



Influenza can be anywhere - get immunised

It's time to protect yourself, your whānau, your patients and your community from influenza (flu). The vaccine is available at General Practices now and staff clinics will begin around the start of April.

It's pretty well known that influenza is a serious disease. It's not a cold. It comes on quickly, and when you are hit by influenza you are very unwell – often with fever, body aches, extreme tiredness and a dry cough. It can lead to serious health problems such as pneumonia, and bacterial infections which require hospital treatment.

The good news is, influenza immunisation is still our best protection available against this debilitating virus. Later in the update there's information about staff vaccination clinics near your workplace. I encourage you to get in early, immunisation is free for staff. It takes two weeks for the vaccination to become effective.

Canterbury DHB staff need to lead the way in protecting our community. Our patients come to us at a time when they are very vulnerable. Our duty of care demands we do all we can to safeguard their health. Good hand hygiene coupled with flu vaccination goes a long way to achieving this. Our colleagues in other DHBs are faced with the same priority. Unlike Waikato DHB we won't be requiring non-vaccinated staff to wear masks but I cannot emphasise strongly enough just how important it is we keep flu at bay. The knock-on effects for our Emergency Department can be devastating. Staff absence due to illness also affects the people you work with who have to fill in and cover your role. So think about your patients, think about your colleagues, think about your family, think about yourself.

We'll again be relying on our colleagues in primary care to reach out to their patients and call them in for vaccinations. Selected pharmacies will also be offering vaccinations. Canterbury DHB has provided flu button badges to our health colleagues to wear. The idea is that by wearing the badge the practice nurse, resthome worker or midwife is able to start a conversation with the person they are caring for, about getting the flu vaccination.

We're also putting extra resources into encouraging Māori to get vaccinated this year. Marae visits, radio advertising and information sheets focussed on answering questions and concerns that Māori in particular have, will sit alongside the national advertising campaign.



Above: Watch out for the posters, which are being placed around our work areas. The images were taken in the Acute Medical Assessment Unit.

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Pregnant women, people 65 years and over and those with chronic health conditions receive the vaccination for free but if you do have to pay, \$30 - \$40 is a small price compared to the misery and drama the flu can have on your family and business life.

If you do get sick and think it's influenza, remember to phone your general practice team and let them know your symptoms before heading in to see the doctor and sitting in a crowded waiting room. In Canterbury you can phone your own general practice team after-hours (on their usual number) and your call will be put through to a registered nurse who can answer your call and provide health advice over the phone.

Look after yourself this winter, stay warm and get vaccinated.

Funding announcement \$20million extra funding for mental health services in Canterbury

Minister of Health, Hon Jonathon Coleman announced today that the Government will provide an extra \$20 million over the next three years to increase mental health support for people in Canterbury. The \$20 million package of initiatives includes:

- » An extra eight clinical staff for child, adolescent and family services to ensure timely care and increased school based mental health team capacity.
- » An additional eight non-clinical roles to provide more direct access to community mental health, alcohol and drug support workers so more people can be treated in the community.
- » An extra 10 clinical roles in primary care and community settings to support children, young people and families with a higher level of need.
- » An additional Child Youth and Family Liaison clinical position to ensure timely consults and liaison for children and families at risk.
- » More support for general practices to provide increased capacity and support for people with mental health or addiction issues.
- » Online support for Maori exiting alcohol and drug treatment to provide continued support.
- » Additional funding for Telehealth Support which includes Canterbury Support Line.
- » A range of programmes to support the mental health and addiction workforce across primary, community and specialist services.
- » Packages of care for people with complex needs to enable them to move from hospital inpatient services to supported living in the community.

[Read more about the funding.](#)

Today's funding announcement acknowledges the sustained pressure mental health services – and those who work in those services – have been under since the quakes. The DHB invested an additional \$24 million in mental health services over the past four years which has helped ensure service availability.

This additional \$20m funding over three years is an important contribution to our health system. This funding will be used to provide further investment into services where demand is high to ensure people have timely access to appropriate services.

It is a testament to the remarkable health professionals in Canterbury, that despite the excessive pressure people have been working under for the past five years, we have continued to meet demand. This additional funding will help us improve access and continue to provide a range of services. It reflects the fact that the impacts on our community as a result of New Zealand's largest natural disaster will be with us for a number of years.

The challenges we face are unprecedented in New Zealand. Our approach to bringing to life a truly integrated and connected health system in Canterbury has enabled so many working in health in Canterbury to deal with every challenge thrown their way.

David Meates
CEO Canterbury District Health Board



Canterbury DHB pleased increased mental health need recognised - Murray Cleverley, Board Chair

Canterbury DHB chair, Murray Cleverley, is pleased with today's announcement by the Minister of Health, Dr Jonathan Coleman, which acknowledges the increased demand for mental health services Canterbury DHB has experienced since the series of earthquakes which have rocked the region since 2010.

