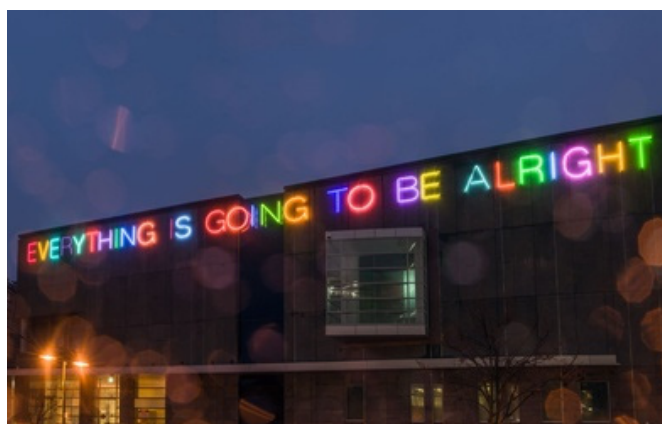




Mental Health Awareness Week - a time to give

There's been a lot of talk about public art in Christchurch lately – one of the pieces that I really like is British artist Martin Creed's neon work "Everything is going to be alright" which has just been installed outside Christchurch's Art Gallery. It was a gift to the City from the late Neil Graham - who liked to be known as 'Grumpy', who sadly passed away last week.



It's a message that I hope will bring Cantabrians together. We know from international research that as time progresses after any disaster, people find themselves at different stages of psychosocial recovery.

That's certainly true in Canterbury. Gone are the days when our collective shock led to a swell of co-operation that had us all fetching water and digging loos together. And although we still face challenges, the latest research from All Right? shows that many Cantabrians are a long way down the path to recovering from the effects of all we've been through. Yet for others, the pain the earthquakes and related stressors have caused is even worse now – that's especially true for our most vulnerable and those battling insurance issues.

The reaction to Creed's work reflects this divergence – some say the words "Everything is going to be alright" brings them comfort, others say the message has come too late in the recovery for them. I'm hoping that all the talk over this artwork will get us thinking about how others are doing as it is empathy that will keep Cantabrians looking after one another.

We are acutely aware of the impact this earthquake continues to have on mental health in Canterbury. We've had a 67%

increase in new child and youth patients accessing our mental health services in the year to 31 May 2015 (compared to the 12 months to 31 May 2012). The number of adult psychiatric emergency assessments in our emergency department has doubled over the same timeframes – a 102% increase in the past three years.

This is Mental Health Awareness Week (it runs from 5-11 October) and I'm hopeful that this week we can all take some time to ask ourselves and those around us the question: are you all right?

As the All Right? campaign has taught us, individuals do have the power to have a positive impact on their mental health. Just as there are things we can do to keep ourselves physically healthy, there are also things we can do to remain mentally well.

And that's vital - it is good mental health which ensures we enjoy life and are better able to cope with the ups and downs. And good mental health is even more important when times are tough.

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This year the theme of Mental Health Awareness Week is GIVE. Giving or helping others is one of the best ways to give your mental health and wellbeing a boost. You'll see a very simple way to give, flashing up on a screensaver or appearing on a wall near you shortly. [#ThatTimeYouHelped](#) is a project by All Right? and Scape Public Art that encourages people to acknowledge someone who has helped them. You can see details of the project and learn how to take part by following the link from press.co.nz.

This is an important project. All Right? research has shown that the number one support for Cantabrians has been family and friends and [#ThatTimeYouHelped](#) really harnesses that. Do take a moment to be part of it.

And from me, thank you all for [#ThatTimeYouHelped](#). Whether you're cleaning wards, providing treatment and care or managing patient files – in the community, in a hospital or general practice setting, you help dozens of people every day. You do it in some very trying circumstances and I want you to know that your work is appreciated.

Read how to set up your [#ThatTimeYouHelped](#) email signature on page 16.

	Year to 31 May 2012	Year to 31 May 2015	% Change
New Adult Community Cases (unique NHI)	4189	5896	40.75%
Child and Youth new cases	1700	2835	66.76%
Rural Child and Youth new cases	416	526	26.44%
Adult psychiatric emergency assessments at the ED (unique cases)	562	1137	102.31%
Rural Adult new cases	293	526	79.52%

Above: Table showing latest figures on the number of new presentations to Mental Health Services (community). We have also included statistics for the same period to 31 May 2012 so you can see the percentage change over time.

Come to the Design Lab for an innovation extravaganza

I am delighted to be able to extend an invitation to the whole Canterbury Health System to visit the Design Lab to see and interact with a fantastic new display on the theme of technical innovation. While you are there you will also have a once in a lifetime opportunity to hear from the experts about some of our health systems' smartest and most innovative systems.

If you ever wondered what they all do, or how they fit in the scheme of things, this is your chance to find out – but the experts will only be around from 11 am on Thursday 22 October, and all day Friday. Details on how to book a session for these two days to follow in a later update. From Tuesday 27 October and for the next six months or so the interactive display will be at the Design Lab, you can then make adhoc arrangements to see it.

For the first time, we have found a way to tell the story of how some of our information systems and innovative software make a difference to a patient on their journey through our health system. The display is centred around

Agnes, our hypothetical patient in her eighties, and depicts a realistic scenario which tells her story from diagnosis to her return home from hospital.

Without wanting to give too much away, this display takes an eye-catching multimedia approach to telling what could be quite a complex story, but in an engaging way. Cleverly, it allows you to dive deeper into the detail in the areas that interest you using an iPad, or stay with the bigger picture if you prefer.

We can't provide more than a concept image to whet your appetite, as this display is destined to first see the light of day at the Health Informatics New Zealand (HiNZ) conference. This year the HiNZ conference is being hosted at the National Air Force Museum, Wigram and so we thought this was a tremendous opportunity to showcase the excellent work going on in Canterbury and across the region. We will have a strong presence there alongside our strategic partners, Orion Health.

