



April Falls - keeping people on their feet

Around 1700 people take part in the Canterbury Community Falls Prevention Programme each year.

We are now into April, time once again to refocus on the importance of preventing falls through our April Falls campaign. Each year the Health Quality and Safety Commission promotes April Falls and encourages DHBs and health agencies to do the same which clearly marks the issue as what we know it to be, one of national significance.

Each region has been given a theme to work with. The South Island Alliance's theme is "partnering with patients and families" which fits with our proactive, patient-centric way of working very nicely.

Here in Canterbury preventing falls is a long established and successful part of our strategy to keep people well in their homes and communities as well as when under our direct care while in hospital. And it's a strategy that's working. I'll come to some stats to support that statement in a minute, but first I'd like to reinforce that these aren't just impressive numbers. We must never forget who we do this for - each one is a person that has been spared unnecessary pain and distress.

We know that about 1700 people take part in the Community Falls Prevention Programme each year in Canterbury alone. Most are frail older people and therefore most at risk from a fall, the consequences of which can be devastating for them and for their families. Our frail elderly also have the most to gain: The strength and balance exercises they are taught and encouraged to do by a falls champion do wonders for their mobility, confidence, independence and quality of life.

Doing the right thing by them has benefits for our system too, by helping us manage acute demand better than anywhere else in New Zealand, our local programme has meant that in three years;

- » We have had 373 fewer hip fractures.
- » Eighty six more older people survive beyond 180 days post discharge.
- » We see close to 400 fewer people over the age of 75 presenting to ED because of a fall.
- » We estimate that 20 beds are freed up on a permanent basis, because we are seeing fewer falls.

As health care workers, there are a lot of things you personally can do, here are just a couple of suggestions on the premise that everyone knows someone who is at risk from a fall, and falls are everyone's business:

Encourage them (someone at risk) to find out more and to talk to their General Practice team in the first instance if they need help or advice. Use Safety 1st to report incidents or near misses – having high quality data enables us to identify both the recurring causes, and the actions that can prevent another fall.

I encourage you to get behind April Falls, whether that means paying special attention to how you work this month, connecting someone with the right person or the right information, or simply being more vigilant. Every little bit helps.



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The Grand Round – On Demand

If you missed it first time round, there are a range of Grand Round presentations now available on the intranet for all staff to see. Here's a [link](#) to my recent presentation: 'The Journey Continues' which provides a high level overview of our health system. Where we've been and where we're going. I encourage you to take time to see what other videos may interest you if you missed the original Grand Round presentation.

Wellbeing Workshops reminder

Staff Wellbeing Workshops – for all staff

This year we are running another 12 Staff Wellbeing Workshops across the CDHB. [Click here](#) for more information and [click here](#) to register.

NEW Character Strengths Workshops – for Managers / Supervisors only

Following feedback from those who've attended Staff Wellbeing Workshops we're offering a new workshop during 2016. It focuses on character strengths. [Click here](#) for more information and [click here](#) to register.

If you haven't checked out the range of [Staff Wellbeing Programmes](#) on offer I encourage you to take a look and see what appeals to you.

Have a great week

David



David Meates
CEO Canterbury District Health Board

Wellbeing Workshops

ALL STAFF

For All Canterbury District Health Board Staff

To support your wellbeing, the CDHB Staff Wellbeing Programme and MHERC are continuing to run a series of 2.5 hour wellbeing workshops.

You play a crucial role in the delivery of high quality care to the Canterbury community. It is more important than ever to take time to focus on your own wellbeing.

We are running a number of workshops in 2016 encouraging you to put your wellbeing first. Evidence suggests that by doing this, those around you – your family and friends, your colleagues and patients - will also benefit.

2.5 hours to focus on YOUR wellbeing!

Workshop Overview:

- The importance of wellbeing, psychological and emotional effects
- Learn about stress responses and how to cope with stressful environments
- Understand the science and practice of applications of self-care
- Gain skills and take ownership of tools for increasing your own and others' wellbeing
- Enhance positive relationships and social connections
- Improve your health and wellbeing: 5 Ways to Wellbeing, Staff Wellbeing Programme

Workshop Details:

- All workshops run for 2.5 hours, including refreshments
- Facilitated by Alison Ogier-Price MSo Payo, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)



Canterbury
District Health Board
Te Pōari Hauora o Waitaha



Mental Health Education & Resource Centre

For more information contact:
 Lee Tuki
Lee.Tuki@cdhb.health.nz
 027 689 0285
 Andy Hearn
Andy.Hearn@cdhb.health.nz
 027 218 4924

[Click here to register](#)

Strengths Workshops

MANAGERS
SUPERVISORS

NEW for 2016 - Strengths Workshops for Managers/Supervisors

In the current Christchurch environment it is more important than ever that we take time to focus on our own wellbeing.

With this in mind the CDHB Staff Wellbeing Programme and MHERC are running a NEW series of 2.6 hour workshops focusing on 'Harnessing our Strengths'.

On completing the workshop staff will have:

1. A theoretical understanding of the strengths based framework.
2. Tools to enable a greater understanding of themselves and others which can help improve personal wellbeing and interactions with others, both at home and in the workplace.

This NEW workshop is designed to extend the foundation of positive mental and emotional health developed in the Wellbeing Workshops run throughout 2014 and 2016. Managers/Supervisors are therefore encouraged to attend a **Wellbeing Workshop** before attending the NEW Strengths Based workshop (although it is not a requirement to do so).