"It's fantastic to see the increased demand recognised, as our staff and those providing care in the community are certainly feeling it, and our data is still showing high numbers of new people being admitted into the acute inpatient service," Mr Cleverley said.

"This additional funding will allow us to continue to provide the services people in our community need," he said. "It is recognition to those at the sharp end of providing care that their work is highly valued. This is the work that is being carried out every day in the community, through primary care and non-government organisations, in schools, in the police watch-house, in prisons and across the specialist mental health service.

"The fact this funding is spread over a four-year period, means that we can take a longer term view. We will continue to adjust our services to meet the changing demand patterns over time.

"At the moment we are seeing really high demand for Child and Youth services. This funding means we can continue to invest and strengthen these services," Mr Cleverley said.



Specialist Mental Health Services remaining at The Princess Margaret Hospital Campus

With Older Person's Health and Rehabilitation Service set to vacate the TPMH site for the re-developed Burwood campus and Corporate moving to the CBD; planning is underway to ensure there is minimal disruption for consumers and staff remaining on site. Piers Bayley, community nurse with the East Adult Community Service, will undertake a three month secondment into the role of Project Manager overseeing this process.

This role will involve planning, coordination and implementation of the various requirements of SMHS services that will remain on the TPMH campus, with the goal of ensuring a safe and seamless transition. Piers will begin his secondment next week and will work closely with SMHS leadership already working on the process, clinical teams impacted and the various other CDHB services and departments involved in the changes.

Recognition of contribution to OT leadership

Last Wednesday Occupational Therapists joined Rose Henderson, Director of Allied Health, to thank and congratulate Karen Hawkins on her time as an Occupational Therapy Consultant and later in her role as a Clinical Occupational Therapy Specialist.

Karen has supported Occupational Therapy colleagues through various clinical changes over the past eight years within these roles. Her contribution to new staff and NESP Occupational Therapists was also noted. We want to thank Karen for her efforts and wish her the best in her ongoing clinical role.



Right: Karen Hawkins (Right), Occupational Therapist pictured with Rose Henderson (SMHS Director of Allied Health) in recognition of Karen's valued contribution to OT leadership in recent years.

Facilities Fast Facts

Fast Facts – Burwood

Goodbye plywood – the glass is now installed in the new buildings' front of house / atrium area and in the external canopy – as this photo shows. In the foreground, kerbing for the car parking is almost finished.



The latest staff forum presentation from Dan Coward, delivered at The Princess Margaret Hospital on March 15, is now available for staff to view on the [intranet](#). It covers staff and public open days and staff orientation to the new site. There's also an excellent Q&A session towards the end of the presentation.

Fast Facts – Christchurch

This week the first of the base isolators for the Acute Services building have been delivered to the site ahead of installation. They will be fitted to the tops of the concrete columns on the foundation slab. The photo shows the base isolators under cover on the slab.

A timetable has been agreed for the construction of the two tower cranes needed on site. The first of the cranes will be brought to site and assembled in early April.



Planning update

For both the Acute Services building and the Outpatients building, groups are busy reviewing plans for presentations to the Clinical Leaders Group in the coming weeks. The Acute Services building plans are at the final detailed design stage. The Outpatients building is at the less-detailed stage known as developed design, in which floorplans and room contents are broadly established but some of the finer details are yet to come.

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Fast Facts – Ashburton Hospital

Steel beams and wooden framing are up on the new building at Ashburton Hospital (see photo below). The main activities over the next few weeks are the completion of structural steelwork and exterior framing, construction of interior framing, and ongoing construction of the lift shaft; with installation of roof cladding to start in early April.

The new building will contain a new operating theatre for day surgery and a new Acute Assessment Unit.



MedChart Prescriber training

MedChart - the software program for electronic prescribing and administration (ePA) – will continue its CDHB roll out at Christchurch campus from mid-July.

The roll out, which will be completed by cluster, runs over six weeks and starts in General Medicine.

Training sessions for prescribers are available now. Those sessions are:

April:

Every Wednesday - 13:00 – 14:30

Also:

Friday 8 April - 14:00 – 15:30

Friday 15 April - 10:00 – 11:30

Friday 22 April - 14:00 – 15:30

Friday 29 April - 10:00 – 11:30

May:

Every Wednesday - 13:00 – 14:30

Also:

Friday 6 May - 14:00 – 11:30

Friday 13 May - 10:00 – 11:30

Friday 20 May - 14:00 – 15:30

Friday 27 May - 10:00 – 11:30

June:

Every Wednesday - 13:00 – 14:30

Also:

Friday 10 June - 10:00 – 11:30

Friday 17 June - 14:00 – 15:30

Friday 24 June - 10:00 – 11:30

To book a prescriber session please email the service desk at service.desk@cdhb.health.nz with your preferred training session and contact details. This will automatically create a service desk job and be allocated to the appropriate staff. Someone will email back with either a confirmation of training booked or, if full, will advise you of the availability of other sessions.