The HiNZ Conference is New Zealand's premier event for health informatics. Over 600 delegates come to this event

each year to learn and collaborate. HiNZ Conference delegates include clinicians, health sector managers, academics, educators, government, IT professionals and industry. HiNZ conference delegates have a shared interest in the role of technology in leading to better clinical outcomes and delivering improved efficiency.

As well as an opportunity to spend some quality time with the display, you will have a further opportunity to hear from the experts about what each of these systems do and for most of them, get a live demonstration of their functionality. There may even be time for the odd question, though they don't have to be odd.

The innovations that will be featured include, purely in the order they benefit Agnes:

HealthInfo, HealthOne, Health Connect South, HealthPathways, ERMS (Electronic Request Management System), the Canterbury Patient Portal (no demo yet), SI PICS (South Island Patient Information Care System), Cortex and scOPE. » Article continues on page 3

» Article continued from page 2

Telling this story and the fact that a story exists in the first place is only possible through collaboration with health professionals and innovators from across the sector and there are some familiar faces among our partners in this project who deserve our special recognition:

Orion Health, our own HealthInfo and HealthPathways teams, Streamliners,

the Business Development Unit and Design Lab teams, ISG of course, the Canterbury Initiative, Pegasus Health, and the folks at scOPe and Sense Medical (Cortex). And of course our own corporate communications team without whom we'd never have got these cats into the pen.

I hope you can make it, you'll be glad you did. Details on how to book will go out via the Daily Global once the booking system has been set up.



David Meates
CEO Canterbury District Health Board

Ward 28 nurses recognised

Five registered nurses from Christchurch Hospital attended and presented papers at the Australasian Neuroscience Nursing Association Conference held in Brisbane last month.

The conference included many Australasian leaders and educators in neuroscience nursing.

Maira Ng and Larissa Hines were awarded "Best First Time Presenter" for their paper "The life and trials of a Pseudomenigocele". Feedback on their presentation included that it was a sound history, showed exceptional understanding of pathophysiology and was nursing focused.

Janine Kennedy was given excellent feedback about the scientific nature of her paper on "Sympathetic Storms" and was a strong contender for the "Best First Time Presenter". The judges were impressed with the level of detail in these presentations, and how they were organised and delivered.

Mandy Manning received a "special mention" at the award ceremony for her reflective piece titled "A Year in the Life of a Neuro New Grad". She had the audience captivated and was the only speaker that did not have the safety net of PowerPoint.



Left to right: Janine Kennedy, Larissa Hines, Trudy Keer-Keer, Maira Ng and Mandy Manning



Left, Trudy Keer-Keer with Larissa Hines (centre) and Maira Ng (right). Larissa and Maira received a "Best First Time Presenter" award.

Trudy Keer-Keer presented a paper on the "Role of the Clinical Nurse Specialist in the Neuroscience Setting". This presentation prompted a lot of discussion from nurses at the conference. Trudy also gained valuable skills as a first time judge for the presentations and posters.

The nurses will all publish their work in the Australasian Journal of Neuroscience Nursing next year.

Ward 28 Charge Nurse Manager, Alison Watkins, says she is extremely proud of the nurses and their contribution.

"They all showed a strong commitment and passion for our speciality and additionally represented our service and nursing in a positive light. Well done ladies."

The nurses would like to thank all the people who helped with fundraising, and would like to acknowledge the Department of Nursing, the Department of Neurology, the Department of Neurosurgery and the Christchurch Hospital Volunteers who all provided generous financial support so they could attend the conference.

Monday's Facilities Fast Facts

Burwood

Burwood is a hive of construction activity, with an average of 430 workers on site each day.

The photo (right) shows the framing of the new boiler house now almost complete.

Christchurch



Concrete pour number five for the Acute Services building foundations went without a hitch last weekend. The next pour, which will be at the Riverside end of the site, will begin on 9 October.

Fletcher Construction is now the proud holder of the Firth Mega Pour trophy for the largest single concrete pour to date in the Christchurch rebuild. The photo (left) shows project manager Alex Fearon of Fletcher (left) receiving the trophy from Brian Phelan of previous holders Leighs Construction.

Outpatients facility news: Design team and Project Managers appointed for Christchurch Hospital Outpatients Development

CCM Architects (Designers) and Johnstaff NZ (Project Managers) have been appointed for the development of the Outpatients facility at Christchurch Hospital following open procurement processes for design services and project management for the Outpatients project.

CCM Architects led a consortium proposal, along with Opus International Consultants and Jacobs New Zealand Limited. The successful proposal includes architectural and health planning services to be delivered by CCM Architects; building services (mechanical and electrical) delivered by Jacobs, and civil/geotechnical/structural engineering delivered by Opus.

As project architect, CCM Architects will be the lead party and main point of contact for the design contract for the Ministry of Health and the Canterbury District Health Board.

Johnstaff NZ picks up its second recent hospital project, as it is currently Project Manager for the Grey Base Hospital project, its first NZ project. Johnstaff Australia is an established Australian project management consultancy, with a strong history of delivering large healthcare projects.

The new outpatients facility is planned to be located in the Health Precinct and is expected to be complete in 2017.



St Asaph Substation project

The groundwork for the new electricity substation on St Asaph Street is now complete. The main concrete pour for the foundation slab, an estimated 110 cubic metres of concrete, is scheduled for Tuesday 6 October, beginning at 4 am.

New cables for the substation are being laid under the pavements around the St Asaph / Hagley Ave / Antigua Street block. This work is expected to last for around two months. Access will be maintained to DHB buildings and/or diversions will be put in place.



Bouquets

Ward 28, Christchurch Hospital

To Judi and the team at Ward 28, words can't express our gratitude to you in regard to our loved 'Poppy', 'Dad' and husband, John. The speed, efficiency, forethought and anticipatory approach was a major factor in our family being able to cope with this devastating situation. You truly are a credit to your profession. Warm wishes and thanks.