Workshop Overview:

- Increase understanding of character strengths as personal resources
- Identify and measure personal strengths
- Experience strengths-based conversations
- Engage strengths in everyday life
- Reorient tasks to increase wellbeing

Workshop Details:

- All workshops run for 2.6 hours, including refreshments
- Facilitated by Alison Ogier-Price MSo Payo, B.Comm, BA Hons, C.AT, MNZAPP
- For dates and to register for a workshop – [click here](#)

Creativity **HONESTY**
 Fairness **Teamwork**
 PERSEVERANCE **Hope**
 JUDGEMENT **Prudence**
 Humour **LEADERSHIP**
 BRAVERY **GRATITUDE**
 Kindness **Humility**
 Zest **Forgiveness**
 Perspective **Curiosity**

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Canterbury
District Health Board
Te Pahi Hauora o Hāweire

Stand up to
FALLS

health Learn 

CELEBRATE APRIL FALLS MONTH BY REFRESHING YOUR FALLS KNOWLEDGE

Show you have recently completed the Falls Prevention module in HealthLearn and you could win a coffee card for you, or morning tea for your team!

For the four \$25 coffee cards, names will be drawn at random from those who have successfully completed the course between 1st November last year and the end of April 2016. For your team, morning tea shouts are up for grabs for wards with the highest percentage of staff entering.

TO ENTER If you haven't yet done the 'Canterbury Fall Prevention SLP module', simply go straight to healthLearn. Email or send a copy of your completion certificate to Margaret Jarrett, Corporate Quality & Patient Safety, L5 TPMH
Margaret.Jarrett@cdhb.health.nz.

Don't forget to mark each entry with your ward and division.

Facilities Fast Facts

Fast Facts – Burwood

On Friday 1 April a large pour of dark-coloured concrete was done for the atrium area of the new main entrance. The photo to the right shows the floor in the early morning before the concrete was poured.

Staff orientation begins at Burwood on 4 April with a train-the-trainers week, before the first staff get to visit Ward DG for their orientation sessions. The photo below shows the long corridor in the ward.

Most staff are now signed up to attend a session, but if you haven't booked your place yet, please ask your manager.

Part of the orientation is an online module in healthLearn. There's more about this module on the [Burwood migration intranet pages](#). It's particularly important for clinical staff to have completed this module before they attend their orientation on site.

Another part of the orientation is the staff orientation handbook, also available on the [intranet](#).



Fast Facts Christchurch

At the Acute Services building site, preparations are being made to bolt down the foundation plate for the first of the tower cranes that will be needed for the build.

The base isolators are also being installed on top of each of the concrete columns, starting in the far corner of the site. The work involves "scabbling" the concrete, roughening it by removing a thin layer using a machine with steel rods that "peck" at the smooth surface.

The picture to the right shows a base isolator lifted onto the top of one of the concrete columns. One base isolator installed, about 100 more to go!

Outpatients news

The Outpatients User Group has signed off on the Developed Design Plans subject to some minor changes and clarifications. The next phase of design, the Detailed Design phase, will start in May 2016.





Bouquets

Receptionist, Christchurch Hospital

...I just felt the need to extend my gratefulness to the lady that sits on the Main Entrance, I am very sorry that I didn't ask for her name. But I saw her in the evenings and she had beautiful curly hair. My father spent two long weeks in your facility, before passing away, and I got to know this amazing lady during this time. She saw me upset on my second visit and came out of the reception to make sure I was ok, armed with a box of tissues. She was a genuine caring compassionate person and it was a complete pleasure meeting her. She was the first to learn, from myself, of my father's passing and extended her condolences to myself at this time. Each night I visited my father, she would call out hello and enquire as to how he was doing. Which I appreciated. I wasn't just another strange face passing through....I feel a thank you just doesn't seem enough for all the kindness she showed me through this hard time. Please take the time to take her aside and let her know how much I appreciated her. Tell her not to change she is a beautiful person, inside and outside.

Emergency Department, Christchurch Hospital

I had a phone call from ... this morning wishing to thank her doctor that she had when she presented to ED with chest pains over the long weekend. Her name is Dr Sneha Nanjundaswamy and she made ... feel calm and not frightened about the fact that she was having chest pains. She thoroughly checked, got her tested and was all in all wonderful.

She wanted to pass on her thanks and gratitude to Dr Nanjundaswamy and to let her bosses at ED know what a wonderful doctor she is.

Oncology, Christchurch Women's Hospital

Thank you to doctors Simcock, Vaughan and others as well as the nurses and cancer support people, who do remarkable work of support and care. Thank you to one and all for your work of healing and support. May God bless you all. Kia kaha na.

Emergency Department, Christchurch Hospital

Just wanted to compliment the outstanding service we received tonight in the emergency department. My son was a handful and all staff, Doctor Mark and Nurse Erin were amazingly patient with him. Thank you, thank you, and thank you. Keep up the great work.

Ward 11, Surgical – ear, nose, throat, eye and neck, Christchurch Hospital

Excellent service for my wife, thank you. Good food service. Everything is appreciated.

Barclay Ward, Greymouth Hospital – Ward 16, Christchurch Hospital

Professional care from surgical, nursing and cosmetic staff. Good communication and explanations – family included at all times. Good to have student nurses involved. No complaints.

Ward 10, Christchurch Hospital

Thanks to all concerned from the floor cleaners to the surgeon. Made a very difficult situation reasonably easy. Very focussed, professional and caring – with a bit of humour.