These sessions will fill quickly, so please reserve your place now.

For more information about MedChart, part of the wider eMeds programme, visit the [intranet pages](#) using the link on the intranet homepage.



Bouquets

Emergency Department, Christchurch Hospital

I would like to thank Christchurch Public Hospital A&E Dept for the kind care they offered me yesterday.... After pursuing a number of avenues ... trying to alleviate breathing difficulties due to Pneumonia, I arrived in desperation asking for help. The triage Nurse who was kind while I sobbed at her window, the English Doctor (Gemma) and Nurse (Vicki) who listened patiently ordering a range of tests, the reassurance I received, I am very grateful for. Whilst the problem wasn't solved then and there (lung function test later in week precluded that) a diagnosis was offered (Bronchitis) and help suggested. Thank you to everyone. Today was a better day....

Birthing Unit - Burwood

Hi, I just wanted to tell you the staff and service here are outstanding! I was made to feel right at home and so was my family. The staff here are friendly, welcoming, and have a great sense of humour. They would put any nervous or new parent at ease. I would especially like to acknowledge Ruth, Debbie, Lee and a lady whose name I didn't get but she has short blond hair! We saw Ruth the most and if she is the head midwife then no wonder the rest of the staff are so amazing! Thank you.

Gynaecology Ward, Christchurch Women's Hospital

Am extremely pleased with my stay, also how caring and nice the nurses and doctors are. I was pleased with how understanding they are, making this traumatic time for me a lot easier to go through. Thank you so much for

the incredible level of care I received.

Maternity Ward, Christchurch Women's Hospital

Would like to thank all of the staff that helped me and my baby with our birthing journey and 24 hour stay. Everyone was really great and supportive and kind. Thank you very much. A special thanks to Lynn on Level 5.

Neo-natal Intensive Care Unit (NICU), Christchurch Women's Hospital

Our baby has been in NICU for 62 days. In this time I have dealt with most of the nursing staff. I would like to particularly give a special "thank you" to Caitlyn Cowan and Kim who worked with our daughter in rooms 7-6. They always give me and our daughter their time and are always professional. It is never an easy situation to come to the hospital on a daily basis and extremely hard to leave your baby every night. They make the daily process that much easier. Please pass on to them my appreciation. Their professional manner is a credit to them. :)

Ward 21, Paediatric Surgery, Christchurch Hospital

Staff are very good. Thank you nurses from Ward 21.

Thank you all for the great care. You do an awesome job.

Ward 22, Paediatrics Medical, Christchurch Hospital

Nurses are all fantastic! Thank you for looking after my girls.

Awesome, caring, lovely staff. Looked after us every time. Couldn't thank you guys enough.

Radiology/ Administration, Christchurch Hospital

Please pass on my sincere thanks to Helen Gowans, Lorraine, Vicki, Lynda-May and all the other administrators who work so hard 'behind the scenes'. Their friendly, patient and reassuring manner in coordinating my MRI scan, chest X-ray and clinic appointments helps make what can be a stressful time easier.

Surgical, Christchurch Hospital and Hagley Outpatients

Great, efficient service, good surgeons and friendly staff.

Urology, Christchurch Hospital

Helen is so helpful – very pleasant. She is an asset to our hospital.

Ward 19, Orthopaedics and Trauma Unit, Christchurch Hospital

Absolutely fabulous care of my husband. Thank you so much for your patience and kindness, I could not have asked for more. You are wonderful people.

Ward 23, General Medicine, Christchurch Hospital

The staff who dealt with my sister during the end phase of her life were so respectful, kind, attentive, caring. Nothing was a problem, they explained as much as we needed and treated my sister with all the dignity she deserved at such a difficult time. Thank you all but especially to Noel, Monica, Mac, Angela from palliative care and David (Resthome). My sister would be grateful.

Hand Therapy, Christchurch Hospital

Wonderful staff, always cheerful.

Flu can be anywhere – protecting our communities

It's time to get vaccinated against Influenza.

Health staff including workers in general practices, pharmacies and out in the community are particularly vulnerable to catching the virus from people who visit their work place or people they are caring for.

People who have a cough or cold are also encouraged to cleanse their hands and put on a mask when entering a general practice, pharmacy or resthome. New photos have been taken demonstrating these actions for posters to be displayed at these places.