Ward 18, Christchurch Hospital

I want to give the three nurses who attended to me during my stay in hospital high praise. I am so impressed with the level of care given to me and genuine compassion. I am currently sitting in my bed and needed to say a huge thanks to, Nurse Megan, Nurse Roger and Nurse Mark. Any request that I have asked for has been met with genuine support and help. I feel like nothing I ask for would be a bother. Please pass on my thanks for the level of care given to me and huge hugs to them.

Burwood, Emergency Department and Plastics Outpatients

Once again I have been looked after by staff both at Burwood, ED and Plastics. These staff always behave in a professional and exemplary manner – their expertise sometimes comforts me. How fortunate we (and I) are to have staff and the health system like this here in New Zealand. This system is tax payer funded and I would like to say thanks to all who have contributed to my continued health. This is not the last time I will use this service here and I know that

the next time it will be done at the highest of levels. Thank you and kia ora.

Oncology Outpatients, Christchurch Hospital

Nurse Jo is wonderful, friendly, and positive. She talks with you and asks how you are when she sees you. She always has a smile and a kind word to say. She radiated joy and positivity.

AMAU, Christchurch Hospital

Have been well cared for by friendly staff. Thanks to all staff who have been very good.

Emergency Department, Christchurch Hospital

Tena Koe. Dr Lyn in the Emergency Department on 1 September is to be thanked for her respect and consideration with patients. She thoughtfully considered moving my niece to a private room to do an embarrassing procedure. Dr Lyn moved the bed herself, she could have ignored this, being a busy environment and just closed the curtains. You changed this painful encounter, lessening the embarrassment and our whānau thank you for your respect. Your manner is commendable. Nga mihi.

Christchurch Hospital

Thank you guys for your excellent treatment of my dislocated shoulder. Personally Dr Arash Kaghazien and his beautiful team. You're awesome! Enjoyed every moment that I've spent with you.

Ward 12, Christchurch Hospital

My brother was admitted to Christchurch Hospital, Ward 12 on 30 August. He was still in hospital four

weeks later. This ward has the best staff you could ever have. My brother was in the ward for three weeks. The nurses treated him and all the patients well. They were friendly and professional. They explained everything and nothing was a problem. My commendation to them all, doctors, nurses and other staff.

AMAU, Christchurch Hospital

I have had excellent care since my short stay in here. I have found the staff very friendly. Thank you to everyone in my care.

Ward 17, Christchurch Hospital

I have been here eight days for bowel cancer surgery. The staff are wonderful and caring. Everyone is so helpful. The doctor was very good and I have no complaints. The food was okay as I know how hard it is to cater for a large crowd. I want you to know that I appreciate it. Carol is great. Greg and Nora were fantastic nurses. Thank you.

Ward 17, Tim Eglinton, Christchurch Hospital

Mr Tim Eglinton. Wonderful manner, very pleasant and thorough. Great surgeon. Thanks a million.

Ward 11, Christchurch Hospital

My nurses were very friendly, they looked after all my needs. My nurses included Nic, Anna and a couple more, they were very helpful. Please pass my compliments to the amazing team.

Bone Shop, Christchurch Hospital

Fiona, Sam and Chris in the Bone Shop are brilliant.

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Central Readmission, Christchurch Hospital

Everyone was friendly and helpful with all the right information. From receptionist to nurses and doctors. The wait wasn't too long and the waiting room very comfortable.

Ward 27, Christchurch Hospital

A big thank you to Dawn, our catering lady who was so pleasant and couldn't be more helpful. To catering staff full congratulations, the meals you served us were to the highest of standards and most enjoyable. Staff nurses are just so great. Thank you all so very much.

Ward 28, Christchurch Hospital

I am writing to compliment the staff for their patience and care. Good job guys.

Yoga at Burwood Hospital by Kate Westwood

Kate is an outstanding teacher of yoga and it is a real asset having her teach as part of the Staff Wellbeing initiative. Not only are her classes a great physical workout, but she is extremely nurturing of spiritual and mental wellbeing too. She is an amazing communicator, is always on time and it is an absolute pleasure to attend her class. I sincerely hope that CDHB is able to retain her as a yoga teacher for 2016. Thank you for facilitating this activity.

(From Kate Parfitt, Public Health Nurse, Burwood Hospital).

Gastro Department, Christchurch Hospital

I recently had a medical test on my colon through the Gastro Department

at Christchurch Hospital. The Surgeon was Mr Rob Robertson. I would like to pass on my thanks to all the team concerned for the wonderful service, treatment and care given to me whilst undergoing this procedure. My wife came in for the results and also received wonderful consideration as well. Please pass my thanks on to your entire team - they are wonderful.

Emergency Department, Christchurch Hospital

My pregnant daughter arrived in ED with chest pains, shortness of breath, and chronic asthma. She only had to wait 38 minutes to be seen. Dr Giles was awesome, he really made my daughter feel at ease, and his manner was calming to the whole situation. He had a lovely ahua (character). Kia ora mo to manaaki Dr Giles.

Canterbury DHB's mental health consumer advisors work to make it better

Working behind the scenes to make it better for people using our mental health services, Canterbury DHB's consumer advisors are all people who have personal experience of mental illness. They work within our health system to improve the experience of tangata whaiora (people seeking wellness). Their own experiences provide insights which drive their desire to work at a strategic and policy level to ensure our systems and processes are best for patients and consumers.

"It's a process of continuous quality improvement," says John Kavermann. "We work alongside managers and provide advice. We have interactions with staff at all levels, and we all enjoy opportunities at times to interact with consumers".

Working at a systemic level, being involved in training and working with staff at all levels of the organisation has been an effective way to introduce changes that are sustainable and beneficial for consumers. One of the projects the team has been involved with involves working with clinicians to reduce the use of seclusion and restraint, as part of a least restrictive practice policy. "We are working towards a seclusion-free environment and we're making fantastic progress when compared with some years ago," John said.