Gastro Outpatients, Christchurch Hospital

Staff for my procedure were amazing. The care that nurse Cathie gave was exceptional. Thank you.

Oncology Reception, Christchurch Hospital

My wife... was one of the many people who pass through Oncology on a daily basis. She passed away a few weeks ago from her aggressive cancer. My thanks to the staff and team members of the radiation units that helped ... over her period of treatment.

Even prior to treatment, the staff that first welcomed us, then produced her 'mask' for her forthcoming treatment, these members were excellent and made ... feel easier in herself as the whole procedure of fitting her was explained in detail and then carried out.

I realise that one person means little once they have moved on, I feel these dedicated staff deserve a big thank you for their attention to each patient as they came to undergo their treatment.

Reception, the first point of contact to nervous and stressed people, so thank you as you made our experience so much better with directions, advice and compassion. So it is with appreciation I thank all the staff of Oncology, Christchurch Hospital.

Birthing Suite, Christchurch Women's Hospital

Thank you very much for making sure I was fully informed at all times and answering all my questions in a way that I could fully understand the benefits. My birth plan did not come into fruition

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(actually the complete opposite occurred) but upon reflection it could not have been better, most recommended options advised, specialists present, excellent pain relief and happy and healthy baby. Thank you very much.

Lincoln Maternity Hospital

Staying here was like being at some lovely peaceful resort! We very much enjoyed the services provided and thank the wonderful staff for their excellent care and attention. See you next time.

Lincoln Maternity Hospital

This was a great stay with amazing support from each of the midwives here. Each one I encountered had lovely personal demeanours and I felt very supported with great advice and guidance. I could not have got through the last two days without them. The facilities are great and the food was amazing. Thank you to Sarah, Anne, Ruth, Jean and Lisa for all that they have done for me and our little girl, you are all wonderful ladies. Thank you Christine and Meila.

Lincoln Maternity Hospital

What a lovely experience staying the night at Lincoln Maternity Hospital. The midwives do a fantastic job of reassuring, supporting, and educating. The hospital aides and Ruth are an asset to the team. Thank you for all your help while I adjust to life with a newborn.

Children's Acute Assessment Unit (CAAU) / Ward 21

Thank you to everybody involved with my eleven year old daughters care here. Rose and Jenny in CAAU were so lovely to us. My daughter was not particularly ill but still a worrying time for a parent and those two helped a great deal. The staff in Ward 21 were equally as kind and welcoming. Thank you to Larissa- Rose from Ward 21. I'm a very happy parent to

know my daughter and myself are so well treated in our public health system.

CAAU

Comforting, reassuring, and knowledgeable staff every step of a very long day. Thank you all.

Gynaecology Assessment Unit

Really gentle, great and understanding staff. Hopefully I won't need to come again but I'm glad it's so lovely here.

Gynaecology Ward

My nurse Meg was so encouraging as I struggled with extreme nausea for 24 hours. I would never have made it to the shower on my second evening without her tremendous support!

Gynaecology Ward

I would like to thank all the nurses who looked after me while I was here. Especially Sue, Sasha and Cat. Their friendly helpful manner was much appreciated.

Lyndhurst

I would just like to say thank you to all the wonderful staff. I received excellent service from them all. They were all very professional, non-judgemental and incredibly friendly and made a difficult visit a lot easier to deal with.

Maternity Ward, Christchurch Women's Hospital

We just wanted to say a massive thank you to everyone on floor 5. The midwives have been so helpful with all our questions and concerns. They have always responded promptly and if unavailable another team member has come to help us. The work you do is truly wonderful and as a team you should really be proud of all your staff – this includes the dinner ladies, cleaners, doctors, midwives and everyone. We are really thankful to you all especially at such a vulnerable time.

Maternity Ward, Christchurch Women's Hospital

Midwives Mary and Di were great. We loved them. Helpful, kind, caring, great advice and excellent level of care. Thank you so much! They are brilliant at their jobs.

Maternity Ward, Christchurch Women's Hospital

This place is amazing, great staff and great personal facilities.

Neonatal Intensive Care Unit, Christchurch Women's Hospital

We have been overwhelmed with the love and care in the Neonatal Unit. Blessings on all of you who work here.

Neonatal Intensive Care Unit, Christchurch Women's Hospital

Have never had such good care and communication in any other hospital. We appreciate the support and dedication we had from all staff. Big thank you especially to the lady who looked after our boy the first few days he was admitted and also to Emma, Kaitlyn and Rachel for going that extra mile to ensure we were confident and happy with every part of our service. Thank you so much everyone. Cheers.

Ward 21, Christchurch Hospital

I would just like to say your social worker is amazing.

Ward 22, Christchurch Hospital

Nurses are lovely!

Ward 22, Christchurch Hospital

The nurses were fantastic to us at a very stressful time. Being shown around the ward and having procedures explained was very reassuring. Having a nurse come on shift and outline the plan of care for the shift was invaluable. Keep up the fantastic work. We hope we will not see you again soon. Big thanks to Brook, Kate, Pam and Andrew

PDRP Workshop for 6 April postponed to 31 May

Due to minimal numbers the PDRP Workshop for 6 April 2016 has been postponed to Tuesday 31 May 2016.