The New Zealand 2016 trivalent vaccine contains the following three virus strains:

- » A (H1N1): an A/California/7/2009 (H1N1) - like virus
- » A (H3N2): an A/Hong Kong/4801/2014 (H3N2) like virus
- » B/Brisbane/60/2008 like virus

Staff will be getting the quadrivalent, which includes an additional strain: B/Phuket/3073/2013 like virus. Staff clinics start early April.

Screensavers will soon be appearing on work computers and the email signature above will be available on the intranet site to download.



New posters encouraging people who think they may have the flu to put on a mask before entering their general practice or pharmacy, feature the above photo.

AMAU vaccinator at the ready this flu season

The Acute Medical Assessment Unit (AMAU) is well-prepared for this flu season, which is partially thanks to Registered Nurse Rachel McEwan, one of AMAU's authorised vaccinators.

Rachel trained as a vaccinator in 2012 when she worked on a casual basis across various services. "It's an important string to my bow and working across different areas meant I could vaccinate lots of staff," says Rachel.

It's important to Rachel to be vaccinated as she works with patients who are acutely unwell and some who have influenza. "I have young children at home and I don't want to take flu home with me and spread it to them either," she says.



Above: Rachel McEwan



Above: Rachel talking with one of her colleagues about flu vaccinations.

Rachel says making the vaccination more readily available has made a real difference in achieving a good uptake by staff on the unit. "It means they don't have to leave their shift and they can get their vaccination without delay." Rachel also helps with other influenza vaccination clinics across Christchurch Hospital.

Authorised vaccinators become the 'go to' person for flu vaccination information and it's essential to talk with and educate patients and staff about it, says Rachel.

Rachel's manager, AMAU Charge Nurse Manager Allison Partridge is extremely supportive and has encouraged other AMAU staff to train as vaccinators.

"The Health Safety and Wellness Team also make it really easy and provide vaccinators with all the information, resources and equipment we need," says Rachel.

"It's a nice and different aspect of my job, I've lost count of how many of my colleagues I have vaccinated."

Staff vaccination clinics will start around the beginning of April and be advertised on the intranet, in the daily global email and CEO Update.

What you need to know about the flu and the vaccination

- » Influenza vaccination is provided free for those who need it most.
All Canterbury DHB staff
People with certain medical conditions
People 65 and over
Pregnant women (any trimester)
- » Influenza can be anywhere, so you can easily catch it or spread it to other people.
Contact with the influenza virus is almost unavoidable,

and while it does not always mean you'll be infected, it does mean the risk is never far away. You can infect other people even before you know you're sick. Even if you are not in one of those groups most at risk from complications, it is important you do not pass the virus onto those who are more likely to get sicker from influenza – including young infants, pregnant women, the elderly and people with certain medical conditions such as asthma or heart problems.

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- » Being young, fit or healthy will not protect you from influenza.

Influenza can make healthy adults, children and infants seriously ill or cause death. A healthy diet and regular exercise may help support your immune system but they will not protect you from influenza. Unvaccinated pregnant women are at particularly high-risk of influenza, even when they are fit and well.

- » Influenza is a serious illness that can put anyone in hospital or even kill.

Influenza is more than just a 'bad cold'. Although some of the symptoms are the same, influenza is usually much more severe and lasts for longer. Symptoms of influenza include a cough, headache, fever or chills, body aches and pains, fatigue and generally feeling miserable. Influenza can also lead to serious complications, particularly in people with certain medical conditions such

as heart or lung conditions. Complications of influenza include pneumonia, heart failure, and worsening asthma. Each year more than 400 New Zealanders on average are estimated to die from influenza or influenza related conditions (e.g. pneumonia, heart failure, lung failure).

- » The influenza vaccine cannot give you "the flu".
- » There is no live virus in the influenza vaccine. It has an excellent safety record and has been proven to provide effective protection for most vaccinated people, including pregnant women and their unborn or newborn babies.
- » Get immunised early for the best protection.

More than a million New Zealanders have their influenza vaccination each year. Getting vaccinated as early as possible each year, before winter hits, gives the best protection.

Nominations open for 2016 Minister of Health Volunteer Awards

We often say just how grateful we are for the work that volunteers do in our health system. Now's the chance to formally recognise this valuable work.

Nominations are open for the 2016 Minister of Health Volunteer Awards. The Awards are a great way of saying thanks to the army of volunteers who support health and disability services.

Canterbury has done quite well in previous awards. Let's extend this winning streak. Posters and nomination forms are available to download, along with information about the awards, categories at volunteerawards.health.govt.nz

You can nominate a team that has been put forward in previous years, but the nomination must make it clear that this is about their contribution over the previous 12 months.