Teresa Quigley spoke about a project aimed at improving communication between community mental health teams and support workers employed by non-government agencies (NGOs) who also provide care for a person. "Closer collaboration and better communication are vital. We agreed on our expectations, in terms of response times and communication and there's been a significant improvement. This has led to a better service for consumers at the end of the

day, and that's what we're here for.

"Since the quakes people are more open to working in different ways, we've all become more cooperative and can see the benefits of working collaboratively."

Dean Rangihuna, Māori consumer advisor, has seen his role supported by consumers and staff alike. "I feel my role has been embraced and well supported and I can add value for both staff, tangata whaiora and their whānau to ensure cultural aspects of our mental health services provide a safe environment for everyone."

Māori language, karakia and waiata can help calm and de-escalate people who are distressed. "Waiata, or song, seems to have a great effect for people of all cultures," Dean said.

"If I had a family member resident in our services, I would ask myself, how would I like them to be treated? What would make them feel welcome and safe? And that guides the way I work," Dean said.

The consumer advisors have all welcomed the 'Equally well' report produced by Te Pou. This is about looking after the whole person, not just their mental health, but their physical health and wellbeing as well. Changes have been made to our systems, so anything that's identified as part of a person's admission assessment is followed through. Nursing staff have had additional training in physical health assessments.

With all the system changes the consumer advisors are involved with, it's always about supporting people and trying to make it as easy as possible for everyone to do the right thing.

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Better communication with families is something they are passionate about – and this includes listening. As John says, “We’re advocates for change at the population level – not for individuals.

“Individually and collectively we are role models for recovery.”

With one in five people in our community experiencing mental illness at some stage in their lives, Mental Health Awareness Week is worth celebrating, to highlight the good things happening in our health system. “While there is still some way

to go to reduce the stigma of mental illness, campaigns such as the ‘[Like Minds. Like Mine](#)’ campaign and various online and social media campaigns have helped break down barriers and get people talking about their mental health” said Linda Smith.

The theme this year is GIVE, one of the [five ways to wellbeing](#) – and the consumer advisors encourage everyone to give in some way this week, and every week. Give a smile, a hand, or bake a treat for your team mates. You get a lot back when you give. Try it.

Introducing some of our Mental Health Consumer Advisors

Danielle Robb

My name is Danielle Robb and I am the Youth Consumer Advisor with the Child, Adolescent, and Family (CAF) Mental Health Services. My job is to use my experience as a consumer of youth mental health services to work with clinicians on any ways to improve the service for young people. The reason I do this job, and why I love it so much, is because being a young person is hard enough as it is, and being a young person with a mental illness is even harder. The fact that I get the chance to spend my day hopefully improving the lives of young people (who often remind me of myself), and making their journey through mental health a little bit easier, is a gift that I am very grateful to have. At the end of the day, the bravery of these young people and the resilience they show is what makes the hard parts of the job worth it.



Above: Danielle Robb

Teresa Quigley

I’m Teresa Quigley and as part of Mental Health Awareness Week, I want to describe my role as a consumer advisor for The Specialist Mental Health Service (SMHS). As consumer advisors, we each have an experience of mental illness and live it in our day to day lives. We use this experience and knowledge to provide advice and expertise to SMHS from a consumer perspective, which then goes on to support continuous quality improvement. We work in partnership with our clinical colleges to provide a service that is consumer centred, family-whānau inclusive, flexible and responsive to the needs of consumers who use the different supports we offer. We promote a recovery approach, which identifies the strengths that consumers have and builds on those strengths to help them live the life they want to live, in the community, with as many natural supports as possible. We also work towards eliminating stigma and discrimination against mental health consumers through the training we provide.



Above: Teresa Quigley

Linda Smith

Hi, my name is Linda Smith and I’m the longest standing member of the Consumer Advisory Team, having worked here for nearly 11 years. My background as a nurse and consumer of Specialist Mental Health Services stands me in good stead to bridge the gap between consumers and management. I’m passionate about getting the consumer recognised as the core of our work because let’s face it – if they were not here we would not have a job! I enjoy teaching and am also keen to get the word out to all staff about the physical/mental comorbidities: if you’re keen for a good read, Te Pou’s paper, [“Equally Well”](#) is a great starting point.

Canterbury Grand Round

Friday 9 October 2015 – 12.15 to 1.15pm, with lunch from 11.45am.

Venue: Rolleston Lecture Theatre

Speakers: Raj Singhal, Clinical Director Burwood Spinal Unit and Rosalind Crombie, Spinal Registrar

Title: Time is Spine: New National Spinal Strategy

The talk is on the New National Spinal Strategy and the new destination policy guidelines it implicates. Examples of good outcome as a result of following the new destination policy guidelines and examples where this could be improved for better outcome of the patients will be presented.

Speaker: David Meates, Chief Executive

Title: Overview of progress within the Canterbury Health System

Chair: Peter Ganly, Consultant Haematologist

Video Conference set up in:

- » Burwood Meeting Room
- » Meeting Room, Level 1 TPMH
- » Wakanui Room, Ashburton
- » Administration Building, Hillmorton

All staff and students welcome

Talks (with Speaker approval) will be available within two weeks on the [intranet](#).

Next Clinical Meeting is Friday 16 October 2015

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

Mindlab activities for child patients

Children in Christchurch Hospital's Playroom enjoyed something a bit different last week when Mindlab dropped by.

Director of Mindlab, Christchurch, Michael Campbell, and his associate Shary Bakker, generously gave up their time to visit on Friday 25 September and engage children aged from 4 to 14 years in activities such as coding with robots and 3D colouring in.

The Activity Room was contacted by Mindlab about implementing IT in the hospital environment as children that are in inpatients have limited access to information and technology, says Team Leader Hospital Play Specialist, Allie Bower.