PDRP Workshop details

Are you interested in putting together a PDRP portfolio? This is a day intended for staff who have familiarised themselves with the PDRP documents. Staff attending will be given a greater understanding of the evidence requirements for the Proficient and Expert/Accomplished levels and speak with a panel of applicants and assessors at the end of the day.

If you are interested in attending this PDRP Workshop, please contact the PDRP office on (ext 68835) or email Adriana.Humphries@cdhb.health.nz.



Help secured to get flu vaccination message to Māori

Canterbury DHB has been very fortunate to enlist the help of Aroha Reriti-Crofts CBE JP, in encouraging Māori to get their flu vaccination.

Aroha (Ngāi Tuahuriri/ Ngāi Tahu) joined the Ōtautahi Māori Women's Welfare League in 1968 and served as secretary of her branch in the 1970s. In 1990 she was elected National President of the Māori Women's Welfare League. She was awarded a CBE for her services to Māori and the community in 1993. Aroha remains an ardent spokeswoman for and member of Te Rōpū Wāhine Māori Toko I te Ora o Ōtautahi. Today she is a trustee of Te Puawaitanga Ki Ōtautahi Trust which runs a variety of Māori health programmes including Tamariki Ora (well-child), Rapuora (mobile nursing service), outreach immunisation and breast feeding advocacy.

Aroha (who is 78 years old in August) describes herself as someone who is in a high risk group for catching the flu. On her Marae she performs karanga (call out, summon) as part of a Powhiri for 200- 300 visitors at a time. This puts her up close to a lot of people. She is also a frequent plane traveller where air conditioning can easily spread germs. Aroha has been getting her annual flu vaccination for more than 10 years but before that she got the flu every winter.

"I got so ill. I would have to get out of bed so I could breathe. I wanted to breathe, I wanted to live, I wanted to live without flu," says Aroha.

"I see the flu shot as a preventative. I want to keep flu at bay. I aqua jog at the pool six days a week and my life is busy. I don't have time for the flu. I think the flu shot is so important for Māori, especially our Kaumatua with chronic health issues," says Aroha.

In addition to protecting herself from flu this year Aroha is teaming up with Dr Ramon Pink, Canterbury DHB Medical Officer of Health to encourage people to get their flu vaccination. Radio promotion on Tahu FM during April, Marae visits and magazine stories will all help spread their messages rather than the flu.



Right: Aroha Reriti-Crofts is helping promote the flu vaccination message.



Hear about a new approach to fighting infectious disease outbreaks

This week's University of Otago, Christchurch, public lecture is being given by renowned microbiologist Professor David Murdoch.

Wednesday, 6th April, 7 – 8pm

One Health: A global approach to tackling infectious diseases

One Health recognises the links between humans, other animals and the environment, and is gaining momentum in the fight against infectious diseases.

Professor Murdoch will discuss the use of One Health principles (recognising that the health of humans and animals, and viability of ecosystems are inextricably linked) in addressing important infectious diseases, including neglected infections in developing countries.

No booking required. Lecture is held in the Rolleston Lecture Theatre in the University of Otago, Christchurch's building at 2 Riccarton Ave on the Christchurch Hospital campus.

Queries to kim.thomas@otago.ac.nz. Information about other lectures at www.otago.ac.nz/chch-lectures

Staff influenza vaccination clinics begin this week

Influenza can be anywhere - get immunised

It's time to protect yourself, your whānau, your patients and your community from influenza (flu). Staff clinics begin this week.

[View the clinic times here.](#)

Check out our new flu posters - they're hard to miss!

Pictured right is Amy Milne, Canterbury DHB Media Advisor who features in the posters. The images were taken in the Acute Medical Assessment Unit at Christchurch Hospital.



Canterbury Grand Round

Friday 8 April 2016 – 12.15pm to 1.15pm, with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speaker one: Charlotte Chambers, Principal Analyst, ASMS

“Superheroes don’t take sick leave: Presenteeism is a risk for health professionals and our patients.”

How common is presenteeism and what are the factors that cause us to feel we can’t take time off when we are sick? This topic is looked at using data from the study on presenteeism in senior medical workforce.

Speaker two: Dr John Wyeth, Medical Director, PHARMAC

“PHARMAC processes and recent changes to NPPA policy”

Dr Wyeth will be providing a background of PHARMAC processes with a particular focus on recent changes to

PHARMAC’s Named Patient Pharmaceutical Assessment (NPPA) policy. Dr Wyeth and Jayne Watkins, Senior Adviser/ Team leader (Pharmaceutical Funding) will be available after the Grand Round for further discussion.

Chair: Dr Michael Ardagh

Video Conference set up in:

- » Burwood Meeting Room
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome.

Talks will be available within two weeks on the [intranet](#)

Next Grand Round is on Friday 15 April 2016.

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

Surgery career a privilege



“It’s been an incredible privilege to make a difference to people’s lives,” says Orthopaedic Surgeon, Paul Armour, who retired last week after a 40 year career in Christchurch.”

“You can really do that in orthopaedic surgery. You help facilitate a person’s return to the workforce and back to enjoying their lives,” he says.

Paul started as a house surgeon at Christchurch Hospital in 1973. Apart from three years when he was overseas training in Edinburgh and Montreal his whole working life has been in Christchurch, working at Christchurch, Burwood, Southern Cross and St George’s hospitals.

Paul’s father was a Dentist and Paul initially decided to follow in his footsteps by taking up dentistry himself. He began training at Otago in 1966.