Nominations close at 5pm Friday 8 April.

Nominate someone today

for the 2016 Minister of Health volunteer awards

Smokefree stand big success

A smokelizer was a big drawcard at a Smokefree stand held at a rugby league registration day recently.

The Community and Public Health run stand was at the Canterbury Rugby League (CRL) Registration Carnival on Sunday 13 March at the Canterbury Agricultural grounds. Junior rugby league clubs Sydenham, Hornby, Halswell, Woolston and Papanui, and others attended.

Health Promotion Officer, Christina Henderson, gave out Aukati Kaipaipa quit packs, as well as drink bottles, drink cups, lip balm, and balloons with the Smokefree logo to a good sized crowd which included a large proportion of Maori and Pacifica. The aim was to enable whanau/whanui to try to quit, she says.

"Information and resources were provided to those interested in giving quitting a go or to whanau members or friends of someone who smokes."



Above: Mother and her two children who visited the Smokefree table at the rugby league registration day.

The Smokelizer which measures carbon monoxide in the human body was very popular, with a constant crowd of people around the Smokefree table wanting to have their carbon monoxide level taken.

A raffle was drawn on the day by former New Zealand Warriors centre, Jerome Ropati.

The day was a success as there was a lot of interest in Smokefree, Christina says. Feedback from local clubs was that they would like to see sporting grounds Smokefree at all times. Parents smoking on the sideline is something that clubs would like to eradicate.



Above: Christina Henderson, left and Jerome Ropati, right, with one of the raffle prize winners.

Recommendations from the day include:

- » To commit to ongoing communication with the CRL operations manager.
- » To help local clubs and their champions to resource and lead their own kaupapa around Auahi Kore on sporting playing grounds around Canterbury.
- » To provide a policy with interested stakeholders such as CRL, local clubs, and the Christchurch City Council on designated smoking areas on sporting grounds.
- » To provide our own quit card training to local clubs and their champions so they can take ownership of this kaupapa.



Above: One of the raffle prize winners with his rugby league ball.

The Great Christchurch Campus Zero Hero Commuter Travel Survey

Wow – we've had a great response so far with more than 1497 Christchurch Campus people taking the [survey](#).

There's still time to let us know what you think – the survey closes on Friday 1 April.

If you work on the Christchurch campus and are frustrated at not being able to find a park, don't like being stuck in traffic and are sick of seeing your wages going into parking and petrol, we're here to help. Canterbury DHB, Christchurch City Council and Environment Canterbury (ECan) are working together to ease your commute.

The data will be used to help with problem-solving and we will be launching a bunch of initiatives based on what you tell us.

The survey takes less than five minutes and you will go in the draw to win one of these prizes:

» Two \$250 dining vouchers from Westpac

» Two \$50 Boat Shed Lunch Vouchers

» Thirty \$5 dollar vouchers for Medici

» MacPac clothing vouchers

and from John Bull

» One \$129 Bike light set from John Bull

» Two \$299 Voltra Reflective Vests

» One \$149 Ultura Night Vision Jacket

» One \$900 2016 Crossway Bike

The survey can be found at www.surveymonkey.com/r/ZeroHerosChch

Any questions to Jackson Green Jackson.Green@cdhb.health.nz or James Young James.Young@cdhb.health.nz

Youth Speciality Service – Working to create an awesome, youth-friendly environment

In an SMHS update late last year there was an item on fundraising getting underway within the Youth Speciality Service (YSS) with the aim of improving the environment at their Sylvan Street base to make it more youth-friendly and inviting. As a result of these efforts, and with kind donations and support from the wider community, the transformation is now well under way with decoration and improvement work being done on the interview rooms, garden, main entrance and the courtyard.

Special thanks go artist [Frankie Bakker](#) for her amazing paint job on the interview rooms (see photos below). Naming of the rooms will happen over the coming weeks.

The YSS Pukenga Atawhai is arranging for her colleagues at Te Korowai Atawhai and some clients to paint the front entrance. The team and Te Korowai Atawhai will also hang a

greenstone gift received by YSS from Whakatata House when they moved back to their building after Earthquake repairs. One of YSS OTs is putting together some designs for the courtyard and will work with Youth Cultural Development to get this painted.

Other staff members have managed to secure Bunnings Warehouse to come on board and provide funding and support to make the waiting room and garden more youth-friendly and inviting. This has opened up many opportunities and there are now some very enthusiastic young people helping out with further projects.

The YSS team is delighted to have the continued enthusiasm and commitment from the working group and those that have helped out; not only within the services but also from the wider community.




Above: Artist Frankie Bakker at work transforming the YSS walls from drab to fab.