"The best thing about Mindlab is that all educators are registered teachers and they enable children to learn skills such as coding, making short movies using free apps and 3D technology,"

The children then are able to extend on the skills that they have gained by implementing these on devices such as their home computer and tablet, she says.



University of Otago Research Radar Christchurch

New treatment for osteoarthritis studied

Osteoarthritis causes severe pain but effective and safe treatment options for the chronic condition are limited.

University of Otago, Christchurch researcher and general practitioner Dr Ben Hudson is trialling a drug used for depression as a possible treatment for osteoarthritic pain. He is working closely with Canterbury District Health Board experts on the three-year Health Research Council-funded trial. The team includes orthopaedic surgeon Professor Gary Hooper; rheumatologist Professor Lisa Stamp; and pain management expert Dr John Alchin.

The medication being trialled is antidepressant drug nortriptyline. The researchers are studying its effectiveness in patients with osteoarthritis in the knee.

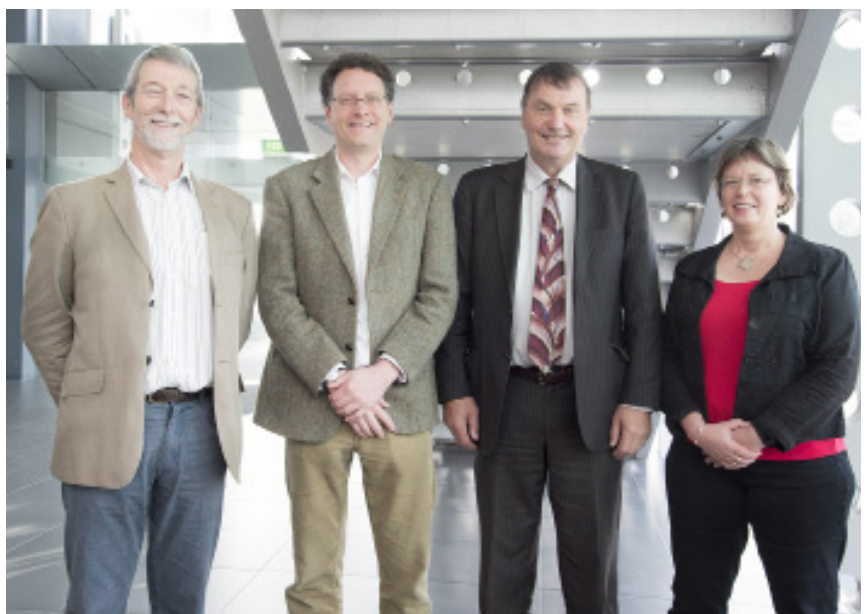
Half of participants will get nortriptyline in addition to their usual medication, while the other half will get a placebo pill to take with their usual treatments.

Patients will be recruited from the Canterbury District Health Board orthopaedics outpatients' department and general practices in Christchurch.

Dr Hudson says nortriptyline has been used for several decades as an antidepressant but has also been found to be successful in treating some chronic pain conditions such as nerve damage, post-shingles neuralgia and persistent back pain.

"Because of a lack of alternatives, some doctors have been prescribing nortriptyline out of desperation to patients with chronic knee pain and it does seem effective. What we really need to know is whether this effect is real or due to a placebo effect."

Dr Hudson says if the trial is successful the drug could provide an excellent new pain relief option for patients ineligible for knee replacements and those in pain waiting for the surgery.



From left: Dr John Alchin, Dr Ben Hudson, Professor Gary Hooper and Professor Lisa Stamp.

Anyone interested in taking part or finding out more about the study should contact Alison Parsons on 03 364 3645 or alison.parsons@otago.ac.nz



working with

Canterbury
District Health Board
Te Pori Hauora o Waitaha

MedChart brings benefits to Burwood

MedChart furthered its plan for world domination back in August as the next phase in its roll-out took in Burwood, including BIRS, ORU, BSU, SOU, theatres & PACU. MedChart is now live for an impressive 493 beds across Canterbury DHB and around 1500 beds regionally.

Stella Ward, Executive Sponsor for the whole eMeds programme (which includes MedChart) says that valuable lessons are learned from each new stage in the roll-out which inform an improved process for the next one.

"For Burwood, we 'recruited' two pool nurses to assist with the roll-out and they have been a tremendous asset. They are now super users and act as advocates for what MedChart can achieve in terms of accuracy, ease of use and patient safety. While they aren't there the whole time, our super-users can potentially mentor people until using the system becomes second nature to them."

Jessica Vanstone, a nurse from the Burwood Brain Injury Rehabilitation Service has been working with the new system for a couple of months now and was happy to give it a clean bill of health.

"The introduction of MedChart has been a good experience for most nurses. We are a longer stay unit and so having an electronic version of a drug chart means we don't have to

chase doctors around to get them to rechart like we used to when we got to the end of a page on the paper copy.

"Everything is there on MedChart because certain fields are compulsory, and you can always read what it says: Precise info on the medications themselves – side effects to look out for, dosages, timing etc, all clearly signed off by an appropriate person. Reminders about which medications are imminent and if any are overdue are extremely handy too."

For the first time, MedChart encompassed theatres and so extra support was provided by the eMeds training team and technical back up to ensure the changeover went as smoothly as possible.

After consultation with Burwood teams to make sure they didn't need further support, the roll-out was considered complete by 18 September, on schedule and with hardly a hiccup.

"The trainers and support team did a fantastic job for a Burwood workforce that was open to change, who quickly grasped the benefits of MedChart for both patients and clinicians. Thank you to the Burwood staff for their support in achieving this latest MedChart success," Stella Ward says.

MedChart will be heading to Ashburton Hospital in the second week of October.

Below: eMeds team.



100 Days Programme - spaces still available

Book now to attend a 100 Days Programme workshop before the end of the year. Spaces still available for Thursday 26 November.