“I passed the intermediate year but did not apply for medicine choosing to pursue a career in dentistry. I was accepted into the Dental School but found that there would be little application for the anatomy, physiology and biochemistry I was learning.”

However, he passed first in class, winning a prize which ultimately had to be returned when the Dean of the Dental School found out his application to pursue a career in medicine had been accepted.

General Manager, Older Persons Health, Orthopaedics and Rehabilitation, Dan Coward, says Paul has contributed so much to the people of Canterbury during his 40 year tenure.

“More recently he has kept a strong focus on giving certainty to our patients through triaging, a process that he has actively ensured we change and one we will continue to develop into the future.”

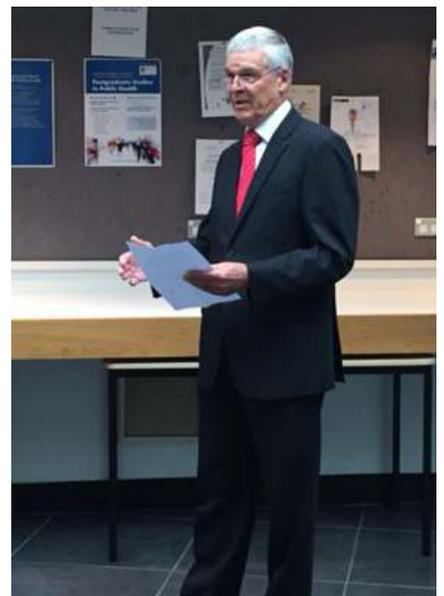
“Hearing from a number of his colleagues at a farewell morning tea showed that Paul had left an indelible mark on a number of their careers, friendship and professional support to a wider group,” Dan says.

Paul says the enduring memory he will take with him is the loyalty, support and friendship he has received from all those with whom he has worked at CDHB.

“These attributes are what I will miss the most.”

In his retirement Paul and his wife, Judy plan to travel and Paul may do some community service work.

“In my job there was never enough time in a day as my life was always governed by the clock. I am now looking forward to doing some of those things which were not previously possible,” he says.



Orthopaedic Surgeon, Paul Armour.

Welcome to Adriana Humphries, PDRP Administrator



The Nursing Workforce Development team is delighted to welcome Adriana Humphries to the role of PDRP Administrator. Adriana is from Brisbane and her husband is working with the Christchurch rebuild.

Adriana brings a wealth of experience in working with government departments and external agencies and organisations, understanding the privacy and confidentiality of our settings, and is already proving to be a valuable addition to our team.

The Nursing Workforce Development Team is looking forward to working with Adriana and we are sure you will join us in welcoming her to the role. Adriana can be reached on extension 68835 or via email Adriana.Humphries@cdhb.health.nz

New patient info packs to be trialled at Christchurch Hospital's Child Health Service

Canterbury DHB's Child Health service has created new patient information packs for parents with children booked in for paediatric surgery.

Anne Morgan, Child Health Service Manager, says Child Health has been working with the Family Advisory Council to produce information which addresses questions parents have in the lead up to their child having surgery.

"What we have been finding is parents don't necessarily go and look on our website where there are answers to most of their questions but instead they phone our busy booking clerk with questions about what they need to do before their child's surgery," Anne says.

"So this has prompted us to create information packs containing everything they need to know, much like the ones patients get at a private hospital, which they can keep handy in preparation for surgery."

Anne says the work also ties in with the principles of Enhanced Recovery After Surgery (ERAS), which is a key priority for the Canterbury DHB.

The packs include a flow diagram with the key steps in the lead up to surgery, an information page on when to stop food and fluids before anaesthetic, a Healthinfo card that the surgeon can write the patient's condition on for the parents to look up, and a flier reminding the parents of the Child Health website and where to find videos with more information.

"Preparation ahead of surgery, including an understanding of what to expect and timeframes plus the contribution of all in the patient's journey, provides an enhanced experience for all involved," Anne says.

The packs will be trialled from now through to August when the team will then evaluate whether it's made a difference to the patient journey.



Above: Anne Morgan with the new information packs.

Toy donation from regular supporters appreciated



Above: Buddle Findlay representatives, from left, Rennae Hopkins and Liz Potts. Right, Travis Wiki.

Child and teen patients at Christchurch Hospital were thrilled to receive a donation of new toys from the Buddle Findlay Child Health Foundation recently.

Hospital Play Specialist Service Team Leader, Allie Bower, thanked the foundation and says the toys were gratefully received and will be well used.

The foundation was formed in 2005 and is committed to improving the experience for children in hospital in a direct and tangible way. It has raised nearly \$880,000 since 2005 and has contributed to the purchase of equipment at Christchurch Hospital including an ECG machine and diversional therapy devices in 2012 and several hearing screening devices between 2010 and 2015.

The Foundation also donates toys for the children at Christchurch Hospital on an annual basis.

News from Child Adolescent and Family Services

Child Adolescent and Family Services (CAF) is working hard to reduce waiting times, while managing increased demand.

There has been a 63 percent increase in case starts in the past three financial years.

There were 177 new CAF case starts in January 2016 and 234 in February 2016. There were 1041 patients under the care of CAF services as at 29 February 2016.

For child and family services the average waiting time was 28 days in January and 17 days in February this year.

Ministry of Health targets for these services require 80 percent of people to be seen within 21 days and 95 percent of people to be seen within 56 days.

Our results show 74.4 percent of people were seen within 21 days of referral in February and 91 percent were seen within 56 days of referral. Reducing wait times has been a key focus for CAF services.

