professionals who specialise in the diagnosis and management of ocular motility, or eye movement disorders. So in my job I assess and treat children with amblyopia ('lazy eye') and strabismus (crossed or misaligned eyes). I also see adults with strabismus, to aid in diagnosis and help them manage associated double vision. Additionally, I have been fortunate to have been supported by the Ophthalmology Department to train in interpreting and performing visual electrophysiology. This is when we use electrodes to pick up small electrical signals at the back of the eye to determine what specific components are/are not functioning.

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

I originally trained in science and decided I'd like to do something with a clinical/patient focus. I first found out about orthoptics when having my own eyes tested at an ophthalmology clinic and haven't looked back since! Eyes are something I'm very passionate about, having a vision impairment myself.

### What do you like about it?

I like the variety. I never do the same thing on any one day.

### What are the challenging bits?

As hard it can be to come to a diagnosis, I think the most challenging part is finding practical solutions to a patient's visual symptoms to improve their quality of life. In most cases I will help patients with managing double vision. I like this challenge as it is very rewarding when you come to a good solution.

### Who inspires you?

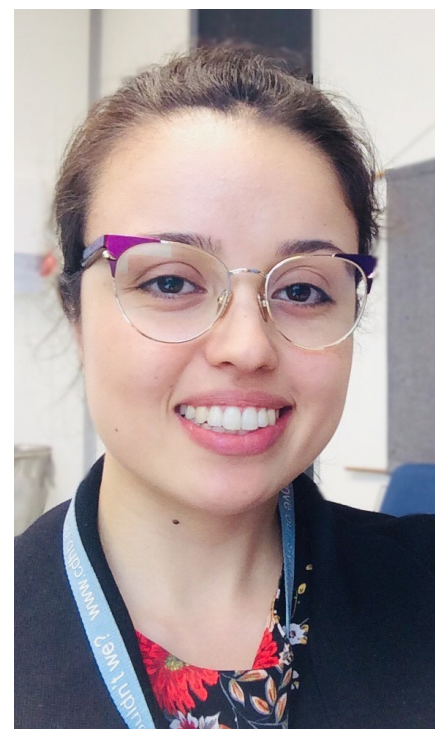
My parents – they've always been so supportive.

### 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?

These values are important every day in my role. Particularly in caring for patients, respecting their cultural background and ensuring they have the best experience and best outcome possible when they come through the clinic. The values are also important in how I try to support and work with colleagues to create a collaborative workplace environment.

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

I love my exercise, especially anything boxing based.



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

Right here. I love New Zealand! Although in the colder months I wouldn't mind being on a tropical beach somewhere.

### What do you do on a typical Sunday?

Sunday is usually my lazy day. I usually put my feet up and read a good book or head out to do some photography.

### What's your favourite food?

Chocolate, I have a terrible sweet tooth.

### And your favourite music?

At the moment, I'm loving the old Queen songs

# Canterbury Grand Round

Friday 8 November 2019 – 12.15pm to 1.15pm, with lunch from 11.50am. All staff and students welcome.

Venue: Beaven Lecture Theatre.

**Speaker: Dr David Galler, Intensive Care Specialist, Counties Manukau Health, New Zealand Medical Association member, Clinical Lead Environmental Sustainability Board. "Leadership Advocacy and Action, Carbon reduction and health – an opportunity not a cost"**

Global warming has been described as the greatest threat to the health and wellbeing of the planet and the world's population, especially the already disadvantaged. Fair firm action that reduces global warming is our greatest opportunity to invest in our two most important interdependent assets, our people and our environment. The editor of the Lancet has called upon all health professionals to engage in non-violent social protest to protect people from the impact of climate change and destruction of our ecology. Come hear what is being done by your colleagues in Canterbury and around New Zealand.

**Chair: Josh Freeman**

It is requested out of politeness to the speaker(s), that people do not leave halfway through the Grand Rounds. This talk will be uploaded to the Grand Round page on the [intranet](#).

Video Conference set up in:

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

Next Grand Round is on Friday 22 November 2019 (15 November is Canterbury Anniversary Day), Rolleston Lecture Theatre.

Convener: Dr R L Spearing (email: [ruth.spearing@cdhb.health.nz](mailto: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.

This week's featured offer is from Noel Leeming Christchurch. From Wednesday 6 to Tuesday 12 November, you and your whānau and friends can receive cost + 7.5 percent on a range of items instore. [Print this flyer](#) or show it on your device in store.

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



A red flyer for Noel Leeming's "Friends &amp; Family Deals". The text "noel leeming friends &amp; family deals" is at the top in white and yellow. Below it, "Canterbury DHB • 6 - 12 Nov 2019" is written. The main offer "cost\* + 7.5% storewide" is in large yellow letters. A list of brands is shown: Fisher &amp; Paykel, HP, Acer, Westinghouse, Simpson, Samsung, Smeg, Logitech, Lenovo, Oppo, Fujitsu, Remington, Sunbeam, Sony, LG, Canon, Microsoft, Russell Hobbs, Breville, Huawei, Panasonic, and Haier. At the bottom, there are sections for "Got a bit of a tech problem? We've got a solution." and "Get it now. PartPay later." with a QR code and contact information.

# National Patient Safety Week Wiki Haumaru Tūroro 3–9 November 2019

## An introduction to Implicit Bias and why it matters for Patient Safety

Wednesday 6 November, 11.30–12.30pm, Oncology Lecture Theatre

Two video presentations hosted by the MedSurg Quality Team:

- Institute for Health Care Improvement Open School *and*,
    - Health Quality and Safety Commission (HQSC)
- Module 1 – Understanding and Addressing Implicit Bias

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## HQSC-funded expert on bias, Anton Blank (Ngāti Porou, Ngāti Kahungunu) will present on Implicit Bias

Thursday 7 November, 7.30–8.30pm, room 1.02, Manawa

Friday 8 November, from 12pm, Pegasus House, 401 Madras Street  
(Live VC in Room G1.a, Burwood Hospital)

*All welcome*

# SEXUAL HEALTH SEMINAR



THURSDAY 21 NOVEMBER 2019  
FROM 1.00PM – 4.30PM

Community and Public Health  
310 Manchester Street, Christchurch

1.00pm – 2.00pm WELCOME

Time to catch up with work we are currently involved in, to share information and new resources, and projects planned for the year.

2.00pm – 3.00pm SEXUALITY EDUCATION

Are we scared to talk about sex? Maybe it's the other question, we're scared to tell our children that it's pleasurable, what are we scared of?

PRESENTER: TRACY CLELLAND

Tracy is a lecturer in the School of Health Sciences at the University of Canterbury. She is currently completing her doctoral studies focussing on parental engagement in sexuality education. She has been a Health Teacher in secondary schools and a Family Planning Educator.

3.00pm – 3.30pm AFTERNOON TEA

3.30pm – 4.30pm FAMILY PLANNING EDUCATION PROGRAMMES

PRESENTER: AKIRA LE FEVRE

Akira works as a Health Promoter with Family Planning in Christchurch. He was previously Community Engagement Co-ordinator with the New Zealand AIDS Foundation in their Christchurch Office. Akira has also worked for many years as a volunteer with Q-topia Youth Group and with the Christchurch Pride Committee.

4.30pm CLOSING

There is no cost for these seminars and afternoon tea will be provided.

Please let me know if you will be attending.

**Diane Shannon**, Health Promoter  
Community and Public Health  
(a division of Canterbury District Health Board)

P 03 378 6755

E [diane.shannon@cdhb.health.nz](mailto:diane.shannon@cdhb.health.nz)



University of Otago, Christchurch

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