The workshops will provide an interactive opportunity for CDHB staff to better understand optimal elective patient flow and the knowledge to apply the approaches learnt as part of the 100 Days Programme.

To book email Megan.Hopper@cdhb.health.nz and for more information [click here](#).

Internet Explorer 11 Upgrade

From Tuesday 6 October 2015, Information Services will be staging an upgrade of our default browser from Internet Explorer 8 (IE8) to Internet Explorer 11 (IE11). This is required, because from January 2016, Microsoft will no longer be supporting any browser under IE11. Further details are available [here](#).





Rethinking process in Molecular Oncology laboratories saves time and money

Medical Laboratory Scientist, Geraldine Duncan, used a Collabor8 project to improve a process in the Molecular Oncology laboratory so that patients can get certain results sooner.

The problem was that cDNA processing took six hours, creating bottlenecks in the laboratory and it was sometimes difficult to meet expected turn-around times. Staff could not always be spared for the day from other tasks, the process was tiring and prone to errors.

Geraldine altered the times when various steps in the process were carried out and revamped the worksheet.

As a result, the weekly process time has been halved to three hours and it is easier to do a quick run for urgent samples. The worksheet is now much clearer as all instructions are in one place; it is quicker to do as it is compiled as samples arrive; and calculations are automatic within an Excel spreadsheet so it is less prone to errors.

Time was the biggest barrier to making the changes, Geraldine says.

"I had ideas of what to do but little time to design the worksheet."

Reducing the cDNA processing time will mean \$3900 a year saved. Ensuring patients will always have results available when attending an appointment translates to \$10,800 a year in savings. And preventing errors will save \$2000 annually.

Geraldine says it is worth thinking about everything we do as there is a lot of waste in many procedures.

"Most systems and procedures can be improved and not only money is saved but staff morale is improved as it is easier to do their jobs."

If you are interested in attending Collabor8 then please contact Heather.Manson@cdhb.health.nz

National Patient Flow project moves into phase two

National Patient Flow (NPF) is a national patient-centred referral data collection. It contains patient level information that will enable patients from all DHBs to be tracked from the point of general practitioner referral for first specialist assessment (FSA), through treatment and a range of other diagnostic and therapeutic procedures until they are ready to be discharged back to their general practitioner.

NPF will enable DHBs to understand referral and prioritisation patterns, waiting times between events associated with that referral, decision making, access to treatment and other services. We will be able to identify bottlenecks, barriers to accessing treatment and diagnostics. This will enable us to streamline processes and resources more efficiently.

In Canterbury we are fortunate that nearly all data required for this project is already collected, so much of the work involved with sending the data

weekly to the NPF national data base occurs behind the scenes by our hard working Decision Support team. The only additional information clinicians are required to collect is the 'next step' following each consultation and then administrators to record it electronically.

Hagley Outpatients Department Team Leader, Lisa Williams, says the coding and the data it's collecting is fascinating and works very well as clinicians and administration staff are working together.

"The new Health Connect South outpatient clinic lists now have a space for NPF coding for the clinicians to write the code and this has also helped immensely", she says.

NPF Phase Two commenced on 01 October. It includes the full range of hospital outpatient activity from FSA to discharge back to the general practitioner.

Clinical areas that are out of the scope of this project are maternity, mental

health, Emergency Department, and primary and community based services.

For data entry questions please email Service.desk@cdhb.health.nz. Write 'HOMER' in the subject line. This is checked frequently.

For any other questions please contact Keith Todd, service manager, Ph 81269 or 027 2127297

More information can be downloaded [here](#).



Lisa Williams.



a career with us...

Allied Health NESP Programme

Do you want to develop your career in Mental Health? Would you bring qualities and experiences into SMHS? New Entry to Specialist Practice (NESP) programme is for you!

An exciting opportunity exists for new graduates in Social Work or Occupational Therapy to enter the Specialist Mental Health Service (SMHS) via the Allied Health New Entry to Specialist Practice (NESP) programme within the Canterbury District Health Board.

The NESP programme will include:

- » Provision of a preceptor/work place mentor, and a thorough orientation and training package.
- » Regular clinical supervision, tutorials, and workshops with other NESP trainees.
- » Completion of the Postgraduate Certificate in Health Science (Allied Mental Health and Addictions). Please refer to www.tepou.co.nz/training/skills-matter/2014-programmes for more information. This course will most likely be block taught by AUT in Christchurch, and fees are covered by Te Pou.

Applicants must be:

A recent (or imminent) SW or OT graduate with no previous SMHS experience (applicants may have had student placements in SMHS) If the applicant is expecting to graduate in 2015 they must be able to provide confirmation from their Training Agency that they are on target to meet graduate requirements.

- » Registered OR provisionally registered by the relevant regulatory body.
- » Committed to learning, and developing mental health professional practice.
- » A New Zealand resident, with a full drivers licence.

Applications close on Tuesday, 13 October, 2015. We expect shortlisted candidates will be available for interview the week of 27 – 29 of October, 2015. You will be expected to bring a copy of the transcripts for your professional qualification to the interview.

Enquiries should be directed to Heather Ewing, Recruitment Specialist on 03 337 7920, email heather.ewing@cdhb.health.nz.

[More information.](#)



Recruiting over the holiday period?

Have you thought about your recruitment needs over the holiday period? It's never too early to start planning!

Get in touch with one of our fantastic Recruitment Specialists today.

recruitment@cdhb.health.nz or phone 3 337 8889 or ext. 68889

Attention: Requestors of Anatomical Pathology Services

Due to increasing demand and an ongoing shortage of Anatomical Pathologists, Canterbury Health Laboratories regrettably advise that there will likely be delays in provision of some Histology and all Cytology reports over the coming weeks. This may also impact on some patient results being available for MDMs.

Your assistance, outlined below, with prioritisation

and minimisation of disruptions would be most appreciated.