However, the focus on reducing wait times in CAF is resulting in an internal wait of up to 20 weeks for some children and their families. Being seen early for the first contact is still important as it enables clinicians to make informed decisions about who is able to wait and who needs to be seen urgently. In the past we have had significant wait times for the first contact and the level of need/acuity was unknown. The level of demand for services is however concerning and challenging.

The average length of stay for discharged patients was 32 days in January 2016 and 22 days in February 2016.

The number of admissions to the CAF inpatient unit has been significantly lower than the expected trend in recent months. However, we expect this to be short-lived as we head into the colder months.

Student interns supporting Staff Wellbeing Programme

Two Ara (formerly called CPIT) students are supporting the Staff Wellbeing Programme this year.

They are based at Community & Public Health for their third year work placement requirements. Each student is studying a Bachelor of Applied Science specialising in Health Promotion.

Kirstyn Steyaert is completing her second placement with Canterbury DHB's Staff Wellbeing Programme while Mitchell Jordan has recently started and is excited by the opportunity to better understand the staff wellbeing challenges faced by a large organisation.

Both students are looking forward to meeting and working with many Canterbury DHB staff throughout the year.

Kristyn's current focus is to work alongside Sport Canterbury to establish a 'Be Active' pilot aimed at increasing physical activity among our workforce. She has been gaining an understanding of the operational side of running health promotion initiatives, working closely with Staff Wellbeing Co-ordinator, Andy Hearn, and Kaitakawaenga, Lee Tuki, to get more Canterbury DHB staff participating in wellbeing activities. She will also be instructing yoga sessions for Community & Public Health staff.

Mitchell's focus will be to facilitate the programme of Staff Wellbeing Workshops run throughout 2016, which includes a new Character Strengths Workshop available to line managers and supervisors. Mitchell is hoping to gain new skills as well as an understanding of the systems and processes required to develop a successful health and wellbeing programme.

The students will continue to make the most of their Canterbury DHB internship over the coming months and thank Andy and Lee for offering them a broad range of work placement opportunities.



Above: Mitchell Jordan and Kirstyn Steyaert.

Jane Worsfold leaving the CDHB after 40 years

Farewell and all the best to Jane Worsfold, Charge Nurse Manager of the Bone Marrow Transplant Unit who resigns this month from her post to take up a position at Forte Health.

Jane began her nursing training at the Christchurch School of Nursing in January 1976 and towards the end of her training, she developed a passion for Haematology (despite having to physically wash walls of the cubicles which housed “at risk” patients) in Ward 8.

After her graduation, Jane was a junior staff nurse in Ward 29 where she consolidated her Haematology knowledge with the help of the Charge Nurse Jane Watson. After a spell at Christchurch Women’s Hospital, Jane returned to Haematology and the new Bone Marrow Transplant Unit (BMTU) where it is currently located.

In 2001 Jane completed her Bachelor of Nursing via distance learning and became Charge Nurse of the BMTU in 2008 and she has loved every moment of the role. She is very proud to have been the leader of such a fantastic team of nurses – the best in the world she believes.

Jane would like to thank all those at the Canterbury DHB for contributing to her nursing career.

Nursing Director for Haematology, Oncology and Palliative Care Debbie Hamilton says, “she has left some big shoes to fill and will be remembered for her can-do, efficient, streamlined, patient centred care in the BMTU and also her sense of humour.”

“On behalf of the Department of Nursing thank you Jane for all your hard work and dedication to the Haematology Service over the past twelve years and for working for the organisation for the last forty.”



Above: Jane Worsfold.

Nurses undertaking Ara (formerly called CPIT) courses in Semester 2, 2016

Applications for funding for nurses undertaking Ara courses in Semester 2, 2016 are now open. Please apply using the on-line application form:

[Ara Funding application form](#)

Applications close on Friday 29 April, 2016

Further information is available from Jenny Gardner on jenny.gardner@cdhb.health.nz.

Registered Nurses undertaking Postgraduate nursing study in Semester 2, 2016

Applications are now open for HWNZ funded places in Semester 2, 2016. The link to the online application form is: [CDHB Online Application Form, Semester 2 2016 - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website: [Postgraduate Nursing Education](#)

Closing date is Friday 29 April 2016. Any queries should be directed to Margaret Bidois, Administrator, PG Nursing Education on 68680 or margaret.bidois@cdhb.health.nz or to Jenny Gardner, Nurse Coordinator, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz

ED Get Exercising - EDGE 100 Day Challenge



The Emergency Department (ED) is currently two months into the ED Get Exercising - EDGE 100 Day Challenge, which runs from 1 February to 10 May.

In just under two months, Team EDGE has done nearly one year of exercise. That is 485,645 minutes, or 8094 hours, or 337 days.

The EDGE Challenge involves almost 300 ED nursing, hospital aide, radiology, clerical, MDT and medical staff, who are split into 10 teams. Each member is given a coloured EDGE lanyard to wear at work which allows them to identify their team members. EDGE has two aims:

To get people moving – ED is the front-line of health care, and so can set a great example to our colleagues and patients.

To develop the TEAM ED spirit, and improve our ability to work as a team.

Each EDGE member has a personal login to the website www.edge100.co.nz which allows them to log their exercise each day – for every minute of exercise they receive one point for their team, says Emergency Medical Consultant, Laura Joyce. However, to encourage teamwork the points are multiplied by the number of ED staff they do that exercise with, plus additional multipliers for “MDT exercise” (three members of different professions).