Searching for controlled documents



Intranet search results have a new look for controlled documents. Key details are displayed which will help you confirm that you have the right document and will provide you with printing or ordering information.

 Iron Infusion Nephrology Medical Day Unit [corporate]	
Department: Medical and Surgical - Medical Day Unit 0130 Last Reviewed: 5/11/2012 Oracle: 182790	Review status: Late Ref: 3398 Clinical form number: Print status: Print yourself (<50 copies) or order from Supply (>50 copies) (Buy-in) UOM: Each
Printer name: Wickliffe	

Use the intranet homepage search box to search by:

- » document title, or a part of it, or a key word, or
- » Ref:xxxx or Ref:xxxxxx, or
- » Cxxxxxx (clinical form number), or
- » Oraclenumber:

For example, to search for a patient information pamphlet, a search could look like this:

Search where?	Search and find
All Content 	Ref:3398 

This information comes from the CDHB electronic document management system or EDMS, where controlled documents are stored.

This information is brought to you by your friendly [document coordinator](#). If you need help finding a document, feel free to contact one of us.

Staff Wellbeing Programme: Burwood-Understanding Incontinence : One for the Blokes: Men's Mental Health workshops

Understanding Incontinence

Next presentation is at Burwood Hospital - Wed 30 March

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

See www.continence.org.nz for more information on incontinence

One for the Blokes: Men's Mental Health workshop

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

For more information on all wellbeing initiatives visit the [Staff Wellbeing Programme intranet page](#).

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



Recruitment Update

Corporate Solicitor- Fixed Term

As part of a small in-house legal team this role covers an exciting and challenging mix of work – focused on the provision of advice and support relating to a range of medico-legal and commercial matters. This position is a full-time, 12 month parental leave cover position.

You will be a highly experienced NZ Qualified Lawyer that is a confident self-starter, with the ability to apply a pragmatic and common sense approach to your work. You will have experience and a proven track record in both medico-legal and commercial matters.

Enquiries should be directed to Sarah Greig, Recruitment Specialist, (03) 337 7953 or email: sarah.greig@cdhb.health.nz

Research Nurse - Infectious Diseases

The Infectious Diseases research team at Christchurch Hospital is currently seeking a nurse to be part of a small innovative professional team. The role is a mix of clinical nursing - patient assessment and administrative nursing- data entry and completing research documents.

There are research projects which are underway and also exciting opportunities to be a part of the future of research which benefits our community.

This is a role for a senior registered nurse who has experience working as a self-directed professional. You will understand the nature of research and have attained a certificate in Good Clinical Practice.

If presently or in the recent past you have worked as a RN in research we'd love to hear from you.

This role will be working 24 hours per week in a Fixed Term for two years.

Apply online or to find out more information, please contact Maureen Trewin, Nurse Manager, Cardio/Respiratory Integrated Specialist Services on ph: 364 0167 or ext: 88141 or email: Maureen.Trewin@cdhb.health.nz

Nurse Practitioner - Gerontology/Fracture Liaison

West Coast - Permanent/Full Time

The Complex Clinical Care Network Team has an exciting new opportunity for a Nurse Practitioner to work in the area of Gerontology/Fracture Liaison. This integral new role will contribute to a more effective and efficient service for clients with complex needs and at risk of falls and fractures.

A natural leader and mentor you'll thrive in an environment where collaboration and teamwork are highly valued. You'll work with a diverse group of people, teams and alliances across the West Coast Health System, facilitating change, educating and leading initiatives, thus ensuring people over

65 presenting with complex needs receive appropriate and timely assessment, treatment and follow up, reducing the risk of subsequent admissions to secondary services and Aged Residential Care. Additionally, you will assist in development, implementation, and coordination of a fracture liaison service for adults over the age of 50 at risk for falls and fractures.

Fundamental to the success of this role is your aptitude to convey information and engage effectively with a wide range of people, to be a champion in leading change, and advocate on behalf of clients and their families.

This is a career defining opportunity for an experienced Gerontology Nurse Practitioner or a Nurse Practitioner in training, to be part of a forward thinking service that is making a true difference to the lives of people on the West Coast. Some previous experience with orthopaedics would be an advantage in this role.

To discuss the role in more detail please contact Diane Brockbank, Complex Clinical Care Network Manager, phone 03 768 0477.

If this sounds like the challenge you've been waiting for, then apply online or for more information, please contact Steph Keene, Recruitment Specialist Nursing, phone 03 337 7961 or email stephanie.keene@westcoastdnhb.health.nz

Seeking applications for the role of Chief Medical Officer, Canterbury DHB

The Chief Medical Officer is a member of the Executive Management Team, reporting to the Chief Executive. The role is responsible for providing executive medical leadership, advice, support and enablement to clinical and operational leaders across the Canterbury health system, and to the DHB Board, the Chief Executive the Executive Team and Chiefs and Chairs of services. The role functions in partnership with the Executive Director of Nursing and the Executive Director of Allied Health, who together work collaboratively with clinical leaders throughout the Canterbury health system.