- 1 Please record the degree of clinical urgency of the case (date result required) on the specimen request form. For example: the date the patient has a booked appointment/meeting/outpatient clinic.
- 2 Please check éclair for all results before contacting the department or individual pathologists.

Thank you for your ongoing support as we continue the recruitment process.

One minute with... **Malcom Walker,** **Health Protection Officer**

What does your job involve?

I work in Community and Public Health's environmental health team dealing with air quality, housing and contaminated land issues as well as providing public health support to Resource Management Act submissions which include consent applications and various local and regional plans. I'm also a Drinking Water Assessor monitoring public water supplies and auditing drinking water safety plans.

Why did you choose to work in this field?

Well it sort of chose me. When I left school I went to work in a town milk laboratory. A Health Protection Officer I knew, used to sample the milk and I quizzed him about the job. It sounded interesting so I applied to the then Department of Health and was accepted for training. It's a job that's taken me all over the world and nearly 45 years later, I've never regretted it.

What do you like about it?

The opportunity to make a meaningful difference to the health of individuals and communities. Much of the time it's difficult to see what effect our work has had because of the long horizons. On other occasions, we can see

where we have directly affected policy. A recent example is the Health Impact Assessment (HIA) on warmer housing and air quality. The recommendations from this can be seen almost complete in the draft Regional Air Plan and many families will benefit from it.

What are the challenging bits?

Emergency responses are the most challenging. These can range from disease outbreaks and flooding to earthquakes.

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

I admire the health protection team as a whole, from Health Protection Officers and Medical Officers of Health, to the support people. They are knowledgeable, supportive and always able to rise to the challenge.

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?

CDHB values are a core part of my role and of public health. Without these values we could not properly carry out functions that range from advisory to regulatory.

The last book I read was...

A classic tale... "Lord of the Flies"

If I could be anywhere in the world



Malcolm Walker

right now it would be...

London

My ultimate Sunday would involve...

Having my daughter run after me for a change!

One food I really dislike is...

Offal is awful

My favourite music is...

Hmmmm -- most apart from hip hop, rap and country.

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

Naomi.Gilling@cdhb.health.nz



Deloitte Fujitsu Public Sector
**Excellence
Awards
2015**

The Institute of Public Administration NZ (IPANZ) invites you to this seminar to hear from The Canterbury Clinical Network, winner of the Prime Minister's Award for Public Sector Excellence at this year's Deloitte Fujitsu Public Sector Excellence Awards.

Hear how The Canterbury Clinical Network's 'alliance' framework for delivering healthcare services has achieved astonishing results. Last year alone, 30,000 people who would previously have been admitted to hospital with acute conditions received their treatment and care in their homes. This seminar provides an opportunity to hear what can be achieved with co-ordinated vision and planning.

Date: Wednesday, 7 October 2015

Time: 5:45 PM to 7:30 PM

Venue: Deloitte, 151 Cambridge Terrace, Christchurch

Light refreshments will be provided.

Take this opportunity to network with other public sector colleagues.

[Read more and register.](#)



Deloitte.

FUJITSU

In brief

South Island Alliance October Newsletter

The October issue of the South Island Alliance newsletter is out now. Please feel free to distribute this to staff and colleagues. This issue's articles include:

- » A summary of the 2014 - 2015 achievements across all of the alliance workstreams.
- » Story from South Canterbury DHB on their falls success in the AT&R ward.
- » Palliative Care Sector Engagement Forum update.
- » Oncology Multidisciplinary Meeting Coordinators training day.
- » DHBs collaborate to reduce Opioid related harm article.
- » SI PICS kicking off in 2016.

Read it online at the South Island Alliance [website](#).

Registered Nurses undertaking Postgraduate nursing study in 2016

Applications are now open for HWNZ funded places in Semester 1 and 2, 2016. The link to the online application form is:

[CDHB Online Application Form - HWNZ funding](#)

The link, and further information, is also available on the Postgraduate Nursing Education website:

[Postgraduate Nursing Education](#)

Closing date is Friday 9 October, 2015.

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 Consultant, PG Nursing Education on 68679 or jenny.gardner@cdhb.health.nz

Your hospital cricket team needs you

The Christchurch Hospital Cricket team is looking for enthusiastic players to join the team for the new season. We play at Presidents grade in the Christchurch Metro League and are part of Sydenham Cricket Club. Matches are usually played on a Saturday afternoon. We are looking for experienced players as the grade we play at has become fairly competitive now.

Anyone interested in joining us please contact Aidan Hegarty on ext 89770 or (preferred) e-mail aidan.hegarty@cdhb.health.nz for further details. The club also has a new website up and running at www.sydenhamcricket.co.nz



Calling all Nursing, Medical & Allied Health staff!

You are invited to participate in a study exploring mobile phone ownership and use as a photographic tool in the hospital setting at your District Health Board.

Nursing, medical and allied health staff across all departments and specialties are eligible to participate and a report of the results will enable the researcher to assess the risk to patient safety and confidentiality in light of advancing mobile phone technology. Your contribution could be influential in shaping the best practice of mobile phone technology in healthcare for both today's and tomorrow's health professionals.

The online questionnaire requires only 5-10 minutes of your time and all responses are completely anonymous. This research will form part of a Master's dissertation in Health Science at the University of Canterbury.

The study has been approved by the University of Canterbury Human Ethics Committee.

The link below will take you straight to the online survey where further information can be found for potential participants.

<https://www.surveymonkey.com/r/YMPCV2Y>

Any questions or concerns should be directed to Emily Keefe at ejk49@uclive.ac.nz



CDHB Research Committee - Call for Active Researcher Nominations

The CDHB Research Committee is a Standing Committee within the Canterbury District Health Board, reporting to the Clinical Board. The Committee develops policy, provides governance and advises the Clinical Board and Executive Management Team on matters related to clinical research activities within the CDHB.