Sponsors have kindly donated spot prizes, with mini-challenges such as hand-stand competitions, and dog-selfie photo competitions that are keeping everyone working hard each week.

“We thought the EDGE Challenge would be good but the response has been phenomenal. The buzz in the place is exciting and everyone is so upbeat. We know this is carrying through to improved teamwork and patient care,” says Laura.

Go Team EDGE.



Recruitment News

Chief of Service Older Persons Health

Be part of an innovative health system that is in the process of significant transformation. The Canterbury Health System has been internationally recognised for its collaboration and integration.

The Older Persons Health & Rehabilitation (OPH&R) group of services are extremely important for the Canterbury District Health Board (CDHB) especially in regard to the ageing population. This is an expanding service, currently based at both The Princess Margaret and Burwood Hospitals, which will move into purpose built facilities on the Burwood Health Campus early 2016.

OPH&R is one of the largest in New Zealand and is internationally regarded for its wide range of services including community and inpatient geriatric medicine, orthogeriatric medicine and rehabilitation, stroke and brain injury rehabilitation, a regional spinal service, pain management service and a comprehensive range of psychiatric services for older people.

We are seeking a Chief of Service to provide leadership, direction and governance across the OPH & R services to provide high quality healthcare services for our patients. This is a clinical leadership role and reports to the General Manager. A specialty in one of the OPH&R areas would be an advantage but we would also like to hear from consultants from other disciplines who are innovative and proven leaders. Whilst this role includes a substantial clinical leadership component you may also retain an active ongoing clinical commitment in your area of speciality. We are open to exploring fixed term or secondment opportunities for this role.

Key performance objective areas include: clinical leadership; clinical service delivery; planning; financial management and budgeting including providing clinical advice re capital expenditure; quality assurance and clinical risk management; and human resource tasks with respect to medical staffing.

For further information please contact Liz Hill on ++64 3 37 7954 or email on liz.hill@cdhb.health.nz

better
patient
outcomes

Canterbury Community Pharmacy Group


**Canterbury
Clinical Network**
 Transforming Health Care. Whānau Ora ki Waitaha.

Worth its weight in gold

Tom Hitchens could be sitting on a gold mine. The energetic 77-year-old regularly travels from his Canterbury home to his gold claim at Hunts Beach near Fox Glacier in pursuit of the precious metal. But if you ask his children, Tom has already hit the jackpot.



Above: Tom Hitchens

Tom was regularly in and out of hospital due to his medications. His daughter Ngaire Button said the family were wracked with worry.

“He went through ED a number of times. He nearly killed himself. I was worried about him, but I didn’t know what to do about it. He had so many different bottles of pills at home. The cleaner would say there’s pills everywhere – bottles on the floor, all over the benches.”

With the help of Canterbury’s Medication Management Service (MMS), Ngaire and her whānau can rest easier that Tom is safe

in his own home.

In Canterbury, pharmacists work closely with the rest of a person’s healthcare team to help keep people well and out of hospital. Harm from medications is a leading cause of people ending up in hospital. The Medication Management Service (MMS) is one initiative that supports people on multiple medicines to understand their medications and how to take them safely.

Tom’s situation would have been enough to confuse anyone. Along with pre-prepared containers of medication packaged up by his pharmacist, Tom also had loose bottles of the same medications, different strengths of the same medicine and tablets that could have had dire consequences if taken together.

Added to the confusion about how much and when to take all of these different medicines, Tom also had some pills which he was having trouble swallowing and others that he admits he just didn’t like taking.

Taking up to six medications at once, Tom was having trouble keeping track of it all. “I’d take the medication when I wake up, then wonder later on whether I took it or not.”

Needless to say, this independent 77-year-old doesn’t want anything holding him back. When he’s not shovelling for gold, the returned serviceman and former railway worker is carving bone jewellery and keeping up with 14 lively grandchildren.

“I was worried about him, but I didn’t know what to do about it... The cleaner would say there’s pills everywhere – bottles on the floor, all over the benches.”

Tom’s daughter

As part of the Medication Management Service, a mobile pharmacist worked with Tom’s GP to sort out his current prescriptions. The mobile pharmacist removed all of the loose medicines that were causing confusion and worked with Tom’s regular community pharmacist to replace the big tablets with easier to swallow alternatives. A support worker was also arranged to visit Tom every day for a while to help him get into a routine of correctly taking his medication.

“I started to realise how I had to take my medication. I’m very independent. A lot of people aren’t. But it’s good to have someone to help. I’d be lost if I didn’t have it. They kept me on the right track.”

With Tom not having been back to hospital for medication-related problems since, his whānau say the support they received is worth its weight in gold.

Speak to your local pharmacist about your medications and whether you qualify for support from the Medication Management Service.



Above: Tom Hitchens with daughter Ngaire Button.

One minute with...**Karen Dodgshun, South Island Patient information Care System (SI PICS) Trainer**

What does your job involve?

Our objective is to provide staff with the knowledge they need to use SI PICS confidently. This covers the creation of training materials and reference guides, through to planning and delivering classroom sessions.

Why did you choose to work in this field?

Implementing new technology or processes in a workplace can be a tough challenge, but I love working with people to understand their needs and find solutions to their problems. Everyone wants to do their job well, so it's all about giving people the knowledge and skills to be successful.

What do you like about it?