You will be a senior doctor currently registered with, or with the ability to register with, the New Zealand Medical Council in your area of specialty. You will have significant experience in providing and enabling distributed leadership across a complex health system setting. You will be skilled at forging cross-organisation and system relationships, alignment and commitment. You will be naturally curious, self-aware and dedicated to the building of a culture of quality, innovation and continuous improvement.

We anticipate this to be a full time leadership position, although there is potential for some clinical practice to be maintained. More information available on our [website](http://www.cdhb.health.nz).

To arrange a confidential discussion with Michael Frampton, General Manager People and Capability - Canterbury and West Coast DHBs, please contact Kathryn Clark, Recruitment Leader on +64 21 247 0471.

One minute with... **Chris Goodyer, Facilitator, Rostering Support**

What does your job involve?

I am part of the Roster Support team, working on new implementations, researching issues arising out of rostering questions, writing or updating user guides, communicating with users on operational matters and generally dealing with anything else that my manager wants me to do.

Why did you choose to work in this field?

In 1994 I was made redundant from a failed manufacturing company and managed to get work at Canterbury DHB in the then IS Department. Except for 15 months with a software development company, I have worked in health ever since. I like working in this field because it contributes to people's well-being and happiness and is always interesting.

What do you like about it?

There are so many challenges, but this also provides interesting opportunities. I feel that I have been able to make a real contribution over the years in a variety of areas.

What are the challenging bits?

Resources are always stretched. Things almost always seem to take longer to bring to fruition than anticipated, but this is probably because of both complexity and resources. One needs to have patience, kindness and a sense of humour.

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

Through my work on such projects as Y2K (Year 2000 software bug) and then the PACS implementation, both of which involved me in all areas of CDHB, I came to respect enormously those working on the front-line, both clinically and non-clinically. PACS stands for Picture Archiving & Communication System and is the diagnostic digital imaging system primarily centred within radiology. I also admire those managers who are open and who have the courage to let the buck stop with them when required.

What do Canterbury DHB's values (Care and respect for others, Integrity in all we do and Responsibility for outcomes) mean to you in your role?

I have always tried to act with integrity and to take responsibility for doing my best in my own area of work. Since we usually work in teams, to make them work effectively it is vital to have care and respect for each other's contributions. And, ultimately, all our work is geared towards caring for and respecting those who come to our services for help.

The last book I read was...

"Avenue of Mysteries" by John Irving. I enjoy the quirkiness of his novels and have read every one.

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

On holiday somewhere in Europe with my wife. We recently lived in Ireland for seven years and really came to appreciate the history, depth and cultures of the European continent.

My ultimate Sunday would involve...

A lie-in with a wake up cup of tea. Then a leisurely exploration of somewhere in Canterbury, with either a picnic lunch or a tasty meal at a café, with some walking thrown in for good measure. In the evening, watching a good BBC drama.

One food I really dislike is...

Shellfish. I was put off a lot of seafood at boarding school!

My favourite music is...

Classical and other instrumental. Music reaches into the heart.



Above: Chris Goodyer

If you would like to take part in this column or would like to nominate someone please contact Naomi.Gilling@cdhb.health.nz

In brief

Nurses undertaking CPIT courses in Semester 2, 2016

Applications for funding for nurses undertaking CPIT courses in Semester 2, 2016 are now open.

Please apply using the [on-line application form](#):

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

SPIRIT OF GOLD - PARALYMPIAN'S ROAD TO RIO 2016

A networking event with a difference!

DATE Tuesday 22 March

TIME 5.30pm-7.30pm

VENUE The Hagley Oval

MEMBER PRICE FREE **NON-MEMBER PRICE** FREE

REGISTER cecc.org.nz/whats-on/events/network/spirit-of-gold/

Proudly brought to you by:



The countdown is now on to the Rio 2016 Paralympic Games! Help our Paralympians get to the games through the Spirit of Gold® Initiative.

As part of a national awareness campaign, the Chamber (along with 12 other chambers around the country) has joined forces with Paralympics New Zealand to support the Paralympians Road to Rio 2016.

Meet some of the Paralympians plus your chance to win some great prizes through the silent auctions.

All funds raised throughout the event will go to the local Parafed and to Paralympics New Zealand to support the Paralympians Road to Rio 2016 and beyond.