The Committee is now seeking Active Researchers (clinical, community, and biomedical) to represent on the committee. Members of the committee must be willing and able to attend monthly meetings. Confirmation of places on the Committee will be ratified by the Clinical Board.

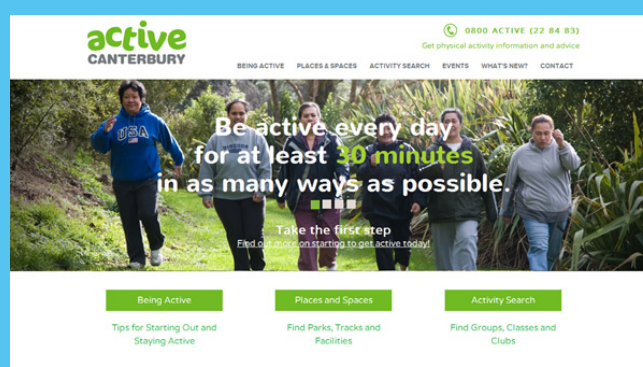
For Research Committee Terms of Reference, meeting dates and current membership list please contact Rebecca Coombes at Rebecca.coombes@otago.ac.nz

Nominations can be made by any member of the research community and should be forwarded to Rebecca Coombes, Manager - Research Office, by 9 October 2015. Email: Rebecca.coombes@otago.ac.nz. Applicants are invited to submit a brief resume of their research activity, and a short paragraph outlining how they could contribute to the Committee.

Dr Mark Smith, Chair CDHB Research Committee

Getting active, no sweat!

The Active Canterbury [website](#) has all the information you and your family need to take the next step towards a more active lifestyle. Recently updated, the site now includes a range of new features that makes connecting with local classes, places, programmes, events and people even easier! The new Active Canterbury [Facebook page](#) is also a great new addition that makes sharing activity information and keeping up to date no sweat! And don't forget, for more personalised activity advice, the friendly physical activity team at Sport Canterbury is only a call away on 0800 ACTIVE (228 483).



Countdown Kids Hospital Quiz Night

Thursday 15 October, 7.30pm
Hornby Working Men's Club
\$10.00 per person (4/6 per team)

All teams to be confirmed by Friday 9 October.

Please contact Elana Breytenbach for tickets:

Telephone: 364 0742 or ext 80742

Email: elana.breytenbach@cdhb.health.nz

Nurses undertaking CPIT courses in 2016

Applications for funding for nurses undertaking CPIT courses are now open.

Please apply using the on-line application form:

[CPIT Funding application form](#)

Applications close on Friday 9 October 2015.

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

Change in PDRP Interim Performance Appraisal Forms & Interim Validation forms

The PDRP office has been trialling new forms to assist with making the interim PDRP process easier for both the applicant and line manager. You will now find new forms in place of the old ones. Currently these are still in Microsoft word.

The changes in the interim Performance Appraisal are as follows:

- » The Appraiser/Line Manager is no longer required to write comments into the National Framework Descriptors. Met is sufficient.
 - The applicant however will still need to provide evidence of meeting the National Framework Descriptor
- » Section C – Workplace contribution has been removed from the Interim Performance Appraisal document as this is covered off in the National Framework Descriptors

The rest of the Interim Performance Appraisal is the same.

Canterbury
District Health Board
Te Pori Hauora o Waitaha

PEOPLE
in DISASTERS



PEOPLE IN DISASTERS CONFERENCE 2016

RESPONSE - RECOVERY - RESILIENCE



NATURAL DISASTERS

Have you
experienced one?

Have you worked
in one?

What can you
learn from those
who have?

How prepared
are you?

Register now to take part in this inspirational event
24 - 26 February 2016
Air Force Museum of New Zealand, Christchurch
Find out more: www.peopleindisasters.org.nz

University of Otago, Christchurch
Newsletter

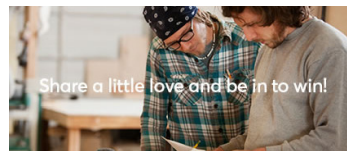


Spring 2015

In this issue:

- » Christchurch teacher named best in the country.
- » Making sense of genetic information.
- » Tackling bowel cancer from screening to surgery.
- » Heart Foundation supports Christchurch research.
- » Taking medical students' learning high tech.
- » Medical students deliver safe sex messages to young inmates.
- » New treatment for painful osteoarthritis studied.
- » Christchurch academic in New York Times debate.

[Read the full newsletter.](#)



Share a little love and be in to win!

#ThatTimeYouHelped

#ThatTimeYouHelped email signatures

To download a [#ThatTimeYouHelped](#) email signature:

- » Go to the staff [intranet](#).
- » Right-click on your chosen image below > select save picture as and save the image somewhere you (and your team) have access to – perhaps on the G/shared drive.
- » Then go into your email signature – while in your inbox click the blue file tab top left, choose options from the left hand panel, then mail, then signatures.
- » Put in your email signature text.
- » To add the image: Place your cursor below any existing signature text. Click on the image browse button to the right of the toolbar. Pick the image from the folder you saved them to and insert. The image should now be in place.
- » To insert a hyperlink on the image: Click on the footer image, click Hyperlink Button (top right). Copy and paste this hyperlink <http://allright.org.nz/our-projects/thattimeyouhelped/> into the address field, click OK.

Save the signature and give it a name (might be different from other signatures you have). On that page you can choose when the signature appears e.g. Outgoing emails, replies etc.



Mad Poets Society Open mic encore

1.30pm Sunday 11th October
The last day of Mental Health Awareness Week
Ray K's Café - Nunweek
240 Wooldridge Road, Harewood

An afternoon of poetry and beats celebrating voices of mental health – a chance to listen and share our experiences through poetry

A 'Think Differently' project funded by MSD



Awareness Canterbury Action on
Mental Health and Addictions

MHAPS Mental Health
Advocacy and Peer Support