I like the quick timelines and the tangible results of a project like this. I like utilising the tools we have available, for example healthLearn is a great one-stop-shop for learners and trainers alike.

What are the challenging bits?

Learning the new system thoroughly, and also understanding workflows, so we can explain both process and functionality together. When one regional system replaces different local systems and associated processes, it can be challenging for staff to adjust.

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

I'm constantly in awe of the knowledge my team has on different systems, processes, and all sorts of other healthcare information. I also spent time at Burwood where everyone impressed me with their commitment and determination to ensure that their departments continued to run with the same level of efficiency as they do today.

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?

This means acknowledging the experience and knowledge of our learners, treating them with respect, providing relevant learning content, and listening to feedback on how we can improve for future projects.

The last book I read was...

I try never to read anything too serious. I'm just finishing *Seveneves* by Neal Stephenson, which spans over 5000 years following the destruction of earth and the subsequent migration of humans into space (and eventually back again).

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

Snowboarding in Niseko – champagne powder, hot springs, warm sake and great food.

My ultimate Sunday would involve...

Mountain biking followed by (depending on the seasons) a gelato at the beach, or a bottle of red wine and a game of scrabble in front of the fire.

One food I really dislike is...

Mushrooms. But I want to like them, so I try all sorts of methods to make them more palatable.

My favourite music is...

I have such diverse playlists for cooking, travelling and running that I can't label any particular genre, artist or even album as a favourite. But it's always a great experience when my husband starts playing some of his old records from the '70s.

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

Naomi.Gilling@cdhb.health.nz



Above: Karen Dodgshun.

BAKE SALE

All proceeds go to
Countdown Kids Hospital Appeal

come early to avoid missing out...
There will be a range of home made delights
both savoury and sweet!



Friday, 8 April / Hospital Foyer
10am to 12pm

Staff Wellbeing Programme: New Wellbeing Workshops & Financial/ retirement & home loan clinics

Wellbeing workshops – 2016 programme starts April

- 1 New strengths based workshop – available to Managers / Supervisors. [Click here](#) for more information and [click here](#) to register.
- 2 We are also running another series of the very popular Staff Wellbeing Workshops – this is the same workshop offered in 2014 / 2015. [Click here](#) for more information and [click here](#) to register – available to all staff.

Financial/retirement and home loan planning

Following the success of last year's programme we are again teaming up with Westpac to offer free onsite appointments (30 minutes) with a registered financial advisor or home loan expert. [Click here](#) for more information and to book an appointment.

One for the Blokes: Men's Mental Health workshop – CHCH Campus and Rangiora

Due to the success of these workshops over the past two years we are offering another two workshops in April.

[Click here](#) for more information and [click here](#) to register.

Over 30 classes a week across main DHB sites – yoga, Zumba, Pilates, mindfulness

Updated timetables available on the [Staff Wellbeing Programme intranet page](#).

Free counselling available to all staff

Free and confidential counselling is available to all staff – for work or personal issues. [Click here](#) for more information.

Andy Hearn
Staff Wellbeing Coordinator
Canterbury and West Coast DHB
Phone: 03 337 7394 | Ext: 66394 | Mobile: 027 218 4924
andy.hearn@cdhb.health.nz



CALLING ALL PHYSIOTHERAPISTS!

Looking for a new challenge? We have several exciting opportunities for you throughout the CDHB.

Have a look at our [Careers Website](#) or give our Allied Health Team Recruitment Specialist a call to learn more. You can reach Heather on 03 337 7920.

<http://www.cdhbcareers.co.nz/>

Canterbury
District Health Board
Te Poari Hauora o Waitaha

investing
in your
Development

In brief

CPIT Aoraki announces new name - Ara Institute of Technology

CPIT and Aoraki Polytechnic have been working to establish a Canterbury-wide educational institute.

To reflect the new organisation's focus on accessible vocational training throughout Canterbury, they have launched a new name - Ara Institute of Technology, to be commonly known as Ara.

In Māori Ara has multiple interpretations including both 'pathway' and to 'arise'. This reflects Ara's aspiration to be a responsive and inclusive provider of education that creates multiple opportunities for all, regardless of origin and destination.

Underpinning the name is the Māori phrase Ara rau, taumata rau.

Ara rau, meaning 'many pathways, many opportunities', references the Canterbury region and the many routes and rivers that criss-cross the plains from the mountains to the sea - the many pathways to success. Taumata rau speaks of multiple levels in learning and can be likened to the poutama design, which mirrors stepped learning with multiple entry and exit points. This reflects the varied aspirations of our learners and recognises learning as a lifelong undertaking.

The Ara logo illustrates the journey of learning and the summit of success, while also drawing inspiration from Māori tukutuku panelling, traditionally used to decorate Whareniui.



#dawn 4 diabetes

WORLD HEALTH DAY
Thursday 7 April

Show the world we're taking action to beat diabetes

Rise early on 7 April and take a group photo at your local landmark to share on social media with hashtag #dawn4diabetes

YOUR LOCAL EVENT:



Raise awareness in our communities about the need for healthy lifestyle choices to prevent and manage cases of diabetes

Canterbury District Health Board
Te Pōwhiri Hauora o Waitaha

Influenza. Don't get it. Don't give it.

FLU CAN BE ANYWHERE

YOU COULD COME IN CONTACT WITH INFLUENZA ANYWHERE, ANYTIME. GET IMMUNISED. THE VACCINE IS FREE FOR ALL STAFF.