Alliance Partners:

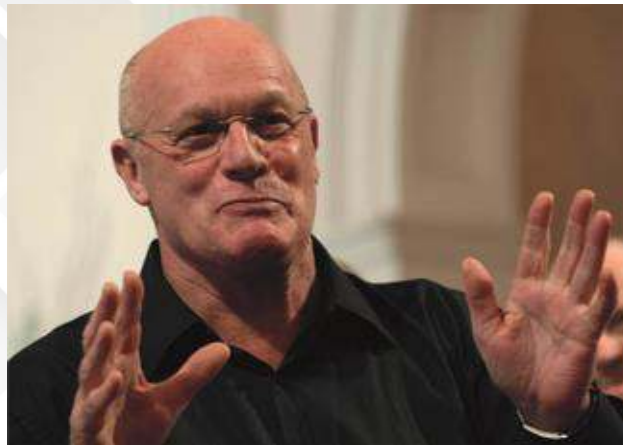


Freecall 0800 50 50 96 **Email** info@cecc.org.nz

CECC.ORG.NZ



'One for The Blokes' Workshop



Facilitated by Pete Roe & Trish Knight

Including personal accounts from 2 men who successfully manage their mental health

Two hour workshop designed to raise awareness of mental health issues facing men...

What are the key issues?

What signs to look out for?

What support is available?

How can family/friends and colleagues provide support?

Location	Date	Time
CHCH Campus Great Escape Lounge	Thurs 21 April	0900-1100
Rangiora Hospital (Old Building) 161 Ashley St Parent Education Room	Thurs 21 April	1300-1500

This workshop is restricted to 25 participants. Attendance is free of charge and registrations will be accepted on a first come, first served basis. [Click here](#) to register for a workshop.

For more information contact Andy Hearn andy.hearn@cdhb.health.nz or 027 218 4924

Supported by:



Canterbury
District Health Board
Te Rau Hauora o Waitaha

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Understanding Incontinence



We are continuing to offer the very popular **Understanding Incontinence** presentations at main CDHB sites during 2016.
Presenter: Julie Day, physiotherapist CHCH Women's Hospital.

The session will cover:

- Types of incontinence
- Normal bladder function
- Role of the Pelvic Floor Muscles/Gadgets
- Bladder retraining and urgency strategies

Location	Date	Room	Time
Burwood	Wed 30 March	The Chapel	1200-1300
Community & Public Health	Wed 27 April (310 Manchester St)	Aoraki Room	1200-1300

Registrations will be processed on a first come, first served basis. The presentation is part of the Staff Wellbeing Programme and is free of charge. [Click here to register.](#)

Contact Lee Tuki lee.tuki@cdhb.health.nz or 027 689 0285 if you have any questions

For information regarding incontinence visit <http://www.incontinence.org.nz/>



2016 Minister of Health

VOLUNTEER
AWARDS

NOMINATIONS OPEN

Let's celebrate and pay tribute to those individuals and teams of volunteers who make a difference to New Zealanders' health.

calling for nominations

for the 2016
Minister of Health

volunteer awards

Health volunteers make extraordinary contributions, to an extraordinary number of people, in an extraordinary number of ways.

These awards celebrate health volunteers from all walks of life and give New Zealanders the opportunity to recognise and celebrate the inspirational commitment of health volunteers.

Nominations open

7 March to 8 April 2016

Nominate someone today

<http://volunteerawards.health.govt.nz>

You are warmly invited to

Share Learn Activate!

A day to meet others who are committed to the well-being, physical health and safety of the Christchurch community.

This showcase will celebrate the many initiatives in Christchurch that are leading the way in injury prevention, harm minimisation and promotion of community well-being. You'll get to connect with peers to share best practice and explore collaborative opportunities.

Come along and hear about a wide range of topics including taking a stand against bullying, addressing Rebuild challenges, reducing the rate of childhood injuries, improving the mental health of all Cantabrians, ensuring health care is accessible to all and developing programmes so that every community member feels engaged.

Poster presentations or resources are welcome if you have something you would like to share.

WEDNESDAY APRIL 27TH 2016
CHATEAU ON THE PARK

START: 9AM

(REGISTRATION AND REFRESHMENTS)

END: 3.30PM WITH CLOSING

WORDS FROM COUNCILLOR

PAUL LONSDALE

(CHAIR OF SAFER CHRISTCHURCH)

LUNCH PROVIDED.

PLEASE SHARE WITH YOUR NETWORKS.

RSVP BY APRIL 1ST 2016

(please mention any dietary requirements and if you would like space for a poster or resources display)

Ana Macadie

E: safarchch@ccc.govt.nz

P: 941 8128

Christchurch
City Council

Safer
CHRISTCHURCH

FLU CAN BE ANYWHERE

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